



## READINGS

*Below is list of books that can be used for one's own professional development, in learning communities, integrated in student curriculum, and/or all whole staff trainings.*

### **UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World**

*by Michelle Borba*

Teens today are forty percent less empathetic than they were thirty years ago. Why is a lack of empathy—which goes hand-in-hand with the self-absorption epidemic Dr. Michele Borba calls the Selfie Syndrome—so dangerous? First, it hurts kids' academic performance and leads to bullying behaviors. Also, it correlates with more cheating and less resilience. And once children grow up, a lack of empathy hampers their ability to collaborate, innovate, and problem-solve—all must-have skills for the global economy.

In UnSelfie Dr. Borba pinpoints the forces causing the empathy crisis and shares a revolutionary, researched-based, nine-step plan for reversing it.

The good news? Empathy is a trait that can be taught and nurtured. Dr. Borba offers a framework for parenting that yields the results we all want: successful, happy kids who also are kind, moral, courageous, and resilient. UnSelfie is a blueprint for parents and educators who want to kids shift their focus from I, me, and mine...to we, us, and ours.

### **Brainstorm: The Power and Purpose of the Teenage Brain: An Inside-Out Guide to the Emerging Adolescent Mind**

*by Daniel J. Siegel*

Written by a leading expert in brain science, this book sheds light on the often misunderstood yet critical time in children's lives when they straddle childhood and adulthood but don't fit squarely in either phase. Siegel characterizes the teen years as the most powerful life phase for activating courage, purpose, and creativity. He creates empathy for the teenage experience and helps parents understand how to work with and support their teenagers.

### **The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind**

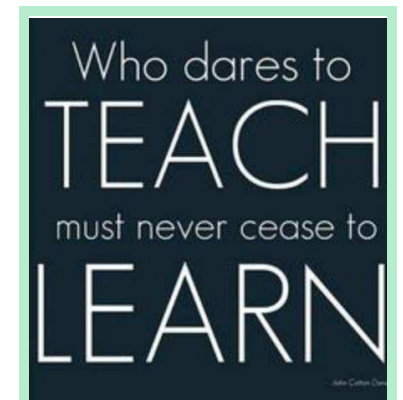
*by Daniel J. Siegel*

This book simplifies brain science to assist parents in teaching children about how their mind works and how they can practice emotional awareness and self-management.

### **How to Talk So Kids Will Listen and Listen So Kids Will Talk**

*by Adele Faber and Elaine Mazlish*

This book provides specific language and numerous examples of parent interactions to enhance parents' communication and listening skills in a variety of challenging situations. It has the potential to create deeper connections and trust as parents use the skills with their children.





## **Trauma-Sensitive Schools: Learning Communities Transforming Children's Lives, K–5**

*by Susan E. Craig*

Growing evidence supports the important relationship between trauma and academic failure. Along with the failure of “zero tolerance” policies to resolve issues of school safety and a new understanding of children’s disruptive behavior, educators are changing the way they view children’s academic and social problems. In response, the trauma-sensitive schools movement presents a new vision for promoting children’s success.

Integrating research on children’s neurodevelopment and educational best practices, this important book will build the capacity of teachers and school administrators to successfully manage the behavior of children with symptoms of complex developmental trauma.

## **Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom**

*by Heather T. Forbes*

“Help for Billy” is a pragmatic manual to help guide families and educators who are struggling with traumatized children. Based on the concept of the neuroscience of emotions and behavior, Heather Forbes provides detailed, comprehensive, and logical strategies for teachers and parents. This easy to read book, with tables, outlines and lists, clears the way for a better understanding of the true nature regarding traumatic experiences affecting the brain and learning. It is a must read for anyone working with a child in the classroom.

## **Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them**

*by Ross W. Greene*

School discipline is broken. Too often, the kids who need our help the most are viewed as disrespectful, out of control, and beyond help, and are often the recipients of our most ineffective, most punitive interventions. These students—and their parents, teachers, and administrators—are frustrated and desperate for answers.

This revised and updated edition of Lost at School contains the latest refinements to Dr. Greene’s CPS model, including enhanced methods for solving problems collaboratively, improving communication, and building relationships with kids.

## **Nonviolent Communication: A Language of Life, 3rd Edition: Life-Changing Tools for Healthy Relationships (Nonviolent Communication Guides)**

*by Marshall B. Rosenberg*

Words matter. Find common ground with anyone, anywhere, at any time both personally and professionally.



## **The Innovator's Mindset: Empower Learning, Unleash Talent, and Lead a Culture of Creativity**

*by George Couros*

In *The Innovator's Mindset*, George Couros encourages teachers and administrators to empower their learners to wonder, to explore—and to become forward-thinking leaders. If we want innovative students, we need innovative educators. In other words, innovation begins with you. Ultimately, innovation is not about a skill set: it's about a mindset.

## **Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.**

*by Brené Brown*

Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential.

When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work.

But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start.

How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture?

## **Mindset: The New Psychology of Success**

*by Carol Dweck*

After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. *Mindset* reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment.

In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.



## **Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men**

*by Leonard Sax*

Something is happening to boys today. From kindergarten to college, American boys are, on average, less resilient and less ambitious than they were a mere twenty years ago. The gender gap in college attendance and graduation rates has widened dramatically. While Emily is working hard at school and getting A's, her brother Justin is goofing off. He's more concerned about getting to the next level in his videogame than about finishing his homework.

In *Boys Adrift*, Dr. Leonard Sax delves into the scientific literature and draws on more than twenty years of clinical experience to explain why boys and young men are failing in school and disengaged at home. He shows how social, cultural, and biological factors have created an environment that is literally toxic to boys. He also presents practical solutions, sharing strategies which educators have found effective in re-engaging these boys at school, as well as handy tips for parents about everything from homework, to videogames, to medication.

## **Books Supporting Culturally Responsive Education**

### **The New Jim Crow: Mass Incarceration in the Age of Colorblindness**

*by Michelle Alexander*

Once in a great while a book comes along that changes the way we see the world and helps to fuel a nationwide social movement. *The New Jim Crow* is such a book. Praised by Harvard Law professor Lani Guinier as "brave and bold," this book directly challenges the notion that the election of Barack Obama signals a new era of colorblindness. With dazzling candor, legal scholar Michelle Alexander argues that "we have not ended racial caste in America; we have merely redesigned it." By targeting black men through the War on Drugs and decimating communities of color, the U.S. criminal justice system functions as a contemporary system of racial control—relegating millions to a permanent second-class status—even as it formally adheres to the principle of colorblindness. In the words of Benjamin Todd Jealous, president and CEO of the NAACP, this book is a "call to action."

### **Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race**

*by Beverly Daniel Tatum*

Walk into any racially mixed high school and you will see Black, White, and Latino youth clustered in their own groups. Is this self-segregation a problem to address or a coping strategy? Beverly Daniel Tatum, a renowned authority on the psychology of racism, argues that straight talk about our racial identities is essential if we are serious about enabling communication across racial and ethnic divides. These topics have only become more urgent as the national conversation about race is increasingly acrimonious. This fully revised edition is essential reading for anyone seeking to understand the dynamics of race in America.



## **Books Supporting Culturally Responsive Education (cont.)**

### **What Does It Mean to Be White?: Developing White Racial Literacy**

*by Robin DiAngelo*

What does it mean to be white in a society that proclaims race meaningless, yet is deeply divided by race? In the face of pervasive racial inequality and segregation, most white people cannot answer that question. In the second edition of this seminal text, Robin DiAngelo reveals the factors that make this question so difficult: mis-education about what racism is; ideologies such as individualism and colorblindness; segregation; and the belief that to be complicit in racism is to be an immoral person. These factors contribute to what she terms white racial illiteracy. Speaking as a white person to other white people, DiAngelo clearly and compellingly takes readers through an analysis of white socialization. Weaving research, analysis, stories, images, and familiar examples, she provides the framework needed to develop white racial literacy. She describes how race shapes the lives of white people, explains what makes racism so hard to see, identifies common white racial patterns, and speaks back to popular narratives that work to deny racism. Written as an accessible overview on white identity from an anti-racist framework, *What Does It Mean to Be White?* is an invaluable resource for members of diversity and anti-racism programs and study groups, and students of sociology, psychology, education, and other disciplines. This revised edition features two new chapters, including one on DiAngelo's influential concept of white fragility. Written to be accessible both within and without academia, this revised edition also features discussion questions, an index, and a glossary.

### **Everyday Antiracism: Getting Real About Race in School**

*by Mica Pollock*

Walk into any racially mixed high school and you will see Black, White, and Latino youth clustered in their own groups. Is this self-segregation a problem to address or a coping strategy? Beverly Daniel Tatum, a renowned authority on the psychology of racism, argues that straight talk about our racial identities is essential if we are serious about enabling communication across racial and ethnic divides. These topics have only become more urgent as the national conversation about race is increasingly acrimonious. This fully revised edition is essential reading for anyone seeking to understand the dynamics of race in America.

### **Humane Education Book List**

The Institute for Humane Education provides a list of books to support multicultural education. The list provides options for developmental levels from early childhood through adulthood.