

# MSSM - Student Welfare Committee Library

---

recommended resources on student welfare and success

## ARTICLES

- Students in high-achieving schools are now named an 'at-risk' group:  
WASHINGTON POST, September 26, 2019.  
Link: <https://www.washingtonpost.com/lifestyle/2019/09/26/students-high-achieving-schools-are-now-named-an-at-risk-group/>
- This Is How Scandinavia Got Great, the power of educating the whole person.  
New York Times, February 3, 2020, David Brooks  
Link: <https://www.nytimes.com/2020/02/13/opinion/scandinavia-education.html?referringSource=articleShare>

## VIDEOS

- Race to Nowhere:  
This film challenges current thinking about how we prepare our children for success. Named by TakePart.com as one of "10 Education Documentaries You Don't Want to Miss", "Race to Nowhere" brings communities together to spark dialogue and galvanize change in America's schools.  
Link: <http://www.racetonowhere.com/about-film>
- Screenagers:  
This film reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.  
Links: <https://www.screenagersmovie.com/>  
<https://www.screenagersmovie.com/nc-trailer>
- TED talks Do Schools Kill Creativity, by Sir Ken Robinson  
Link: [https://www.ted.com/talks/sir\\_ken\\_robinson\\_do\\_schools\\_kill\\_creativity](https://www.ted.com/talks/sir_ken_robinson_do_schools_kill_creativity)
- TED talks Bring on the Learning Revolution, by Sir Ken Robinson Link:  
[https://www.ted.com/talks/sir\\_ken\\_robinson\\_bring\\_on\\_the\\_learning\\_revolution](https://www.ted.com/talks/sir_ken_robinson_bring_on_the_learning_revolution)
- TED talks This is What Happens When a Kid Leaves Traditional Education, by Logan LaPlante  
Link: [https://www.youtube.com/watch?v=46La-hV\\_Pls](https://www.youtube.com/watch?v=46La-hV_Pls)

- TED talks GRIT: The Power of Passion and Perseverance, by Angela Lee Duckworth  
Links:  
[https://www.ted.com/talks/angela\\_lee\\_duckworth\\_grit\\_the\\_power\\_of\\_passion\\_and\\_perseverance?language=en](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en)
- The Finland Phenomenon (4 Episodes - 15 minutes each)
  1. <https://www.youtube.com/watch?v=VhH78NnRpp0>
  2. <https://www.youtube.com/watch?v=voITgl1LT6s>
  3. <https://www.youtube.com/watch?v=sbqJwTjx7PQ>
  4. <https://www.youtube.com/watch?v=3YVHIEaRna4>

## BOOKS

- How Children Succeed: Grit, Curiosity and the Hidden Power of Character  
by Paul Tough  
Why do some children succeed while others fail? The story we usually tell about childhood and success is the one about intelligence: success comes to those who score highest on tests, from preschool admissions to SATs. But in *How Children Succeed*, Paul Tough argues that the qualities that matter more have to do with character: skills like perseverance, curiosity, optimism, and self-control.
- 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.
- The Smartest Kids in the World: And How They Got That Way  
by Amanda Ripley  
How do other countries create “smarter” kids? What is it like to be a child in the world’s new education superpowers? *The Smartest Kids in the World* “gets well beneath the glossy surfaces of these foreign cultures and manages to make our own culture look newly strange....The question is whether the startling perspective provided by this masterly book can also generate the will to make changes” (*The New York Times Book Review*).

- **Creative Schools: The Grassroots Revolution That's Transforming Education**  
by Ken Robinson

Ken Robinson is one of the world's most influential voices in education, and his 2006 TED Talk on the subject is the most viewed in the organization's history. Now, he focuses on one of the most critical issues of our time: how to transform the nation's troubled educational system. At a time when many schools are struggling, and students and educators everywhere are suffering under the strain, Robinson argues for an end to our outmoded industrial educational system and proposes a highly personalized, organic approach that draws on today's unprecedented technological and professional resources to engage all students, develop their love of learning, and enable them to face the real challenges of the twenty-first century.

- **The Culture Code: The Secrets of Highly Successful Groups**  
by Daniel Coyle

In *The Culture Code*, Daniel Coyle goes inside some of the world's most successful organizations—including the U.S. Navy's SEAL Team Six, IDEO, and the San Antonio Spurs—and reveals what makes them tick. He demystifies the culture-building process by identifying three key skills that generate cohesion and cooperation, and explains how diverse groups learn to function with a single mind.

- **All Learning is Social and Emotional: Helping Students Develop Essential Skills for the Classroom and Beyond**

by Nancy Frey, Douglas Fisher, and Dominique Smith

While social and emotional learning (SEL) is most familiar as compartmentalized programs separate from academics, the truth is, all learning is social and emotional. What teachers say, the values we express, the materials and activities we choose, and the skills we prioritize all influence how students think, see themselves, and interact with content and with others.

if you want all kids to get what they need to thrive, this book offers a solution: a comprehensive, five-part model of SEL that's easy to integrate into everyday content instruction, no matter what subject or grade level you teach. You'll learn the hows and whys of

- Helping students identify, describe, and regulate their emotional responses.
- Building students' sense of identity and confidence in their ability to learn, overcome challenge, and influence the world around them.
- Promoting the cognitive regulation skills critical to decision making and problem solving
- Fostering students' social skills, including teamwork and sharing, and their ability to establish and repair relationships.
- Equipping students to becoming informed and involved citizens.

- **Four-Dimensional Education: The Competencies Learners Need to Succeed**  
by Bernie Trilling, Charles Fadel, and Maya Bialik

What should students learn to best prepare for the twenty-first century? In this book, the Center for Curriculum Redesign (CCR) describes a framework built to address this question, so that curriculum is redesigned for versatility and adaptability, to thrive in our volatile present and uncertain future. The framework focuses on knowledge (what to know and understand), skills (how to use that knowledge), character (how to behave and engage in the world), and meta-learning (how to reflect on and adapt by continuing to learn and grow). This book is essential for

teachers, department heads, heads of schools, administrators, policymakers, standard setters, curriculum and assessment developers, and other thought leaders and influencers, who seek to develop a thorough understanding of the needs and challenges we all face, and to help devise innovative solutions.

- Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves and Our Society Thrive

by Marc Brackett

Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it.

- The Human Side of School Change: Reform, Resistance and the Real-Life Problems of Innovation

by Robert Evans

When we ask schools to change, we are asking human beings to change and this requires special tools and a human-centered approach. Change the heart of the system by enabling the hearts and minds of those who make schools work. Learn to make sense of challenging change journeys and accelerate implementation with this practical framework that includes human-centered tools, resources and mini case studies.

- Understand why resistance is to be expected and how to get through it.
- Discover three different kinds of change strategies and when to use which one
- Learn how to use the "messy middle" of change, where real transformation happens.

- You, Your Child, and School: Navigate Your Way to the Best Education

By Sir Ken Robinson and Lou Aronica

Parents everywhere are deeply concerned about the education of their children, especially now, when education has become a minefield of politics and controversy. One of the world's most influential educators, Robinson has had countless conversations with parents about the dilemmas they face. As a parent, what should you look for in your children's education? How can you tell if their school is right for them and what can you do if it isn't? In this important new book, he offers clear principles and practical advice on how to support your child through the K-12 education system, or outside it if you choose to homeschool or un-school. Dispelling many myths and tackling critical schooling options and controversies, *You, Your Child, and School* is a key book for parents to learn about the kind of education their children really need and what they can do to make sure they get it.

- **The Global Achievement Gap, Why Even Our Best Schools Don't Teach the New Survival Skills our Children Need - and What We Can Do About it**

By: Tony Wagner

Education expert Tony Wagner situates our school problems in the larger context of the demands of the global knowledge economy. He illustrates that even in our best schools, we don't teach or test the skills that matter most for the twenty-first century. Uncovering what motivates today's generation to excel in school and the workplace, Wagner explores new models of schools that are inspiring students to solve tough problems and communicate at high levels. An education manifesto for the 21st century, *The Global Achievement Gap* is a must-read for anyone interested in seeing our young people achieve their full potential, while contributing to a strong economy and vibrant democracy.

- **The Smartest Kids in the World, And How They Got That Way**

By Amanda Ripley

In a handful of nations, virtually all children are learning to make complex arguments and solve problems they've never seen before. They are learning to think, in other words, and to thrive in the modern economy. Inspired to find answers for our own children, author and *Time* magazine journalist Amanda Ripley follows three Americans embedded in these countries for one year. Kim, fifteen, raises \$10,000 so she can move from Oklahoma to Finland; Eric, eighteen, trades his high-achieving Minnesota suburb for a booming city in South Korea; and Tom, seventeen, leaves a historic Pennsylvania village for Poland.

Through these young informants, Ripley meets battle-scarred reformers, sleep-deprived zombie students, and a teacher who earns \$4 million a year. Their stories, along with groundbreaking research into learning in other cultures, reveal a pattern of startling transformation: none of these countries had many "smart" kids a few decades ago. Things had changed. Teaching had become more rigorous; parents had focused on things that mattered; and children had bought into the promise of education.

- **Grit: The Power of Passion and Perseverance**

By Angela Duckworth

In this instant *New York Times* bestseller, pioneering psychologist Angela Duckworth shows anyone striving to succeed—be it parents, students, educators, athletes, or business people—that the secret to outstanding achievement is not talent but a special blend of passion and persistence she calls "grit."

Drawing on her own powerful story as the daughter of a scientist who frequently noted her lack of "genius," Duckworth, now a celebrated researcher and professor, describes her early eye-opening stints in teaching, business consulting, and neuroscience, which led to the hypothesis that what really drives success is not "genius" but a unique combination of passion and long-term perseverance.

In *Grit*, she takes readers into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll.

Among *Grit's* most valuable insights:

- \*Why any effort you make ultimately counts twice toward your goal
- \*How grit can be learned, regardless of I.Q. or circumstances
- \*How lifelong interest is triggered
- \*How much of optimal practice is suffering and how much ecstasy
- \*Which is better for your child—a warm embrace or high standards
- \*The magic of the Hard Thing Rule

## RESEARCH CENTERS & CONSULTANTS

- The Stanley H. King Institute  
Offers a model of teaching counseling and listening skills to teachers, advisors, administrators, and other school personnel. its goal is to help teachers strengthen and deepen their relationships with students. Participants learn to help students with the range of developmental issues, as well as to recognize serious psychological difficulty and seek appropriate help.  
Website: <http://shkinginstitute.org/>
- The Yale Center for Emotional Intelligence  
Uses the power of emotions to create a more effective and compassionate society. The Center conducts research and teaches people of all ages how to develop their emotional intelligence. Marc Brackett, Ph.D., is its director and also a senior research scientist in psychology and faculty fellow in the Edward Zigler Center in Child Development and Social Policy at Yale University.  
Website: <http://ei.yale.edu/>  
Video link: <https://www.youtube.com/watch?v=62F9z1OgpRk>
- The Center for Curriculum Redesign is  
A non-profit organization dedicated to improving education by answering this question: “What should students learn for the 21<sup>st</sup> century?”. The CCR’s focus on relevance in education brings together organizations, academic institutions, corporations and non-profit organizations including foundations. The CCR is engaged in redesigning the curriculum at the Waterville, Maine, public school system, with funding from the Alford Foundation.  
Website: <https://curriculumredesign.org/>  
Video link: <https://www.youtube.com/watch?v=n7dgWnPIENU>

## MSSM INTERNAL RESEARCH

- Report on Community Health and Student Development for Residential High School Student Communities:  
Report by the Maine School of Science and Mathematics Ad Hoc Committee (Marian Reagan, Joel Pike, David Coit), May 2019. The MSSM Board of Trustees established this ad-hoc committee to study best practices at residential institutions who care for high school age students.  
Link:  
<https://resources.finalsite.net/images/v1580158668/mssm/kja7fcatevhj1nsl8ltn/08-MSSMCommunityHealthandStudentCareReport.pdf>