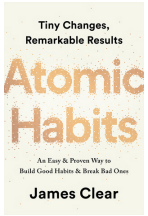
2026 College Prep and Honors Senior Summer Reading Required Work

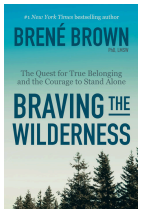
Please review and decide on ONE of the following books to read this summer:



Atomic Habits: *Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones*, James Clear

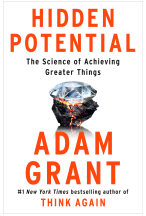
James Clear started his career as a performance coach for athletes and executives.He had to build new habits when rehabilitating from a severe injury that he suffered when playing baseball. **Clear** is a writer and speaker focused on habits, decision making, and continuous improvement. The book is a #1 New York Times bestseller. **Atomic Habits** is an excellent resource for learning how to create positive habits and break negative ones.

Braving the Wilderness: *The Quest for True Belonging and the Courage to Stand Alone*, Brene Brown



Brown contends that one of the major crises in today's culture is the feeling of being disconnected, which evidences itself in perfectionism, people-pleasing, and the erosion of civility. True belonging, states the author, is a daily practice that demands integrity and authenticity, and four steps to accomplishing this include moving in, being civil, holding hands (connecting), and having a wild heart (standing up for oneself and one's beliefs). Mixing research, storytelling, and honesty, the author leads readers in becoming courageous and finding meaning in uncertainty.

Hidden Potential: *The Science of Achieving Greater Things*, by Adam Grant



Professor Grant describes how anyone with the right opportunity and proper motivation to learn can achieve great success. "Potential is not a matter of where you start, but of how far you travel. We need to focus less on starting points and more on distance traveled. Drawing on a variety of anecdotes and research studies, Grant illustrates how a person's character is actually formed from a set of skills learned and developed over time. Readers interested in motivational leadership, personal growth, and career development will find an enriching perspective on unlocking and engaging their hidden skills, character, and potential to achieve success.

THIS summer, I have decided to read (please CHECK the one you choose)

☐ Clear, James. *Atomic Habits: Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones*. Avery, an imprint of Penguin Random House, 2018. **In-text Citation:** (Clear #)	☐ Brown, Brene. *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone*. Random House, 2016. **In-text Citation:** (Brown #)	☐ Grant, Adam. *Hidden potential : the science of achieving greater things*. Viking, 2023 **In-text Citation:** (Grant #)

2026 College Prep and Honors Senior Summer Reading Assignment

Based on your readings, Complete the questions below using evidence and citations.

Book Title & Author:		
Questions	**Reflect and Explain**	**Cite Page #s**
What concepts or suggestions surprised or engaged you?		
What is the author's overall message? Explain why you agree or disagree with them.		
Choose ONE of the following to respond to: • Tell us something you are skeptical about regarding the author's message. • What specific solutions or suggestions does the author propose? What connections can you make to your life at home or school? • Of the information you have learned, what's ONE change you could incorporate into your life.		