



Westside Adult Resilience Curriculum (ARC) for Educators

Module 5: Connecting Meaningfully with Others

Resources

Identify & Build Helpful Social Supports

American Psychological Association. (2015). *2015 Stress in America: Stress Snapshot*.
<https://www.apa.org/news/press/releases/stress/2015/snapshot>

Rodriguez, M. S. & Cohen, S. (1998). Social support. *Encyclopedia of Mental Health*,
535-544, Academic Press. Access article here:
<https://mhttcnetwork.org/media/4939>

Scott, E. (2020, November 23). *The Different Types of Social Support*. VeryWellMind.
<https://www.verywellmind.com/types-of-social-support-3144960>

Service to Others

Knittel, M. G. (2017, March 12). *The story of the dipper and the bucket*. Psychology
Today. <https://www.psychologytoday.com/us/blog/how-help-friend/201703/the-story-the-dipper-and-the-bucket>

Lyubomirsky, S. (2018). *The human values of happiness*. World Government Summit.
<https://www.youtube.com/watch?v=kOHvSvWoHSc>

Sonya Lyubomirsky – for access to papers and publications, other videos, and books
look here: <http://sonjalyubomirsky.com/>

Role Models

Garcia, S. M., Tor, A., & Schiff, T. M. (2013). The psychology of competition: A social
comparison perspective. *Perspectives on Psychological Science*, 8, 634-650.
DOI: 10.1177/1745691613504114. Access article here:
<https://mhttcnetwork.org/media/4942>

Teacher-Student Relationships

Mooney, T. (2018, May 11). Why We Say “Opportunity Gap” Instead of “Achievement
Gap.” Teach for America. <https://www.teachforamerica.org/stories/why-we-say-opportunity-gap-instead-of-achievement-gap>

Pianta, R. C., Hamre, B. K., & Allen, J. P. (2012). Teacher-student relationships and
engagement: Conceptualizing, measuring, and improving the capacity of
classroom teachers. In S. L. Christenson et al. (Eds.), *Handbook of research on
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10.1007/978-1-4614-2018-7_17. Access chapter here:
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Mental Health Technology Transfer Center Network
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Sparks, S. D. (2019, March 12). Why Teacher-Student Relationships Matter. EducationWeek. <https://www.edweek.org/teaching-learning/why-teacher-student-relationships-matter/2019/03>