



Adult Resilience Curriculum (ARC) for Educators  
**Module 5: Connecting Meaningfully with Others**  
**Resources**

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**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>

**Engage in 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/>

**Developing a Mentoring Relationship**

- Cross, M., Lee, S., Bridgman, H., Thapa, D. K., Cleary, M., & Kornhaber, R. (2019).  
Benefits, barriers and enablers of mentoring female health academics: An  
integrative review. *PLoS ONE*, 14(4), e0215319. Access article here:  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0215319>
- Weinberg, A. (2021). Professional Learning: A Solid Foundation for a Mentoring  
Relationship. Edutopia. <https://www.edutopia.org/article/solid-foundation-mentoring-relationship>

**Healthy 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>