

Reaching Out Francisco Jimenez Study Guide

Physical fitness affects our ability to function and be active. At poor levels, it is associated with such health outcomes as diabetes and cardiovascular disease. Physical fitness testing in American youth was established on a large scale in the 1950s with an early focus on performance-related fitness that gradually gave way to an emphasis on health-related fitness. Using appropriately selected measures to collected fitness data in youth will advance our understanding of how fitness among youth translates into better health. In Fitness Measures and Health Outcomes in Youth, the IOM assesses the relationship between youth fitness test items and health outcomes, recommends the best fitness test items, provides guidance for interpreting fitness scores, and provides an agenda for needed research. The report concludes that selected cardiorespiratory endurance, musculoskeletal fitness, and body composition measures should be in fitness surveys and in schools. Collecting fitness data nationally and in schools helps with setting and achieving fitness goals and priorities for public health at an individual and national level.

An astonishing story that puts a human face on the ongoing debate about immigration reform in the United States, now updated with a new Epilogue and Afterword, photos of Enrique and his family, an author interview, and more—the definitive edition of a classic of contemporary America Based on the Los Angeles Times newspaper series that won two Pulitzer Prizes, one for feature writing and another for feature photography, this page-turner about the power of family is a popular text in classrooms and a touchstone for communities across the country to engage in meaningful discussions about this essential American subject. Enrique’s Journey recounts the unforgettable story of a Honduran boy looking for his mother, eleven years after she is forced to leave her starving family to find work in the United States. Braving unimaginable peril, often clinging to the sides and tops of freight trains, Enrique travels through hostile worlds full of thugs, bandits, and corrupt cops. But he pushes forward, relying on his wit, courage, hope, and the kindness of strangers. As Isabel Allende writes: “This is a twenty-first-century Odyssey. If you are going to read no other nonfiction book this year, it has to be this one.” Praise for Enrique’s Journey “Magnificent . . . Enrique’s Journey is about love. It’s about family. It’s about home.”—The Washington Post Book World “[A] searing report from the immigration frontlines . . . as harrowing as it is heartbreaking.”—People (four stars) “Stunning . . . As an adventure narrative alone, Enrique’s Journey is a worthy read. . . . Nazario’s impressive piece of reporting [turns] the current immigration controversy from a political story into a personal one.”—Entertainment Weekly “Gripping and harrowing . . . a story begging to be told.”—The Christian Science Monitor “[A] prodigious feat of reporting . . . [Sonia Nazario is] amazingly thorough and intrepid.”—Newsday

The field of health literacy has evolved from one focused on individuals to one that recognizes that health literacy is multidimensional. While communicating in a health literate manner is important for everyone, it is particularly important when communicating with those with limited health literacy who also experience more serious medication errors, higher rates of hospitalization and use of the emergency room, poor health outcomes, and increased mortality. Over the past decade, research has shown that health literacy interventions can significantly impact various areas including health care costs, outcomes, and health disparities. To understand the extent to which health literacy has been shown to be effective at contributing to the Quadruple Aim of improving the health of communities, providing better care, providing affordable care, and improving the experience of the health care team, the National Academies of Sciences, Engineering, and Medicine convened a public workshop on building the case for health literacy. This publication summarizes the presentations and discussions from the workshop, and highlights important lessons about the role of health literacy in meeting the Quadruple Aim, case studies of organizations that have adopted health literacy, and discussions among the different stakeholders involved in making the case for health literacy.

Offers a look at a migrant family, detailing their daily life and the struggles they endured to build an existence on the small opportunities they were given

El regalo de Navidad

From Migrant Childhood to Columbia University

The Circuit

The Essays, Or Counsels Civil and Moral ...

The Construction Chart Book

Multicultural Children’s Literature

Culture, Race, and Ethnicity : Executive Summary : a Supplement to Mental Health : a Report of the Surgeon General

"Years before the landmark U.S. Supreme Court ruling Brown v. Board of Education, Sylvia Mendez, an eight-year-old girl of Mexican and Puerto Rican heritage, played an instrumental role in Mendez v. Westminster, the landmark desegregation case of 1946 in California"--

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

The concept of "funds of knowledge" is based on a simple premise: people are competent and have knowledge, and their life experiences have given them that knowledge. The claim in this book is that first-hand research experiences with families allow one to document this competence and knowledge, and that such engagement provides many possibilities for positive pedagogical actions. Drawing from both Vygotskian and neo-sociocultural perspectives in designing a methodology that views the everyday practices of language and action as constructing knowledge, the funds of knowledge approach facilitates a systematic and powerful way to represent communities in terms of the resources they possess and how to harness them for classroom teaching. This book accomplishes three objectives: It gives readers the basic methodology and techniques followed in the contributors' funds of knowledge research; it extends the boundaries of what these researchers have done; and it explores the applications to classroom practice that can result from teachers knowing the communities in which they work. In a time when national educational discourses focus on system reform and wholesale replicability across school sites, this book offers a counter-perspective stating that instruction must be linked to students' lives, and that details of effective pedagogy should be linked to local histories and community contexts. This approach should not be confused with parent participation programs, although that is often a fortuitous consequence of the work described. It is also not an attempt to teach parents "how to do school" although that could certainly be an outcome if the parents so desired. Instead, the funds of knowledge approach attempts to accomplish something that may be even more challenging: to alter the perceptions of working-class or poor communities by viewing their households primarily in terms of their strengths and resources, their defining pedagogical characteristics. Funds of Knowledge: Theorizing Practices in Households, Communities, and Classrooms is a critically important volume for all teachers and teachers-to-be, and for researchers and graduate students of language, culture, and education.

This volume addresses the interface of two major national problems: the epidemic of HIV-AIDS and the widespread use of illegal injection drugs. Should communities have the option of giving drug users sterile needles or bleach for cleaning needs in order to reduce the spread of HIV? Does needle distribution worsen the drug problem, as opponents of such programs argue? Do they reduce the spread of other serious diseases, such as hepatitis? Do they result in more used needles being carelessly discarded in the community? The panel takes a critical look at the available data on needle exchange and bleach distribution programs, reaches conclusions about their efficacy, and offers concrete recommendations for public policy to reduce the spread of HIV/AIDS. The book includes current knowledge about the epidemiologies of HIV/AIDS and injection drug use; characteristics of needle exchange and bleach distribution programs and views on those programs from diverse community groups; and a discussion of laws designed to control possession of needles, their impact on needle sharing among injection drug users, and their implications for needle exchange programs.

Writing, Grade 6

Relieving Pain in America

The Mayan Book of the Dawn of Life

"Years Don't Wait for Them"

LA Mariposa/the Butterfly

Educational Research

*Reaching Out*Houghton Mifflin Harcourt

SuperSummary, a modern alternative to SparkNotes and CliffsNotes, offers high-quality study guides for challenging works of literature. This 50-page guide for "Breaking Through" by Francisco Jimenez includes detailed chapter summaries and analysis covering 25 chapters, as well as several more in-depth sections of expert-written literary analysis. Featured content includes commentary on major characters, 25 important quotes, essay topics, and key themes like Rage Fueled by Injustice and Solidarity of Family and Community.

Popol Vuh, the Quiché
Mayan book of creation is not only the most important text in the native language of the Americas, it is also an extraordinary document of the human imagination. It begins with the deeds of Mayan Gods in the darkness of a primeval sea and ends with the radiant splendor of the Mayan Lords who founded the Quiché Kingdom in the Guatemalan highlands. Originally written in Mayan hieroglyphs, it was translated into the Roman alphabet in the 16th century. The new edition of Dennis Tedlow's unabridged, widely praised translation includes new notes and commentary, newly translated passages, newly deciphered hieroglyphs, and over 40 new illustrations.

Set against the tragic events of the Cherokees' removal from their traditional lands in North Carolina to Indian Territory between 1835-1838, Mountain Windsong is a love story that brings to life the suffering and endurance of the Cherokee people. It is the moving tale of Waguli (Whippoorwill) and Oconeechee, a young Cherokee man and woman separated by the Trail of Tears. Just as they are about to be married, Waguli is captured by federal soldiers and, along with thousands of other Cherokees, taken west, on foot and then by steamboat, to what is now eastern Oklahoma. Though many die along the way, Waguli survives, drowning his shame and sorrow in alcohol. Oconeechee, like few Cherokees who remain behind, hidden in the mountains, embarks on a courageous search for Waguli. Robert J. Conley makes use of song, legend, and historical documents to weave the rich texture of the story, which is told through several, sometimes contradictory, voices. The traditional narrative of the Trail of Tears is told to a young contemporary Cherokee boy by his grandfather, presented in bits and pieces as they go about their everyday chores in rural North Carolina. The telling is neither bitter nor hostile; it is sympathetic by unsentimental. An ironic third point of view, detached and often adversarial, is provided by the historical documents interspersed through the novel, from the text of the removal treaty to Ralph Waldo Emerson's letter to the president of the United States in protest of the removal. In this layering of contradictory elements, Conley implies questions about the relationships between history and legend, storytelling and myth-making. Inspired by the lyrics of Don Grooms's song "Whippoorwill," which open many chapters in the text, Conley has written a novel both meticulously accurate and deeply moving.

The Role of Sterile Needles and Bleach

Pathways to Health Equity

Reaching Out by Francisco Jimenez (SuperSummary)

History of the Indies

A Migrant's Tale

Psychology

Breaking Through by Francisco Jimenez (SuperSummary)

In this allegorical picture book, a young rabbit named Pancho eagerly awaits his papa's return. Papa Rabbit traveled north two years ago to find work in the great carrot and lettuce fields to earn money for his family. When Papa does not return, Pancho sets out to find him. He packs Papa's favorite meal—mole, rice and beans, a heap of warm tortillas, and a jug of aguamiel—and heads north. He meets a coyote, who offers to help Pancho in exchange for some of Papa's food. They travel together until the food is gone and the coyote decides he is still hungry, . . . for Pancho! Pancho Tonatuh brings to light the hardship and struggles faced by thousands of families who seek to make better lives for themselves and their children by illegally crossing the border. Praise for Pancho Rabbit and the Coyote STARRED REVIEWS "Tonatuh's great strength is in the text. No word is wasted, as each emotion is clearly and poignantly expressed. The rabbits' future is unknown, but their love and faith in each other sustains them through it all. Accessible for young readers, who may be drawn to it as they would a classic fable; perfect for mature readers and the classroom, where its layers of truth and meaning can be peeled back to be examined and discussed. An incandescent, humane and terribly necessary addition to the immigrant-story shelf." —Kirkus Reviews, starred review "In both prose and art, Tonatuh expertly balances folkloric elements with stark, modern realities; Pancho Rabbit's tale has the feel of a classic fable or fairy tale, with the untrustworthy coyote demanding more and more of him." —Publishers Weekly, starred review "The book shows the fragility of making a living, the desperation that many migrants experience, and the deep family ties that bind the characters. Classrooms studying the migrant experience will find plenty to discuss here." —School Library Journal "This will spark strong responses and needed discussion." —Booklist "Tonatuh is so careful in weaving his allegory that his empathetic contemporary tale feels like age-old folklore, with simple but compelling text and a step-by-step escalation of the story through gripping, kid-understandable challenges." —The Bulletin of the Center for Children's Books Awards Pura Belpré Author and Illustrator Honor book 2014 New York Public Library's annual Children's Books list: 100 Titles for Reading and Sharing 2013 Kirkus Best Books of 2013 Best Multicultural Children's Books 2013 (Center for the Study of Multicultural Children's Literature) Notable Children's Books from ALSC 2014 Notable Books for a Global Society Book Award 2014

The Construction Chart Book presents the most complete data available on all facets of the U.S. construction industry: economic, demographic, employment/income, education/training, and safety and health issues. The book presents this information in a series of 50 topics, each with a description of the subject matter and corresponding charts and graphs. The contents of The Construction Chart Book are relevant to owners, contractors, unions, workers, and other organizations affiliated with the construction industry, such as health providers and workers compensation insurance companies, as well as researchers, economists, trainers, safety and health professionals, and industry observers.

Deals with a different dimension of workplace psychology, which is the basis of fulfilling, productive work.

SuperSummary, a modern alternative to SparkNotes and CliffsNotes, offers high-quality study guides for challenging works of literature. This 52-page guide for "Reaching Out" by Francisco Jimenez includes detailed chapter summaries and analysis covering 24 chapters, as well as several more in-depth sections of expert-written literary analysis. Featured content includes commentary on major characters, 25 important quotes, essay topics, and key themes like Work Ethic and Self-Sacrifice and Faith.

A Handbook of Essential Theory and Research

Popol Vuh

The Story of a Boy's Dangerous Odyssey to Reunite with His Mother

Reaching Out

Funds of Knowledge

The Hidden Curriculum

Work Engagement

The images in this textbook are in grayscale. There is a color version available - search for ISBN 9781680922370. Psychology is designed to meet scope and sequence requirements for the single-semester introduction to psychology course. The book offers a comprehensive treatment of core concepts, grounded in both classic studies and current and emerging research. The text also includes coverage of the DSM-5 in examinations of psychological disorders. Psychology incorporates discussions that reflect the diversity within the discipline, as well as the diversity of cultures and communities across the globe. This book consists of fourteen interviews with Mexican-American community activists methods Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research offers a truly balanced, inclusive, and integrated overview of the field as it currently stands. This text provides thorough coverage of the methods and procedures used in quantitative, qualitative, and mixed-methods research. It helps students learn how to begin to conduct research and see a project through preparation of a manuscript, and it also helps students learn how to read and evaluate research reports. Video-Enhanced Pearson eText. Included in this package is access to the new Video-Enhanced eText for exclusively from Pearson. The Video-Enhanced Pearson eText is: Engaging. Full-color online chapters include dynamic videos that show what course concepts look like in real classrooms, model good teaching practice, and expand upon chapter concepts. Video links, chosen by our authors and other subject-matter experts, are embedded right in context of the content you are reading/Convenient. Enjoy instant online access from your computer or download the Pearson eText App to read on or offline on your iPad and Android tablets.* Interactive. Features include embedded video, embedded assessment, note taking and sharing, highlighting and search. Affordable. Experience all these advantages of the Video-Enhanced eText along with all the benefits of print for 40% to 50% less than a print bound book. *The Pearson eText App is available for free on Google Play and in the App Store.* Requires Android OS 3.1 - 4, a 7" or 10" tablet or iPad (OS 5.0 or newer 0133831531 / 9780133831535 Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research, Loose-Leaf Version with Video-Enhanced Pearson eText -- Access Card Package
Consists of: 0133549585 / 9780133549584 Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research, Loose-Leaf Version 0133570088 / 9780133570083 Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research, Video-Enhanced Pearson eText -- Access Card

The view of translation as a socially regulated activity has opened up a broad field of research in the last few years. This volume deals with central questions of the new domain and aims to contribute to the conceptualisation of a general sociology of translation. Interdisciplinary in approach, it discusses the role of major representatives of sociology like Pierre Bourdieu, Bruno Latour, Bernard Lahire, Anthony Giddens or Niklas Luhmann in establishing a theoretical framework for a sociology of translation. Drawing on methodologies from sociology and integrating them into translation studies, the book questions some of the established categories in this discipline and calls for a redefinition of long-assumed principles. The contributions show the social involvement of translation in various fields and focus especially on the translator's position in an emerging sociology of translation, Bourdieu's influence in conceptualising this new sub-discipline, methodological questions and a sociologically oriented meta-discussion of translation studies.

The Christmas Gift

Separate Is Never Equal

Ethnic Community Builders

Constructing a Sociology of Translation

Mental Health

Mountain Windsong

Pancho Rabbit and the Coyote

Traces the author's education at Columbia University, where he struggled with cultural differences and a changing sense of identity.

" This sequel to Breaking Through and The Circuit again brings to the forefront the daily trials of poor immigrant families . . . compelling and honest. " —School Library Journal From the perspective of the young adult he was then, Francisco Jim é nez describes the challenges he faced in his efforts to continue his education. During his college years, the very family solidarity that allowed Francisco to survive as a child is tested. Not only must he leave his family behind when he goes to Santa Clara University, but while Francisco is there, his father abandons the family and returns to Mexico. This is the story of how Francisco coped with poverty, with his guilt over leaving his family financially strapped, with his self-doubt about succeeding academically, and with separation. Once again his telling is honest, true, and inspiring A Smithsonian Magazine Best Book of the Year " Rooted in the past, Jim é nez ' s story is also about the continuing struggle to make it in America, not only for immigrant kids but also for those in poor families. Never melodramatic or self-important, the spare episodes will draw readers with the quiet daily detail of work, anger, sorrow, and hope. " —Booklist (starred review) " In this eloquent, transfixing account, Jim é nez again achieves a masterful addition to the literature of the memoir. " —Smithsonian Magazine " No one who reads these life stories will forget them. Jim é nez reaches out to let us walk in his shoes, feel his pain and pride, joy and sorrow, regrets and hope. " —Sacramento Bee

With honesty and grace, award-winning author Francisco Jim é nez shares his most poignant Christmas memory in this beautifully illustrated picture book. As Christmas approaches, Pancho can " t wait to see what present he gets. But on Christmas Day, he is disappointed when all he gets is a bag of candy, until he sees the gift his father gives his mother. Pancho then realizes that gifts of the heart are the most precious of all.

From the author of Make Your Home Among Strangers, essays on being an " accidental " American—an incisive look at the edges of identity for a woman of color in a society centered on whiteness. In this sharp and candid collection of essays, critically acclaimed writer and first-generation American Jennine Cap ó Cruzet explores the condition of finding herself a stranger in the country where she was born. Raised in Miami and the daughter of Cuban refugees, Cruzet examines the political and personal contours of American identity and the physical places where those contours find themselves smashed: be it a rodeo town in Nebraska, a university campus in upstate New York, or Disney World in Florida. Cruzet illuminates how she came to see her exclusion from aspects of the theoretical American Dream, despite her family ' s attempts to fit in with white American culture—beginning with their ill-fated plan to name her after the winner of the Miss America pageant. In prose that is both fearless and slyly humorous, My Time Among the Whites examines the sometimes hopeful, sometimes deeply flawed ways in which many Americans have learned to adapt, exist, and—in the face of all signals saying otherwise—perhaps even thrive in a country that never imagined them here.

Increased Inequalities in Children's Right to Education Due to the Covid-19 Pandemic

Stories from the Life of a Migrant Child

A Critical Issues Approach

A Memoir

What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence

Planning, Conducting, and Evaluating Quantitative and Qualitative Research

How to Change Your Mind

Because he can only speak Spanish, Francisco, son of a migrant worker, has trouble when he begins first grade, but his fascination with the caterpillar in the classroom helps him begin to fit in.

"Pollan keeps you turning the pages . . . cleared and assured."—New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs—and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine. How to Change Your Mind is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

Having come from Mexico to California ten years ago, fourteen-year-old Francisco is still working in the fields but fighting to improve his life and complete his education.

Chronic pain costs the nation up to \$635 billion each year in medical treatment and lost productivity. The 2010 Patient Protection and Affordable Care Act required the Department of Health and Human Services (HHS) to enlist the Institute of Medicine (IOM) in examining pain as a public health problem. In this report, the IOM offers a blueprint for action in transforming prevention, care, education, and research, with the goal of providing relief for people with pain in America. To reach the vast multitude of people with various types of pain, the nation must adopt a population-level prevention and management strategy. The IOM recommends that HHS develop a comprehensive plan with specific goals, actions, and timeframes. Better data are needed to help shape efforts, especially on the groups of people currently underrecognized and undertreated, and the IOM encourages federal and state agencies and private organizations to accelerate the collection of data on pain incidence, prevalence, and treatments. Because pain varies from patient to patient, healthcare providers should increasingly aim at tailoring pain care to each person's experience, and self-management of pain should be promoted. In addition, because there are major gaps in knowledge about pain across health care and society alike, the IOM recommends that federal agencies and other stakeholders redesign education programs to bridge these gaps. Pain is a major driver for visits to physicians, a major reason for taking medications, a major cause of disability, and a key factor in quality of life and productivity. Given the burden of pain in human lives, dollars, and social consequences, relieving pain should be a national priority.

The U.S. Construction Industry and Its Workers

Taking Hold

Building the Case for Health Literacy

A Blueprint for Transforming Prevention, Care, Education, and Research

Notes from an Unfinished Education

First Generation Students at Legacy Universities

Enrique's Journey

This book is designed to prepare K-12 preservice and inservice teachers to address the social, cultural, and critical issues of our times through the use of multicultural children's books. It will be used as a core textbook in courses on multicultural children's literature and as a supplement in courses on children's literature and social studies teaching methods. It can also be used as a supplement in courses on literacy, reading, language arts, and multicultural education.

This book 'Operations Research: Theory and Practice' provides various concepts, theoretical and practical knowledge and develops the techno-managerial skills in the field of engineering. All the angles and approaches of operations applicable to both industrial and institutional needs are presented. It also provides an insight into the historical development of Operations Research. Examples and problems from usual situations that occur in industries are presented wherever necessary. Please note: Taylor & Francis does not sell or distribute the Hardback in India, Pakistan, Nepal, Bhutan, Bangladesh and Sri Lanka.

A classic memoir that's gripping, funny, and ultimately unforgettable from the bestselling former National Ambassador of Books for Young People. A strong choice for summer reading—an engaging and powerful autobiographical exploration of growing up a so-called “bad boy” in Harlem in the 1940s. As a boy, Myers was quick-tempered and physically strong, always ready for a fight. He also read voraciously—he would check out books from the library and carry them home, hidden in brown paper bags in order to avoid other boys’ teasing. He aspired to be a writer (and he eventually succeeded). But as his hope for a successful future diminished, the values he had been taught at home, in school, and in his community seemed worthless, and he turned to the streets and to his books for comfort. Don’t miss this memoir by New York Times bestselling author Walter Dean Myers, one of the most important voices of our time.

Golding's classic, startling, and perennially bestselling portrait of human nature remains as provocative today as when it was first published. This beautiful new edition features French flaps and covers, making it a must-have for fans of the book.

The Case of the Frozen Addicts

How the Solution of a Medical Mystery Revolutionized the Understanding of Parkinson's Disease

Mexican Americans in Search of Justice and Power : The Struggle for Citizenship Rights in San José, California

My Time Among the Whites

A Novel of the Trail of Tears

Study Guide

Communities in Action

Winner of getAbstract's Readers' Choice Award 2021
getAbstract International Book Award Nominee and featured on Business Insider as a top book to help you overcome burnout
An evidence-based resilience toolkit to help you find better, more sustainable ways to succeed at work and life
In The Burnout Fix, the award-winning psychologist and board-certified leadership coach Dr. Jacinta M. Jiménez shows you how to harness science-backed resilience strategies to survive, and thrive, in today's "always on, always connected" world—where a reported 60% of employees report being stressed out all or most of the time at work. Packed with compelling, real-world stories from years of coaching and the latest research in positive, social, and motivational psychology, The Burnout Fix shows how neglecting to nurture your personal pulse can undermine all your efforts at working harder and "smarter." You'll learn how integrate healthy personal "PULSE" practices into all aspects of your life, from pacing for performance and leveraging leisure time to securing a support system and evaluating how to regain control of your time and priorities. Whether you are an individual who wishes to build out a set of lasting resilience capabilities, a leader dedicated to keeping your team or organization engaged and flourishing, The Burnout Fix will reshape the way you think about success while giving you—and your people—the tools and strategies you need to thrive.

In the summer of 1982, hospital emergency rooms in the San Francisco Bay Area were suddenly confronted with mysteriously “frozen” patients – young men and women who, though conscious, could neither move nor speak. Doctors were baffled, until neurologist J. William Langston, recognizing the symptoms of advanced Parkinson’s disease, administered L-dopa – the only known effective treatment – and “unfroze” his patient. Dr. Langston determined that this patient and five others had all used the same tainted batch of synthetic heroin, inadvertently laced with a toxin that had destroyed an area of their brains essential to normal movement. This same area, the substantia nigra, slowly deteriorates in Parkinson’s disease. As scientists raced to capitalize on this breakthrough, Dr. Langston struggled to salvage the lives of his frozen patients, for whom L-dopa provided only short-term relief. The solution he found lay in the most daring area of research: fetal-tissue transplants. The astonishing recovery of two of his patients garnered worldwide press coverage, helped overturn federal restrictions on fetal-tissue research, and offered hope to millions suffering from Parkinson’s, Alzheimer’s, and other degenerative brain disorders. This is the story behind the headline – a spellbinding account that brings to life the intellectual excitement, ethical dilemmas, and fierce competitiveness of medical research. This new updated edition of the classic neurological mystery tale, “The Case of the Frozen Addicts,” illuminates how the solution to a baffling mystery of the brain’s chemistry opened a new frontier in medicine and restored life to people without hope. “It begins with a series of quixotic discoveries, escalates to providing possible solutions for one of humanity’s most intractable medical problems, and then catapults the reader into the center of America’s hottest political arena – abortion and fetal sanctity. Bravo! A brilliant read.” – Laurie Garrett, author of The Coming Plague (“Langston and PatFremont) weave a highly readable and spellbinding medical detective tale... It is as absorbing as a good mystery, as entertaining as an exciting novel, and as enlightening as a good biography.” – Stanley Fahn, New England Journal of Medicine “I can’t not put it down... It is the lives of the “frozen addicts” themselves – and the fullness with which this is presented – which makes the whole thing overwhelming.” – Oliver Sacks

"The Covid-19 pandemic disrupted the education of an estimated 90 percent of the world's school-aged children. [This report] is based on over 470 interviews with students, parents, and teachers in 60 countries between April 2020 and April 2021. It documents how Covid-related school closures did not affect all children equally, as governments failed to provide all children with the opportunity, tools, or skills needed to keep learning during the pandemic. Students from groups already facing discrimination and exclusion from education even before the pandemic were disproportionately adversely affected. Governments' long-term failures to remedy discrimination and inequalities in their education systems, and often to ensure basic government services, such as affordable, reliable electricity in homes, or facilitate affordable internet access, meant schools needed the pandemic ill-prepared to

deliver remote education to all students equally. Children from low-income families were more likely to be excluded from online learning because they did not have reliable electricity or sufficient access to the internet or devices. Historically under-resourced schools particularly struggled to reach their students."--Page 4 of cover.

A revealing look at the experiences of first generation students on elite campuses and the hidden curriculum they must master in order to succeed College has long been viewed as an opportunity for advancement and mobility for talented students regardless of background. Yet for first generation students, elite universities can often seem like bastions of privilege, with unspoken academic norms and social rules. The Hidden Curriculum draws on more than one hundred in-depth interviews with students at Harvard and Georgetown to offer vital lessons about the challenges of being the first in the family to go to college, while also providing invaluable insights into the hurdles that all undergraduates face. As Rachel Gable follows two cohorts of first generation students and their continuing generation peers, she discovers surprising similarities as well as striking differences in their college experiences. She reveals how the hidden curriculum at legacy universities often catches first generation students off guard, and poignantly describes the disorienting encounters on campus that confound them and threaten to derail their success. Gable shows how first-gens are as varied as any other demographic group, and urges universities to make the most of the diverse perspectives and insights these talented students have to offer. The Hidden Curriculum gives essential guidance on the critical questions that university leaders need to consider as they strive to support first generation students on campus, and demonstrates how universities can balance historical legacies and elite status with practices and policies that are equitable and inclusive for all students.

Operations Research

Sylvia Mendez and Her Family s Fight for Desegregation

Proceedings of a Workshop

Fitness Measures and Health Outcomes in Youth

Preventing HIV Transmission

Lord of the Flies

Operations Research: Theory and Practice

Spectrum Writing creates student interest and sparks writing creativity! The lessons, perfect for students in grade 6, strengthen writing skills by focusing on sequence of events, comparing and contrasting, point of view, facts and opinions, and more! Each book provides an overview of the writing process, as well as a break down of the essential skills that build good writing. It features easy-to-understand directions, is aligned to national and state standards, and also includes a complete answer key. --Today, more than ever, students need to be equipped with the essential skills they need for school achievement and for success on proficiency tests. The Spectrum series has been designed to prepare students with these skills and to enhance student achievement. Developed by experts in the field of education, each title in the Spectrum workbook series offers grade-appropriate instruction and reinforcement in an effective sequence for learning success. Perfect for use at home or in school, and a favorite of parents, homeschoolers, and teachers worldwide, Spectrum is the learning partner students need for complete achievement.

Bad Boy

The Burnout Fix: Overcome Overwhelm, Beat Busy, and Sustain Success in the New World of Work

Breaking Through

Theorizing Practices in Households, Communities, and Classrooms