

Bandwidth Recovery: Suggested Readings and Watchings

- Barratt, W. (2011). *Social class on campus: Theories and manifestations*. Sterling, VA: Stylus Publishing, LLC
- Dweck, C. (2006). *Mindset: The new psychology of success*. New York, NY: Ballantine Books.
- California News Reel. (2008). *Unnatural causes: Is inequality making us sick?* Documentary. https://www.unnaturalcauses.org/episode_descriptions.php (I am able to stream the entire 7-part series through my university library.)
- Gould, S. J. (1996). *The mismeasurement of man*. New York, NY: W. W. Norton & Company, Inc.
- Hammond, Z. (2015). *Culturally responsive teaching & the brain: Promoting authentic engagement and rigor among culturally and linguistically diverse students*. Thousand Oaks, CA: Corwin.
- Kendi, I. X. (2016). *Stamped from the beginning: The definitive history of racist ideas in America*. New York, NY: Nation Books.
- McGhee, H. (2021). *The sum of us: What racism costs everyone and how we can prosper together*. New York, NY: One World.
- Menakem, R. (2017). *My grandmother's hands: Racialized trauma and the pathway to mending our hearts and bodies*. Las Vegas: Central Recovery Press.
- Miller, H. R. (2015). *Rac(e)ing to class: Confronting poverty and race in schools and classrooms*. Cambridge, MA: Harvard University Press.
- Mullainathan, S., & Shafir, E. (2013). *Scarcity: The new science of having less and how it defines our lives*. New York, NY: Picador/Henry Holt.
- Murphy, C. (2020). *The violence inside us: A brief history of an ongoing American tragedy*. New York: Random House.
- Perry, B. D., & Szalavitz, M. (2017). *The boy who was raised as a dog: What traumatized children can teach us about loss, love, and healing*. New York: Basic Books.
- Redford, J., & Pritzker, K. *Resilience: The biology of stress and the science of hope*. Documentary at <https://kpfifilms.co/resilience/about-the-film/> (look at video under Bonus Content)
- Silberman, S. (2015). *NeuroTribes: The Legacy of Autism and the Future of Neurodiversity*. New York, NY: Avery.

- Steele, C. M. (2010). *Whistling Vivaldi: How stereotypes affect us and what we can do*. New York, NY: W. W. Norton.
- Strayhorn, T. L. (2012). *College students' sense of belonging: A key to educational success for all students*. New York, NY: Routledge.
- Strazzabosco, J. (2018). *Ninety feet under: What poverty does to people*. Burlington, Ontario, Canada: Word & Deed Publishing Incorporated.
- Sue, D. W. (2010). *Microaggressions in everyday life: Race, gender, and sexual orientation*. Hoboken, NJ: John Wiley & Sons, Inc.
- Tatum, B. D. (2017). *Why are all the black kids sitting together in the cafeteria? And other conversations about race*. New York, NY: Basic Books.
- Van Der Kolk, B. (2014). *The body keeps the score: brain, mind, and body in the healing of trauma*. New York, NY: Penguin Books.
- Verschelden, C. (2020). *Bandwidth for schools: Helping Pre-k-12 students reclaim cognitive resources lost to poverty, trauma, racism, and social marginalization*. Sterling, VA: Stylus Publishing, LLC.
- Verschelden, C. (2017). *Bandwidth recovery: Helping students reclaim cognitive resources lost to poverty, racism, and social marginalization*. Sterling, VA: Stylus Publishing, LLC
- Wilkerson, I. (2020). *Caste: The origins of our discontents*. New York: Random House.
- Wilkinson, R., & Pickett, K. (2011). *The spirit level: Why greater equality makes societies stronger*. London: Bloomsbury Press.
- Winn, M. T. (2018). *Justice on both sides: Transforming education through restorative justice*. Cambridge, MA: Harvard University Press.