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Featured Bookshelf: 2020 Back to School

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Back to School Featured Bookshelf



This unusual summer semester has ended and we're prepping for fall. It's only a few short weeks until the 2020-2021 academic year begins. It's certainly going to be an interesting semester. Please remember to follow the [Armour Up, Knights campaign](#) to help keep the UCF community safe. Wear your mask, wash your hands, and try to keep 6 feet between yourself and others. By supporting each other, we can come through this stronger on the other side.

Libraries staff has pulled together a few suggestions that cover a whole range of areas including college success, cultural appropriation, investing, and football. Click on the link below to see the full list, descriptions, and catalog links for the featured Back-so-School titles suggested by UCF Library employees.

Welcome to the 2020-21 academic year!

~

[100 Books to Think About](#) by Cynthia M. Kisby

College is a place to develop and employ thinking skills to achieve whatever we most desire in life. This book is a starting point to understand how the mind actually works.

Written for UCF students by a UCF faculty librarian, this book summarizes expert advice on how to use thinking to take care of our mind, gift, body, people, and world. Although presented as a personally annotated bibliography, this is not a story book. Feel free to skip around to whatever chapter interests you at the moment. Best of all, this online book is a totally free gift to you from the UCF Libraries' Showcase of Text, Archives, Research & Scholarship (STARS).

Suggested by Cynthia Kisby, Administration

[College Students: mental health and coping strategies](#) edited by Mery V. Landow

College students are subject to a massive input of stresses which require successful and ever-changing coping strategies. These stresses include inside and outside pressures by the world to succeed, financial worries, concerns about uncertain futures, social problems and opportunities since college is often the meeting place for future mates, and homework and tests in multiple and complex subjects requiring preparation and focus with often conflicting priorities. Unsuccessful coping often results in anxiety, heavy drinking, depression and a host of other mental health problems.

Suggested by Sandy Avila, Research & Information Services

[Go See the Principal: true tales from the school trenches](#) by Gerry Brooks

Gerry Brooks is an elementary school principal turned YouTube celebrity who entertains K-12 teachers, administrators, and parents across the country. He tells jokes with the kind of mocking humor that gets a laugh, yet can be safely shared in school. After all, even great schools have bad days -- when lesson plans fall through, disgruntled parents complain, kids throw temper tantrums because they have to use the same spoon for their applesauce and mashed potatoes, and of course, dealing with...The Horror! The Horror!...dreaded assessments.

Suggested by Katie Kirwan, Acquisition & Collection Services

[Happy Teachers Change the World: a guide for cultivating mindfulness in education](#) by Thich Nhat Hanh and Katherine Weare

the first official, authoritative manual of the Thich Nhat Hanh/Plum Village approach to mindfulness in education. Spanning the whole range of schools and grade levels, from preschool through higher education, these techniques are grounded in the everyday world of schools, colleges, and universities. Beginning firmly with teachers and all those working with students, including administrators, counselors, and other personnel, the Plum Village approach stresses that educators must first establish their own mindfulness practice since everything they do in the classroom will be based on that foundation. The book includes easy-to-follow, step-by-step techniques perfected by educators to teach themselves and to apply to their work with students and colleagues, along with inspirational stories of the ways in which teachers have made mindfulness practice alive and relevant for themselves and their students across the school and out into the community

Suggested by Megan Haught, Student Learning & Engagement/Research & Information Services

Inseparable: how family and sacrifice forged a path to the NFL by Shaquem Griffin & Shaquill Griffin with Mark Schlabach

Much more than a sports memoir, Shaquem and Shaquill Griffin share the previously untold details of the powerful and inspiring story behind the modern NFL's first one-handed player, and his twin brother's unrelenting devotion, sacrifice, and love. It's the story of Shaquem's understanding of God's purpose for his life—to inspire others to stop being afraid and to stop making excuses—and his family's unwavering support in spite of seemingly insurmountable obstacles. The Griffins' unlikely underdog story has already captured the imagination of millions of football fans and physically challenged people around the world.

Suggested by Sara Duff, Acquisition & Collection Services

Sold My Soul for a Student Loan: higher education and the political economy of the future by Daniel T. Kirsch

American higher education boasts one of the most impressive legacies in the world, but the price of admission for many is now endless debt. As this book shows, increasing educational indebtedness undermines the real value of higher education in our democracy. To help readers understand this dilemma, the book examines how student debt became commonplace and what the long-term effects of such an ongoing reality might be. This work examines this vitally important issue from an unprecedented diversity of perspectives, focusing on the fact that student debt is hindering the ability of millions of people to enter the job market, the housing market, the consumer economy, and the political process. Perhaps most importantly, it explores the new relationship debtor-citizens have to the government as a result of debt, and how that impacts democracy for a new generation. Taken together, these qualitative and quantitative approaches paint a clear picture of the consequences of student debt for America and its citizens, both now and in the future.

Suggested by Megan Haught, Student Learning & Engagement/Research & Information Services

Spillover: animal infections and the next human pandemic by David Quammen

This work examines the emergence and causes of new diseases all over the world, describing a process called "spillover" where illness originates in wild animals before being passed to humans and discusses the potential for the next huge pandemic. The emergence of strange new diseases is a frightening problem that seems to be getting worse. In this age of speedy travel, it threatens a worldwide pandemic. The author tracks this subject around the world. He recounts adventures in the field, netting bats in China, trapping monkeys in Bangladesh, stalking gorillas in the Congo, with the world's leading disease scientists. He takes the reader along on this quest to learn how, where from, and why these diseases emerge, and he asks the terrifying question: What might

the next big one be?

Suggested by Megan Haught, Student Learning & Engagement/Research & Information Services

[Success in College: from C's in high school to A's in college](#) by Peter F. Burns

Peter F. Burns also gives an insider's perspective to the academic semester, in-class behavior, and how and when to approach professors. Perhaps most importantly, there is invaluable advice about the attitude and work ethic that are essential to the development of outstanding college students. Burns uses his own college experiences, as well as the experiences of other students and professors and research findings, to supplement the material given.

Suggested by Sandy Avila, Research & Information Services

[The Little Book of Common Sense Investing: the only way to guarantee your fair share of stock market returns](#) by John C. Bogle

The classic guide to getting smart about the market. Legendary mutual fund pioneer John C. Bogle reveals his key to getting more out of investing: low-cost index funds. This tenth anniversary edition includes updated data and new information but maintains the same long-term perspective as in its predecessor. Bogle has also added two new chapters designed to provide further guidance to investors: one on asset allocation, the other on retirement investing.

Suggested by Peter Spyers-Duran, Cataloging

[White Negroes: when cornrows were in vogue ... and other thoughts on cultural appropriation](#) by Lauren Michele Jackson

This book provides a cultural, political, and social survey through the most American of pastimes that continues to thrive today. It is a crucial account of the people, stories, and culture that create the hilarious, crazy wonder that is life in the 21st century. It is also a wake up call. This book documents how this very old tradition shapes our society in the present in the hopes that we can imagine something better. It will transform what readers think they know about race and culture in the new millennium and open the door to a new present and future unburdened by crimes of the past.

Suggested by Megan Haught, Student Learning & Engagement/Research & Information Services

Tumblr post: <https://ucflibrary.tumblr.com/post/625551884621643776/this-unusual-summer-semester-has-ended-and-were>

Blog post: <https://library.ucf.edu/news/featured-bookshelf-back-to-school-2020/>