

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.)
- Chaiken, S., & Trope, Y. (Eds.). (1999). *Dual-process theories in social psychology*. New York: Guilford Press.
- Kendi, I. X. (2016). *Stamped from the beginning: The definitive history of racist ideas in America*. New York, NY: Nation Books.
- McNair, T., Albertine, S., Cooper, M. A., McDonald, N., & Major, T. (2016). *Becoming a student-ready college*. San Francisco, CA: Jossey-Bass.
- Mullainathan, S., & Shafir, E. (2013). *Scarcity: The new science of having less and how it defines our lives*. New York, NY: Picador/Henry Holt.
- Redford, J., & Pritzker, K. *Resilience: The biology of stress and the science of hope*. Documentary at <https://kpfjfilms.co/resilience/about-the-film/> (look at video under Bonus Content)
- 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.
- 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.
- Verschelden, C. (2017). *Bandwidth recovery: Helping students reclaim cognitive resources lost to poverty, racism, and social marginalization*. Sterling, VA: Stylus Publishing, LLC
- Wilkinson, R., & Pickett, K. (2011). *The spirit level: Why greater equality makes societies stronger*. London: Bloomsbury Press.