

## RESEARCH

Choosing a Good Road is an evidence-based approach to improving learner effectiveness. Here you will find references to research that supports the use of the textbook's approaches as well as resources you can use for developing classroom interventions.

### Reflection & Journaling (What's the Point? What Did You Learn? Road Log)

Clift, R., Houston, W., and Pugach, M. (Eds.), (1990). Encouraging Reflective Practice in Education. New York: Teacher's College Press.

Bandura, A. (1977). Social Learning Theory. Englewood Cliffs, NJ: Prentice-Hall.

Zeichner, K., Liston, D. (eds.) (1996). Reflective Teaching: An Introduction. Mahwah, NJ: Lawrence Erlbaum Associates.

Stamper, C. (1996). Fostering Reflective Thinking Through Computer Mediated Journaling. Unpublished doctoral dissertation. Tempe: Arizona State University.

Wertenbroch, A.; Nabeth, T. (2000). Advanced Learning Approaches & Technologies: The CALT Perspective. <http://www.insead.fr/CALT/Publication/CALTReport/calt-perspective.pdf>

Hiemstra, R. "Translating Personal Values and Philosophy into Practical Action." In R. G. Brockett (ed.), Ethical Issues in Adult Education. New York: Teachers College Press, 1988.

Hiemstra, R. "Techniques, Tools, and Resources for the Self-Directed Learner." Mar 2000. Web address: [<http://www-distance.syr.edu/sdltools.html>].

Perham, A. J. "Collaborative Journals." Paper presented at the National Council of Teachers of English Conference, 1992. (ED 355 555)

### Motivation (Cool Facts)

Pattengale, Jerry (with Phil Garner) "Intrinsic Motivation," National Conference for Students in Transition, National Resource Center for the First-Year Experience (USC) Nov. 5, 2000, Cincinnati, OH.

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Pintrich, P.R., & Schunk, D. H. (1996). Motivation in education: Theory, research and

applications. Englewood Cliffs, NJ: Prentice Hall Merrill.

Weinert, F.E. (1987). Introduction and overview: Metacognition and motivation as determinants of effective learning and understanding.

### **Problem-Based Learning (Ideas in Action)**

Barrows, H.S., & Myers, A.C. (1993). *Problem-Based Learning in Secondary Schools*. Unpublished monograph. Springfield, IL: Problem-Based Learning Institute, Lanphier High School and Southern Illinois University Medical School.

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Boud, D. & Feletti, G. (Eds.) (1991). *The Challenge of Problem Based Learning*. New York: St. Martin's Press.

Brooks, J.G., & Brooks, M.G. (1993). *In Search of Understanding: The Case for Constructivist Classrooms*. Alexandria, VA: Association for Supervision and Curriculum Development.

Johnson, D.W., & Johnson, R.T., (1990). Cooperative learning and achievement. In S. Sharan, (Ed.) *Cooperative learning: Theory and practice*. New York: Praeger.

Resnick, L.B. (1987). Learning In School and Out. *Educational Researcher*, 16, 13-20.

Scardamalia, M., & Bereiter, C. (1991). Higher levels of agency for children in knowledge building: A challenge for the design of new knowledge media. *The Journal of The Learning Sciences*, 1, 37-68.

Cohen, E. (1994). Restructuring the Classroom: Conditions for Productive Small Groups, *Review of Educational Research*, 64, 1-35.

### **Comics (Maga and Keya on A Good Road)**

McCloud, S. (1993). *Understanding comics: The invisible art*. Northampton, MA: Kitchen Sink Press.

McCloud, S. (2006). *Making comics: Storytelling secrets of comics, manga and graphic novels*. New York: Harper Paperbacks.

Bussert, L. (February, 2005) "Comic books and graphic novels: digital resources for an evolving form of art and literature," C&RL News Internet Resources article, American Library Association.

[http://www.ala.org/ala/mgrps/divs/acrl/publications/crlnews/2005/feb/ALA\\_print\\_layout\\_1\\_169891\\_169891.cfm](http://www.ala.org/ala/mgrps/divs/acrl/publications/crlnews/2005/feb/ALA_print_layout_1_169891_169891.cfm) (Accessed February 12, 2011)

Mallia, Gorg. "Learning from the sequence: The use of comics in instruction." . *ImageText: Interdisciplinary Comics Studies*. 3.3 (2007). Dept of English, University of Florida. 14 Mar 2012.

<[http://www.english.ufl.edu/imagetext/archives/v3\\_3/mallia/](http://www.english.ufl.edu/imagetext/archives/v3_3/mallia/)>.

<http://comicsintheclassroom.net/>

<http://gwtoday.gwu.edu/learningresearch/aseriouseuseforcomicbooks>

Canadian Council on Learning (CCL).

<http://www.ccl-cca.ca/CCL/Reports/LessonsinLearning/LinL20100721Comics.html>

<http://graphicpolicy.com/2010/09/27/fix-low-sat-and-act-scores-in-chicago-schools-through-comic-books/>

<http://graphicpolicy.com/2010/09/20/is-our-children-learning-with-comics/>

## **Ready for College**

College Readiness Begins in Middle School. ACT POLICY REPORT  
GEORGE L. WIMBERLY and RICHARD J. NOETH  
([www.act.org/research/policy/index.html](http://www.act.org/research/policy/index.html)).

Educational Policy Improvement Center

[https://www.epiconline.org/publications/college\\_readiness](https://www.epiconline.org/publications/college_readiness)

Gates Foundation College-Ready Education

<http://www.gatesfoundation.org/college-ready-education/Pages/default.aspx>

Texas College and Career Readiness Program Research

<http://www.txccrs.org/more/research.htm>

## **Ready for Career**

Partnership for 21st Century Skills ([www.21p.org](http://www.21p.org))

<http://forum.illinois.edu/research/ccr>

New York City Department of Education

<http://schools.nyc.gov/Academics/CommonCoreLibrary/Why/Readiness/default.htm>

<http://www.insidehighered.com/news/2010/04/14/definition>

Association for Career and Technical Education  
<http://www.acteonline.org/>

Association for Career and Technical Education Educator Resource Center  
<http://www.acteonline.org/erc.aspx>

## **Resilience (Never Give Up!!)**

### **Penn Resiliency Project**

<http://www.ppc.sas.upenn.edu/prpsum.htm>

Benard, B. (1991). *Fostering Resiliency in Kids: Protective Factors in the Family, School, and Community*. Portland, OR: Western Center for Drug-Free Schools and Communities.

Maston, A. (1994). Resilience in individual development: Successful adaptation despite risk and adversity. In Wang, M. and Gordon, E. (eds. ). *Educational Resilience in Inner-City America: Challenges and Prospects*. Hillsdale, NJ: Lawrence Erlbaum Associates.

Werner, E. and Smith, R. (1982, 1989). *Vulnerable but Invincible: A Longitudinal Study of Resilient Children and Youth*. New York: Adams, Bannister, and Cox.

<http://www.resilientus.org/divisions/community-resilience-research.html>

*A Guide to Promoting Resilience in Children: Strengthening the Human Spirit*  
Edith H. Grotberg, Ph.D. The International Resilience Project  
<http://resilnet.uiuc.edu/library/grotb95b.html>

## **Brain Based Learning (Neurons, Synapses, & Dendrites)**

<http://www4.uwsp.edu/education/lwilson/brain/bboverview.htm>

New Horizons for Learning  
<http://education.jhu.edu/newhorizons>

Society for Neuroscience Public Education  
<http://www.sfn.org/index.aspx?pagename=PublicEducation>

The Dana Alliance for Brain Initiatives  
<http://www.dana.org/danaalliances/>

<http://www.dana.org/neuroeducation/>

Making Connections: Teaching and the Human Brain.

Caine, Renate Nummela; Caine, Geoffrey Association for Supervision and Curriculum Development, MD.

“Brain-Based Learning: A Reality Check.”

Jensen, Eric

Educational Leadership, v57 n7 p76-80 Apr 2000.

Wolfe, Pat. Brain Matters: Translating the Research to Classroom Practice.

ASCD, Alexandria, VA, 2001: 1-207.

BRAIN AWARENESS WEEK LESSONS by Ms. Lynne Bleeker, Middle School Science Teacher: <http://faculty.washington.edu/chudler/baw1.html>

### **Fixed and Growth Mindsets (Working Out Your Brain)**

<http://mindsetonline.com/>

<http://www.centreforconfidence.co.uk/information.php?p=cGlkPTE1NQ==>

Dangers of a fixed mindset: implications of self-theories research for computer science education Laurie Murphy & Lynda Thomas. ITiCSE '08 Proceedings of the 13th annual conference on Innovation and technology in computer science education. ACM New York, NY, USA ©2008

<http://www.time.com/time/magazine/article/0,9171,1126743,00.html>

[http://www.gladwell.com/2002/2002\\_07\\_22\\_a\\_talent.htm](http://www.gladwell.com/2002/2002_07_22_a_talent.htm)

### **Myelin Sheath**

<http://www2.ed.gov/pubs/RoadtoRead/part2.html>

Translating the Research to Classroom Practice.

ASCD, Alexandria, VA,

Sylwester, R. (1995). A celebration of neurons: An educator's guide to the human brain. Alexandria, VA: ASCD.

Coyle, Daniel. *The Talent Code*. New York: Bantam, 2009.

Fields, R. Douglas. “White Matter Matters,” *Scientific American* (March 2008), 54-61.

### Music and Learning (Life & Lyrics)

<http://www.citizenschools.org/news/how-to-use-music-to-boost-student-learning/>

<http://www.mindinst.org/MIND2/tMI.html#trion>

Feierabend, J. (1999). Quoted in Make music, America! Teaching Music, 7(3). Reston, VA: Music Educators' National Conference.

Jensen, E. (1998). Teaching with the brain in mind. Alexandria, VA: Association for Supervision and Curriculum Development.

Weikart, P.S. (1998). Steady beat: What we now know. Ypsilanti, MI: High/Scope Educational Research Foundation.

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### Autonomy and Learning (It's My Choice)

Pintrich, P.R., & DeGroot, E.V. (1990). Motivational and self-regulated learning components of classroom academic performance. *Journal of Educational Psychology*, 82, 33-40.

Self-Direction for Lifelong Learning. A Comprehensive Guide to Theory and Practice. Candy, Philip C. Jossey-Bass, San Francisco, 1991

Benson, P. & Voller, P. 1997. *Autonomy and Independence in Language Learning*. London: Longman.

Boud, D. (ed.). 1988. *Developing Student Autonomy in Learning*. New York: Kogan Press.

Bandura, A. (1997). *Self-efficacy: The exercise of control*. New York: Freeman.

Ames, C. (1992). Classrooms, goals, structures, and student motivation. *Journal of Educational Psychology*, 84, 261-271.

d'Ailly, H. (2004). The role of choice in children's learning: A distinctive cultural and gender difference in efficacy, interest, and effort. *Canadian Journal of Behavioural Science*, 36(1), 17-29.

Deci, E. L., & Ryan, R. M. (1985). *Intrinsic motivation and self-determination in human behavior*. New York: Plenum.

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### [Life Purpose & Mission Statement](#)

Pattengale, J. (2009) *Why I Teach: And Why It Matters to My Students*. New York: McGraw-Hill.

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Braskamp, L., L. Calian Trautvetter, and K. Ward (2006) *Putting Students First: How Colleges Develop Students Purposefully*. Anker Publishing.

Kohn, Alfie. (1999) Punished by rewards: The trouble with gold stars.

Pope, D. (2003) *Doing School: How We Are Creating a Generation of Stressed-Out, Materialistic, and Miseducated Students*. Yale University Press.

Kronman, A. T. (2007) *Education's End: Why Our Colleges and Universities Have Given Up on the Meaning of Life*. Yale University Press.

Smith, C. A. (2005) *Soul Searching: The Religious and Spiritual Lives of America's Teenagers*. Oxford Press.

Reynolds, P., J. Gross, B. Millard, J. Pattengale (2005). Discovering life purpose: retention success in a leadership course at Indiana Wesleyan University. *Indiana Project for Academic Success Research Brief*. Bloomington: Smith Center for Research, Indiana University.

Trusty, J. & S. G. Niles (2004). *Realized potential or lost talent: High-school variables and bachelor's degree completion*. *Career Development Quarterly*, 53, 2–15.

### **Problem Solving Process (4 Steps to Success)**

Critical Issue: Working Toward Student Self-Direction and Personal Efficacy as Educational Goals

<http://www.ncrel.org/sdrs/areas/issues/students/learning/lr200.htm>

Problem-Solving Training as Prevention with College Students. P. PAUL HEPPNER , GARY W. NEAL, LISA M. LARSON. Article first published online: 23 DEC 2011  
<http://onlinelibrary.wiley.com/doi/10.1111/j.2164-4918.1984.tb00266.x/abstract>

### **Goals & Action Steps (D.R.E.A.M. Model for Setting Goals)**

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Locke, Edwin A. (1996) "Motivation Through Conscious Goal Setting," *Applied and Preventive Psychology*, 5:117-124.

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## Values

Henry, D. & M. Beaty (2008) *The Schooled Heart: Moral Formation in American Higher Education*. Waco, TX: Baylor University Press.

Jonathan Cohen, president of the National School Climate Center (formerly the Center for Social and Emotional Education), says there are more than 300 empirical studies that support the notion that “when schools make these core processes integral facets of school life, student achievement increases and school violence decreases.”

<http://goodcharacter.com/>

<http://www.character.org/key-topics/character-ed-academic-achievement/>

<http://www.kappanmagazine.org/content/87/6/448.short>

## Peer Pressure & Assertiveness

Alberti, Robert E. & Emmons, Michael L. *Your Perfect Right: Assertiveness and Equality in Your Life and Relationships*. 2001

Bower, S.A. & Bower, G.H. *Asserting Yourself: A Practical Guide for Positive Change*. 1991

Dyer, Wayne W. *Pulling Your Own Strings*. 1978

Lloyd, Sam R. *Developing Positive Assertiveness: Practical Techniques for Personal Success*. 2001

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Elizabeth Morris. Assertiveness for middle school students, Australian Council for Educational Research Edition (ACER Press, 2004).

“Social skills training for young adolescents: symbolic and behavioral components.” Kathryn L. Thompson, Kaarre A. Bundy, and Christina Broncheau. *Adolescence*. 1995 Fall; 30(119): 724-34.

Social skills training for young adolescents: cognitive and performance components. Wise, Bundy, Bundy, and Wise (1991) *Adolescence*. 1995 Fall; 30(119): 724-34.

Reducing student anxieties through assertiveness training workshops: Research outcomes. Dawn L. McBride, Ph.D., Alyson M. Worrall, Ph.D., Faculty of Education, University of Lethbridge

Peer Pressure May Change Students' Brains: "Social influence modulates the neural computation of value," is expected in the April edition of *Psychological Science*. Mr. Zaki, Jason Mitchell, a psychology professor, and Jessica Schirmer, February 2011.

“Peers increase adolescent risk taking by enhancing activity in the brain’s reward circuitry.” Jason Chein, Dustin Albert, Lia O’Brien, Kaitlyn Uckert, and Laurence Steinberg. *Developmental Science*, Volume 14, Issue 2, pages F1–F10, March 2011

### [Get a Mentor](#)

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The University of Texas at Austin Study of High School Restructuring July 2005 No. 6

The ABCs of School-Effective Strategies for Providing Quality Based Mentoring  
Youth Mentoring in Schools and Communities, Revised September 2007, Published  
by: The Hamilton Fish Institute on School and Community Violence &  
The National Mentoring Center at Northwest Regional Educational Laboratory

Burnette, A.P. (1995). "Mentoring: one solution to teen violence." *The Negro Educational Review*, 46, pp. 87-94.

DuBois, David L.; Michael J. Karcher (2005). *Handbook of Youth Mentoring*.  
Thousand Oaks, California: SAGE Publications Ltd.

Michael Karcher (2007) "Cross-age Peer Mentoring," *Research in Action*, Issue 7,  
2007, MENTOR/National Mentoring Partnership, Alexandria, VA, p. 8.

## Setting Priorities

**Setting Educational Priorities: High Achievers Speak Out**  
**White Paper AMERITCHIEVE Forum** Marian College  
**Indianapolis, Indiana April 22, 2001** Report prepared by Robert C. Dickeson,  
Ph.D. Senior Vice President Lumina Foundation for Education

[http://www.microsoft.com/education/en-us/Training/Competencies/Pages/priority\\_setting.aspx](http://www.microsoft.com/education/en-us/Training/Competencies/Pages/priority_setting.aspx)

## Creativity & Learning

Andiliou, A. & Murphy, P. K. (2010). Examining variations among researchers' and teachers' conceptualizations of creativity: A review and synthesis of contemporary research, *Educational Research Review*, 4(3), 201-219.

Fostering Creative Thinking during the High School Years E. Paul Torrance *The High School Journal* Vol. 45, No. 7 (Apr., 1962), pp. 281-288

“Are intelligence and creativity really so different? Fluid intelligence, executive processes, and strategy use in divergent thinking.” Emily C. Nusbaum , Paul J. Silvia  
*Intelligence* Volume 39, Issue 1, January–February 2011, Pages 36–45

<http://www.pz.harvard.edu/research/Research.htm>

<http://people.goshen.edu/~marvinpb/arted/tc.html>

## Healthy Risks versus Big Risks

<http://aspe.hhs.gov/health/reports/teenrisk/teenrisktaking.html>

Teen Risk-Taking: A Statistical Portrait | Laura Duberstein Lindberg ...  
[aspe.hhs.gov/health/reports/teenrisk/teenrisktaking.html](http://aspe.hhs.gov/health/reports/teenrisk/teenrisktaking.html)

<http://www.sciencedaily.com/releases/2009/08/090825203341.htm>

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## Critical Thinking Skills

Lisa Gueldenzoph Snyder and Mark J. Snyder. Teaching Critical Thinking and Problem Solving Skills. Delta Pi Epsilon J 50 no2 Spr/Summ 2008.

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## Diversity Awareness & Management

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<http://www.edchange.org/multicultural/index.html>

<http://www.tolerance.org/activity/gender-stereotyping>

<http://www.learnnc.org/lp/pages/3992>

Nieto, S. (2003). Profoundly Multicultural Questions. *Educational Leadership*, 60 (4), 6-10.

Gay, G. (2000). *Culturally Responsive Teaching: Theory, Research, and Practice*. New York: Teachers College Press.

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<http://www.nccrest.org/>

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<http://crede.berkeley.edu/>

### [Service Learning](#)

Zlotkowski, E. (2002) *Service-Learning and the First-Year Experience: Preparing Students for Personal Success and Civic Responsibility*. Columbia, SC: University of South Carolina, National Resource Center for The First-Year Experience and Students in Transition.

“Engaged for Success: Service-Learning as a Tool for High School Dropout Prevention” A Report by Civic Enterprises in association with Peter D. Hart Research Associates for the National Conference on Citizenship, April 2008, John M. Bridgeland, John J. Dilulio, Jr. and Stuart C. Wulsin.

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Shelley H. Billig, Ph.D., RMC Research Corporation, Denver 2004

“How Service Learning Affects Students.” Alexander Astin, et al., Higher Education Research Institute, University of California, Los Angeles, January 2000

<http://www.facingthefuture.org/ServiceLearning/ServiceLearningResearchResources/tabid/95/Default.aspx>

### [Mindfulness](#)

“The Effects of a Mindfulness-Based Education Program on Pre- and Early Adolescents’ Well-Being and Social and Emotional Competence.” Kimberly A. Schonert-Reichl and Molly Stewart Lawlor, *Mindfulness*, Volume 1, Number 3, 137-151

**Mindfulness in Education Network**

<http://www.mindfuled.org/>

Tobin Hart's "Opening the Contemplative Mind in the Classroom," *Journal of Transformative Education*, Vol. 2 No. 1, January 2004 28-46 DOI: 10.1177/1541344603259311 ©2004 Sage Publications 28

Association for Mindfulness in Education

<http://www.mindfuleducation.org/>

Tai Chi and mindfulness-based stress reduction in a Boston Public Middle School  
Robert B. Wall M. Div., MSN, *Journal of Pediatric Health Care*, Volume 19, Issue 4,  
July-August 2005, Pages 230-237.

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Maria Napoli, *Journal of Applied School Psychology*, 2005

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Mindfulness for Educators

<http://mindfulnessineducation.wordpress.com/>