

Changing your mindset about revision (L. Lennie Irvin)

"writing is an inquiry process where we discover what we mean as we write it: through revision, we discover ways to get what we mean closer to what we say and ✓ what we say closer to what we mean"

"we can't expect writing one draft and publishing it up will produce dazzling insights... Revision, it turns out, is about discovery, and growth, and problem-solving".

The science of Happiness (B Martin Seligman)

"Happiness is not just a feeling... it's a mix of ✓ positive emotion, meaningful relationships, and living purpose"

"Our happiness depends on both ~~our~~ ^{our} inner qualities and the circumstances we live in"

"Gratitude journaling increases appreciation, joy and positivity by focusing on the good in life".

The paradox of choice (Barry Schwartz)

"All of this choice has two effects... one effect, paradoxically, is that it produces paralysis rather than liberation. with so many options to choose from, people find it very difficult to choose at all."

(Carol Dweck) Carol Dweck Revisits the "growth mindset"

"Students need to try new strategies ~~to~~ and seek input from others when they're stuck..." ✓