

WATSON ACADEMY

RESOURCE LIBRARY

DECEMBER 2008

FOREWORD

Welcome to Watson Academy's Resource Library Directory. The Resource Library, located in the offices of the Watson Academy, contains various life skills curricula, educational materials, books and DVD's which can be used with youth and adult populations. Our intent is to maintain the Library as an educational resource to support the work being done in all of our CRJ programs. We are excited to have the Resource Library complete and to have this Directory as a guide to its contents. Most importantly, we hope everyone will visit and use the materials we have put together.

Watson Academy would like to thank Molly Schofield, Life Skills Coordinator; Cara Hovhanessian, Tufts University student intern; and Abby Murphy, Somerville Transition Shelter teacher for their assistance in putting together materials for the Resource Library. A special thanks to Julie Michalos from SQA for her help with the Directory.

Marcy Rosenthal, Director

Watson Academy

RESOURCES BY CATEGORY

ANGER MANAGEMENT

Title	Type of Resource	Author/Company	Notes
Cage your Rage for Teens	Book	Cullen, Murray and Wright, Joan	
Bullying	Book	World Teachers Press	Grades 7-8
Aggression Replacement Training	Book	Arnold Goldstein and Barry Glick	Tools for aggressive youth
Prepare Curriculum	Book	Arnold Goldstein	Aggression replacement training
Anger Workout Book for Teens	Workbook	Jan Stewart	
Strategies for Anger Management	Workbook	Kerry Moles	
60 Second Anger Management	Workbook	Dr. Michael Hershorn	Quick tips to handle explosive feelings
Violence Prevention Skills	Workbook	Ruth Begun	Lessons and activities on violence
Skills for Negotiating and Resolving Conflict	Workbook	SERA Learning	
Applying Problem Solving Strategies	Activity Book	Creative Teaching Press	Grades 5-6
Conflict Resolution	Teachers guide and Worksheets	Julia Jasmine	

***In addition to this Anger Management list, we also have a Watson Academy curriculum binder which includes activities from many of the above resources and contains the following:** Understanding Conflict, Emotional Triggers, Identifying Feelings, Understanding Anger/ Aggressive Behavior, Alternatives to Negative Emotions, Emotional Control, Coping*

CAREER EDUCATION

Title	Type of Resource	Author/Company	Notes
Communication Skills	Book	Ferguson Career Skills Library	
Man I Need a Job!	Book	Ned Rollo	Finding employment if you have a criminal history
Enhanced Occupational Outlook Handbook	Book	Just Works	Provides Job Descriptions
Nail the Job Interview	Book	Krannich, Caryl and Ron	
The Ex-Offender's Job Hunting Guide	Book	Krannich, Caryl and Ron	
Best Resumes and Letters for Ex-Offenders	Book	Krannich, Ron and Enelow, Wendy	

No One Will Hire Me	Book	Ron and Caryl Kranich	Avoid 15 mistakes and win the Job
The Young Entrepreneurs Guide to Starting and Running a Business	Book	Steve Mariotti	Stories of Young people finding success in business.
America's Top 100 Jobs for People Without a Four Year Degree	Book	Ron and Caryl Kranich	
Networking and Interviewing for Jobs	Book	Mendlin and Polonsky	Part of the "putting the bars behind you" series
Being "Job-Ready"- Identify your skills, strengths, and career goals	Book	Mendlin and Polonsky	Part of the "putting the bars behind you" series
Keeping Your Job-Survive and Succeed in a New Job	Book	Mendlin and Polonsky	Part of the "putting the bars behind you" series
Filling Out Forms	Resource Book	Remedia Publications	Real life activities to improve reading, writing and spelling
Career Search	Workbook	Sherry Strong	Exploration of self career choice
Self Management	Workbook	David Wilson	Promoting Success in middle school students
Creating Your High School Portfolio	Workbook	JIST Works Inc	Interactive school/ career/life planning book
Integrating School Successes and Career Readiness	Workbook	Imogene Forte and Sandra Schurr	Strategies, school activities, tools and assessments
Real Life Decision Making at Work	Workbook	Betsy Feist	Problem solving
Ethics On The Job	Board Game	Franklin Learning Systems	2-6 players (more with team play)

***In addition to this Career Education list, we also have a Watson Academy curriculum binder which includes activities from many of the above resources and contains the following:** Analyzing Job Readiness Skills, Analyze Employee, Analyzing Job Readiness Skills, Analyze Employee and Employer Character Traits, Self Evaluation of Skills, Resume Writing/Development, Job Descriptions, Applications, Interview Skills, Career Vocabulary, Nonverbal Skills Body Language/Hand Gestures/ Facial Expressions, Listening Skills, Oral Communication/ Conversations, Written Communication, Business letters/ thank you notes/ sample thank you letter, Follow up Phone Calls "Phone Conversations," "Being Honest on the Job"*

CULINARY ARTS

Title	Type of Resource	Author/Company	Notes
Watson Academy Cookbook	Recipes and handy tips from our clients, staff and other resources	CRJ staff, clients and other	
The Joy of Cooking	Cookbook	Irma Rombauer	
Kids Cook	Cookbook	Sarah and Zachary Williamson	Easy recipes

FINANCE

Title	Type of Resource	Author/Company	Notes
Personal Finance	Activity Book	Bledenweg, Karl	
Financial Math Book 1	Activity Book	Steck-Vaughn School Supply	
Marketing Simulations- challenging	Activity Book	Teacher Created Materials, Inc.	
Money Talks Workbook	Workbook	Getting Ready-a Resource for Independent Living	We have 9 Copies
NEFE High School Financial Planning Program	Student Guide	NEFE	6 available, 3 from 2001 and 3 from 1999
Reality Matters- Risky Business	DVD	Discovery Education	
Money Talks	DVD Curriculum	Getting Ready-A Resource for Independent Living	Work books to go with it

HEALTH

Title	Type of Resource	Author/Company	Notes
Standard First Aid	Book	American Red Cross	
Chew with your Mouth Full- The Art of Feeding Your Face	Book	Cissel, Diane	
The Watts Teen Health Directory	Book	Isler and Cohall	
Manners That Matter	Resource Book	Instructional Fair	Grades 3-8
Wall Talk- Peer Education Training	Curriculum	Project Peer to Peer Education	Full curriculum with activities
Healthy Choices Activities- Planned Parenthood Education and Training	DVD/Curriculum	Planned Parenthood	DVD with full curriculum on it
The New Dietary Guidelines: what you need to know	DVD Curriculum	Human Relations Media	DVD and student activities
Reality Matters- Obesity and Nutrition	DVD	Discovery School	
Mind Your Manners	DVD	Linx Educational Publishing Inc.	
Human Nutrition- introduction to nutrition	VHS	George Washington University	1 of 4 different videos in the series we have
Human Nutrition- The Digestive System	VHS	George Washington University	1 of 4 different videos in the series we have
Human Nutrition- Nutrition and Disease	VHS	George Washington University	1 of 4 different videos in the series we have

Prevention			
Human Nutrition- Weight Control and Metabolism	VHS	George Washington University	1 of 4 different videos in the series we have
Independent Living	Independent Living Cards	Independent Living Resources Inc.	Set 5 of a 5 pack set

***In addition to this Health list, we also have a Watson Academy curriculum binder which includes activities from many of the above resources and contains the following:** Cleanliness (clean body, mind, and habits; personal hygiene, neatness), Health (being physically, mentally, and emotionally), Standard First Aid.*

ICEBREAKERS/TRAINING

Title	Type of Resource	Author/Company	Notes
Moving Beyond Icebreakers	Facilitator workbook	Stanley Pollack	
Still More games Trainers Play	Facilitator guide and activities	Edward Scannell and John Newstrom	

SELF ESTEEM

Title	Type of Resource	Author/Company	Notes
Get a Grip on Character- Exercises in Everyday Decision Making	Book	Rice, Chris	
The "Double You"- The Person you are and the Person you want to be	Book	Mendlin and Polonsky	
I am Already Successful	Book	Hooker, Dennis	Activities to Develop Motivation and Self- Esteem
What do you Stand For?	Workbook	Barbara Lewis	Kids Guide to building character
Effective Communication Skills	Workbook	Marsha Ludden	Essential tools for success in work and personal situations
Life Skills Training	Workbook	Gilbert Botvin, Ph.D.	
Curriculum based Motivation Group	Workbook	Ann Fields	5 session group motivational group intervention
Character Matters	Workbook/facilitator guide	Boston Globe	Using newspapers to teach character
Living on Your Own-An Independent Living Situation	Student Book	Bunnell, Jean	10 are available
Living on Your Own-An Independent Living Situation	Teacher's Guide	Bunnell, Jean	Goes with student workbooks
Applying Problem Solving Strategies	Activity Book	Creative Teaching Press	Grades 5-6

Young Women's Lives- Building Self-Awareness for Life	Teen Handbook	Myhand, Nell, and Kivel, Paul	Goes with VHS
Power Source	2 Facilitator guides and one participant book.	Bethany Casarjian and Robin Cassrjian	How to take charge of your life
Young Women's Lives- Building Self-Awareness for Life	Facilitator's Guide	Myhand, Nell, and Kivel, Paul	Goes with VHS
Young Women's Lives- Building Self-Awareness for Life	VHS	Myhand, Nell, and Kivel, Paul	Student guide and facilitator guide goes with it
Courage in the Face of Fear!	DVD	Camfel Productions	
Overcoming Adversity-No Shortcut to Excellence	DVD	Camfel Productions	
What Would You do?	Skill cards	Ruthann Yoerger	Character education/ decision making

***In addition to this Self-Esteem list, we also have a Watson Academy curriculum binder which includes activities from many of the above resources and contains the following:** What is Self Esteem?, Art, Presentation, Discussion and Experiment, Success Bombardment, Success Inventory, Successfully Unique, Ways I am Already, Cooperation, Good "Fellowship", The Decision-Making Process, Two Sides to an Argument, Do you Agree?, Learning Modes, Present Your Viewpoint, Who You Will Be, Strengths, Getting to Know Me, I Can Be My Own Best Friend, Character Traits Inventory, Character Dilemmas*

SUBSTANCE ABUSE

Title	Type of Resource	Author/Company	Notes
Preparing your young Children for a healthy, Drug-free future	Booklet	Massachusetts Dept of Public Health	25 Copies available
Is Your Teen Using? A guide to substance use treatment services	Booklet	Massachusetts Dept of Public Health	25 Copies available
Group Treatment for Substance Abuse	Manual	Velasquez, Maurer, Crouch, DiClemente	

DVD'S WITH CURRICULUM

Title	Rating	Length
Basketball Diaries	R	1 hour 42 minutes
Bowling for Columbine	R	1 hour 59 minutes
Crash	R	2 hours 2 minutes
Hotel Rwanda	PG-13	2 hours 1 minute
Philadelphia	PG-13	2 hours 5 minutes
Pride	PG	1 hour 49 minutes
Remember the Titans	PG	1 hour 54 minutes
Rize	PG-13	1 hour 26 minutes
Sicko	PG-13	2 hours 3 minutes
We are Marshall	PG	2 hours 11 minutes

BOOK LIST WITH REVIEWS

ADOLESCENT MALES (reviews in blue from Abby Murphy, Teacher at Somerville Transition Shelter)

A Child Called "It": Dave Pelzer

Dave Pelzer shares his unforgettable story of the many abuses he suffered at the hands of his alcoholic mother and the averted eyes of his neglectful father. Someone with no one to turn to, his dreams barely kept him alive. Through each of his struggles, readers will find themselves enduring his pain, comforting his loneliness and fighting for his will to survive.

1st in a series-Dave Pelzer's books are a favorite among all of my students. I would like to note that some find these books tough to read due to the extreme details of abuse and neglect, however this is the draw for other readers.

A Man Named Dave: Dave Pelzer

He (Pelzer) provides living proof that we can "stop the cycle" and lead fulfilling, rewarding lives full of healthy relationships. Ultimately triumphant, this book will have you living through the eyes of a terrified child, a struggling young man, and an adult finally forgiving his dying father--reading with tissues nearby is recommended.

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Come Back: A Mother and Daughter's Journey Through Hell and Back: Claire Fontaine, Mia Fontaine

At 15, Mia gets involved in a dangerous drug and Wicca scene, stunning her successful, controlling mother, Claire, and stepfather, Paul. But the signs were in place earlier, after Mia's history of being

sexually abused by her biological father, a violent, vindictive drug user whom Claire left with difficulty.

A memoir told from two differing perspectives leaves the reader with a sense of compassion for both mother and daughter.

Harry Potter and the Order of the Phoenix: J. K. Rowling

The fifth book in J.K. Rowling's Harry Potter series follows the darkest year yet for our young wizard, who finds himself knocked down a peg or three after the events of last year.

It's Harry Potter, what else do I need to say??

Monster: Walter Dean Myers

"Monster" is what the prosecutor called 16-year-old Steve Harmon for his supposed role in the fatal shooting of a convenience-store owner. But was Steve really the lookout who gave the "all clear" to the murderer, or was he just in the wrong place at the wrong time?

Another classroom favorite, Monster is an easy to read, realistic novel written in script form. Most students enjoy this crime story centering around a relatable peer.

Random Family: Adrian Nicole LeBlanc

Politicians rail about welfare queens, crack babies and deadbeat dads, but what do they know about the real struggle it takes to survive being poor? Journalist LeBlanc spent some 10 years researching and interviewing one extended family-mother Lourdes, daughter Jessica, daughter-in-law Coco and all their boyfriends, children and in-laws-from the Bronx to Troy, N.Y., in and out of public housing, emergency rooms, prisons and courtrooms.

This is my favorite book to read for pleasure and for education. When my students are introduced to this book they cannot believe that there is a book written about their lives. I believe it is important for educators to understand the at risk populations we serve and having this book in your classroom conveys this respect to our students.

Scorpions: Walter Dean Myers

Jamal, who is pressured to become leader of the Scorpions gang, worries about school, family, and the rough kids on the street. When a fellow gang member gives him a gun, Jamal suddenly gains a new level of respect from his enemies. A realistic look at a boy who wants to do the right thing but gets caught up in the culture of violence.

This is a classic in my classroom; students recommend the novel to each other on a consistent basis. Due to the book's familiar themes, it appeals to most students.

The Privilege of Youth: Dave Pelzer

Dave Pelzer, the author of the bestselling A Child Called "It," has gone backwards in the memoir of his life in order to fill in his missing teenage years. His narrative is filled with bullies who taunted him, foster parents who were scared of "the foster kid," and tough choices like whether to stay in school or to quit and get a job.

3rd in a series-Dave Pelzer's books are a favorite among all of my students. I would like to note that some find these books tough to read due to the extreme details of abuse and neglect, however this is the draw for other readers.

The Rose That Grew from Concrete: Tupac Shakur

A collection of poetry written by the rapper between 1989 and 1991, before he became famous. The poems are passionate, sometimes angry, and often compelling. Selections are reproduced from the

originals in Shakur's handwriting, personalized by distinctive spelling and the use of ideographs (a drawing of an eye for I, etc.), and complete with scratch outs and corrections.

This book is a useful compilation of Tupac's poetry. The universal themes of loss, love, death, addiction, family, friends, poverty and violence appeal to reluctant readers and it is very easy to integrate in the classroom.

You Hear Me: Betsy Franco

Grade 7 Up-Through these mostly free-verse lines, the hopes, dreams, fears, and desires of young men from different cultures and backgrounds shine through. They pull no punches with their words in these openly honest, raw, and sometimes tender selections. They talk about what you'd expect-drugs, girls, AIDS, sex, parents-sometimes in unexpected ways.

This compilation is perfect for use in the classroom and individual reading.

ADOLESCENT FEMALES (reviews in blue from Abby Murphy, Teacher at Somerville Transition Shelter)

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Charmed Thirds: Megan McCafferty

This funny, sympathetic installment in Jessica Darling's story (*Sloppy Firsts* and *Second Helpings*) picks up the summer after her freshman year at Columbia University.

3rd in a series-Megan McCafferty's books are similar to the Judy Blume novels that most adults remember. McCafferty writes about adolescence and all of its humors and traumas with a candid tone. Most adolescents will appreciate the truth and compassion in this series.

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At 15, Mia gets involved in a dangerous drug and Wicca scene, stunning her successful, controlling mother, Claire, and stepfather, Paul. But the signs were in place earlier, after Mia's history of being sexually abused by her biological father, a violent, vindictive drug user whom Claire left with difficulty. A memoir told from two differing perspectives leaves the reader with a sense of compassion for both mother and daughter.

Devil in the Details: Jennifer Traig

In this 1970s memoir, Traig describes how, from the age of 12 until her freshman year at Brandeis, she suffered from various forms of obsessive compulsive disorder (OCD), including anorexia and a rarer, "hyper-religious form" of OCD called scrupulosity, in which sanctified rituals such as hand washing and daily prayer are repeated in endless loops. The author's behavior makes her seem like a character on *Seinfeld* or *Curb Your Enthusiasm*, and her book is a funny though sometimes cursory look at mental illness.

This is a humorous look at OCD and its effects on family members though the author's childhood memories.

Harry Potter and the Order of the Phoenix: J. K. Rowling

The fifth book in J.K. Rowling's Harry Potter series follows the darkest year yet for our young wizard, who finds himself knocked down a peg or three after the events of last year.

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This is my favorite book to read for pleasure and for education. When my students are introduced to this book they cannot believe that there is a book written about their lives. I believe it is important for educators to understand the at risk populations we serve and having this book in your classroom conveys this respect to our students.

Second Helpings: Megan McCafferty

Jessica Darling, the lovably cynical heroine of *Sloppy Firsts* (2001), is about to begin her final year of high school. She is not looking forward to it. Her best friend, Hope, has moved away, leaving her with only budding-movie-star Bridget to confide in.

2nd in a series-Megan McCafferty's books are similar to the Judy Blume novels that most adults remember. McCafferty writes about adolescence and all of its humors and traumas with a candid tone. Most adolescents will appreciate the truth and compassion in this series.

72 Hour Hold: Bebe Moore Campbell

This powerful story of a mother trying to cope with her daughter's bipolar disorder reads at times like a heightened procedural. Keri, the owner of an upscale L.A. resale clothing shop, is hopeful as daughter Trina celebrates her 18th birthday and begins a successful-seeming new treatment. But as Trina relapses into mania, both their worlds spiral out of control.

An interesting glimpse into the mind of someone who has Bipolar Disorder as well as the supportive family who is trying to help their daughter no matter what the risk.

She's Come Undone: Wally Lamb

"Mine is a story of craving; an unreliable account of lusts and troubles that began, somehow, in 1956 on the day our free television was delivered." So begins the story of Dolores Price, the unconventional heroine of Wally Lamb's *She's Come Undone*. Dolores is a class-A emotional basket case, and why shouldn't she be? She's suffered almost every abuse and familial travesty that exists: Her father is a

violent, philandering liar; her mother has the mental and emotional consistency of Jell-O; and the men in her life are probably the gender's most loathsome creatures.

Sloppy Firsts: Megan McCafferty

When her best friend, Hope Weaver, moves away from Pineville, New Jersey, hyperobservant sixteen-year-old Jessica Darling is devastated. A fish out of water at school and a stranger at home, Jessica feels more lost than ever now that the only person with whom she could really communicate has gone. How is she supposed to deal with the boy- and shopping-crazy girls at school, her dad's obsession with her track meets, her mother salivating over big sister Bethany's lavish wedding, and her nonexistent love life?

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This book is a useful compilation of Tupac's poetry. The universal themes of loss, love, death, addiction, family, friends, poverty and violence appeal to reluctant readers and it is very easy to integrate in the classroom.

MATURE READERS (reviews in blue from Abby Murphy, Teacher at Somerville Transition Shelter)

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Going Down: Jennifer Belle

Bennington Bloom is a 19-year-old acting student at New York University in search of a part-time job. Answering an ad in the Village Voice for "coeds" leads her into a life as a high-paid call girl. In a light, no-nonsense, humorous voice, Bennington describes her sexual experiences, her adventures with eccentric friends, and her distant father. She becomes so hooked on the easy money she makes as a prostitute that when she finds a decent man and moves in with him, she can't give it up.

This book is not the crude and violent story of a call-girl. Bennington Bloom's character is the endearing, girl next door who finds a way to fund her education. This story does not justify the life of a call girl, nor does it glorify Bennington Bloom's lifestyle.

High Maintenance: Jennifer Belle

Liv Kellerman is 26 and recently divorced. In classic New York fashion, she's more upset about leaving her snazzy uptown digs than being single. Too proud to ask her wealthy father for money and lacking an advanced degree, she hits the pavement in search of a job and an apartment two things every 20-something in the city has had to struggle to secure.

The detailed descriptions of New York's fashion, restaurants and apartments will have you planning your next vacation. This book is the perfect leisure read.

Random Family: Adrian Nicole LeBlanc

Politicians rail about welfare queens, crack babies and deadbeat dads, but what do they know about the real struggle it takes to survive being poor? Journalist LeBlanc spent some 10 years researching and interviewing one extended family-mother Lourdes, daughter Jessica, daughter-in-law Coco and all their boyfriends, children and in-laws-from the Bronx to Troy, N.Y., in and out of public housing, emergency rooms, prisons and courtrooms.

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Smart Women: Judy Blume

This tender and hilarious story of a divorced woman, who falls in love with her best friend's ex-husband, is told from the point of view of both the adults and the adolescents, making for a deeply engaging read that crosses generations.

Summer Sisters: Judy Blume

Initially, the differences between Caitlin Somers and Victoria Leonard (or "Vix," as Caitlin christens her) draw them together: privileged Caitlin is wild and outspoken, beautiful but emotionally fragile, while working-class Vix is shy, reserved, and plain in comparison. After Caitlin selects Vix to accompany her to her father's home in Martha's Vineyard for the summer, the two become inextricably connected as "summer sisters." This book is great for those of us who grew up on Judy Blume's classic novels. This is an adult version of the same themes; boys, sex, friendship, marriage and families. I love this book because it is a quick, entertaining read.

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The Probable Future: Alice Hoffman

1st Sentence: "Anyone born and bred in Massachusetts learns early on to recognize the end of winter." The women of the Sparrow family have lived in New England for generations. Each is born in the month of March, and at the age of thirteen, each develops an unusual gift.

Mystery and suspense make this book a page turner for all readers. I loved being able to pick up on the many New England references throughout this novel, this makes it easier for the reader to "own" their learning.

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FOR RESOURCES AND OTHER INFORMATION, CONTACT MARCY ROSENTHAL, WATSON ACADEMY DIRECTOR

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