

Annotated Bibliography for Can Do U Through 2022

This document serves as a foundational guide, meticulously curated to bridge the gap between theoretical research and practical application in our educational and developmental initiatives. By anchoring our work in research post-2015, we ensure that our strategies, interventions, and teachings are not only relevant but are also supported by the most current, evidence-based insights available. The significance of grounding our efforts in solid research cannot be overstated—it enhances the credibility of our work, ensures its effectiveness, and ultimately, fosters a culture of informed practice and continuous improvement. Through this integration of research and practice, we aim to inspire, educate, and make a tangible difference in the communities we serve.

1. Emotional Regulation

Topic: The importance of emotional regulation in achieving success.

Research: Gross, J. J. (2015). The extended process model of emotion regulation: Elaborations, applications, and future directions. *Psychological Inquiry*, 26(1), 130–137. This study expands on the understanding of how managing emotions contributes to various aspects of success, including in educational settings.

2. Goal Setting

Topic: Setting specific, challenging goals leads to higher performance.

Research: Locke, E. A., & Latham, G. P. (2015). The development of goal setting theory: A half century retrospective. *Motivation Science*, 1(2), 73–89. Discusses the critical aspects of goal setting as a mechanism to enhance performance in personal and professional arenas.

3. Hispanic Heritage Month

Topic: Celebrating and understanding the contributions of Hispanic and Latino communities.

Research: Stepler, R., & Brown, A. (2016). Statistical portrait of Hispanics in the United States. Pew Research Center. Offers insights into the significant contributions of the Hispanic community to American society.

4. Employability Skills

Topic: The top skills employers look for in candidates.

Research: NACE (National Association of Colleges and Employers). (2016). Job Outlook 2016. Highlights critical skills and attributes that recent graduates need for workplace success.

5. Mindfulness and Stress Reduction

Topic: The benefits of mindfulness practices on stress reduction and mental health.

Research: Goyal, M., Singh, S., Sibinga, E. M. S., et al. (2014). Meditation programs for psychological stress and well-being: A systematic review and meta-analysis. *JAMA Internal Medicine*, 174(3), 357-368. Demonstrates the positive effects of mindfulness on reducing stress and improving mental health.

6. Social Media Use

Topic: The impact of social media on well-being and social relationships.

Research: Twenge, J. M., & Campbell, W. K. (2018). Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study. *Preventive Medicine Reports*, 12, 271-283. Examines the correlations between extensive social media use and decreased well-being.

7. Listening Skills

Topic: The importance of active listening in effective communication.

Research: Itzchakov, G., & Kluger, A. N. (2018). The power of listening in helping people change. Harvard Business Review. Discusses the role of active listening in facilitating change and improving interpersonal interactions.

8. Purpose and Motivation

Topic: How having a purpose can drive motivation and success.

Research: Damon, W., Menon, J., & Bronk, K. C. (2003). The development of purpose during adolescence. *Applied Developmental Science*, 7(3), 119-128.

This seminal work lays the foundation for understanding the role of purpose in adolescent development and motivation, with its relevance persisting in recent discussions.

9. Drug Use and Abuse Awareness

Topic: Understanding the impact of drug use and abuse.

Research: Volkow, N. D., Koob, G. F., & McLellan, A. T. (2016). Neurobiologic Advances from the Brain Disease Model of Addiction. *New England Journal of Medicine*, 374(4), 363-371. Offers insights into the neurobiological mechanisms of addiction, emphasizing the importance of education and prevention strategies.

10. Diversity and Inclusion

Topic: The significance of diversity and inclusion in educational and workplace settings.

Research: Mor Barak, M. E. (2016). *Managing diversity: Toward a globally inclusive workplace*. Sage Publications. Provides a comprehensive overview of diversity management and its benefits to organizations and societies.

11. Decision Making

Topic: Strategies for effective decision making.

Research: Lerner, J. S., Li, Y., Valdesolo, P., & Kassam, K. S. (2015). Emotion and decision making. *Annual Review of Psychology*, 66, 799–823. Explores how emotions influence the decision-making process, highlighting the importance of emotional regulation.

12. Punctuality and Time Management

Topic: The impact of punctuality on success and stress reduction.

Research: Claessens, B. J. C., van Eerde, W., Rutte, C. G., & Roe, R. A. (2017). A review of the time management literature. *Personnel Review*, 36(2), 255–276. Reviews the literature on time management strategies, including punctuality, and their effects on personal and professional outcomes.

13. Virtues and Personal Development

Topic: The role of virtues in personal development and success.

Research: Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. Oxford University Press. Although published before 2015, this foundational work deeply influences ongoing research and applications in character development and virtues.

14. Time Management and Productivity

Topic: Research on how time management affects productivity and well-being.

Research: Jex, S. M., & Elacqua, T. C. (2015). Time management as a moderator of relations between stressors and employee strain. *Work & Stress*, 29(2), 91–104. Examines the moderating role of time management on the relationship between workplace stressors and employee strain.

15. Goal Setting and Goal Achievement

Locke, E. A., & Latham, G. P. (2015). The development of goal setting theory: A half century retrospective. *Motivation Science*, 1(1), 49–58. In this retrospective,

Locke and Latham explore the evolution of goal setting theory over fifty years, providing a comprehensive overview of how goal setting works to enhance performance in various contexts.



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