

# Want to Know More?

## Resources to Inform Your Learning

### Books:

*Untangled*  
by Dr. Lisa Damour

*The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students* by Dr. Jessica Minahan

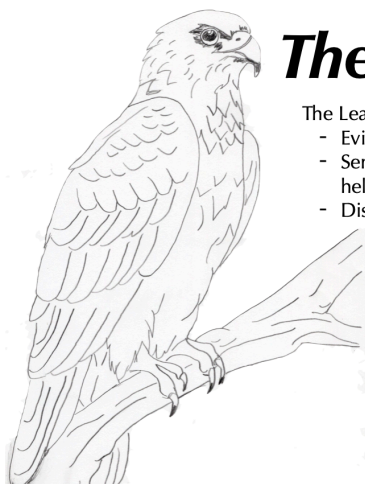
*The Neurodivergent Student's Transition Guide: A School Survival Guide for ADHD and Autism to Navigate Change, Build Confidence, and Succeed in Every Classroom*  
by Kristin Kathryn Pena

### Articles/Newsletters/Podcasts:

**“When Routines Break: The Health Implications of Disrupted Daily Life”** by Aliye B Cepni, Jessica M Kirschmann, Adalisa Rodriguez, Craig A Johnston  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC12479442/>

**“Amygdala Activity, Fear, and Anxiety: Modulation by Stress”** by Kerry J Ressler  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC2882379/>

**“Ask Lisa: Embracing ADHD with Penn and Kim Holderness”** podcast episode  
<https://drlisadamour.com/resource/encore-embracing-adhd-with-penn-and-kim-holderness/>



## ***The Learning Hawk***

The Learning Hawk provides:

- Evidence-based professional development for teachers
- Seminars for parents of middle and high school students about how to help their children study effectively
- Discussions with students who would like to improve their study habits

[thelearninghawk.com](http://thelearninghawk.com)  
[beth@thelearninghawk.com](mailto:beth@thelearninghawk.com)