

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

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