

## **Book Club Report – SIDES Book Club**

Meeting Date: Wednesday, January 28<sup>th</sup>

### **Give and Take by Adam Grant**

- Studies in the book are good but somewhat disjointed.
- Do we all have a bit of a giver and a bit of a taker?
- You can find extremes in different professions. The taker is more encouraged.
- Givers get ahead long term.
- Givers make connections in business; takers do not.
- There are three categories: Givers, Matchers and Takers.
- When givers get promoted, other people cheer them on. On the other hand, when takers get promoted, other people want to take them down.
- Successful givers learn how to recognize takers and are not doormats.
- To create an environment of givers in a workplace, one must be a giver and model giver behaviour.
- There is no mention of cultural differences.
- Corporations are shifting with social media.
- Calculated giving is see through and doesn't resonate the same.
- Giving in an area of passion will give you energy. If you give endlessly, you will burn out.

### **Me, Myself And Us by Brian R. Little**

- First part of the book was better than the second part of the book.
- Personality traits are influenced by environment.
- Optimism has a positive effect on health.
- Creative people typically display the following traits:
  - less successful in the workplace
  - do not drive the workplace
  - can be selfish
  - sometimes unreliable
  - need to be supported
- Everyone has five fixed personality traits. Everyone is somewhere on the continuum based on the following personality traits:
  - Introvert / Extrovert
  - Neurotic / Stable
  - Agreeableness / Difficult
  - Conscientious / Unconscientious
  - Openness / Closed
- “Free Traits” allow you to step out of your personality zone, which may come at a huge cost and force you to retreat to your zone.
- You can teach students how to use their free trait to step out of the box.
- Easy to misinterpret with impersonal forms of communication like text, email, etc.

Meeting Date: Wednesday May 27, 2015

**The Teenage Brain by Dr. Frances E. Jensen**

- Some of the statements seemed a bit extreme, but they do want to be able to sell books
- Why? Evolutionarily what purpose would this have? Big migrations of people in the past happened with the 16-22 year olds, so they were willing to take risks
- They were taking risks that made sense
- Then alcohol gets into the mix
- Some horrible stories – like the teen left in the snow bank
- Great that we know the brain is plastic, but that's a very new concept
- The brain can overcome a lot and learn more
- Hard drugs destroys so much
- Internet addiction and teenagers was touched upon as well
- Cell phone addiction as well. Interesting about the kids who aren't getting enough sleep as they're on the phone all night
- Adolescent brain is susceptible to these addictions
- Interesting as well that the brain goes through a time of pruning and that IQs can change – both negatively and positively
- Interesting as well about multi-tasking and trying to learn – had negative effect
- But music can be the exception when learning and multi-tasking
- Caffeine drinks – dangerous and have a huge effect on the brain
- Frontal lobes still developing until 24/25 years old as shown with scans of the brain
- Passport example was funny but true!
- Boys' brains – take out the box and think about it
- Girls' brains – like beehives all buzzing around
- Social clues – TED talk mentioned this
- Interesting that teens have the same amount of hormones but don't regulate them as adults do.
- Development of potential during the teen years – how much should we push them?
- How does this work as a teacher?
- Cultural aspect of how we treat teenagers as well
- DL – as we don't always see the kids, we can't know what they need – do we push them or let them figure it out? In a classroom it would be easier to know
- Kids often need someone to keep them moving in the right direction
- Good advice to keep talking even if they don't seem to hear you
- And repeat yourself, as eventually they will hear you
- Benefits and problems with the online community for students, as they can create relationships but are they always getting what they need?
- Our workplaces will change, have already changed, with the next generations
- But there will still be those we need to do the physical labour

Overall, most seemed to enjoy the material and a good discussion.