

Fostering Social Connections Resources
Wellness Center Newsletter

EBOOKS

Blue

- Description: Blue follows three roommates as they navigate life and love in their post-college years.
- Access Link: <https://tinyurl.com/y2els42y>
- Link to Book Cover: <https://www.amazon.com/Blue-Social-Fictions-Patricia-Leavy/dp/9463003533>

It's Who You Know: How to Make Networking Work for You

- Description: Networking is an essential skill; it's the key to your success. So why are so many of our connections superficial and transactional? And why do they get us nowhere in our personal or professional life? Maybe because we've lost sight of the fact that it's not about the quantity of connections you make, but the quality of the relationships you build and nurture.
- Access Link: <https://tinyurl.com/y5lllmdy>
- Link to Book Cover: <https://www.amazon.com/Its-Who-You-Know-Networking/dp/0730369536>

Connecting Across Cultures: The Helper's Toolkit

- Description: Provides both students and professionals in health care and social service with the skills to develop respectful, smooth relationships with their clients and with the community at large. The book provides practical, hands-on strategies for connecting with people across differences related to ethnicity, religion, nationality, sexual orientation, disability, age, gender, and class.
- Access Link: <https://tinyurl.com/y4vlrqm5>
- Link to Book Cover: <https://www.amazon.com/Connecting-Across-Cultures-Pamela-Hays/dp/1452217912>

STREAMING VIDEOS

Faces Places (Visages villages)

- Description: Filmmaker Agnes Varda and photographer JR set out on a trip through France to meet locals and produce epic sized murals and form an unlikely friendship along the way.
- Access Link: <https://tinyurl.com/y53to6u7>

Los villanos of Villa Esperanza

- Description: Danny, Melvin, and David are "Los Villanos," a group of friends who grew up together in an affordable housing development in South Central Los Angeles. Against a backdrop of poverty and violence, they and their families have carved out a space for flourishing in the "Villa of Hope." The friends strive to honor their immigrant parents' sacrifices, hoping to live out some form of the American Dream, but their struggles call into question the belief that upward mobility can be achieved by hard work alone.
- Access Link: <https://tinyurl.com/y36qatjb>

ARTICLES (JOURNAL, MAGAZINE, OR NEWS)

Connected: Facebook May Facilitate Face-to-Face Relationships for Introverts

- Source: Psychology of Popular Media Culture
- Description: The study discovered that the relationship between Facebook use and face-to-face communication was significant for introverts.
- Access Link: <https://tinyurl.com/yy8tljrv>

Making connections, grappling with misinformation: How Gen Z is using social media during the pandemic.

- Source: Philadelphia Inquirer
- Description: Looks at ways high schoolers and young adults are using social media to stay connected during the pandemic.
- Access Link: <https://tinyurl.com/y62zvnz6>

Mere Belonging: The Power of Social Connections

- Source: Journal of Personality and Social Psychology
- Description: Four experiments examined the effect on achievement motivation of mere belonging, a minimal social connection to another person or group in a performance domain. The results suggest that even minimal cues of social connectedness affect important aspects of self.
- Access Link: <https://tinyurl.com/yxq2cdro>