



Additional Resources

Learn more about gratitude:

This article discusses the science behind gratitude and ways to incorporate it into your daily life.

<https://www.happify.com/hd/the-science-behind-gratitude/>

This article describes a research study that shows the long-term benefits of gratitude practice.

<https://www.inc.com/jessica-stillman/the-amazing-way-gratitude-rewires-your-brain-for-happiness.html>

Practice gratitude with this resource:

The **Gratitude Happiness Journaling app** helps you record what you are grateful for to support optimism and upliftment.

Learn more about mindsets:

Mindset: The New Psychology of Success (2006) by Carol Dweck, Ph.D.

Learn more about imposter syndrome:

This article discusses research findings on first generation student experiences of imposter syndrome.

<https://digest.bps.org.uk/2020/01/09/first-generation-university-students-are-at-greater-risk-of-experiencing-imposter-syndrome/>

In this TED talk, educator Dena Simmons discusses her own experience with imposter syndrome and ways of creating more supportive classrooms for students of color.

https://www.ted.com/talks/dena_simmons_how_students_of_color_confront_impostor_syndrome

Learn more about affirmations:

This webpage has extensive information, practices and resources related to affirmations.

<https://positivepsychology.com/daily-affirmations/>

Practice transforming your mindsets:

The **ThinkUp App** can support you in developing an ongoing practice to bolster your growth mindsets.