

Proctor School Council
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Proctor School Principal's Office
Agenda/Minutes

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Agenda:

Book Discussion

School Council Read

UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World by Dr. Michele Borba

Book Description from Amazon

Hailed as “an absolute must-read” (Jean Twenge) and a book that “will change your kids’ lives” (Jack Canfield), *UnSelfie* by Dr. Michele Borba explains what parents and educators MUST do to combat the growing empathy crisis among children today—including a 9-step empathy-building program with tips to guide kids from birth through college, and beyond.

Teens today are forty percent less empathetic than they were thirty years ago. Why is a lack of empathy—which goes hand-in-hand with the self-absorption epidemic Dr. Michele Borba calls the Selfie Syndrome—so dangerous? First, it hurts kids’ academic performance and leads to bullying behaviors. Also, it correlates with more cheating and less resilience. And once children grow up, a lack of empathy hampers their ability to collaborate, innovate, and problem-solve—all must-have skills for the global economy.

In *UnSelfie* Dr. Borba pinpoints the forces causing the empathy crisis and shares a revolutionary, researched-based, nine-step plan for reversing it.

The good news? Empathy is a trait that can be taught and nurtured. Dr. Borba offers a framework for parenting that yields the results we all want: successful, happy kids who also are kind, moral, courageous, and resilient. *UnSelfie* is a blueprint for parents and educators who want to kids shift their focus from *I, me, and mine...* to *we, us, and ours*.

Dr. Michele Borba, author of *Unselfie*, TED Talk
<https://www.youtube.com/watch?v=tVTiplEG91s>