



Our Mini Library

A compiled list of student-found resources.

Bibliography

TITLE	AUTHOR	SOURCE TYPE
Why Connected Leaders Win with Michelle Johnston	Zachary Ames	Podcast
Cocaine, Mice, and the Origin of Loneliness	Ryan Jenkins and Steven Van Cohen	Podcast
Connectedness & Health: The Science of Social Connection	Dr. Emma Seppala	Online Article
Social Isolation and Mortality in US Black and White Men and Women	Kassandra I Alcaraz, Katherine S Eddens, Jennifer L Blase, W Ryan Diver, Alpa V Patel, Lauren R Teras, Victoria L Stevens, Eric J Jacobs, Susan M Gapstur	Research Article
Why Humans are Built for Connection	Marty Moss-Coane	Podcast
The Magic of Connection	Gael Gordon	TED Talk
The Value of Human Connection in Shaping Business Success	Martha Weidmann, Forbes Councils Member	Newspaper Article
Social Connection Comparable to Smoking	Julianne Holt-Lunstad	TED Talk

The Connection Prescription: Using the Power of Social Interactions and the Deep Desire for Connectedness to Empower Health and Wellness	Jessica Martino, Jennifer Pegg, and Elizabeth Pegg Frates, MD	American Journal of Lifestyle Medicine
What is Social Capital?	Tristan Claridge	Online Article
Brene with Priya Parker on the Art of Gathering (How We Meet and Why It Matters)	Priya Parker and Brene Brown	Podcast
We All Need to Stay Connected to One Another—Here’s How Science Says To Do It	David Rock	Forbes Article
Cultivating Meaningful Connections	Faith Sutherlin Blackhurst	Devotional
The Connection Prescription: Using the Power of Social Interactions and the Deep Desire for Connectedness to Empower Health and Wellness	Jessica Martino, Jennifer Pegg, and Elizabeth Pegg Frates	Online Article
Abiding Together”, season 4 episode 2 called “Power of Connection”	----	Podcast
The Experience of Novelty and the Novelty of Experience	Liubov Skavronskaya, Brent Moyle, Noel Scott	Research Article
Why Weirdness Works: Using Novelty to Create Better Learning Experiences	Amy Posey	Online Article
Brené with Karen Walrond on Accessing Joy and Finding Connection in the Midst of Struggle	Brené Brown with guest Karen Walrond	Podcast
Linking family functioning to dating relationship quality via novelty seeking and harm avoidant personality pathways	Judith Fischer, Jacki Fitzpatrick, and Harrington Cleveland	Academic Article
Improving Group Task Performance: The Role of Group Goals and Group Efficacy	Kristina Whitney	Academic Article
The Secret to Great Teams	Anita Woolley	Podcast
The Value of Novelty	Peregrine Church	TED Talk
Novelty is an Important Ingredient in Fulfilling Relationship	Dr. Melissa Hudson, LMFT-	Online Article

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The Experience of Novelty and the Novelty of Experience	Liubov Skavronskaya, Brent Moyle, and Noel Scott	Research Article
AMELIO: Evaluating the Team-Building Potential of a Mixed Reality Escape Room Game	Harald Warmelink, Igor Mayer, Jessika Weber, Bram Heijligers, Mata Haggis, Erwin Peters, Max Louwerse	Research Article
Neuroaesthetics: Where Neuroscience Meets Experience Design	Olivia Squire	Online Article
Why Injecting Novelty in Your Relationship Rekindles the Spark	Dr. Brian Gersho	Online Article
The Experience of Novelty and the Novelty of Experience	Liubov Skavronskaya, Brent Moyle, and Noel Scott	Research Article
Distinguishing arousal from novelty and challenge in initial attraction between stranger	Gary W. Lewandowski Jr. and Arthur P. Aron	Online Article
Don't Approach Life Like a Picky Eater	Arthur C. Brooks	Online Article
Balancing Novelty and Connection in Romantic Relationship” sponsored by the Institute for Relational Intimacy	Martha Kaupp	Online Article
The Science of Emotions and Relationships	Andrew Huberman	Podcast
Music practice and participation for psychological well-being: A review of how music influences positive emotion, engagement, relationships, meaning, and accomplishment	Adam M Croom	Academic Journal
How Stories Connect and Persuade Us: Unleashing The Brain Power Of Narrative	Elena Renken	Online Article
Designing for Reflection on Experience	Corina Sas & Alan Dix	Research Article
7+ Powerful Habits to Avoid Loneliness, Feel Connected and Build Authentic Community”	Jay Shetty	Podcast
How to Connect With People - The Secret to Making Lasting	---	Video

Connections”		
Implications of Positive Emotions on Relationship	Zahabiya Bambor	Online Article
How do people pursue happiness?: relating personality, happiness-increasing strategies, and well-being	Chris Tkach and Sonja Lyubomirsky	Research Article
Stress, Positive Emotion, and Coping	Susan Folkman, Judith Tedlie Moskowitz	Research Article
Can We Create Intimacy & Vulnerability Through VR	Olivia Squire	Online Article
Positive Emotions in the Workplace: How They Affect Employee Performance	---	Online Article
Ability of Experience Design to Elicit Emotions and Loyalty Behaviors	Madaleine E. Pullman, Michael A. Gross	Academic Article
Seligman’s PERMA+ Model Explained: A Theory of Wellbeing	Melissa Madsen	Academic Article
Cultivating Meaningful Connections	Faith Sutherland Blackhurst	Ensign Article
Intimacy as an Interpersonal Process: the Importance of Self-Disclosure, Partner Disclosure, and Perceived Partner Responsiveness in Interpersonal Exchanges	Jean-Philippe Laurenceau, Lisa Feldman Barrett, Paula R Pietromonaco	Academic Article
Self-Disclosure: Connecting with Honest, Personal Communication	The Mind Tools Content Team	Online Article
200 Vulnerability is Power	Lewis Howes	Podcast
Communication in the Real World	University of Minnesota Libraries Publishing	Textbook
How Self-Disclosure Impacts Relationships	Kendra Cherry	Online Article
The art of being together: How group play can increase reciprocity, social capital, and social status in a multiplayer online game	Kim Steffie	Journal
Self-Disclosure at Work (and Behind the Mic)	Women at Work	Podcast
Reciprocity of self-disclosure at the individual and dyadic	APA PsycNet	Scholarly

levels: A social relations analysis		Article
How Self-Disclosure Impacts Relationship	Kendra Cherry, MSED (medically reviewed by Carly Snyder, MD)	Peer-reviewed Article
Reciprocity in Relationships: 3 Types of Reciprocity	MasterClass	Online Article
Reciprocity: A Predictor of Mental Health and Continuity in Elderly People's Relationships? A Review	Live Fyrand, Gjumrakch Aliev	Scholarly Article
Ways to Help Your Child Build Friendships through Self-Disclosure	Monte W. Davenport	Online Article
How Self-Disclosure Affects Relationships: Examples and Benefits	Mia Belle Frothingham	Online Article
Affective Influences on Self-Disclosure: Mood Effects on the Intimacy and Reciprocity of Disclosing Personal Information	Joseph P. Forgas	Academic Article
Reciprocity of social influence	Ali Mahmoodi, Bahador Bahrami, and Carsten Mehring	Online Article
Self-Disclosure	Mind Tools Team	Online Article