

Life Transitions 20/30:

A Bibliography of Resources

April 2003



Stewart Resources Centre

Saskatchewan Teachers' Federation, 2317 Arlington Avenue, Saskatoon, SK S7J 2H8
Telephone: (306) 373-1660; E-mail: src@stf.sk.ca

140 C758

Constructing a life philosophy : opposing viewpoints / Bender, David L.
San Diego, CA : Greenhaven Press, 1993. 6th rev. ed.
Subjects: Life. Conduct of life. Religion.

155.5 C284

Where's your head? : psychology for teenagers / Carlson, Dale Bick. Carlson, Hannah.
Madison, CT : Bick Publishing House, 1998. 2nd ed.
Subjects: Adolescent psychology. Psychiatry - History. Adolescence.
Notes: Psychology 20, 30.

155.5 P868

How to control your anger (before it controls you) : a guide for teenagers / Potter-Efron, Ron.
Minneapolis, MN : Johnson Institute, 1993.
Subjects: Anger in adolescence.

155.518 A885

Attitudes in everyday living / Brewner, Margaret M.
New York : Educational Design, 1995.
Subjects: Social skills - Study and teaching. Youth - Life skills guides. Interpersonal relations in adolescence - Problems, exercises, etc.

155.518 H723

Building blocks to better relationships : case studies, simulations, and learning activities / Holbrook, Mary. Van Horne, Shirley.
Portland, ME : J. Weston Walch, 1994.
Subjects: Interpersonal relations in adolescence - Problems, exercises, etc. Social skills - Study and teaching (Secondary). Family life education.

155.633 C948

The body image trap : understanding and rejecting body image myths / Crook, Marion.
North Vancouver, BC : Self-Counsel Press, 1991.
Subjects: Body image. Women - Psychology. Reducing - Social aspects.

155.9042 N397

No-gimmick guide to managing stress : effective options for every lifestyle / Neidhardt, E.J. Weinstein, Malcolm S. Conry, Robert F.
North Vancouver, BC : Self-Counsel Press, 1990. 2nd ed.
Subjects: Stress management.
Notes: Wellness 10.

155.9042 T885

Kicking your stress habits : a do-it-yourself guide for coping with stress / Tubesing, Donald A.

Duluth, MN : Whole Person Associates, 1989. 2nd ed.

Subjects: Stress management.

Notes: Wellness 10.

155.924 R524

Birth order and you : how your sex and position in the family affects your personality and relationships / Richardson, Ronald W. Richardson, Lois A.

North Vancouver, BC : International Self-Counsel, 1990.

Subjects: Birth order - Psychological aspects. Brothers and sisters.

158 P119

Highs! : over 150 ways to feel really, really good . . . without alcohol or other drugs / Packer, Alex J.

Minneapolis, MN : Free Spirit Pub., 2000.

Subjects: Happiness in adolescence. Mind and body.

Notes: Psychology 20. Wellness 10.

158.1 A223

Perfectionism : what's bad about being too good / Adderholdt-Elliott, Miriam. Espeland, Pamela. Price, Caroline.

Minneapolis, MN : Free Spirit Publishing, 1987.

Subjects: Perfectionism (Personality trait) - Juvenile literature. Ambition - Juvenile literature. Mental health - Juvenile literature.

158.1 B613

Challenges : a young man's journal for self-awareness and personal planning / Bingham, Mindy. Edmondson, Judy. Stryker, Sandy.

Santa Barbara, CA : Advocacy Press, 1984.

Subjects: Young men - Life skills guides. Self-actualization (Psychology). Vocational guidance - Handbooks, manuals, etc.

Notes: Health middle level.

158.1 CHO

Choices : a teen woman's journal for self-awareness and personal planning / Bingham, Mindy.

S.l. : Advocacy Press, 1984.

Notes: Health Middle Level.

Subjects: Young women - Life skills guides. Career education.

158.2 A237

Looking out, looking in / Adler, Ronald B. Towne, Neil. Rolls, Judith A.
Forth Worth, TX : Harcourt College Publishers, 2001.
Subjects: Interpersonal communication.
Notes: Psychology 20.

158.2 W529

Relationships and family living. / Westlake, Helen Gum. Westlake, Donald.
Saint Paul, MN : EMC Publishing, 1992.
Subjects: Interpersonal relations. Family life education.

158.35 H667

The caring circle : a facilitator's guide to support groups based on the book *Feed your head* / Hipp, Earl.
Center City, MN : Hazeldon Educational Materials, 1992.
Subjects: Hipp, Earl, 1944- *Feed your head*. Self-actualization (Psychology) in adolescence - Problems, exercises, etc. Adjustment (Psychology) in adolescence - Problems, exercises, etc. Teenagers - Conduct of life - Problems, exercises, etc. Teenagers - Counseling of. Peer counseling of students.

303.6 R571

Right from the start / Victoria Women's Transition House.
Victoria, BC : Friday Street Productions, 1992.
Subjects: Violence - Forecasting. Dating violence. Interpersonal relations in adolescence.
Contents: 1 videocassette and booklet.

303.6 V795

Violence in the media / Torr, James D.
San Diego, CA : Greenhaven Press, 2000.
Subjects: Violence in mass media.
Notes: Psychology 20. English language arts 20.

303.69 M118

Playing with fire : creative conflict resolution for young adults / Macbeth, Fiona. Fine, Nic.
Gabriola Island, BC : New Society Publishers, 1995.
Subjects: Conflict management - Study and teaching (Secondary). Conflict (Psychology) in adolescence.

305.231 W529

Child development and parenting / Westlake, Helen Gum. Westlake, Donald G.
Saint Paul, MN : Changing Times Education Service, 1990.
Subjects: Child development. Parenting.

305.235 A438

Hear these voices : youth at the edge of the millennium / Allison, Anthony.

New York : Dutton Children's Books, 1999.

Subjects: Youth - Case studies. Youth - Psychology.

Notes: Psychology 30. Life Transitions 20. Social Studies 20. History 20.

305.235 B581

Teen trends : a nation in motion / Bibby, Reginald Wayne. Posterski, Donald C.

Toronto, ON : Stoddart, 1992.

Subjects: Teenagers - Canada.

305.235 E43

All grown up and no place to go : teenagers in crisis / Elkind, David.

Reading, MA : Addison-Wesley, 1984.

Subjects: Youth - United States. Adolescent psychology - United States. Stress (Psychology).

Notes: Health education 7-9. Life transitions 20/30. Wellness 10.

305.235 F791

Can you relate? : real-world advice for teens on guys, girls, growing up, and getting along /

Fox, Annie. Verdick, Elizabeth.

Minneapolis, MN : Free Spirit , 2000.

Subjects: Teenagers. Interpersonal relations in adolescence. Dating (Social customs).

Notes: Psychology 20, 30.

305.235 W861

The struggle to be strong : true stories by teens about overcoming tough times / Desetta, Al.

Wolin, Sybil.

Minneapolis, MN : Free Spirit, 2000.

Subjects: Teenagers - Conduct of life. Resilience (Personality trait) in adolescence. Teenagers - Biography.

Notes: Psychology 20, 30.

305.3 M245

Male/female roles : opposing viewpoints / Egendorf, Laura K.

San Diego, CA : Greenhaven Press, 2000.

Subjects: Sex role.

Notes: Psychology 20.

305.3 S912

Sexual harassment and teens : a program for positive change : case studies, activities, questionnaires, laws, guidelines, policies, procedures, resources, and more / Strauss, Susan.

Espeland, Pamela.

Minneapolis, MN : Free Spirit Publishing, 1992.

Subjects: Sexual harassment - Study and teaching (Secondary). Sexual harassment - Prevention.

305.42 C284

Girls are equal too : how to survive for teenage girls / Carlson, Dale Bick. Carlson, Hannah.
Madison, CT : Bick Publishing House, 1998. 2nd ed.

Subjects: Feminism. Girls. Women's rights.

Notes: Psychology 20, 30.

305.42 F198

The famine within / Gilday, Katherine. Kandor Productions.

Port Credit, ON : McNabb & Connolly, 1990.

Subjects: Body image. Eating disorders. Weight loss - Social aspects. Women - Psychology.
Femininity.

Contents: 1 videocassette.

Notes: Psychology 20.

305.43 G549

The glass ceiling / Bissonnette, Sophie. Bowen, Chantal. National Film Board of Canada.

Subjects: Sex discrimination in employment - Canada. Women - Employment - Canada.

Montreal, PQ : NFB, 1993.

Contents: 1 videocassette.

306.7 H918

Human sexuality : opposing viewpoints / Stalcup, Brenda. Leone, Bruno. Swisher, Karin.

San Diego, CA : Greenhaven Press, 1995.

Subjects: Sex.

Notes: Psychology 20.

306.7 J65

Talk sex / Johanson, Sue.

New York : Penguin Books, 1989.

Subjects: Sex instruction for youth.

306.73 I35

In love and in danger : dating violence.

Pleasantville, NY : Sunburst Communications, 1998.

Subjects: Dating violence. Teenage girls - Abuse of.

Contents: 1 videocassette and 1 teacher's guide.

Notes: Psychology 20. Health Middle Level.

306.85 C212

Canadian families : diversity, conflict and change / Mandell, Nancy. Duffy, Ann.

Toronto, ON : Harcourt Brace Canada, 2000. 2nd ed.

Subjects: Family - Canada.

Notes: Psychology 20, 30. Life Transitions 20/30.

331.702 C271

Career opportunities : a Saskatchewan occupational outlook to 2005 / Canada. Human Resources Development. Saskatchewan. Saskatchewan Education, Training and Employment. Regina, SK : Sask. Education, 1995.

Subjects: Career education - Saskatchewan. Vocational guidance - Saskatchewan. Saskatchewan - Occupations.

Notes: Career Guidance Middle Level.

331.702 C271 OVERSIZE

Career connections.

Toronto, ON : Trifolium Books, 1994.

Subjects: Occupations. Vocational guidance.

Contents: 12 books and 1 teacher resource bank.

Notes: Career Guidance Middle Level.

332.024 L796

How to use money wisely / Lobb, Nancy.

Portland, ME : J. Weston Walch, 1995.

Subjects: Finance, Personal - Study and teaching.

332.024 S977

Contemporary's Lifescenes, life skills : developing consumer competence / Stone, Calvin R. Fitzgerald, Penny. Weitz, Janet.

Chicago, IL : Contemporary Books, 1986.

Subjects: Finance, Personal - Study and teaching. Consumer education. Life skills - Study and teaching (Secondary).

345.71 W455

Canada's law on child sexual abuse : a handbook / Wells, Mary. Canada. Dept. of Justice. Canada. Law Information Section.

Ottawa, ON : the Dept., 1990.

Subjects: Child molesting - Law and legislation - Canada - Handbooks, manuals, etc. Sex crimes - Canada - Investigation - Handbooks, manuals, etc. Social work with children - Canada - Handbooks, manuals, etc.

362.28 L673

Teen suicide : too young to die. / Lewis, Cynthia Copeland.

Hillside, NJ : Enslow Publishers, 1994.

Subjects: Teenagers - Suicidal behavior - Juvenile literature. Suicide - Prevention - Juvenile literature.

362.28 S948

Suicide : a guide to prevention / Noodlehead Network.

Orangeville, ON : McIntyre Media, 1998.

Subjects: Youth - Suicidal behavior - Prevention. Suicide - Prevention.

Contents: 1 videocassette and leader's guide.

Notes: Psychology 20, 30.

362.28 T258

Teen suicide / Roleff, Tamara L.

San Diego, CA : Greenhaven Press, 2000.

Subjects: Teenagers - Suicidal behavior. Gay teenagers - Suicidal behavior. Adolescent psychology.

Notes: Psychology 20, 30.

362.29 A224

Addiction : opposing viewpoints / Hurley, Jennifer A.

San Diego, CA : Greenhaven Press, 2000.

Subjects: Drug abuse. Alcoholism. Tobacco habit.

Notes: Psychology 20.

362.29 T531

Through a blue lens /

Montreal, PQ : National Film Board of Canada, 1999.

Subjects: Odd Squad (Vancouver, B.C.). Vancouver (B.C.). Police Dept. Narcotics addicts - British Columbia. Police-community relations - British Columbia. Drug abuse - Prevention.

Contents: 1 videocassette.

Notes: Law 30. Psychology 20.

362.292 A354

Alcoholism / Torr, James D.

San Diego, CA : Greenhaven Press, 2000.

Subjects: Alcoholism.

Notes: Psychology 20.

362.292 T258

Teen alcoholism / Egendorf, Laura K.

San Diego, CA : Greenhaven Press, 2001.

Subjects: Teenagers - Alcohol use. Alcoholism.

Notes: Psychology 20, 30.

362.7 N552

Children in crisis : support for teachers and parents / Newman, Fran.

Toronto, ON : Scholastic Canada, 1993.

Subjects: Children - Counseling of. Child mental health.

362.76 K49

Child abuse / Kim, Henny H.

San Diego, CA : Greenhaven Press, 2000.

Subjects: Child abuse.

Notes: Psychology 20.

362.8292 D668

Domestic violence : opposing viewpoints / Roleff, Tamara L.

San Diego, CA : Greenhaven Press, 2000.

Subjects: Family violence.

Notes: Psychology 20.

362.8292 F198

Family violence / Lloyd, J.D.

San Diego, CA : Greenhaven Press, 2000.

Subjects: Family violence.

Notes: Psychology 20.

362.8292 M323

Breaking free from partner abuse : voices of battered women caught in the cycle of domestic violence / Marecek, Mary.

Buena Park, CA : Morning Glory Press, 1999.

Subjects: Wife abuse.

Notes: Psychology 20.

362.8392 P723

Playing for keeps : a film about teen mothers / National Film Board of Canada.

Montreal, PQ : The Board, 1990.

Subjects: Pregnant schoolgirls. Pregnancy, Adolescent.

Contents: 1 videocassette.

362.88 D234

Dating violence : young women in danger / Levy, Barrie.

Seattle, WA : Seal Press, 1991.

Subjects: Dating violence - United States. Acquaintance rape - United States. Teenage girls - United States - Violence against.

363.46 A154

Abortion : opposing viewpoints / Roleff, Tamara L.

San Diego, CA : Greenhaven Press, 1996.

Subjects: Abortion - United States - Moral and ethical aspects. Abortion - Law and legislation - United States.

366.0068 W855

Making things happen : how to be an effective volunteer / Wolfe, Joan.

Washington, DC : Island Press, 1991.

Subjects: Voluntarism - United States. Associations, institutions, etc. - United States - Management.

Notes: Wellness 10.

370.113 R824

Careers for the future / Ross, Judy.

Toronto, ON : D.C. Heath, 1992.

Subjects: Vocational guidance. Career education. Occupations - Forecasting.

Notes: Wellness 10.

370.113 W567

Career success : the Canadian guide / Whelan, Shannon.

Toronto, ON : Harcourt Brace Jovanovich, 1993.

Subjects: Career education - Canada. Vocational guidance - Canada.

371.904486 E34

Developmental/adapted physical education : making ability count / Eichstaedt, Carl B. Kalakian, Leonard H.

Toronto, ON : Maxwell Macmillan Canada, 1993.

Subjects: Physical education for handicapped persons - United States. Mainstreaming in education - United States.

Notes: Physical education grades 6-9, 20/30. Wellness 10.

378.71 P324

The complete guide to Canadian universities : how to select a university and succeed when you get there / Paul, Kevin.

North Vancouver, BC : Self-Counsel Press, 1991.

Subjects: Universities and colleges - Canada - Handbooks, manuals, etc.

Notes: Career Guidance Middle Level.

613 P346

Understanding your health. / Payne, Wayne A. Hahn, Dale B.

St. Louis, MO : Mosby-Year Book, 1992.

Subjects: Health. Health promotion. College students - Health and hygiene.

Notes: Wellness 10. Physical education 20/30.

613.0433 Q3

Wellness activities for youth : volume 1 / Queen, Sandy. Duluth, MN : Whole Person Associates, 1994.

Subjects: Health promotion - Study and teaching. Youth - Life skills guides.

613.0433 R649

Healthwise 2 and teacher's resource guide / Robertson, Alan. et al.
Scarborough, ON : Nelson Canada, 1990.
Subjects: Health education. Youth - Health and hygiene.
Notes: Health Middle Level. Wellness 10.

613.9507 C188

Sexuality : an education resource book / Campbell, Judith. Golick, J.
Scarborough, Ont. : Globe/Modern Curriculum Press, 1988.
Subjects: Sex instruction.

616.398 A315

Obesity / Akers, Charlene.
San Diego, CA : Lucent Books, 2000.
Subjects: Obesity.
Notes: Psychology 20.

616.8526 A615

Anorexia / Leone, Daniel A.
San Diego, CA : Greenhaven Press, 2001.
Subjects: Anorexia nervosa. Anorexia nervosa - Social aspects.
Notes: Psychology 20, 30.

616.898 S337

Schizophrenia : reaching out - the importance of early treatment / British Columbia
Schizophrenia Society. Schizophrenia Society of Saskatchewan.
Richmond, BC : British Columbia Schizophrenia Society, 2000.
Subjects: Schizophrenia.
Contents: 1 videocassette, 1 book, and 1 pamphlet.
Notes: Psychology 20. Health Middle Level.

616.9792 M563

AIDS and society / Merki, Mary Bronson.
New York : Glencoe/McGraw-Hill, 1996. 5th ed.
Subjects: AIDS (Disease) - Study and teaching.
Notes: Health Middle Level.

640 D143

Life works : a transition program for high school students.

- **Book one : understanding yourself.**
- **Book two :exploring your options and setting goals.**
- **Teacher's guide.**

/ Dalke, Connie. Howard, Diane.

East Moline, IL : LinguiSystems, 1994.

Subjects: Youth - Life skills guides. Life skills - Study and teaching. Career education.
Notes: Career Guidance Middle Level.

640 S628

Skills for life series.

- **Communication and interpersonal skills** / Schulz, W.E. Subjects: Life skills. Interpersonal communication. Interpersonal relations.
- **Parenting : shaping the future** / Cowan, Beverley. Subjects: Life skills. Parenting. Children - Management.
- **Life career planning : reaching for your future** / Studd, David. Subjects: Vocational guidance - Decision making - Juvenile literature. Youth - Life skills guides. Life skills. Notes: Career Guidance Middle Level. Toronto, ON : McClelland & Stewart, 1989.

640.43 H424

Personal time management / Haynes, Marion E.
Menlo Park, CA : Crisp Publications, 1987.
Subjects: Time management.

646.7008 B558

Strategies for career and life management / Bessert, Carol. Crozier, Sharon Diane. Violato, Claudio.
Edmonton : WEIGL, 1988.
Subjects: Youth - Life skills guides. Self-realization - Juvenile literature.

649.1 L748

Teen dads : rights, responsibilities and joys / Lindsay, Jeanne Warren.
Buena Park, CA : Morning Glory Press, 1993.
Subjects: Teenage fathers. Child rearing. Parenting.

649.122 F527

The first years last forever / Reiner, Rob.
Beverly Hills, CA : The Reiner Foundation, 1987.
Subjects: Infants - Development. Parent and child. Child development.
Contents: 1 videocassette.
Notes: Psychology 30.

649.4 S364

Healthy homes, healthy kids : protecting your children from everyday environmental hazards / Schoemaker, Joyce M. Vitale, Charity Y.
Washington, DC : Island Press, 1991.
Subjects: Housing and health.
Notes: Wellness 10. Health education 6-9. Science 9/10.

650.1 C735

Surviving on the job / Como, Jay.
New York : Glencoe/McGraw-Hill, 1991. 2nd ed.
Subjects: Success in business. Vocational guidance.

650.1 G778

Have you got what it takes? : the entrepreneur's complete self-assessment guide / Gray, Douglas A.

North Vancouver, BC : Self-Counsel Press, 1993. 3rd ed.

Subjects: Success in business - Evaluation. Entrepreneurship - Evaluation. New business enterprises.

650.1 K49

Succeeding in the world of work / Kimbrell, Grady. Vineyard, Ben S.

Encino, CA : Bennett & McKnight, 1986. 4th ed.

Subjects: Success in business. Vocational guidance. Finance, Personal.

650.1 S942

Success in the workplace.

- **A student guide** / Brand, Margaret. Olney Sparkes, Ann.

- **Teacher's manual** / Bulmer, Leonard. Olney Sparkes, Ann.

Mississauga, ON : Copp Clark, 1990.

Subjects: Success in business. Vocational guidance.

Notes: Electrical and Electronics 10, 20, A30, B30.

650.14 H783

Me and jobs / Hooker, Dennis. Hooker, Almut.

New York : Educational Design, 1994.

Subjects: Youth - Life skills guides. Job hunting.

658.022 W364

A web not a ladder / Dickie, Bonnie. Bowen, Chantal. National Film Board of Canada.

Montreal, PQ : NFB, 1993.

Subjects: Women in business. Women-owned business enterprises. New business enterprises.

Contents: 1 videocassette.

808.0427 I86

Families in transition. / Fenwick, Tara J.

Toronto, ON : McGraw-Hill Ryerson, 1994.

Subjects: Readers (Elementary). Readers (Secondary). Family - Literary collections.

Notes: Health Middle Level.

808.0427 I86

Futures / Althouse, John H.

Toronto, ON : McGraw-Hill Ryerson, 1994.

Subjects: Readers (Elementary). Readers (Secondary). Maturation (Psychology) - Literary collections. Forecasting - Literary collections.

Notes: Aboriginal Resource List.

813.54 P561

Ask me no questions / Phillips, Linda. Ringrose, Peter. Winter, Michael.
Scarborough, ON : Prentice-Hall, 1990.
Subjects: Child molesting - Juvenile fiction.

CURR SASK LIFE

Life transitions 20, 30 : a curriculum guide for the secondary level /Saskatchewan.
Saskatchewan Education.
Regina, SK : The Dept., 1996.
Subjects: Health promotion - Saskatchewan - Curricula. Career education - Saskatchewan -
Curricula. Life skills - Saskatchewan - Curricula.

CURR SASK LIFE

Life transitions 20, 30 : a bibliography for the secondary level / Saskatchewan. Saskatchewan
Education.
Regina, SK : The Dept., 1996.
Subjects: Health promotion - Saskatchewan - Bibliography. Career education - Saskatchewan -
Bibliography. Life skills - Saskatchewan - Bibliography.