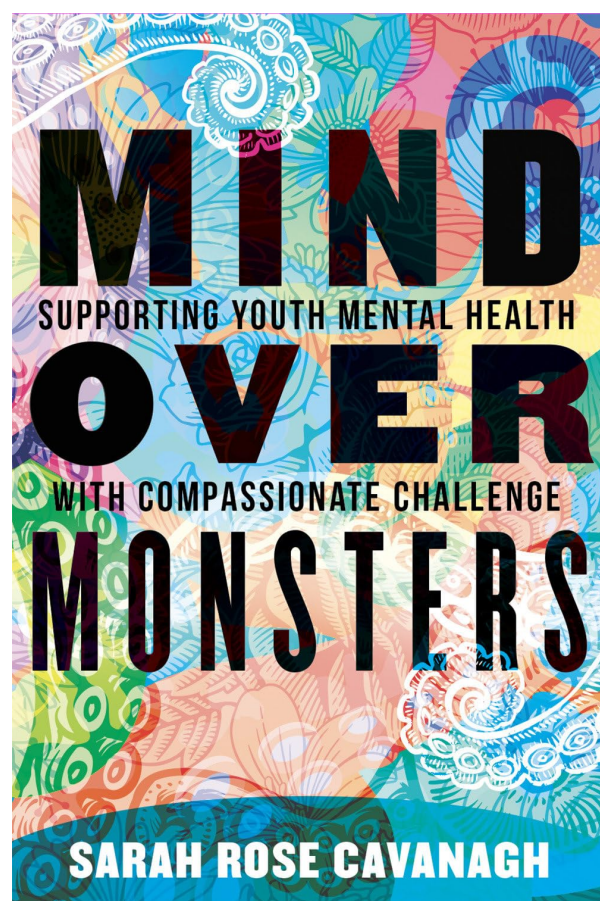


Spring 2025 CAT Book Discussions

As you settle into the start of a new semester, the CAT invites you to join one of two faculty reading groups this term. These groups are capped at 15 participants, so we encourage you to register as soon as possible and only if you are able to attend every meeting. You will receive a free copy of the book, learn about an issue of importance to your teaching, and (hopefully!) build and strengthen your connections with colleagues across campus.

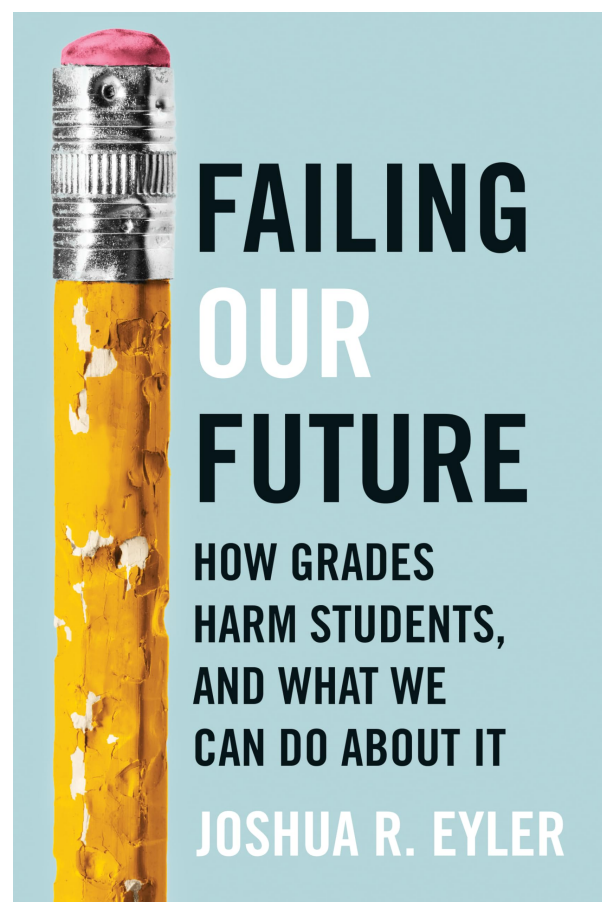


Mind Over Monsters: Supporting Youth Mental Health with Compassionate Challenge

Meets four times this semester (2/4, 2/18, 3/4 & 3/18) on Tuesday from 2:00-3:00 in ZSR 665 (Faculty Commons Classroom inside the Faculty Commons space in ZSR Wilson Wing).

Alarming statistics in recent years indicate that mental health problems have been skyrocketing among youth. Psychologist and professor Sarah Rose Cavanagh interviews experts who work with young people to help them actualize their goals, and highlights voices of college students from a range of diverse backgrounds. The result of these combined sources of inquiry indicates that to support youth mental health, we must create what Cavanagh calls *compassionate challenge*. Let's meet and discuss what that might look like.

[REGISTER](#)



Failing Our Future: How Grades Harm Students, and What We Can Do About It

Meets three times this semester (2/5, 2/19 & 3/5) on Wednesday from 3:30-4:30 in ZSR 665 (Faculty Commons Classroom inside the Faculty Commons space in ZSR Wilson Wing).

One of the most urgent and long-standing issues in the US education system is its obsession with grades. In *Failing Our Future*, Joshua R. Eyler shines a spotlight on how grades inhibit learning, cause problems between parents and children, amplify inequities, and contribute to the youth mental health crisis. Equal parts scathing and hopeful, *Failing Our Future* aims to improve the lives of students by encouraging them to define success on their own terms.

[REGISTER](#)



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