Summer Read 2019

**Rationale:** It’s important to read and keep your brain sharp! This summer we are asking you to read two books. The first is “Flow,” by Mihaly Csikszentmihalyi, which is a metacognitive road map to increasing what he calls “optimal human experience.” A few of us teachers think this book has wonderful insight (it’s like learning a huge ‘secret’) about how to live. Csikszentmihalyi is a premier happiness researcher and has been revealing techniques to improve how we view the world for many years.

The second book is a novel according to grade level:
- **9th Grade:** Tuesdays with Morrie
- **10th Grade:** The Curious Incident of the Dog in the Night-Time
- **11th Grade:** 1984
- **12th Grade:** The Hundred Year-Old Man Who Climbed Out of the Window and Disappeared

**Flow Assignment:** Two tasks:

**First:** As you read, you will identify quotes / passages from the book that seem particularly significant to you regarding what it means to be a teenager and how you are in control of your experience. You will write these quotes / passages in your journal and respond to them in roughly 3-5 sentences each.

**How many quotes / passages do you need?**
You will choose a total of 10 passages from the book. Be sure to include the page number / chapter number of each quote that you include.

**What will your response to each passage include?**
Your responses will be roughly 3-5 sentences each and should include the following:
1. How the passage is important in context of your experience
2. Why you found the passage particularly important
3. Free response: what else?

Essentially, it will look like this:

<table>
<thead>
<tr>
<th>Quote / Passage (with chapter #, pg. #)</th>
<th>Explanation</th>
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| “To overcome the anxieties and depressions of contemporary life, individuals must become independent of the social environment to the degree that they no longer respond exclusively in terms of its rewards and punishments. To achieve such autonomy, a person has to learn to provide rewards to herself. She has to develop the ability to find enjoyment and purpose regardless of external circumstances.” Chapter 3, page 47 | 1. I do feel anxious, often! I feel this in my chest usually. I like the idea that I can perhaps practice feeling this less.  
2. What do “rewards” mean? I will explore this more; I assume that they need to be both healthy and actually rewarding to me. What does this look like?  
3. I like the idea of “regardless of external circumstances.” That makes me think that I can be more empowered in my day to day and have the feelings that I want, as opposed to getting feelings ‘inserted’ in me by my situation. |
Second: Sit down with your parent / guardian at least once a week for a half hour and bring with you the passages that you thought most important (from above). Even though your parents may not have been reading the book at the same time (try to get them to read it!), it will still be nice to sit and have a discussion with them. Log the highlights of your discussion in the same journal. Essentially take notes on what you and your parents say during each sit down.