#NACACreads with Dr. David Gleason


It's 9 p.m. ET, and time for tonight's #NACACreads book chat. Thanks for joining us!

pic.twitter.com/haAzjrMoUU

We'll be discussing “At What Cost? Defending Adolescent Development in Fiercely Competitive Schools” by Dr. David Gleason. #NACACreads
It's time! #NACACreads pic.twitter.com/O2luOc0Ygl

@ASHLEYDDOBSON · 6 MONTHS AGO

We’re lucky to have the author, @drdavidgleason, with us tonight. Welcome, Dr. Gleason! #NACACreads pic.twitter.com/OhZyyLNFct

@NACAC · 6 MONTHS AGO

David Gleason
@drdavidgleason

Thanks! Happy to be here and to discuss this important topic #NACACreads

6 MONTHS AGO
We’ll get rolling soon. But first, #NACACreads participants: Take some time to introduce yourselves.

Even if you’re just lurking, say howdy! Tell us your name and the institution/org where you work. #NACACreads pic.twitter.com/kA3HN1TS08

And for the record, I’m moderator Mary Stegmeir, a member of NACAC’s comm team. #NACACreads

@drdavidgleason Hi Dr. Gleason! Happy to be chatting with you! #NACACreads
I'm Ashley with the NACAC Comms Team! Excited for tonight’s topic and chat! #NACACreads pic.twitter.com/CTkw2lzV1g

@ASHLEYDDOBSON · 6 MONTHS AGO

Hello! My name is Tania and I am the director of ed & training @NACAC and I am really excited about this evenings #NACACreads @NACACedu

@TaniaMJR · 6 MONTHS AGO

#nacacreads ... forgot the hashtag @NACAC twitter.com/gilrogers/stat...

Gil Rogers @gilrogers · 6 MONTHS AGO

@NACAC Ready for #nacacreads tonight — here from high school in Houston.

Sara Tones @sjtones · 6 MONTHS AGO
Gil Rogers @gilrogers
@sjitones @NACAC I hope you and your students are all doing well #nacacreads
6 MONTHS AGO

NACAC @NACAC
Welcome @sjitones and @gilrogers. Nice to see some familiar faces! #NACACreads
6 MONTHS AGO

NACAC @NACAC
@SSESGo2College Welcome to #nacacreads!
6 MONTHS AGO

SSESCollegeCnslng @SSESGo2College
@NACAC Florida in the house. #NACACreads
6 MONTHS AGO

NACAC International @NACAC_Intl
Tuning in from @NACAC international team. #NACACreads
6 MONTHS AGO

Sarah Cox @SarahSCoxatHome
Yes, the NACAC com team it thrilled to have @drdavidgleason with us for #NACACreads!
6 MONTHS AGO

NACAC @NACAC
Thanks for joining us @TaniaMJR! Welcome! #NACACreads.
6 MONTHS AGO
Anna Coyne
@Annacoyne74

Ready for tonight’s #NACACreads - I’m a school counselor in Indiana.

6 MONTHS AGO

NACAC
@NACAC

@Annacoyne74 Welcome to #NACACreads!

6 MONTHS AGO

Jetaun Davis
@JetaunDavis

Such an important topic! I have yet to read it, but it is next on my list. I’ll be following the discussion though. □ #NACACreads twitter.com/nacac/status/9...

6 MONTHS AGO

NACAC
@NACAC

@JetaunDavis It's a great read! Such an important topic! #NACACreads

6 MONTHS AGO

Bob Bardwell
@bardwellr

Ok, now logged into the right account. sorry for any confusion #NACACreads

6 MONTHS AGO

Tania Rachkoskie
@TaniaMJR

Hi @bardwellr !!! #NACACreads twitter.com/bardwellr/stats...

6 MONTHS AGO

Charlie Hungerford
@charliehunger4d

#nacacreads @charliehunger4d enjoying a calzone while participating in this conversation. Looking forward to learning and sharing!

6 MONTHS AGO
Charlie Hungerford
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6 MONTHS AGO

NACAC
@NACAC

@charliehunger4d Yessssss! Thanks for tuning in! #nacacreads

6 MONTHS AGO

dazeedee
@dazeedee

@charliehunger4d Hi Charlie! Daisy from NACAC Comm here. :) #NACACreads

6 MONTHS AGO

dazeedee
@dazeedee

@charliehunger4d Calzone sounds yummy :) #NACACreads

6 MONTHS AGO
New to Twitter chats? Check out this handy guide — ow.ly/XevhT — and remember to tag ALL your tweets w/ #NACACreads. pic.twitter.com/SsfbHioqSF

While we’re getting acquainted, let’s kick things off with a question for our #NACACreads guest.

@drdavidgleason: What made you want to focus on kids in highly competitive schools? What unique challenges do they face? #NACACreads

(1/6) So many suffer intense anxiety and depression, manifested by eating disorders, substance abuse, self-injury and suicide #NACACreads
(2/6) At What Cost? amplifies students’ cries: “Do you realize how hard this is?!?” The book urges empathy for adolescents and #NACACreads

(3/6) asks educators and parents to rethink how they teach and parent their students and respect their developmental integrity #NACACreads

(4/6) Kids typically feel tremendous pressure to excel in grades, test scores, sports, art and in college admissions #NACACreads

(5/6) Expecting “across the board greatness” is a set-up. Trying to conform to these expectations, kids become depleted, #NACACreads

(6/6) feel scared about their futures, and disillusioned by their inability to do it all. #NACACreads

This is it. We can stop here before I get riled up #nacacreads twitter.com/drdavidgleason...
@gilrogers

As a father of a 5 yo and 2 yo that we moved to Maine for work/family balance I thank you for all of this. Really. #nacacreads

@drdavidgleason --- The issues in this book are so wide-reaching! Implications for families, society as well! #NACACreads twitter.com/gilrogers/stat...

Great points right off the bat from #NACACreads author @drdavidgleason --- across the board greatness an impossible standard! twitter.com/drdavidgleason...

Thanks again for joining today's chat — let's jump into Q1. #NACACreads

Q1: (1/2) Dr. Gleason says today's kids are increasingly overwhelmed, overworked, and overscheduled. #NACACreads

Q1: (2/2) Have you seen that shift among the students you serve? What do you think is driving it? #NACACreads
Gil Rogers @gilrogers

A1 I see it in interns let alone HS students. #nacacreads

6 MONTHS AGO

Ashley Dobson @ashleyddobson

A1: A NACAC webinar touched on this topic this summer. It's available on demand for members: ow.ly/RvNm30g4yzF #NACACreads

6 MONTHS AGO

Tania Rachkoskie @TaniaMJR

A1: I think that @drdavidgleason summed it up - students think that they need to be great in every activity. #NACACreads

6 MONTHS AGO

Sara Tones @sjtones

#nacacreads A1: it's definitely a trend right now. Adult pressure is one factor.

6 MONTHS AGO

Gil Rogers @gilrogers

As grown ups we like to say "oh just wait until they get into the real world". To them this is their real world. #NACACreads

6 MONTHS AGO

Sara Tones @sjtones

#nacacreads A1: accessibility to others successes and failures via social media as well. Teens are in a constant state of comparison.

6 MONTHS AGO
@sjttones Yes! Sara. So on point here. Constant comparison and needing to feel equal or just a bit superior all the time!

Anna Coyne
@Annacoyne74

Yes! There is no escape from viewing the idealized version of Other kids! #nacacreads twitter.com/sjttones/status...

Gil Rogers
@gilrogers

@Annacoyne74 Idealized is the key word. Happens to everyone. #nacacreads

Gil Rogers
@gilrogers

@sjttones Couldn’t agree more. Interesting to look at studies RE social media and how it creates a false narrative for many people #nacacreads

Charlie Hungerford
@charliehunger4d

@gilrogers @sjttones which leads right back to comparison on social media... it's vicious cycle

Charlie Hungerford
@charliehunger4d

@gilrogers @TaniaMJR because the success bar is so low? Because everyone is "successful" at everything? Interesting point, can you explain more?
Tania Rachkoskie
@TaniaMJR
Yes. This! Even as adults we compare ourselves to those we see on social media. #NACACreads
twitter.com/sjtones/status...

Gil Rogers
@gilrogers
@TaniaMJR The only thing I know for sure on social is that @sp8th smokes meat better than me. #nacacreads

Tania Rachkoskie
@TaniaMJR
And I wish I was witty like @gilrogers - we all are trying to be like someone! #NACACreads
twitter.com/gilrogers/stat...

Gil Rogers
@gilrogers
@TaniaMJR If I’m the bar, your bar isn’t TOO high 😜 #nacacreads

Bob Bardwell
@bardwellr
@drdavidgleason I’m wondering how you feel about the Turning the Tide work and if the Harvard folks have reached out to you #NACACreads

David Gleason
@drdavidgleason
#NACACreads Bob I am familiar with it but they have not reached out yet
Q1. I’ve seen it in my students, my own high schooler & her friends. We are not giving our kids the freedom to be normal. #NACACreads

#TRUTH from @Annacoyne74: "We are not giving our kids the freedom to be normal." #NACACreads twitter.com/Annacoyne74/st...

#nacacreads makes me question how to balance celebrations of success in schools. How do we celebrate the exceptional and the normal equally?

@sjtones Even things like colleges sending their "I'm in!" posters for students to post to Instagram come into question #nacacreads

I think it's a tough balance and I'm not sure where you strike it! Both deserve celebration, but how do you keep from comparing? #NACACreads

I completely agree. Maybe it's on us to model balance in the everyday? #nacacreads
We’re off to a great start w/ @drdavidgleason, author of “At What Cost?” — ow.ly/1kvN30fpK0N
#NACACreads pic.twitter.com/VCJAgmCYcw

@drdavidgleason: What are the dangers of “too much, too soon”? What does neuroscience tell us about adolescent development? #NACACreads

(1/6) Teens act and look like adults, fooling us into treating and expecting them to function as if they actually were adults. #NACACreads

(2/6) Two dangerous consequences follow. Teens cannot meet adult expectations (they are not adults); they are bewildered by #NACACreads
(3/6) being "unseen" as adolescents. Neuroscience incontrovertibly reveals that the frontal lobe, which controls attention and 

(4/6) executive functioning, develops last, and not fully until the late 20s. Also, the brain is “plastic” or moldable, and

(5/6) environment shapes the brain. Adolescents are not adults, they develop at different rates. All the more reason for

(6/6) schools not to insist on uniform, "adult" expectations, which only foster anxiety and depression. 

This thread is very accurate. 

Important reminder from @drdavidgleason: Teens may look like adults, but we can't always expect them to function like adults. 

Just joining in? Say hello — we're talking about “At What Cost” w/ @drdavidgleason. Rolling into Q2 soon! #NACACreads

Hello from #nacacreads! School counselor joining in from Kansas City. Just wrapped up the Kansas City NACAC College Fair

.@lundienr -- Welcome! Thanks for joining us! #NACACreads twitter.com/lundienr/statu...

@drdavidgleason what difference exist in students at competitive schools in the US vs. abroad? #NACACreads

@NACAC_Intl very little #NACACreads

Q2: How have you seen stress affect your students? What physical and emotional responses have you observed? #NACACreads
Sara Tones @sjtones

#nacacreads A2: lack of sleep! Cycle - no sleep to work, anxiety bc no sleep, lack of productivity and we are back to no sleep.

6 MONTHS AGO

Charlie Hungerford @charliehunger4d

@NACAC health issues, depression, insomnia, anxiety...

6 MONTHS AGO

Tania Rachkoskie @TaniaMJR

A2: While working as a college counselor I saw the heartbreak - for some a deny letter was their 1st life disappointment #NACACreads

6 MONTHS AGO

Gil Rogers @gilrogers

@TaniaMJR brings up interesting point. Many say students are coddled & don't know failure while reality is they may not know true success? #nacacreads

6 MONTHS AGO

Anna Coyne @Annacoyne74

This!! 😁🙌 #NACACreads twitter.com/gilrogers/stat...

6 MONTHS AGO

Gil Rogers @gilrogers

@TaniaMJR What I mean is if students are pressured for "perfect" how do they really celebrate success? #NACACreads

6 MONTHS AGO
Tania Rachkoskie
@TaniaMJR

How can they know success when they have parents sweeping away the problems in their path?
#nacacreads twitter.com/gilrogers/stat... 6 MONTHS AGO

Charlie Hungerford
@charliehunger4d

@TaniaMJEJ @davidgleason So true Tania! And unprepared for failure when they aren’t 6 MONTHS AGO

NACAC
@NACAC

Great point, @TaniaMJEJ. In his book, @davidgleason talks about the need for students to be able to learn from failure. #NACACreads twitter.com/TaniaMJEJ/statu... 6 MONTHS AGO

Gil Rogers
@gilrogers

@TaniaMJEJ Agreed. But the problem in the path of students at hyper competitive schools is the pressure to achieve perfection #nacacreads 6 MONTHS AGO

Gil Rogers
@gilrogers

@charliehunger4d @TaniaMJEJ At hyper competitive schools, by their definition, is anyone successful if they aren't perfect? #nacacreads 6 MONTHS AGO

NACAC
@NACAC

Hey #NACACreads: Have you seen anxiety increasing on among students on the high school side as well? twitter.com/ashleydobjson/... 6 MONTHS AGO
A2: College campuses have certainly seen an uptick in the # of students seeking help managing anxiety: ow.ly/zvL3oq4vS7 #NACACreads

Gil Rogers
@gilrogers
@charliehunger4d @sjtones Yup. Interesting, though, it’s not the Ivy League schools doing the special promos for admits. That’s a convo for another day 😁#nacreads

NACAC
@NACAC
Q3 is coming in a couple minutes. And as always, feel free to toss out your own questions — send ‘em to @NACAC. #NACACreads

NACAC
@NACAC
Q3: Do parents and students help perpetuate the hyperschooling culture? What about educators themselves? #NACACreads

Charlie Hungerford
@charliehunger4d
@NACAC Yes, and yes... A quick glance at @NACAC's daily digest and all the anxious counselors when something doesn’t work shows educators impact it

Gil Rogers
@gilrogers
@NACAC A3: Yes X 3 #nacreads
A3: #NACACreads for many parents, the process is the culmination of their child rearing. Read more in the #nacacJCA nacacnet.org/blockingbulldo...

Sara Tones @sjtones

#nacacreads A3: educators have their own anxiety around success and sometimes put that on students.

Jan Rogers @jgrmathnerd

Where do you think the pressure starts? Parents? Classroom teachers in K-12? Or criteria listed for college entry? #nacacreads

NACAC @NACAC

A good question from the group! #NACACreads --- what do you think? Where does the pressure start? twitter.com/jgrmathnerd/st...

Sara Tones @sjtones

#NACACReads we’ve seen a definite increase in anxiety/depression. Not sure if it’s pressure or if it’s become more acceptable to talk abt it

NACAC @NACAC

.@stjones -- a good point. We are more aware of the problem of student stress/anxiety than we have been in past generations. #NACACreads twitter.com/sjtones/status...
A3: Some communities are pushing back. Check out this story about a HS in Massachusetts: ow.ly/usqk30g4vsU #NACACreads

Gil Rogers
@gilrogers

A3 problem is neither parents or educators want to back down. It’s like being the first college to stop sending mass emails #NACACreads

James Lee Jenkins
@HCJames58

Students who push themselves to the brink are often absent, tired, & deal with repetitive illnesses. Achievement shouldn’t = ailment #NACACreads twitter.com/NACAC/status/9...

NACAC
@NACAC

An important point from @HCJames58 --- These signs show us that #collegebound students are too often overwhelmed. #NACACreads twitter.com/HCJames58/stat...

Anna Coyne
@Annacoyne74

A3. My lesson - when my oldest didn’t make the cut for gifted prog. As I whined, a friend said, ‘are you gifted? #turnedoutfine #NACACreads

Sarah Cox
@SarahSCoxatHome

#NACACreads wisdom from @Annacoyne74. You don’t have to be perfect to be successful. That’s a load off! twitter.com/Annacoyne74/st...
@SarahSCoxatHome @Annacoyne74 But other than allowing failure, how do you teach this? #NACACreads

6 MONTHS AGO

@charliehunger4d @Annacoyne74 Share your own story to start. There are lots of people who makes money doing what they love without the brand name degree! #NACACreads

6 MONTHS AGO

@SarahSCoxatHome @charliehunger4d I honestly believe we have to follow the lead of the student and allow them to fail while we are able to support them. #nacacreads

6 MONTHS AGO

@drdavidgleason (1/1) What does your research say about the factors driving the hyperschooling movement? #NACACreads

6 MONTHS AGO

(1/5) As psychiatrist Dr. Silverman says, “A sense of terror about the future among both students and parents is an increasing #NACACreads

6 MONTHS AGO

#insightful #truth #NACACreads twitter.com/drdavidgleason...
6 MONTHS AGO

David Gleason @drdavidgleason

(2/5) effect of the world economy that is in such flux that parents don’t see a clear path anymore to financial stability, #NACACreads

6 MONTHS AGO

David Gleason @drdavidgleason

(3/5) for their children.” Economic and cultural factors, experienced worldwide, as my research shows, have led to parents’ #NACACreads

6 MONTHS AGO

David Gleason @drdavidgleason

(4/5) increased anxiety and fear about their children’s future, hence, only the best colleges will suffice, #NACACreads

6 MONTHS AGO

David Gleason @drdavidgleason

(5/5) as only those colleges will enable their children to eventually secure well-paying jobs and future stability. #NACACreads

6 MONTHS AGO

Charlie Hungerford @charliehunger4d

College admissions is the fulcrum on which the twitter.com/drdavidgleason...

6 MONTHS AGO

NACAC @NACAC

An important consideration: College admission mania is in part driven by fears about the future. #NACACreads twitter.com/drdavidgleason...

6 MONTHS AGO
Gil Rogers @gilrogers

@NACAC And rankings. Let's not forget about rankings. #NACACreads

6 MONTHS AGO

NACAC @NACAC

@drdavidgleason (2/2): How did we get here? Does college admission play a role? #NACACreads

6 MONTHS AGO

David Gleason @drdavidgleason

(1/6) Several causes are involved: economic uncertainty; parents’ and students’ anxiety; the Common Application’s facilitating #NACACreads

6 MONTHS AGO

David Gleason @drdavidgleason

(2/6) applications globally; higher application rates and lower admission rates at selective colleges. We see an educational #NACACreads

6 MONTHS AGO

David Gleason @drdavidgleason

3/6) arms race: limited slots are available at "elite" colleges and an overabundance of students applying for them. #NACACreads

6 MONTHS AGO

David Gleason @drdavidgleason

(4/6) This is appallingly unhealthy for adolescents. William Deresiewicz states, “College admissions is the fulcrum on which the #NACACreads

6 MONTHS AGO
(5/6) system turns, casting its shadow back over childhood and adolescence, and forward over college and career, shaping the way #NACACreads

(6/6) kids are raised and the people they become." College admission is part of the problem, but it can also help in solutions. #NACACreads

An important consideration for counselors and admission pros! The college admission process can become part of the solution! #NACACreads twitter.com/drdavidgleason...

Great conversation so far! Just remember, tag all your tweets with #NACACreads! Rolling into Q4.

Q4: Stress is invariably part of the college transition, but can too much pressure actually undermine college readiness? #NACACreads

@NACAC Yes. Opting for a list of "perfect" experiences rather than one or two meaningful experiences. #NACACreads
James Lee Jenkins
@HCJames58

@NACAC A4: Yes! Imaginary goalposts not only move upon enrollment, but the sacrifices may not equate to the overall campus experience. #NACACreads

Sarah Cox
@SarahSCoxatHome

#NACACreads Love this... goalposts move your entire life. And that's okay, kids!
twitter.com/HCJames58/stat...

Ashley Dobson
@ashleyddobson

A4: As @drdavidgleason notes, if pressure is too high, stress can turn to lasting anxiety, complicating the college transition. #NACACreads

Lisa Sohmer
@sohmernyc2la

It becomes unhealthy for the whole family. #NACACReads

NACAC
@NACAC

Wisdom from our #NACACreads book -- "At What Cost?" by @drdavidgleason. twitter.com/ashleyddobson/...

Gil Rogers
@gilrogers

@NACAC A4: absolutely. Take out academic preparedness for a second. Think about FIT. If student pressured to apply by brand, they lose #nacacreads
Sara Tones @sjtones

#NACACReads A4: we’ve got to stop the mentality that there are only a few paths to success. There are plenty of colleges to go around.

NACAC @NACAC

THIS! #NACACreads twitter.com/sjtones/status...

Gil Rogers @gilrogers

Let’s start by stopping touting #rankings every year when they come out? #nacacreads twitter.com/sjtones/status...

Gil Rogers @gilrogers

@sjtones That mentality starts with the obsession with the US News top 10 and the Stanford 4% admit rate. #nacacreads

Anna Coyne @Annacoyne74

A4. Without question! One factor: The arms race 4 rank leads to ss taking whatever is weighted instead of following interests. #NACACreads

Adrienne Amador @A_A_Amador311

Sad to miss most of #NACACreads but this twitter.com/sjtones/status...
Gil Rogers
@gilrogers

You can tell we are on the back half of #NACACReads because the filter is coming off.

ASHLEY DOBSON
@ASHLEYDDOBSON

@gilrogers #NACACreads pic.twitter.com/AIn2J0gjSr

Tania Rachkoskie
@TaniaMJR

A4: (1/2) Many students are applying to multiple schools but there are low income SOCs that are not applying to enough colleges #NACACreads

Tania Rachkoskie
@TaniaMJR

A4: (2/2) We need to worry about access for 1st generation students #undermatching #NACACreads
@TaniaMJR Our issue w undermatching is not getting them accepted, it’s getting them to go. #NACACReads

NACAC @NACAC

Keep those comments coming! Q5 is up next. #NACACreads

NACAC @NACAC

Q5: (1/2) On an individual level, how can counselors & others help students prepare for college in more healthy & balanced ways? #NACACreads

NACAC @NACAC

Q5: (2/2) Are there systemic changes schools and/or colleges can make to help college-bound students feel less pressured? #NACACreads

SSESCollegeCnslng @SSESGo2College

@NACAC A5: help build lives not resumes #NACACreads

NACAC @NACAC

Love this --- A call to action for all in our profession, from @SSESGo2College: "Help Build Lives, Not Resumes." #NACACreads twitter.com/SSESGo2College...
@NACAC A5: less about rankings and more about outcomes. #nacacreads

A5: (1/3) College admission mania starts early. Counselors can help students & families by adding context to the conversation. #NACACreads

A5: (2/3) Yes, admit rates are lower than ever at a small subset of highly selective schools. #NACACreads

A5: (3/3) But NACAC data show colleges accept nearly 2/3 of freshmen. Counselors can encourage kids to look beyond brand names. #NACACreads

Students need help seeing their own value and understanding that many colleges will want them on campus #NACACreads

@sohmernyc2la We say this every year and the hype train keeps leaving the station #NACACreads
Not every kid is a good student athlete or leader. Our job as parents & educators is to help them unpack their authentic gifts. #nacacreads

Yes. A Thousand Times Yes. #NACACreads twitter.com/Annacoyne74/st...

Love this! Great advice from @Annacoyne74! #NACACreads twitter.com/Annacoyne74/st...

@drdavidgleason: What’s your take? What are some supportive strategies that encourage healthy adolescent development? #NACACreads

A5: The more exposure students have to lesser known schools outside their regions, undue stress could possibly tone down. #NACACreads

(1/4) I try to avoid specific recommendations for all schools everywhere, but some changes relate to all adolescents #NACACreads
and absolutely contribute to their healthy development: (1) starting the school day no earlier than 8:30 AM; #NACACreads

(2/4) (2) providing executive function instruction to all incoming 9th and 10th graders; and #NACACreads

(3/4) (3) not over scheduling students, so as to allow unscheduled free time for restorative purposes. #NACACreads

Great point Charlie #NACACreads twitter.com/drdavidgleason...

this should start well before adolescence... #NACACreads twitter.com/charliehunger4...

Ashley Dobson @ashleyddobson

#NACACreads @NACAC @drdavidgleason twitter.com/NACAC_Intl/sta...
@NACAC: Unscheduled time is crucial for kids! #NACACreads
twitter.com/drdavidgleason...

6 MONTHS AGO

Sara Tones
@sjtones

#NACACReads we as adults need to model taking the time for balance.

6 MONTHS AGO

@NACAC: Hey #NACACreads participants: Have any of your schools considering shifting start times?
twitter.com/drdavidgleason...

6 MONTHS AGO

SSESCollegeCnsling
@SSESGo2College

@NACAC: Yes but athletic schedules always win! #NACACreads

6 MONTHS AGO

Sara Tones
@sjtones

@NACAC: #nacacreads It’s always a convo. But when parents days have to start workday early, kids’ days will too whether they are at school or not.

6 MONTHS AGO

@NACAC: Great conversation so far! Q6 is coming shortly. It’ll be our last question of the evening.
#NACACreads

6 MONTHS AGO
But first — thanks to everyone for taking part in #NACACreads! And a special thank you to @drdavidgleason!

Thanks for all the support for this critical cause! #NACACreads

@NACAC Hold up. This isn't an allnighter? #nacacreads

If you haven’t already, check out his book (ow.ly/1kvN30fpK0N) and his TEDx Talk (ow.ly/R8zW30fpKIw). #NACACreads

NOW, our final #NACACreads question for tonight...

Q6: What’s one lesson you hope readers take away from Dr. Gleason’s book? #NACACreads

I’ve said it before and will say again. This book has been most important of all #nacacreads so far. All important. This one moreso. twitter.com/nacac/status/9...
Sarah Cox
@SarahSCoxatHome

#NACACreads Thanks so much @drdavidgleason!

Gil Rogers
@gilrogers

@NACAC A6 hope one day we can all get off the hamster wheel and remember what's really important. #nacacreads

Ashley Dobson
@ashleyddobson

A6: Free time shouldn't be a luxury for students. It's a necessity. #NACACreads

Encoura
@EncouraEdu

Fitting on #takebackyourtime day! #nacacreads twitter.com/ashleyddobson/...

NACAC
@NACAC

More than ever, #collegebound students need free time to grow, learn & have fun! #NACACreads twitter.com/ashleyddobson/...

Sara Tones
@sjtones

#NACACReads A6: loved the ref to immunity to change. In order to address student concerns first have to work on ourselves
and model those positive behaviors we want to see in our kids #NACACreads

twitter.com/sjtones/status...

6 MONTHS AGO

#NACACreads A6 respect the developmental integrity of teenagers #algouquin #ARHS

6 MONTHS AGO

An important message for all of us to remember from @JulieDoyle120. #NACACreads

twitter.com/JulieDoyle120/...

6 MONTHS AGO

@NACAC @drdavidgleason important how this book points to a global issue not just US
#intlstudents #NACACreads

6 MONTHS AGO

So true -- these are global issues! #NACACreads twitter.com/NACAC_Intl/sta...

6 MONTHS AGO

@NACAC thanks so much for hosting #NACACReads ... it really is a highlight of the #highered world

6 MONTHS AGO
@gilrogers @NACAC #NACACreads pic.twitter.com/JNfozBhdRP

@ASHLEYDOBSON @ASHLEYDDOBSO - 6 MONTHS AGO

@drdavidgleason Thanks @drdavidgleason for lending your voice and expertise to this incredibly important topic. #NACACreads #collegebound #AtWhatCost

@NACAC - 6 MONTHS AGO
All right! That’s it for tonight’s chat! Thanks for a great discussion. A transcript will be posted soon. #NACACreads pic.twitter.com/KpVRny1sE5

Provide feedback about #NACACreads and suggest books for future chats using this short survey: surveymonkey.com/r/XLWL73Q pic.twitter.com/L2J8pa0jcD
Thanks again! And make sure to join us for our next #NACACreads chat.

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Charlie Hungerford
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@NACAC Thanks #NACACreads

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@charliehunger4d Thank you! #NACACreads