**HEALTH SCIENCES**

**BOOK STUDY**

* Health Science students will have an **optional** Book Study Paper due at the end of the semester worth 70 points.
* These are extra credit points to help boost your grade if you want the opportunity
* Get a jump start on this opportunity!
* Semester 1 due date: December 20th, 2024
* Books for study must be chosen from the Health Sciences Book List below
* Points will be given based on the following point values:

**Heading (6 points):**

* **Name**:
* **Period**:
* **Title**:
* **Author**:
* **Date Started Book**:
* **Date Finished Book**:
* **Rating**: (Your rating on a scale of 1-10; 10 being the highest)

**Topic 1 (15 points): Minimum of 2 paragraphs**

**Describe the character/person/idea who changed the most from the beginning of the book to the end. Explain the change and what caused it.**

* **Identify the Character/Person/Idea**: Choose a character or idea from the book that undergoes significant development.
* **Describe the Initial State**: Briefly outline their state at the beginning of the book.
* **Explain the Change**: Detail how they changed over the course of the book.
* **Cause of Change**: Discuss what events or influences led to this transformation.

**Topic 2 (15 points): Minimum of 2 paragraphs**

**Describe a minor character/person/item in the book who had major importance. Explain.**

* **Identify the Minor Character/Item**: Choose a minor element from the book that had a significant impact.
* **Describe Their Role**: Explain their role and importance in the story.
* **Impact**: Discuss how this minor element influenced the main events or themes of the book.

**Topic 3 (15 points): Minimum of 2 paragraphs**

**Explain in detail why you gave this book the rating you did.**

* **Discuss Your Rating**: Reflect on why you rated the book the way you did.
* **Provide Examples**: Use specific examples from the book to support your rating.
* **Consider Elements**: Think about elements like writing style, character development, plot, and relevance to health sciences.

**Question 1 (5 points): Minimum of 1 paragraph**

**What is the author’s purpose?**

* **Identify the Purpose**: Explain why the author wrote the book. Consider themes, messages, or arguments presented.
* **Support with Evidence**: Provide examples from the book that illustrate the author’s purpose.

**Question 2 (5 points): Minimum of 1 paragraph**

**Who is the intended audience?**

* **Identify the Audience**: Discuss who the book is aimed at. Consider factors like age, profession, or interests.
* **Support with Evidence**: Provide examples from the book that suggest the intended audience.

**Question 3 (4 points): Minimum of 1 paragraph**

**Would you recommend this book to your classmates?**

* **Provide Recommendation**: State whether you would recommend the book.
* **Explain Why or Why Not**: Provide reasons for your recommendation or lack thereof.

**Statement and Signature of Academic Honesty (5 points)**

* **Statement**: Include a statement affirming that you read the book and that the information provided is accurate.
* **Signature**: Sign your name to indicate academic honesty.

**Example Statement**: By signing, I am indicating that I read the book, and the information on this page is accurate: Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Health Science Book List**

* Cut by Patricia McCormick. Topic: Self Destruction.
* The First Part Last by Angela Johnson. Topic: Teen Pregnancy
* Memoirs of a Teenage Amnesiac by Gabrielle Zevin. Topic: Traumatic Brain Injury.
* Phineas Gage: A Gruesome but True Story About Brain Science by John Fleischman. Topic: Trauma.
* Hot Lights, Cold Steel by Dr. Michael J Collins. Topic: Career.
* In Stiches by Dr. Anthony Youn. Topic: Career.
* The Spirit Catches You and You Fall Down by Anne Fadiman. Topic: Cultural Diversity.
* Living and Dying in Brick City by Samson Davis, MD. Topic: Emergency Medicine.
* What Everybody is Saying by Joe Navarro. Topic: Speed Reading People
* How They Croaked by Georgia Brag. Topic: Death
* The Running Dream by Wendelinn Van Draanen. Topic: Fiction about teen losing her leg.
* Throwaway Players by Gay Culverhouse. Topic: Concussion
* Fragile Beginnings by Adam Wolfberg, MD. Topic: NICU
* Making Rounds with Oscar by David Dosa. Topic: Empathy of Physician/Pets
* What Ails the White House by Jay W. Murphy. Topic: Medical History
* The Third Wave: A Volunteer Story by Alison Thompson.   Topic: Volunteering to help during times of disaster.
* Don’t Kill the Birthday Girl: Tales from an Allergic Life by Sandra Beasley. Topic: Food Allergies
* The End of Illness by David B. Agus, M.D. Topic: Individual Health and Longevity.
* The Deadly Dinner Party: and Other Medical Detective Stories by Dr. Jonathan A. Edlow. Topic: Real Life Medical Detective Stories.
* Breakthrough!: How the 10 Greatest Discoveries in Medicine Saved Millions and Changed Our View of the World by Jon Queijo. Topic: Medical Discoveries
* The Blue Death: The Intriguing Past and Present Danger of the Water You Drink by Robert D. Morris. Topic: Waterborne Illness.
* Every Patient Tells a Story: Medical Mysteries and the Art of Diagnosis by Lisa Sander . Topic: Medical Diagnosis.
* Diagnoses from the Dead: The Book of Autopsy by Richard Prayson. Topic: Autopsy.
* Body of Work: Meditations on Mortality from the Human Anatomy Lab by Christine Montross. Topic: Memoir between med student and cadaver.
* Josie Story by Sorrel King. Topic: Medical Mistake
* Code Blue : A Katrina Physician’s Memoir by Richard Deichmann MD. Topic: Natural Disaster
* The Immortal Life of Henrietta Lacks by Rebecca Skloot. Topic: Ethics and Medical Research
* Ghost Boy: My Escape From a Life Locked Inside My Own Body. By Rodney Pistorius. Topic: Vegetative State
* The Woman Who Knew Too Much : Alice Stewart and the Secrets of Radiation. By Gayle Greene. Topic: Biography of Female Scientist and radiation research. Topic: Veterinarian Denistry.
* Being Mortal: Medicine and What Matters in the End. By Atul Gawande. Topic: Sociology of Death
* Dentist Goes Animal. By David Fogan DDS
* The Secret. What Great Leaders Know and Do by Ken Blanchard and Mark Miller. Topic: Leadership
* The Man Who Touched His Own Heart by Rob Dunn. Topic: History of Science and Medicine
* Dr. Mutter’s Marvels. A True Tale of Intrigue and Innovation at the Dawn of Modern Medicine by Cristin O’Keefe Aptowicz. Topic: Biography of medical innovator.
* Extreme Medicine: How Exploration Transformed Medicine in the Twentieth Century by Kevin Fong. Topic: Medical Advancement and Pioneers.
* Wonder by R.J. Palacio. Topic: Fiction on prejudice, bullying, pet death, etc.
* Into the Magic Shop-A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart by James R. Doty MD. Topic: Self-help/Memoir
* Idiot Brain by Dean Burnett. Topic: Psychotherapy/Neurology
* The Happiness Advantage by Shawn Achor. Topic: Principles of Positive Psychology
* Bubonic Panic – When Plague Invaded America by Gail Jarrow. Topic: Public Health
* Losing Face – A Memoir of Lost Identity and Self-Discovery by Kathy Torpie. Topic: Patient Experience/Inspirational
* Leadership and Self Deception : Getting out of the Box by Arbinger Institute. Topic : Business and Money
* In Shock: My Journey from Death to Recovery and the Redemptive Power of Hope by Dr. Rana Awdish. Topic : Autobiography
* Internal Medicine : A Doctor’s Stories by Terrence Holt. Topic : Autobiography
* The Book of Blood from Legends and Leeches to Vampires and Veins by HP Newquist. Topic : Blood – ancient to modern times
* Complications: A Surgeon's Notes on an Imperfect Science by Atul Gawande. Topic : Non-fiction collection of essays.
* Making Rounds with Oscar: The Extraordinary Gift of an Ordinary Cat by David Dosa, M.D. HOSA Middle school division
* Spark: The Revolutionary New Science of Exercise and the Brain by [John J. Ratey](https://www.goodreads.com/author/show/46636.John_J_Ratey). Topic: Effects of exercise on the brain
* The Radium Girls: The Dark Story of America's Shining Women by [Kate Moore](https://www.goodreads.com/author/show/16150223.Kate_Moore) . Topic: True story – effects of radium
* Becoming Dr. Q My Journey from Migrant Farm Worker to Brain Surgeon by Alfredo Quiñones-Hinojosa. Topic: True story of a neurosurgeon
* The Poison Squad: One Chemist’s Single Minded Crusade for Food Safety at the Turn of the 20th century by Deborah Blum. Topic: Food safety
* Grit. The Power of Passion and Perseverance by Angela Duckworth. Topic: How to Succeed
* Identity Leadership: To Lead Others You Must First Lead Yourself by Stedman Graham Topic: Leadership
* The Magic Feather Effect: The Science of Alternative Medicine & The Surprising Power of Belief by Melanie Warner Topic: Alternative Medicine
* Epic Measures: One Doctor, Seven Billion Patients by Jeremy Smith Topic: Global Health
* The Real Grey’s Anatomy: A Behind the Scenes Look at the Real Lives of Surgical residents by Andrew Holtz Topic: Surgical residency
* Compassionomics: The Revolutionary Scientific Evidence that Caring Makes a Difference.Topic: Compassion as tx
* The Poisoner’s Handbook: Murder and the Birth of Forensic Medicine in Jazz Age New York by Deborah Blum Topic: History and Science thriller
* What Patients Say, What Doctors Hear by Danielle Ofri, MD Topic: Communication
* Chasing My Cure: A Doctor’s Race to Turn Hope Into Action; A Memoir by David Fajgenbaum Topic: Medical Research
* Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease and How to Fight It by Benjamin Bikman Topic: Insulin resistance
* Teen Leadership Revolution: How Ordinary Teens Become Extraordinary Leaders by Tom Thelen Topic: Leadership
* Spark: The Revolutionary New Science of Exercise and the Brain by John J Ratey
* The Radium Girls: The Dark Story of America’s Shining Women by Kate Moore
* Becoming Dr. Q: my Journey from Migrant Farmer Worker to Brain Surgeon by Alfredo Quinones-Hinojosa, MD
* The poison Squad: One Chemist’s Single-Minded Crusade for Food Safety at the Turn of the Twentieth Century by Deborah Blum
* Grit: the Power of Passion and Perseverance by Angela Duckworth
* \*How the Other Half Eats: The Untold Story of Food and Inequality in America by Priya Fielding-Singh
* \*A Molecule Away from Madness: Tales of the Hijacked Brain by Sara Manning Peskin
* \*The Facemaker: A Visionary Surgeon’s Battle to Mend the Disfigured Soldiers of World War I by Lindsey Fitzharris
* \*Wonder Drug: 7 Scientifically Proven Ways That Serving Others Is the Best Medicine for Yourself by Stephen Trzeciak, M.D. & Anthony Mazzarell, M.D.
* \*All that Moves Us: A Pediatric Neurosurgeon, His Young Patients, and Their Stories of Grace and Resilience by Jay Wellons
* Borrowing Life: How Scientists, Surgeons, and a War Hero Made the First Successful Organ Transplant a Reality by Shelley Fraser Mickle
* Twice as Hard: The Stories of Black Women Who Fought to Become Physicians, from the Civil War to the 21st Century by Jasmine Brown
* What Happened to You?: Conversations on Trauma, Resilience, and Healing by Oprah Winfrey and Bruce D. Perry
* Written in Bone: Hidden Stories in What We Leave Behind by Sue Black
* The Wisdom of the Bullfrog: Leadership Made Simple (But Not Easy) by Admiral William H. McRaven