

RESEARCH RESOURCES

FEEDBACK

Thanks for the Feedback

The Science and Art of Receiving Feedback Well

Douglas Stone & Sheila Heen

<https://www.stoneandheen.com/thanks-feedback>

BACKCASTING

Backcasting in futures studies: a synthesized scholarly and planning approach to strategic smart sustainable city development

<https://eujournalfuturesresearch.springeropen.com/articles/10.1186/s40309-018-0142-z>

FAMILY STATS & TIME SPENT TOGETHER

American families barely spend quality time together

<https://nypost.com/2018/03/20/american-families-barely-spend-quality-time-together/>

Families spend just four hours of 'quality time' together each week, research finds

<https://www.mirror.co.uk/lifestyle/family/families-four-hours-quality-time-25251766>

American families spend just 37 minutes of quality time together per day, survey finds

<https://studyfinds.org/american-families-spend-37-minutes-quality-time/>

In the age of screens, families are spending more time “alone-together”

<https://qz.com/1573329/are-families-spending-less-time-together-due-to-screens>

Children are more likely to succeed if they live in this type of environment

<https://www.cnn.com/2022/05/20/health/family-connections-flourish-parenting-study-wellness/index.html>

Families in the United State - Statistics & Facts

<https://www.statista.com/topics/1484/families/#dossierKeyfigures>

Systematic review of the effects of family meal frequency on psychosocial outcomes in youth

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4325878/>

Family Connection and Flourishing Among Adolescents in 26 Countries

<https://pubmed.ncbi.nlm.nih.gov/35574657/>

DUNBAR'S NUMBER

Dunbar's number: Why we can only maintain 150 relationships

<https://www.bbc.com/future/article/20191001-dunbars-number-why-we-can-only-maintain-150-relationships>

You Can Only Maintain So Many Close Friendships

<https://www.theatlantic.com/family/archive/2021/05/robin-dunbar-explains-circles-friendship-dunbars-number/618931/>

LONELINESS

Absence and Presence of Human Interaction: The Relationship Between Loneliness and Empathy

<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00768/full>