

Dear Sophomores,

For our upcoming AP English Seminar, you'll have the opportunity to select **ONE** book from a thematic category below. Each text offers unique perspectives on contemporary issues and will form the foundation of our in-depth discussions, research projects, and analytical essays. Please review the options carefully and select a title that genuinely interests you.

HEALTH & WELL-BEING

Exploring medical ethics, healthcare systems, and personal resilience

- *Being Mortal: Medicine and What Matters in the End* by Atul Gawande
- *The Price We Pay: What Broke American Health Care—And How to Fix It* by Marty Makary
- *Grit: The Power of Passion and Perseverance* by Angela Duckworth

TECHNOLOGY & SOCIETY

Examining how digital innovation shapes our minds, relationships, and future

- *Life 3.0: Being Human in the Age of Artificial Intelligence* by Max Tegmark
- *The Happiness Effect: How Social Media is Driving a Generation to Appear Perfect at Any Cost* by Donna Freitas
- *The Attention Merchants: The Epic Scramble to Get Inside Our Heads* by Tim Wu

HUMAN UNDERSTANDING

Investigating knowledge, history, and the foundations of human behavior

- *Sapiens: A Brief History of Humankind* by Yuval Noah Harari
- *Curious: The Desire to Know and Why Your Future Depends on It* by Ian Leslie
- *The Omnivore's Dilemma* by Michael Pollan

SOCIAL JUSTICE & IDENTITY

Confronting systems of power, inequality, and personal identity

- *Caste: The Origins of Our Discontents* by Isabel Wilkerson
- *Not "A Nation of Immigrants": Settler Colonialism, White Supremacy, and a History of Erasure and Exclusion* by Roxanne Dunbar-Ortiz
- *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander
- *Quiet: The Power of Introverts in a World That Can't Stop Talking* by Susan Cain