

- "About self-esteem." About Self-esteem. N.p., n.d. Web. 02 Feb. 2017.
<http://www.youngminds.org.uk/for_parents/whats_worrying_you_about_your_child/self-esteem/about_self-esteem>.

This source hones in on one of the overall topics that my Capstone touches on; it's meant to allow parents to understand how a child may feel. It will benefit my project because it will expand my perspective and allow me to speak from the standpoint of the non-victim. I am able to see that this site is reliable mainly because of its partnerships with larger trusted organizations.

- Amoruso, Sophia. #Girlboss. London, England: Portfolio/Penguin, 2014. Print.

This source is from a book that I read last summer that had a detail description of Sophia Amoruso's way to success pertaining to growing her self made business, Nasty Gal. I will be using this source to utilize the tips and tricks that she wrote about pertaining to determination and branding yourself. Her business has grown into a multi-million dollar company from her being homeless which allows me to believe that she has a valuable insight,

- Campbell, Robert L., and Chris Matthew Sciabarra. "Prologue." *The Journal of Ayn Rand Studies*, vol. 16, no. 1-2, 2016, pp. 1-14.
www.jstor.org/stable/10.5325/jayrandstud.16.1-2.0001.

This source was very informative and beneficial for a number of reasons. In this journal from JSTOR, the editors decided to investigate a man who was claimed to be the father of the Self-Esteem movement. Due to their findings, I was able to create more discussion topics for my capstone. This journal is trusted because it was configured by the Penn State University Press.

- "Confidence in teenagers." *How to build confidence in teenagers | Raising Children Network*. N.p., n.d. Web. 02 Feb. 2017.
<http://raisingchildren.net.au/articles/confidence_teenagers.html>.

This is another source that allows people who are no longer teenagers to understand the circumstances of today and how hard it can be for teenagers to have confidence and ways that they can have a better approach to teens. I will use this as an outside perspective to construct motivational words that will be printed out at each of my events.

- "How Can I Improve My Self-Esteem?" *KidsHealth*. The Nemours Foundation, 2017. Web. 01 Feb. 2017. <http://kidshealth.org/en/teens/self-esteem.html>.

This source allows children to find ways to increase self esteem. It investigates the different lenses that people may be coming from when they have low self esteem and this will allow me to produce the discussion topics for my first two Encouragement Events.

- Jonas, Pearl

We will have a meeting next week that will discuss my upcoming events and help create my schedule. She will be a resource to help organize my dates in a sequence that we see best fit. I will approach her with the list of events that I have already configured next Wednesday, then schedule the fundraisers that I need to go along with it.

- "Lead Like a Girl Scout - Girl Scouts." *Girl Scouts of the USA*. N.p., 2017. Web. 02 Feb. 2017. <http://www.girlscouts.org/content/gsusa/en/about-girl-scouts/like-a-girl-scout.html>.

Girl Scouts of America is a huge organization that allows females to come together, bond, and find strength within one another. This source will be utilized to help create motivational quotes for my events that we will recite.

- McFerran, Brent, et al. "I'll Have What She's Having: Effects of Social Influence and Body Type on the Food Choices of Others." *Journal of Consumer Research*, vol. 36, no. 6, 2010, pp. 915–929. www.jstor.org/s

This source allows me to focus on the self esteem/confidence aspect of my project by The research from this observation will help me create my discussion topics for each of my event discussions that I have planned. The information is reliable because each of the author is a notable professor and the document is apart of the Oxford University Press.

- Sincero, Jen. *You are a badass: how to stop doubting your greatness and start living an awesome life*. Philadelphia: Running Press, 2013. Print.

The source will benefit the self-esteem aspect of my project because this book focuses on finding your self-worth. There are pages that has beneficial tips and tricks that will benefit my speeches and events.

- Townsend, Claudia, and Sanjay Sood. "Self-Affirmation through the Choice of Highly Aesthetic Products." *Journal of Consumer Research*, vol. 39, no. 2, 2012, pp. 415–428. www.jstor.org/stable/10.1086/663775.

Like many of the other sources that I've used for my Bibliography, this source allowed me to create discussions that focuses on a completely different lense than I initially expected. The source comes from the Oxford University Press which is a very trusted site. Overall, it focuses on how people portray themselves and feel affirmed through material things.