

UnCOILed: Spacing Out: Avoiding Burnout, Managing Stress, and Improving Student Engagement Schedule

Thursday, July 20th, 2023

6:00 pm – 9:00: Meet and Greet at Best Western Lounge

Friday, July 21st, 2023

8:00 am - 9:00: Welcome, with Coffee, Tea, and Donuts

9:00 - 9:10: Welcome and Housekeeping (Katherine)

9:15 - 9:55: Keynote: Transform Your Thinking with this 7-Step Mindset Makeover
(Susan Ellis Director of SWOSU Wellness Center and a SWOSU counselor)

10:00 - 10:40: How Emotions are Made
(Jennifer Hulsey Campbell, TCC)

Have you ever wondered how your emotions are made? What makes us happy or sad or angry? How many emotions are there? Can two people experience different emotions from the same environmental stimulus? How much of our emotions are rooted in our childhood experiences? How do cognitive distortions affect our emotions? What role does our nervous system play in our emotional experience? We'll answer all these questions and more in this presentation on how your emotions are made, based on the research of Dr. Lisa Feldman Barrett, Dr. Nicole Lepra, and Dr. Brene' Brown. Presented by Jennifer Hulsey Campbell, MLIS.

10:45 - 11:25: Playing in the Library: Programming that creates student engagement
(Becca Hern, JBU)

We know the library is THE place to hang out on campus. Students visit the library to find a quiet place to study, practice presentations, relax, sleep, and even play games. Student engagement is more than keeping them interested during instruction. It begins well before that with meeting students where they are and helping them become comfortable in the library space by building relationships through programming. Engaging programs can help library staff build connections with students. These connections lead to more student engagement during instruction and students feeling more at ease when coming to the library to ask for help with research and assignments. This presentation will discuss ideas for creating engaging programs to help librarians connect with students and will talk about what happens when a program shoots for the moon but falls short and lands in the stars.

11:25 - 12:30: Break for Lunch

12:30 – 1:10: Archive Tour

1:15 - 1:55: Finding the Key: Unlocking Engagement and Alleviating Anxiety Through Escape Rooms
(Ashley Bean, Audrey Baker, & Kaitlin Crotty, RSU)

To celebrate National Library Week, RSU Libraries created a custom escape room entirely from scratch with little-to-no previous escape room experience. This session will cover the design, development, and implementation process of our unique escape room experience. We will share the challenges we faced and the innovative solutions we devised to create a successful and engaging escape room. Attendees will leave with practical tips and insights on how to create their own escape rooms from scratch, as well as the benefits of incorporating this type of activity into library programming. Whether you have experience with escape rooms or not, this session will inspire you to think creatively and take risks in your programming efforts.

2:00 - 2:40: Partnering for Success: Using Libraries as a Pathway to Student Wellness
(Andy Taylor and Randii Harrauld, TCC)

This year at Tulsa Community College, the TCC Libraries and Wellness Services worked together to create a new program that engages students. This process began with the creation of a library liaison position at the Northeast Campus. TCC Libraries and Wellness Services have a strong collaborative relationship, but the new position allows space for smooth implementation and execution of new projects through a single contact. For example, this year we reimagined the college wide program Stress Free Zones to Zen Denz -which is a relaxing space with themed days including scheduled activities throughout the week. TCC Wellness Services has been instrumental in the designing, coordinating and marketing of these events. Additionally, we continue to have programs like Canines and Coffee, Pause for Paws, and Power of Poetry Contest. These collaborative efforts has allowed us to reach and engage with more students across all 4 of TCC's campuses which collectively serves 20,199 students annually.

2:45 - 3:00: Closing (Katherine)