

Library study night: Wellbeing and study support during exam time

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Aston University Library Services

November 2018



**CUSTOMER
SERVICE
EXCELLENCE**



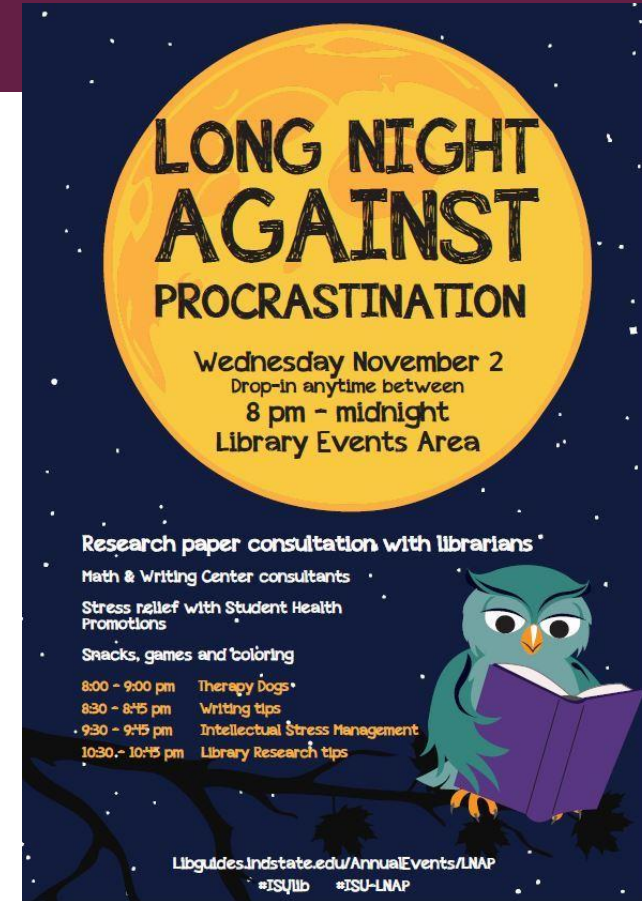
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Library study night

- ▶ Why do it?
- ▶ What is it?
- ▶ Programme
- ▶ Campus partners
- ▶ Promotion: reaching students
- ▶ What's next?

Why do it?

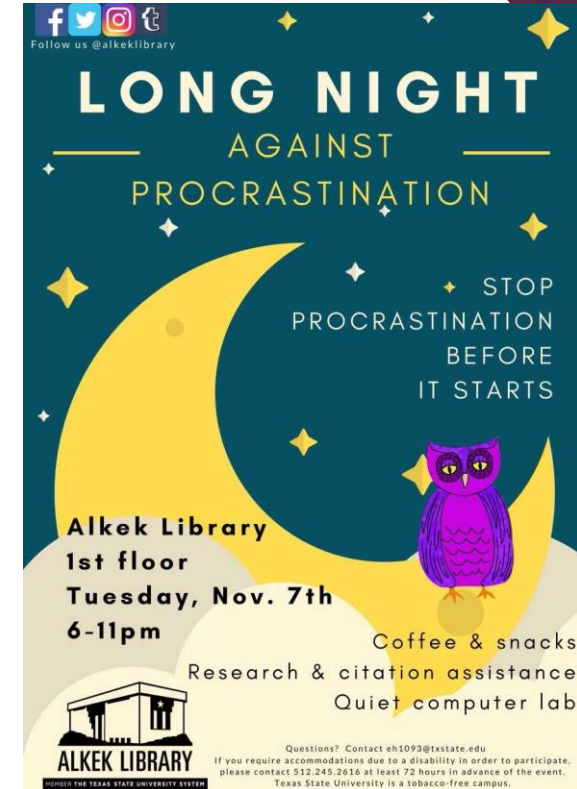
- ▶ Extra support for students during exam time
- ▶ They are not alone
- ▶ Bring a buddy
- ▶ Take breaks and do something else
- ▶ Activities to help relieve stress
- ▶ Support from writing mentors and library staff
- ▶ Promoting wellbeing



Indiana State University

Why do it?

- ▶ Has been successful at university libraries in Germany, Sweden, Canada and United States
- ▶ Encouraged by success of events elsewhere
- ▶ Not aware of adoption in UK
- ▶ Support during exam time and final year projects
- ▶ Library is busy in the evening (based on occupancy figures)



Texas State University, Alek Library

Evidence

- ▶ Positive feedback received by other institutions
- ▶ Benefits for the students
- ▶ Blog by staff at uni LA:
<http://www.programminglibrarian.org/blog/hosting-long-night-against-procrastination>
 - ▶ “The feedback is consistently positive and, though we've discussed the possibility, it is difficult to argue for making any changes to the model. We believe that our model is solidly designed and could be successful at almost any institution.” John Jackson

Campus partners

- ▶ Staff from across Aston University
 - ▶ Talks by academics
 - ▶ Learning Advisors: writing support
 - ▶ Qualified yoga instructor
 - ▶ Chaplain: mini-mindfulness
- ▶ Student Union: fruit and water bottles
- ▶ Alumni: tea tasting
- ▶ Catering: free snacks, coffee shop
- ▶ Library staff: Information Specialists and Information Assistants

Academic writing support with LDC Learning Advisors



[BOOK HERE!](#)

[Mahendra Solanki 18:00 to 20:00 L121](#)

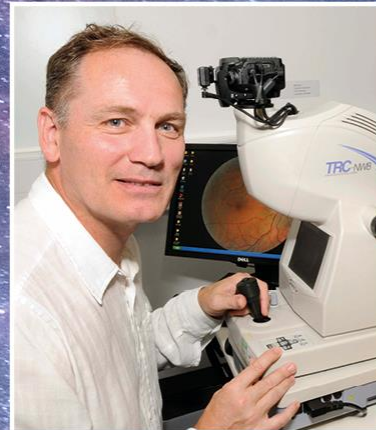
[Debbi De 21:30 to midnight via Skype](#)



Programme of activities

- ▶ Talks by academics
- ▶ Yoga-based exercise
 - ▶ Group sessions
- ▶ Mini-mindfulness
 - ▶ Group and 1-1 sessions
- ▶ Support from learning advisors
 - ▶ Pre-booked and drop-in
- ▶ Information Specialists
 - ▶ Pre-booked and drop-in
- ▶ Snacks from the Library café

Trust me I am a
doctor, BBC2.



Dr Frank Eperjesi
19:00 - 19:30
**“Thoughts on
procrastination”**




Dr James Brown
20:10 - 20:40
**“Brain food: can
nutrition improve
exam performance?”**

Promotion


- ▶ All-student email
- ▶ Text message
- ▶ Display screens
- ▶ At the end of lectures
- ▶ Staff/student meetings
- ▶ Leaflets and posters
- ▶ Digital leaflet
- ▶ Social media
- ▶ Event LibGuide with booking details

Conquer Exam and Study Stress: Study Night of Anti-Procrastination




Thursday 8 March 2018 From 18:00 to midnight The Library

- > Drop-in sessions with Information Specialists
- > Academic writing support
- > Sitting yoga
- > Mini mindfulness
- > Café Libro open until 22:00
- > Remedy Roots tea tasting



Dr Frank Eperjesi
19:00 - 19:30
“Thoughts on procrastination”



Dr James Brown
20:10 - 20:40
“Brain food: can nutrition improve exam performance?”



Conquer Exam and Study Stress: Study Night of Anti-Procrastination

Bring a Buddy

Try a 20 minute yoga class with Selena Teeling

- Participants will be sitting on chairs

Have you considered mindfulness?

- 20 minute sessions with Jan Scott (MLK)
- Small groups or just you and a buddy



When? Thursday 8 March 2018, 18:00 to midnight

Where? The Library

How did it go?

- ▶ Participation good between 6pm and 8pm
 - ▶ Talks well attended
 - ▶ Chair yoga (12 and 8)
 - ▶ Mini-mindfulness (first group session was busy, 2x 1-1 sessions)
 - ▶ Writing mentor only saw two students
 - ▶ Subject support (4 students)
 - ▶ Coffee shop was quiet (despite offer of free snack)
 - ▶ Free tea tasting didn't work
-
- ▶ Survey: many students unaware of event
 - ▶ Promotion: we did what students suggested



**Thanks for participating in the Library evening event:
Study Night of Anti-Procrastination**

**Your feedback matters - complete the 5 minute survey
aston.onlinesurveys.ac.uk/evening**

**Dr James Brown's talk available on Aston Replay
"Brain food: can nutrition improve exam performance?"**

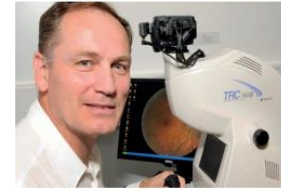
Questions? library@aston.ac.uk

Next time

- ▶ Earlier start time
- ▶ Use fewer locations in the library
- ▶ Offer free stuff
- ▶ Actively promote event

We did it again

- ▶ November 2018
- ▶ Event time: 4pm to 8pm
- ▶ Drop-in/sign-up on the night
- ▶ No pre-booking
- ▶ Promoted at short notice around uni
- ▶ Actively promoted event on the day
- ▶ Help yourself to tea and biscuits
- ▶ Event was quieter than in March 2018
- ▶ Conclusion: we'll do it again in March 2019



Dr Frank Eperjesi
16:00 - 16:30
“Tough it out:
How mentally resilient
are you?”



Dr Virginie Grzelczyk
18:00 - 18:30
“How to learn to learn -
tips and tricks of the
academic trade”



Conquer Exam and Study Stress: Study Well - Stay Well



Thursday 15 November 2018
16:00 - 20:00
The Library

- > Drop in sessions with Information Specialists
- > Ask an Adviser for academic writing support
- > Mini mindfulness sessions



Dr Frank Eperjesi
16:00 - 16:30
**“Tough it out:
How mentally resilient
are you?”**



Dr Virginie Grzelczyk
18:00 - 18:30
**“How to learn to learn -
tips and tricks of the
academic trade”**

What?	Talk Dr Frank Eperjesi: “Tough it out: How mentally resilient are you? Here’s why you need to know”	Talk Dr Virginie Grzelczyk: “How to learn to learn – tips and tricks of the academic trade”	Mindfulness with Jan Scott (MLK)	Help with research and finding information for your assignment Information Specialists	Help with writing your assignment - essays, research proposals, referencing Debbie De
Where?	Floor 2 Library Workshops A & B (L215 &L216)	Floor 2 Library Workshops A & B (L215 &L216)	Floor 1 LDC Workshop 1 L120	Floor 1 LDC Study tables	Floor 1 LDC Workshop 2 L121
When?	16:00-17:00	18:00-19:00	Session 1: 17:00 Session 2: 18:00 10 minute 1-2-1 Sessions available from 18:45-19:30 just sign up on the door!	17:00-20:00 No need to book – just show up!	17:30-20:00 No need to book – just show up!

Future event

- ▶ Different approach?
 - ▶ Invite students to pre-book (limited places)
 - ▶ Use one location (teaching rooms)
 - ▶ It's hard to reach students
 - ▶ Free stuff: goody bag, snacks, tea/coffee
 - ▶ Campus partners
-
- ▶ More posters and bunting
 - ▶ Early evening more popular
 - ▶ Tea/coffee/biscuits!
 - ▶ Puppies or pizza?



Mercian Collaboration Conference

Pitch it, plan it, present it

You are organising an evening event for students to help with their studies...

- ▶ **Group 1:** Write a persuasive pitch for your manager, outlining your proposal, so that you get their support
- ▶ **Group 2:** Think about the resources that are available at your institution, or beyond, if you have a budget. Who would you invite to contribute? What would they do?
- ▶ **Group 3:** The event will run from 4pm to 8pm. Draw up a timetable for the event, so that you have 4 hours of activities
- ▶ **Group 4:** Plan the publicity for the event. Think about: event name, publicity media, branding, plan ahead, where, frequency

Academic Writing

Library Workshop

Meditation

Maths Boot Camp

Healthy Breakfast

Note Taking

Finding Resources

Subject Specialists

Referencing

Gym

Resilience

Student Union

Disorganisation

Catering

Petting Animals

Nutritionists

Security

Mentors

Stimulants

Stress

Wellbeing

Maths Tutors

Time Management

Procrastination

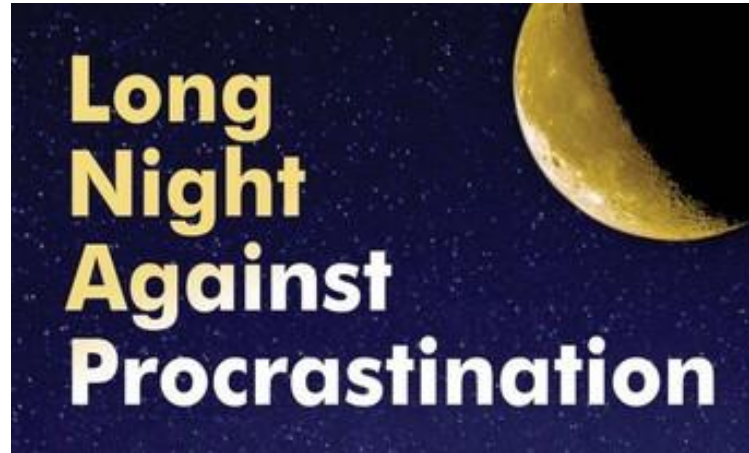
Relaxation

Chaplaincy

Academics

Learning Support

When will you run your...



?

Kerstin Treder, k.treder@aston.ac.uk



Your guide to SNAP on 8 March 2018

Don't let final papers, presentations and exams sneak up on you. Library Services' Study Night of Anti-Procrastination (#SNAP) is a night set apart for maximum productivity; an evening you can devote to studying and staying on top of everything on your to-do list. Come along and get advice on how to finally get started, or continue, with that assignment you've been putting off.

2x talks: "Thoughts on procrastination" and "Brain food: can nutrition improve exam performance?"

Literature searching support with Information Specialist

Writing support with Learning Advisors (face-to-face and via Skype)

Yoga-based exercise and mini-mindfulness

Cafe Libro: get a free snack if you buy a hot drink between 18:00 and 22:00

Remedy Roots tea tasting (Aston Alumni)

