Archive of the May 8 2018 #critlib chat on student wellness, moderated by @midnorthwest @beastlibrarian @hailthefargoats. For more info about #critlib, including past and future chats, visit http://critlib.org.

Kristina Williams @midnorthwest

I'm moderating a #critlib chat on student wellness, along w/the esteemed @hailthefargoats and @beastlibrarian. Won't you join us? This Tuesday at 9pm EDT. We may or may not bring therapy dogs. twitter.com/violetbfox/sta...

Violet Fox 🐱@violetbfox

#critlib chat tomorrow (Tuesday) focusing on student wellness, moderated by @midnorthwest @beastlibrarian & @hailthefargoats. Check out readings & discussion questions at critlib.org/student-wellne... #LISmentalhealth

Hailley Fargo @hailthefargoats

Hey #critlib, today's the day. Come chat student wellness with myself, @midnorthwest and @beastlibrarian tonight at 6 pm Pacific / 7 pm Mountain / 8 pm Central / 9 pm Eastern

Readings and questions found here: critlib.org/student-wellne...
There's a #critlib chat tonight on Twitter. If you've never done one, I know it can be intimidating. But the topic (student wellness) is great, and the Critlib community is great. And you are great. Let's bring that greatness together!

Kristina Williams @midnorthwest · May 7, 2018
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Donovan Bisbee @donovanbisbee
My #critlib question/thought is about how we intervene in wellness. Our interventions, therapy dogs and all, are typically reactionary. What would a campus move to proactively address and ensure student wellness look like? What would need to change?

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Chelsea Heinbach  
@chelseaheinbach

I’m at a student research award event tonight and I’m so sad I can’t join, but you all should join so I can live vicariously through you! #critlib
twitter.com/hailthefargoat...

Hailley Fargo  @hailthefargoats
Hey #critlib, today's the day. Come chat student wellness with myself, @midnorthwest and @beastlibrarian tonight at 6 pm Pacific / 7 pm Mountain / 8 pm Central / 9 pm Eastern

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Kristina Williams  
@midnorthwest

Our critlib on student wellness begins in 30 minutes! Questions and readings here: critlib.org #critlib
Hi #critlib! It’s time for our chat on student wellness, moderated by myself, @beastlibrarian and @hailthefargoats. Before getting into the questions, let's begin by introducing ourselves. I'm Kristina, journalism librarian at Columbia University. Who else do we have tonight?
Hi #critlib I’m Hailley, one of the moderators for tonight’s panel. I’m the Student Engagement Librarian at Penn State at the University Park campus. Excited to chat tonight!

Hi #critlib! I'm Madison, an academic librarian in Seattle, WA. This is my first time co-moderating a Twitter chat! ^_^ Thanks for joining us <3 The topic is close to my heart!

Good evening, #critlib! My name's Greg and I am an instructional librarian and the library coordinator at @TheLWTech in Kirkland, WA. Student Wellness is something I think about probably more than once every hour of every day. This will be a very relevant conversation for me.

If you would prefer to tweet anonymously during the #critlib chat, you can use the critlib anonymous Twitter relay: tinyurl.com/anoncritlib. Type your comments, and hit “Tweet”. You'll see your tweet posted via the @CritLib_anon account.
Welcome everyone! Remember to use the A1, A2, format for answering questions and use the #critlib hashtag in all your tweets. Now, to the questions!

Q1. What do you consider to be the primary student wellness need for students on your campus? #critlib

Hello #critlib academic librarian bbhere. U Nevada Reno.

Great point! The past two years I’ve been at PSU, I’ve heard a lot about our food pantry on campus — one of our senior class gifts is donating to help the pantry keep running #critlib
Hi #critlib! I'm Gina, participating from the SF Bay Area. I've worked at academic libraries & am interested in tonight's topic.

Bob Abbey
@bibliobobpdx

Hi, #critlib! I'm Bob, and I divide my time between community college and public library gigs in Portland, Oregon. I'm wearing my academic librarian hat tonight to talk about student wellness.

 DressesGreg Bem
@bembrarian

A1. I really don't think there's any way to answer with only a single need. There are so many students who have so many needs. I think a sense of belonging and welcoming is the one that I pay attention to the most, and it relates to student identity and acceptance. #critlib
twitter.com/midnorthwest/s...

Kristina Williams
@midnorthwest

Q1. What do you consider to be the primary student wellness need for students on your campus? #critlib
Madison @beastlibrarian

A1 In WA state, 1/4 of college students report struggling with depression/anxiety (washington.edu/news/2018/01/3...), something like 1/3 of college students can't afford to eat (consumeraffairs.com/news/over-a-th...) people can't afford college - this doesn't bode well for wellness #critlib

Over a third of college students don’t...

A new report finds many college students don’t have enough to eat or enough money for a secure place to live as they pursue consumeraffairs.com

Hailley Fargo @hailthefargoats

A1. There is a lot of pressure to succeed and be super involved. That definitely wears on students overtime #critlib

Kat Bell @katkimbell

Hey #critlib, I'm Kat in VA. My job is "other duties as assigned," but I'm also a student! So I'll be lurking as I do some classwork.
Yes! And so much of the literature in residence life/student affairs talks about how students need to build that community in the first six weeks to stay through completing a degree #critlib

Yes! I've read that as well. If you don't loop in early, less likely to complete the program.... #critlib

Q2. What populations are often overlooked in conversations about student wellness? #critlib

#critlib A1. Healthy, welcoming, inclusive environment. "It's safe to learn here. "
A1. For black students at PWIs (predominantly white institutions), a definite wellness issue is finding community & support. #critlib

Q2 Undocumented students. #critlib

I also spent time in Residence Life during grad school. So many great connections between their work and our work! #critlib

A2. Students that appear to have it “all together” #critlib

#critlib A2. So many.
oi! I'm Kate and I'm an academic archivist in Denver, joining a bit late. #critlib

Greg Bem
@bembrarian

A2. Populations whose members voices you don't hear or see. The silenced. The suppressed. The forgotten. The overlooked exist everywhere. I find the most difficult thing is not discovering them because marginalization has gone so far before I even started looking. #critlib

twitter.com/midnorthwest/

Kristina Williams
@midnorthwest

Q2. What populations are often overlooked in conversations about student wellness? #critlib

Bob Abbey
@bibliobobpdx

A1. I think one of the main wellness needs for our students is a place where they can forget about being a student and just BE! #critlib

madison
@beastlibrarian

Replying to @CharissaAPowell
Returning adults will often have a full time job and a family to take care of, so they have all of these other concerns in their lives. School is just ONE of those, and often has to take a backseat #critlib
Gina Murrell @GinaMurrell1
A2. I've seen emphasis on student wellness mostly around finals. What's being done to support students year-round? #critlib

Hailley Fargo @hailthefargoats
Great Q. The literature has a lot about extended hours during finals or therapy animals, but less about how we can support students during those stressful times (which aren't always at the end of the semester) #critlib

Patricia Hswe @pmhswe
Hi, all - joining #critlib late. I'm Patricia Hswe, program officer in NYC.
A1. Available/affordable mental health support, though as @GinaMurrell1 pointed out, rightly, having a community of support for students who are members of historically marginalized groups on campuses where they're a minority (race/class/gender, etc.) is important for mental health. #critlib twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest
Q1. What do you consider to be the primary student wellness need for students on your campus? #critlib

Bob Abbey @bibliobobpdx · May 9, 2018
A1. I think one of the main wellness needs for our students is a place where they can forget about being a student and just BE! #critlib

Greg Bem @bembrarian
I agree, Bob. There are many hierarchies defined by the relationships students have with non-students (such as educators, administrators, and financers). Where is the human element? Where are the individuals able to be individuals? #critlib

Patricia Hswe @pmhswe
#critlib These may already have been mentioned: continuing ed students, international students, immigrant students. For some, "wellness" is taken for granted. twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest
Q2. What populations are often overlooked in conversations about student wellness? #critlib
Greg Bem @bembrarian

The library tries to create support structures through events and programming from the very first day. We open our arms early and let them know our arms are always open. It becomes a culture of warmth. I know not every library strives for this, but we do. #critlib

Gina Murrell @GinaMurrell1 · May 9, 2018

A2. I've seen emphasis on student wellness mostly around finals. What's being done to support students year-round? #critlib

Bob Abbey @bibliobobpdx

A2. I think our campus does a really good job addressing visible needs, but I don't think they probe much below the surface to identify some of the hidden concerns our students might not present. #critlib

Patricia Hswe @pmhswe · May 9, 2018

#critlib These may already have been mentioned: continuing ed students, international students, immigrant students. For some, "wellness" is taken for granted. twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest

Q2. What populations are often overlooked in conversations about student wellness? #critlib

Greg Bem @bembrarian

And for some "wellness" isn't even an expectation, sadly :( #critlib
Hailley Fargo @hailthefargoats

Replying to @curlsinthelib
Agreed. They are looking at the visible product, not the context that led up to what’s happening at the moment #critlib

4  1:24 AM - May 9, 2018

See Hailley Fargo's other Tweets

madison @beastlibrarian

Q2 random: couldn't stand instructors who treated students like college had to be #1 priority. They had no idea what was going on in my life. worked 2-3 jobs. was taking care of my dad when he was diagnosed w 2 forms of cancer. Sorry, school was not #1 priority. 😞 #critlib

59  1:25 AM - May 9, 2018

See madison's other Tweets

Kristina Williams @midnorthwest

Q3. What is something you find frustrating about how student wellness is discussed (or not discussed) on your campus or at your library? #critlib

4  1:25 AM - May 9, 2018

See Kristina Williams's other Tweets

Greg Bem @bembrarian

Replying to @chiuchiutrain
This really resonates with me. My whiteness as creating a standard of wellness I project onto everyone, as the unconscious default. Really hard to critically assess when I know what I "like" and want it perpetuated. Colonialist, maybe? #critlib

1  1:26 AM - May 9, 2018

See Greg Bem's other Tweets
A2. I'll echo several other people and say nontrads, transfers, students w/dependents - in many cases, anyone who doesn't fit into the "four-year, traditional domestic student" mold. #critlib
twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest
Q2. What populations are often overlooked in conversations about student wellness? #critlib

Steven R. Harris @srharris19
I went to college 70s/80s and always felt ill at ease. Students now live in a different world. I'm in awe of them. I would be a total wreck as a student these days. #critlib

Bob Abbey @bibliobobpdx
A3. We pay lip service to accessibility in our library, but we still have an adaptive computer at a table with cables and barriers that isn't hooked up to a networked printer. #critlib
A2 disabled students / folks with chronic illness. What if their best day is never "enough"? #critlib

Kristina Williams @midnorthwest
Q2. What populations are often overlooked in conversations about student wellness? #critlib

Q3: I get frustrated with the attitude that “this is normal.” That students should be running around, non-stop until the semester ends. I often hear students say that after the semester they’re going to “sleep for a week” to get readjusted #critlib

A3. There are never enough student voices present, and even those who are aware of the lack of student voices continually struggle to find student voices to be part of the conversation. #critlib

Kristina Williams @midnorthwest
Q3. What is something you find frustrating about how student wellness is discussed (or not discussed) on your campus or at your library? #critlib
Hey #critlib. I'm crashing your tweet party from SW Virginia to talk student wellness.

Sam @Sam_Winn

Hey #critlib. I'm crashing your tweet party from SW Virginia to talk student wellness.

6 1:30 AM - May 9, 2018

See Sam's other Tweets

Hailley Fargo @hailthefargoats

Student voices are SOOOO important. They provide such valuable insight and gives us an idea of what difference college experiences look like at our campuses #critlib

4 1:30 AM - May 9, 2018

See Hailley Fargo's other Tweets

Greg Bem @bembrarian · May 9, 2018

A3. There are never enough student voices present, and even those who are aware of the lack of student voices continually struggle to find student voices to be part of the conversation. #critlib twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest

Q3. What is something you find frustrating about how student wellness is discussed (or not discussed) on your campus or at your library? #critlib
Welcome! We’re glad you’re here #critlib

Hi #critlib, I forgot this was happening! I'm Liz, I'm an academic librarian in Virginia. I liaise w/psychology and am interested in wellness and mindfulness so I'm stoked about this topic!

A3. Massages & therapy dogs are good short-term solutions, but what about providing/being a mentor? POC/LGBTQ therapists at on-campus counseling centers? Food banks for students? #critlib
Kristina Williams @midnorthwest

A3: While intentions are good, efforts aren't coordinated across campus. This often means wellness events don't receive visibility or attention to support those that need it the most #critlib

Hailley Fargo @hailthefargoats

Replying to @CharissaAPowell @bembrarian
They are soooo much more than “just” a student. My undergrad experience was enhanced by having an opportunity to be a student voice in those settings so I do my best to make sure students feel valued in those settings #critlib

liz chenevey @gnomadlibrarian

A1. Talking with psych professors, I'm becoming increasingly aware of the lack of affordable options for mental health support both on campus & in the community. Especially those without a super long waitlist. #critlib
Hailley Fargo
@hailthefagoats

Yes or a limit on how many sessions are free per semester/year #critlib

Dr. April C. Armstrong
@AprilCArmstrong

Hello, #critlib. I work in public services at Princeton's Mudd Library but expect mostly to lurk. Glad to see this topic discussed!

Sam
@Sam_Winn

Access to food. Affordable medical care. Freedom to fail. To regularly see oppressors held accountable and removed from power.
#critlibtwitter.com/midnorthwest/s...

Kristina Williams @midnorthwest
Q1. What do you consider to be the primary student wellness need for students on your campus? #critlib
madison @beastlibrarian

Replying to @curlsinthelib
I studied art history... space matters sooooo damn much in more ways than I think libraries/librarians realize. Space SPEAKS. #critlib

Kate Crowe @kcrowe

A3. More that I don't see it discussed a lot - the impact of the adjunctification of faculty on the quality of the student experience. Faculty struggling to survive don't have the ability to be fully present for their students when they're needed. #critlib
twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest

Q3. What is something you find frustrating about how student wellness is discussed (or not discussed) on your campus or at your library? #critlib

Kristina Williams @midnorthwest

Q4. Should librarians be trained to support student wellness? Alternatively, should libraries make student wellness a priority? #critlib
madison
@beastlibrarian

I feel like many of our student's wellness issues could be solved in universities and libraries if we had MOAR socialism in the US. Hahaha, sorry, just gonna go out and say that. Healthcare for all. University education for all. Family/medical leave for all... #critlib

liz chenevey
@gnomadlibrarian

A2. Nontraditional students, i.e. adults, transfers, parents!! I really wish we had better ways of supporting students who are parents. There's so little empathy from faculty for students who may have to miss class or fall behind on assignments because of childcare. #critlib

Gina Murrell
@GinaMurrell1

A3. Massages & therapy dogs are good short-term solutions, but what about providing/being a mentor? POC/LGBTQ therapists at on-campus counseling centers? Food banks for students? #critlib

Gina Murrell
@GinaMurrell1

A3.2 Are there campus buildings named for segregationists? Support renaming them. Show black students at PWIs especially that you care about their well-being at times other than just finals week. #critlib

Steven R. Harris
@srharris19

A3. Discussed? #critlib
Bob Abbey
@bibliobobpdx

A4. Absolutely! We tend to see students when they're feeling anxious and vulnerable about asking for help in an unknown environment. It's so important for us to honor and acknowledge those feelings and to create a climate of trust and belonging in that space. #critlib

Dr. April C. Armstrong
@AprilCArmstrong

A4. I think the entire campus community should be trained to support student wellness, including the libraries. But that training needs to be more than one 3-hour seminar. #critlib

Mohamed Berray
@MohamedBerray

Libraries need to be mindful to the diversity of student needs, including wellness, and recognize patron constraints when they arise. If this means training then, ok. #critlib

Kristina Williams
@midnorthwest

Q4. Should librarians be trained to support student wellness? Alternatively, should libraries make student wellness a priority? #critlib
A3 when wellness is treated like a means to a productive end. 

Kristina Williams @midnorthwest
Q3. What is something you find frustrating about how student wellness is discussed (or not discussed) on your campus or at your library? #critlib

Patricia Hswe @pmhswe
A4. Librarians could explore what their role in student wellness is & view fostering wellness as an opportunity to collaborate with other campus entities. #critlib

Hailley Fargo @hailthefargoats
A4: Yes! I totally agree with what @CharissaAPowell said about students as our priority. I also think this provides us with opportunities to collab with colleagues across the institution, who have expertise where we don’t about wellness #critlib
Until these are better funded, the lack of access will create enormous barriers. How can students succeed if they have to work a million jobs to afford college? If they can't afford their medical bills or the medical bills of their loved ones? Or can't afford childcare??

#critlib

I feel like many of our student's wellness issues could be solved in universities and libraries if we had MOAR socialism in the US. Hahaha, sorry, just gonna go out and say that. Healthcare for all. University education for all. Family/medical leave for all... #critlib

A3. I agree with @GinaMurrell1, there are a lot of (great!) short term solutions like therapy animals near finals. My library does it & I also benefit from those programs, BUT we aren't changing the culture that's causing the stress in the first place. #critlib 1/

A4. Yes AND advocate for better resourcing for licensed social workers, psychologists, etc. We need to remind admins that uni need more people trained to support student wellness so we can spend our time supporting information and research needs. #critlib
twitter.com/midnorthwest/s...

Q4. Should librarians be trained to support student wellness? Alternatively, should libraries make student wellness a priority? #critlib
A5. I recently started adding short (3-5 minute) guided breathing exercises to the beginning of my instruction sessions. I ask students to find a space in the room away from a computer where they can sit comfortably and relax their minds. 1/2 #critlib

Bob Abbey
@bibliobobpdx
1:42 AM - May 9, 2018

A4. We should not think we are doing this in a vacuum. Collaboration/coordination with other units. #critlib

Steven R. Harris
@srharris19
1:42 AM - May 9, 2018

A4. Absolutely! We tend to see students when they're feeling anxious and vulnerable about asking for help in an unknown environment. It's so important for us to honor and acknowledge those feelings and to create a climate of trust and belonging in that space. #critlib

Bob Abbey
@bibliobobpdx
· May 9, 2018

In some ways, having been both in front of the classroom and working with students one-on-one in our library, I think libraries may have a greater opportunity to help. But then again, special collections gives more individual attention than open stacks libraries do. #critlib

Dr. April C. Armstrong
@AprilCArmstrong
1:42 AM - May 9, 2018
A4. I'm not sure if a single training is the correct answer. I think the response to understanding and responding to student wellness requires a more consistent, systemic answer with many different types of efforts. Also: collaboration with non-librarians! #critlib
twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest
Q4. Should librarians be trained to support student wellness? Alternatively, should libraries make student wellness a priority? #critlib

ён 2 1:43 AM - May 9, 2018

See Greg Bem's other Tweets

Bob Abbey @bibliobobpdx · May 9, 2018
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Hailley Fargo @hailthefargoats

I have started instruction classes with just asking students, “So how is today going?” and that has been a nice way to breathe a bit before diving into the lesson #critlib

ён 9 1:44 AM - May 9, 2018

See Hailley Fargo's other Tweets
Sam
@Sam_Winn

A4 I think librarians should have professional training that helps them make humane and empathetic choices in our scope of practice. We should not pretend to be therapists lest we royally screw up a job we're not qualified for. #critlib

twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest

Q4. Should librarians be trained to support student wellness? Alternatively, should libraries make student wellness a priority? #critlib

14  1:44 AM - May 9, 2018

See Sam's other Tweets

madison
@beastlibrarian

A4 if we as librarians working in universities claim to care about "student success" we *have* to care about student wellness. You cannot separate the two. Read up, get trained, whatever you need to do y'all. We got work to do. Otherwise, you stop saying you care. #critlib

19  1:44 AM - May 9, 2018

See madison's other Tweets

Gina Murrell
@GinaMurrell1

A4. Simply having black/POC librarians on staff would go a long way. I know at least one black academic librarian who was approached by a black student to be their mentor. #critlib

69  1:45 AM - May 9, 2018

See Gina Murrell's other Tweets
A5. I remind them that when we're feeling stressed or overwhelmed, we often tend to neglect ourselves. Self-care is an important tool for dealing with difficult times in our lives. 2/ #critlib

I explain to the students I train to answer the phones that most of the time when a grad student calls with questions about dissertation submission, they're really looking for something to soothe their anxiety about their defense. So answer ?s but also encourage them. #critlib

A4. Yes AND advocate for better resourcing for licensed social workers, psychologists, etc. We need to remind admins that uni need more people trained to support student wellness so we can spend our time supporting information and research needs. #critlib

twitter.com/midnorthwest/s...

Librarians - public, academic, etc. are trying to be quasi-social workers, psychologists, nutritionists, etc. Should we support students? Yes. But we should also be angry as hell about that unraveled net. #critlib

Kristina Williams @midnorthwest
Q4. Should librarians be trained to support student wellness? Alternatively, should libraries make student wellness a priority? #critlib
A3. & it's hard to get my brain around addressing that root cause, especially as a librarian, who is faculty but often isn't seen as the same as other faculty on campus. Teaching faculty often don't want librarians telling them how to structure their courses. #critlib

A5. I then take them through a short breathing session and end by telling them that they can always take a few minutes during their day, no matter what they're doing, to breathe, relax their bodies, and focus their minds. 3/

Bob Abbey @bibliobobpdx

A5. I recently started adding short (3-5 minute) guided breathing exercises to the beginning of my instruction sessions. I ask students to find a space in the room away from a computer where they can sit comfortably and relax their minds. 1/2

Greg Bem @bembrarian

Mindful librarianship? I was thinking about something along these lines, bringing meditation into instruction! Glad to see others are doing it too. #critlib
madison
@beastlibrarian

A4 I'm not saying that we as librarians need to be #1 place for student wellness on our campuses. But we have a role to play and we don't need to do it alone, as others are saying. For libraries to totally ignore student wellness is is not a good look imo. #critlib

liz chenevey
@gnomadlibrarian

A3. So I always fall back on other short term solutions, like helping cultivate mindful research & study practices. Also am learning more about trauma informed teaching, which may help, but it puts the onus on individual students, not the system causing them distress. #critlib

Lisa Hinchliffe
@lisalibrarian

Hi #critlib - I'm a timezoned challenge infolit coordinator just catching up. So, mostly I'll be reading tonight.
Hailley Fargo
@hailthefargoats

Yes, that’s what I loved about the Rose, Godfrey, and Rose (2015) article — they talked about how wellness is a campus-wide responsibility (including the library) #critlib

madison @beastlibrarian · May 9, 2018

A4 I'm not saying that we as librarians need to be #1 place for student wellness on our campuses. But we have a role to play and we don't need to do it alone, as others are saying. For libraries to totally ignore student wellness is is not a good look imo. #critlib

Hailley Fargo
@hailthefargoats

Assuming the students are okay being a bit vulnerable around their peers and the educators, I think that's a great beginning to a session. I usually ask the students "casual" questions related to their time at the school. #critlib

Greg Bem
@bembrarian

I have started instruction classes with just asking students, “So how is today going?” and that has been a nice way to breathe a bit before diving into the lesson #critlib
A4, part two: The materials found in our library can be emotionally challenging for students/patrons. We confront the dark side of our institution, death, and tragedy of all kinds. I wish I had more training on how to support students/patrons when this is overwhelming. #critlib twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest
Q4. Should librarians be trained to support student wellness? Alternatively, should libraries make student wellness a priority? #critlib

madison @beastlibrarian
Yes! This means we as librarians need to advocate for change BEYOND our campuses and libraries. Politics matters. Policy matters. Our students are very much affected by this at the local, state, federal levels. Get political librarians! Work for change. #critlib twitter.com/kcrowe/status/...

Kate Crowe 🍁 CDN @kcrowe
Replying to @kcrowe
Librarians - public, academic, etc. are trying to be quasi-social workers, psychologists, nutritionists, etc. Should we support students? Yes. But we should also be angry as hell about that unraveled net. #critlib
Lisa Hinchliffe @lisalibrarian

Not only timezone challenged but hashtag too ... so, now adding #critlib twitter.com/lisalibrarian/...

Lisa Hinchliffe @lisalibrarian
Replying to @lisalibrarian

But, in case it might be useful (and apologies that is paywalled) - a piece I co-wrote a few years back w @LISafterclass - tandfonline.com/doi/full/10.10...

Kristina Williams @midnorthwest

Q5. What do you do (or plan to do) to support student wellness on your campus? #critlib

Steven R. Harris @srharris19

#critlib where'd that q5 go? :)

liz chenevey @gnomadlibrarian

A4. I guess I kinda answered this in 3.3, but I think we should def be mindful of student wellness in our teaching and reference work, for sure. Learn & implement trauma informed approaches. Know where to refer students in need & do so w/empathy. #critlib
Greg Bem @bembrarian

Replying to @MohamedBerray
Thank you! I agree completely. I think it's easier to carry the emotional weight of generosity and love in smaller schools where the librarian isn't overwhelmed with the total number of students. Might be more difficult in certain larger, busier environments. #critlib #selfcare

Hailley Fargo @hailthefargoats

A5: Continue making time for students. So when they come in needing to chat, I’ve got the time devoted to listen and help #critlib

Jessica Schomberg @schomj

A4. As a spoonie who’s dealt with overbearing, well-meaning coworkers along with judgmental coworkers, I'm afraid that we'd end up engaging in our 'savior' shenanigans at best. But encouraging empathy is generally a good idea so IDK #critlib
twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest
Q4. Should librarians be trained to support student wellness? Alternatively, should libraries make student wellness a priority? #critlib
Definitely! Even psych faculty I work with do not act as therapists for their students. They refer them to professional therapists & counselors. We have no business playing that role. #critlib
twitter.com/Sam_Winn/statu…

Sam @Sam_Winn
A4 I think librarians should have professional training that helps them make humane and empathetic choices in our scope of practice. We should not pretend to be therapists lest we royally screw up a job we’re not qualified for.#critlibtwitter.com/midnorthwest/s…

Hailley Fargo @hailthefargoats
A5.2: Continue to learn the landscape of resources and partners across campus so I can help build bridges between those resources and the students I interact with #critlib

Kate Crowe @kcrowe
A5. As an adjunct faculty member and in my faculty library role I openly discuss my mental health issues, as a grad student and now, as a way of reducing stigma. I set firm boundaries with my grad students about their value (no free labor!) and how to self-advocate. #critlibtwitter.com/midnorthwest/s…

Kristina Williams @midnorthwest
Q5. What do you do (or plan to do) to support student wellness on your campus? #critlib
Dr. April C. Armstrong  
@AprilCArmstrong

This is a worthwhile point. Truly helpful people have the humility to recognize their limitations and the sensitivity to understand when it isn't wanted. #critlib

Jessica Schomberg  
@schomj

A4. As a spoonie who's dealt with overbearing, well-meaning coworkers along with judgmental coworkers, I'm afraid that we'd end up engaging in our 'savior' shenanigans at best. But encouraging empathy is generally a good idea so IDK #critlib
twitter.com/midnorthwest/s...

Kristina Williams  
@midnorthwest

Q4. Should librarians be trained to support student wellness? Alternatively, should libraries make student wellness a priority? #critlib

madison  
@beastlibrarian

I acknowledge libraries and librarians are not equipped to solve all of the student wellness issues our students and our universities will come up against, and that's ok. #critlib

Jessica Schomberg  
@schomj

A3. It's almost always divorced from the sociopolitical realities that have created or exacerbated the un-wellness #critlib twitter.com/midnorthwest/s...

Kristina Williams  
@midnorthwest

Q3. What is something you find frustrating about how student wellness is discussed (or not discussed) on your campus or at your library? #critlib

14 1:54 AM - May 9, 2018
Kristina Williams
@midnorthwest

A5: I leave my own stress at the door when working with students #critlib

Kate Crowe
@kcrowe

A5. As an adjunct faculty member and in my faculty library role I openly discuss my mental health issues, as a grad student and now, as a way of reducing stigma. I set firm boundaries with my grad students about their value (no free labor!) and how to self-advocate. #critlib
twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest
Q5. What do you do (or plan to do) to support student wellness on your campus? #critlib

Kate Crowe
@kcrowe

A5.2. I stand up for staff/students who are being treated unfairly or inequitably - I back them up, and I advocate for them at higher levels where I can. I make sure work is meaningful and serves org & prof goals. #critlib

twitter.com/midnorthwest/s...

Kristina Williams
@midnorthwest

Thanks for tuning in, ya'all! Any closing comments or feedback on the session tonight? #critlib #critlib
#critlib A5. Be caring, empathetic, humane, aware, and know what the referral options are. Offer good service for what they are seeking in the Library. And throw in some opportunities for fun.

صلة 9:56 م. - 9 مايو 2018

Greg Bem  @bembrarian

A5. Continue to make an effort to learn who is on my campus. Primarily students, but also other employees and other community members. I want to learn names, backgrounds, and investigate contexts and implications in my current position and any future positions I hold. #critlib twitter.com/midnorthwest/s...

Kristina Williams  @midnorthwest

Q5. What do you do (or plan to do) to support student wellness on your campus? #critlib

صلة 9:57 م. - 9 مايو 2018

Abigail Phillips  @abigailleigh

Very late to the conversations: As an instructor I realize that students have lives. Sometimes difficult ones. I try to make the educational experience understanding of that. #critlib

صلة 9:58 م. - 9 مايو 2018 · Milwaukee, WI
I was just viewing tonight but great discussion. While we can’t solve all the issues students face we must show empathy and let them know we’re there for them. Thanks all #critlib
A5. Well, I've been a pestering nag about getting a truly accessible, all gender bathroom added to the library building. Because being able to pee safely is a wellness issue. And... It's been added to the budget and construction starts in December! #critlib

twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest
Q5. What do you do (or plan to do) to support student wellness on your campus? #critlib

♥ 69  1:59 AM - May 9, 2018

Kate Crowe @kcrowe
A5.3. I make sure that even if I can't make change happen, ppl know I've heard them & I haven't ignored their concerns. I remember how much that meant to me when I was a student worker. I make sure they know how to document inappropriate behavior and how to report. #critlib

♥ 8  1:59 AM - May 9, 2018

Hailley Fargo @hailthefargoats
Thanks for leading a wonderful chat @midnorthwest it was great to dig into this topic! #critlib

♥ 6  2:00 AM - May 9, 2018
Maureen @librarymaureen

One of the things I’ve noticed about working for an architecture college library is how deeply engrained the culture of sleep depravation and overwork are before a deadline. It could stop every year, but instructors perpetuate insane demands #critlib

74 2:00 AM - May 9, 2018

Patricia Hswe @pmhswe

My thanks, too! Lots of good questions to ponder and address in librarianship. #critlib twitter.com/CharissaAPowel...

4 2:01 AM - May 9, 2018

Steven R. Harris @srharris19

#critlib Q-steve: to what extent are libraries a cause of some unwellness for students? #stress etc.

2 2:01 AM - May 9, 2018
Oh gosh, when I trained student workers, I always told them to take care of themselves & that I backed them up. Working w/the public, esp when they are your peers is SO hard, & they often 1. don't get enough credit & 2. have the opportunity to step back #critlib

twitter.com/beastlibrarian...

madison @beastlibrarian
A5 Encourage students and student workers to take care of their individual wellness needs. I try to model it and be open about mine. I don’t want anyone to feel ashamed or like they’re a bad person for putting their health and wellness before their job. Please do! #critlib

2:01 AM - May 9, 2018

See liz chenevey's other Tweets

madison @beastlibrarian
Thanks to co-moderators @midnorthwest & @hailthefargoats for leading the way on this discussion and for doing allllll the planning! I hope we can keep in the conversation going! Happy to chat more with folks in future. #critlib

2:02 AM - May 9, 2018

See madison's other Tweets
Seriously, if you can make sure that your student employees know that they're not nuts, that behavior they see is part of a pattern, that you & they are a team that is working to make sure the behavior doesn't recur, that can be empowering, or at least not crazy making. #critlib twitter.com/kcrowe/status/…

Kate Crowe ✅ 加拿大 🇨🇦 @kcrowe
Replying to @kcrowe
A5.3. I make sure that even if I can't make change happen, ppl know I've heard them & I haven't ignored their concerns. I remember how much that meant to me when I was a student worker. I make sure they know how to document inappropriate behavior and how to report. #critlib

Greg Bem 🇨🇦 @bembrarian
Tonight's #critlib should be normal conversation. I envision folks continuing with so many of these great ideas on and on . . . thanks to everyone for contributing :)

See Kate Crowe ✅ 加拿大 🇨🇦's other Tweets
See Greg Bem's other Tweets
liz chenevey @gnomadlibrarian

Thank you @hailthefargoats & @midnorthwest for moderating a great chat! I'm glad I caught it in time. 😊 #critlib

Melissa DeWitt @Badgersssss

Missed the #critlib chat (had to eat some tacos), but I'm interested in reading the responses as both a grad student and new professional.

Nicole Helregel @nhelregel

Had to work late and missed #critlib chat but am looking forward to catching up on the discussion - libraries definitely have a role to play in student wellness, especially in collaboration with other campus units/groups
A3. That most of it focuses on learning skills, time management, resilience, or even a certain kind of mindset to succeed etc., placing the burden solely on students. #critlib twitter.com/midnorthwest/s...

Kristina Williams @midnorthwest

Q3. What is something you find frustrating about how student wellness is discussed (or not discussed) on your campus or at your library? #critlib

Paul Jewell @pdjewell

A5 talk to students about stress and what helps them: creative ideas board for #MentalHealthWeek @westernsydneyu #wellbeing #critlib
issues to better support our students! They may not have anyone else to talk to! Sometimes we see these students at their lowest points: BE THERE FOR THEM! 2/2

Jade @bjaded90
Can we say it louder for the people in the back! I was talking about my own anxiety while a student was stapling her final exam. She stopped, looked at me, & said: "oh that is just not me that it happens to?". Not only do we have to care but we need to open about this.

Jade @bjaded90
So sad that I missed out on last night's #critlib about student wellness. Going to catch up on this great convo now!

Jade @bjaded90
Replying to @curlsinthelib
This is so true. I often see what I like to call "casual drug deals" (i.e. hey can I get some of your Adderall). This is problematic in so many ways but at the root of it is students are finding ways to cope that are often creating unhealthy habits! #critlib
Also. I thought it was awesome our university did a piece recently about a recovering drug addict who is a student and leads meditations on campus for students (especially those struggling with these issues!). #critlib

@readingenvy check out last night's #critlib discussion. it is on student wellness and some talk about incorporating mindfulness

I sadly missed #critlib! I'm working on building up a "network of care" for students on my campus to help with mental health & inclusivity issues; had counseling services come to the lib last week to educate & share resources on issues students face & it was a great discussion.

Reading through last night's #critlib chat and feeling really inspired by librarians trying to create wellness spaces for students within the library.
Since I missed the #critlib chat last night, I wrote a kind of ramble about student wellness and community care: kellymce.info/bloggy/2018/5/...

Josh @NeoMediaLuddite

Q3: What I find frustrating is the superficial dialogue on mental health/illness. Petting puppers is certainly wonderful, be not the be all, end all for helping students handle their stress. #critlib

cont: in rewriting our student employee handout, I made it a point that our library values its student employees, their contributions/labor at the library and we value their well-being. If they need to take a day for their health, the library understands and encourages #critlib
Q3: What I find frustrating is the superficial dialogue on mental health/illness. Petting puppers is certainly wonderful, be not the be all, end all for helping students handle their stress. #critlib

students to do so. #critlib

Q2: I hear quite a few conversations among students about peers who are sleeping in their cars, or do not have a place to go. I would to see our campus investigate homelessness among students and develop a plan to provide shelter #critlib