

April 7, 2017

Student Attendees: Izzet Kebudi, Deniz Ulcay, Emily Rutherford, Carolyn Bratnober, Rebecca Glade, Andrew McLaren, Ethan Park, Kurt Streich, and Noemy Laurie Santos

Library Attendees: Barbara Rockenbach, Jim Crocamo, Allison Morrow, Meredith Levin

Agenda Topic: Student Wellness

General wellness thoughts:

- Engineering is renovating spaces to make them more accessible and less stress-inducing. This is simple, but helps a lot
- Students glad to hear of Gatekeeper trainings for Libraries staff. Noted that Engineering TAs and GAs are also doing this.
- Student noted that RAs have a procedure in place for responding to signs of mental health issues.
- Mental health resources on campus are not very clear-cut (who can use what? which office handles which type of service?)
- Some skepticism about effectiveness of things like puppies and fortune cookies, since these offerings do not match the level of stress students are feeling. Counseling services seem to be a major need, especially readily available in spaces where students are already working.
- The Libraries should PARTNER with campus mental health workers and organizations, not try to act as mental health librarians.

Recommendations specifically for the Libraries:

- make Butler "home" - more colorful, adjust lighting, etc.
- make spaces more friendly and open
- decorate with plants
- host career conversations in the Libraries
- post more signage/reminders to take breaks or ask for help
- use literature or language to combat the idea of perfectionism
- partner with campus counselors for in-person availability in library spaces
- recruit students in counseling-type programs to mentor undergrads during stressful times
- make Butler more colorful/make the entrance more welcoming
- expand the concept of the Butler cafe/food-sharing type spaces
- keep reinforcing little wellness messages, especially during finals (things like the fortune cookies)
- use room partitions and cluster seating to make spaces less factory-like
- create a reflection space for "triage" during reading week (yoga mats, yoga balls, no tables/chairs, toys, counselors available, writing center folks, "library wellness assistants," library staff availability)