

**Nobody goes to the library when things are
easy**

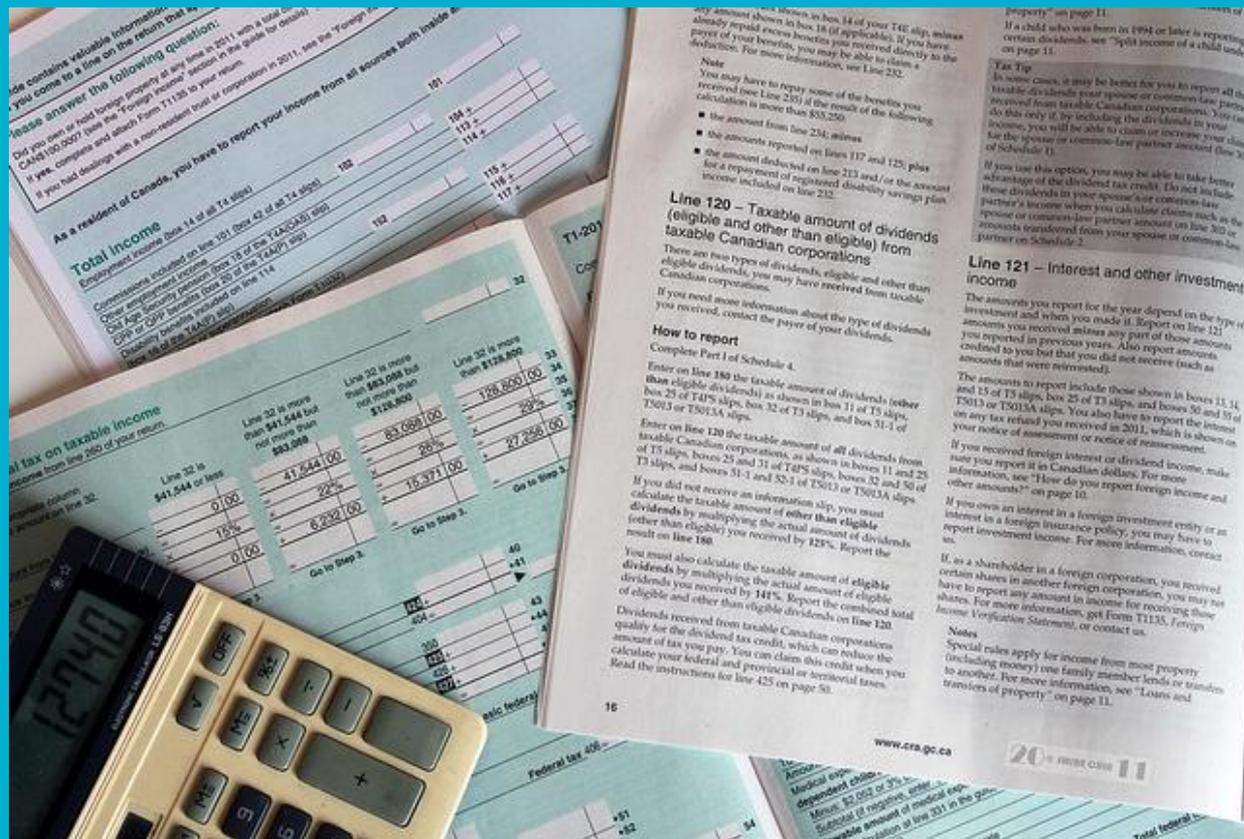
Library anxiety as a necessary component of research

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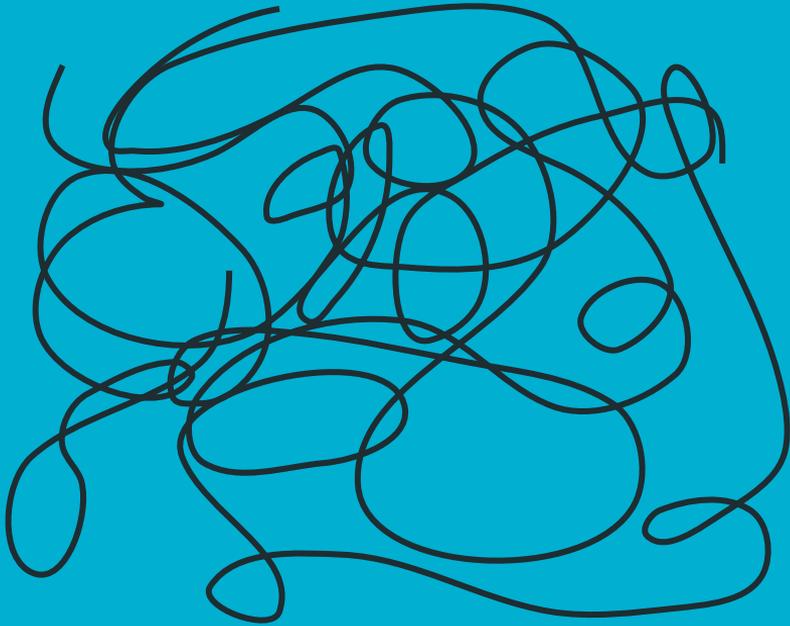
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Imagine:

It's time to prepare your taxes!



A (potentially) controversial position



Research is inherently stressful, nonlinear, and confusing -- success in research includes dealing with this stress and moving through the *liminal space*.

Libraries may be exacerbating rather than alleviating student research anxiety by centering “fun” and relaxation as the antidote to library anxiety.

Pedagogy of uncertainty

“Within the curriculum and within pedagogy...concepts such as fragility, uncertainty and instability are also ontological states. A pedagogy of uncertainty comes to mean that learning for uncertainty means learning to live with uncertainty. **Similarly, such pedagogies cannot dispel anxiety, but seek to provide students with perspectives that will enable them to live with anxiety.**”

Ray Land

Leveraging our expertise to address student anxiety: what the research shows

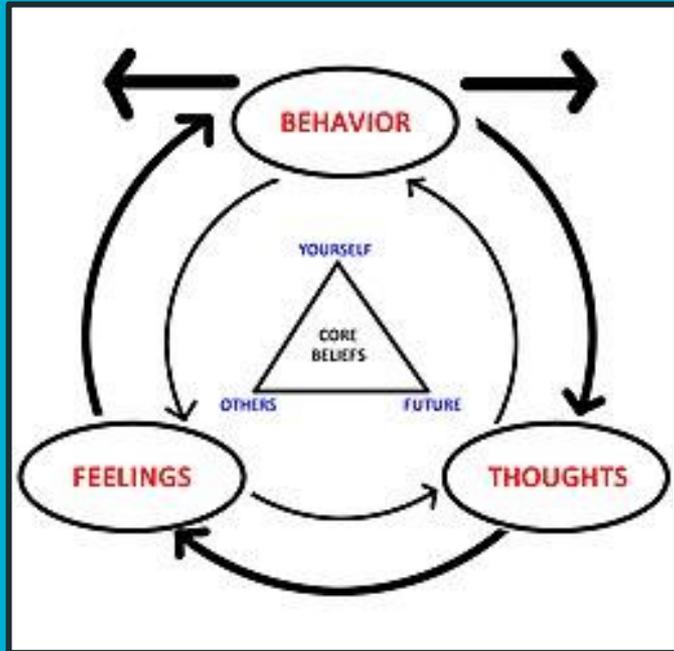
Cognitive, behavioral, and mindfulness approaches are effective in reducing stress & anxiety among college students. (Regehr, et al, 2013).

- AND -

Building study skills and cognitive behavioral techniques are effective in reducing stress/anxiety in a way that positively impacts academic achievement. (Neuderth, et al. 2009)



Cognitive behavioral therapy



An approach in which a person is taught to respond to unhelpful thinking and behavior through becoming aware of thoughts and building coping skills. (APA)

CBT in Reference and Instruction

Believe the student	Make sure to acknowledge students' experiences. (Lot's of "hms" and "I see's" go a long way here)
Describe the situation (thoughts/emotions/actions) then consider responses.	"I can tell you're feeling overwhelmed by this complex research assignment. It can be really confusing to not know how or where to search for the information you need."
Use feelings as pieces of information to aid in determining next steps.	"You said you're bored with the topic - let's figure out what steps we need to take that might help to generate some questions about your research."
Focus on current problems rather than issues from one's history.	"Hmmm you didn't get a good grade on your last research assignment. What are the issues you're encountering here and how can we help you get through this assignment and prepare you for the next one?"

Source: National Health Service, n.d.

Let's ask ourselves:

1. What is the best use of our expertise and resources to address student anxiety?
2. Are our relaxation-related techniques having unanticipated consequences, especially for underserved populations?
3. How else can we use funds earmarked for “fun”?

Questions?

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