Brain Booth - Learning Mindfulness

By Katia Karadjova

“There is a sanctuary on the second floor of the HSU Library. Turn right at the top of the main second floor stairwell, walk straight ahead and you will run into the Brain Booth. The relaxing feeling in the Brain Booth envelops the visitor, washing off the mental fatigue of the day.” This is how students describe the Brain Booth in the HSU student-run newspaper The Lumberjack.

The Library Brain Booth (BB) (libguides.humboldt.edu/brainbooth) is an informal, experiential space to learn about the mind-body connection and optimize learning. The BB supports mindful practices, such as intentional brain breaks, emotional self-regulation, and singular focus, to help students reduce stress, and improve study skills and knowledge retention.

The BB offers activities such as: color-relaxation, light and sound-relaxation, meditation, gratitude-expression, virtual reality-immersion, biofeedback, gaming station, and more. During the school year, the BB hosts weekly drop-in hours and provides equipment to check out at the Library checkout desk. The Brain Booth Designated Open Space also contains books & media collections on mindfulness and contemplative pedagogy, FitDesks (pedal desks), and a meditation corner.

Brain Booth student assistant, Justina Madrigal, sums it all: “After trying out the activities, students walk out with a smile on their face and look renewed and energized. It feels good to be able to contribute to the well-being of the community.”

Come and relax! Everyone is welcome!

If you have any questions or comments about the Brain Booth, please contact Katia Karadjova, The Brain Booth Librarian, by email at katia@humboldt.edu.
Publish Your Work in *ideaFest Journal*

By Carolyn Delevich & Kyle Morgan

*ideaFest Journal* is a peer-reviewed interdisciplinary journal that showcases the research of students, faculty, staff, and alumni of Humboldt State University. The journal grew out of HSU’s ideaFest, a day-long event celebrating the collaborative research and creative projects of the HSU community. The journal provides a pathway to convert this day-long experience into a permanent mark on the academic community through publication.

The journal is open to any type of research, from anthropology to zoology. Research can include anything from independent projects to group collaborations, from scientific research to creative works. *ideaFest Journal* provides an opportunity to anyone who wants to publish in a peer-review journal. *ideaFest Journal* is an invaluable resource that we have as a community at HSU – there are no publication costs, the articles are accessible to anyone online for free, and it allows authors to have more control over how their research is presented. Check out the current issue of ideaFest online at digitalcommons.humboldt.edu/ideafest or purchase the latest issue on Amazon – it’s in print! The deadline for online submission for Volume 3 of ideaFest Journal is December 3, 2018.

Textbooks on Reserve

Textbooks can be borrowed through the Check Out desk to ensure all students have free access. Check the course reserves webpage for your class to see a list of textbooks on reserve. If you don’t see your class listed, ask your professor to place the textbook on reserve. library.humboldt.edu/search/reserves/index.html.

Concerned about the high cost of textbooks?
So are we. Here is one thing you can do now! Get involved in the growing open educational movement. Check out the HSU Library Open and Affordable Resource Guide at libguides.humboldt.edu/openedu.
Finding Your Space at HSU Library & SpaceUse

By Cyril Oberlander

At the HSU Library, thousands of students each day are looking for a place to study, conduct research, write papers, and collaborate. Some are looking for a space free of distractions in the quiet stacks, while others are looking for a dynamic group work space in the social areas. How do we know students are finding the spaces they require?

Each year, HSU Library gathers information on where students work at the Library, and that data is then analyzed to determine use patterns for adjusting library spaces to better serve the needs of the campus. For three years, the process relied on hundreds of sheets of paper with floor and furniture maps, requiring considerable time to record and analyze the data.

To address this challenge, the Library hired three HSU Computer Science students, Sam Alston, Benjamin Miller, and Eric Mott to work with Kris Anderson (ITS/CS) and folks at the Library to develop SpaceUse, software designed to help us automate data gathering and analysis.

Below is one example of the data analysis from SpaceUse, compiled from 40 surveys completed in April 2018.

Clicking on any area shows a detailed analysis that includes average use, peak use, and other relevant data. If we click on any furniture, we see use analysis specific to that furniture in that space.

The HSU Library is continuously evolving and improving as the learning hub and heart of the University. With this powerful tool, we are able to more effectively and efficiently gather and analyze data about space use at the Library, allowing us to better serve our students and the campus community. In addition, project-based learning like SpaceUse is an excellent example of combining our values with a desire to make decisions based on data. To help other libraries and universities to do the same, we have released SpaceUse as free open source software: github.com/LibrarySpaceUse/HSUSpaceUse.

We are also excited to report that Eric and Ben are currently considering forming a startup business as their next steps in developing SpaceUse. At HSU Library, we are happy to support learning that is relevant, applicable, and can positively transform the world. With SpaceUse, HSU students can help shape the future of library design while shaping their own future as well.
Fall Events

Wed., Sept 5
HSU Day of Solidarity, KBR, 5pm

Wed., Sept 19
Pints for the Library Fundraiser, Redwood Curtain Brewery, 5pm

Sun., Oct 14 - Sun., Oct 21
Against the Wind Peace Festival, various locations on/off campus

Mon., Oct 15 - Fri., Oct 19
Indigenous People’s Week, various locations on campus

Thurs., Oct 25
Chronic Freedom Book Talk, Special Collections

Mon., Oct 29 - Fri., Nov 2
20th Annual Campus & Community Dialogue on Race with keynote speaker Denice Frohman & featured speaker Rev. Alvin Herring, KBR

Save the Date

Thurs., Feb 14 2019
5th Annual Authors Celebration, Library Authors Hall

For a complete list of Library events and exhibits, visit library.humboldt.edu/news/exhibits/events.html

To find out more about how to help support Library Interns, visit library.humboldt.edu/giving.html or write to cyril.oberlander@humboldt.edu.

Our library is extraordinary. The library staff, faculty, and leadership have a shared vision that prioritizes students and student learning. I could never enumerate all of the ways the library has supported me in my teaching--collaborating, providing instruction, showcasing students’ research, running the fantastic SkillShops program and L4HSU. The library is a warm and welcoming place, and it has a remarkably dedicated staff, faculty, and leadership. I am thankful for you all every day!

-Janelle Adsit,
Faculty in English

HSU Sustainable Learning Saved Students Over One Million Dollars

By Kyle Morgan & Tim Miller

Forbes Magazine’s recent articles “The U.S. Student-Loan Debt Crisis Is Even Worse than We Thought” and “Student Loan Debt Statistics in 2018: A $1.5 Trillion Crisis” point to the untenable financial burden of those seeking a college education.

But there is something we can do to help.

Open Educational Resources (OER) are teaching and learning resources that permit free use and repurposing. Studies of OER adoption have shown decreases in student financial stress in addition to improvements in student classroom success, graduation rate, and class design.

The Library’s Sustainable Learning Workshops, now continuing in a collaboration with the Center for Teaching and Learning, has resulted in the growing adoption of OER across campus. Over the past two years, the switch to OER and more affordable classroom materials has saved students over $1 million and counting.

Please keep an eye open for future Sustainable Learning Workshop offerings and the opportunity to join the OER revolution, libguides.humboldt.edu/openedu.

Have a story to share with the campus? Writing for the Library newsletter is easy! Students, staff, and faculty are encouraged to contact the Library Marketing and Outreach Team at libmarketing@humboldt.edu to learn more about sharing a story in the next newsletter.