

Visit the Harold F. Johnson Library and Knowledge Commons to



# Stress Less



December 2nd - 9th

During the first week of December the Library and Knowledge Commons will be promoting mental wellness in the form of:

- gratitude journals
- coloring pages and crafts
- baked goods, Dec 3rd-7th: Set out at 10am while supplies last!
- drop in support at the InfoBar and Knowledge Commons

## Stress Less Schedule of Events:

### December 2nd, 4pm-8pm: **Brainstorm with the KC Fellows**

- ❖ Collaborative work-space to meet with your peers as well as experienced alumni fellows
- ❖ Looking for guidance on completing your Div? Need help scheduling or just looking for someone to talk through your ideas with?

**Meet with us in the Knowledge Commons!**

### December 9th, 4pm - 8pm: **Follow Up Consultations**

- ❖ Meet with the KC peer mentors for consultations or to follow up on how projects are moving forward and any additional support you may need!

### December 3rd - 7th, 12pm - 5pm: **Drop-In Research Help at the InfoBar**

- ❖ Need help finding sources for your final papers or projects?
- ❖ Confused about citations?
- ❖ Is Google Scholar not giving you the answers you need?

**Come talk to us at the InfoBar!**

### December 4th, 2pm - 8pm: **HLP Open Study Session**

- ❖ Come be in a room full of other folks avoiding the black holes of Netflix and Facebook, trying to do what they're supposed to.
- ❖ We'll have a quick optional check in at the beginning, an hour in, and the end.
- ❖ HLP Alumni Fellows available for consult as needed

**Show up whenever you can in the Knowledge Commons!**

**Snacks will be provided!**

Questions? Ask us!

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