

# Adulting 101 in the Academic Library: Developing a New Workshop Series for Undergraduate Students

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## Guiding Principles



Three guiding principles for designing a new co-curricular workshop series for undergraduate students:

- Don't reinvent the wheel.
- Engage students with active learning.
- Assess, iterate, and improve.

Learn more online: <https://library.unc.edu/house/workshops/adulting-101/>



## Assessment

We surveyed more than 200 undergraduate students about their adulting-related interests.



### Summer Orientations:

- We polled new students at orientation fairs held on campus throughout the summer.
- Including orientations for first-year, transfer, honors, student athletes, STEM students, etc.

### Student Employees:

- We polled library student employees and students who work for our campus partners.
- Longer survey provided an opportunity to gather richer qualitative feedback.

### Whiteboard:

- We used the library whiteboard to ask summer session one and two students, "What does adulting mean to you?"

## Elevating Student Voices



### Health Literacy

*"Adulting to me is a successful balance between responsibilities and mental health."*

- Students' survey responses emphasized how important it is to manage their stress, prioritize self-care, and spend quality time with their loved ones.
- Health literacy partners:
  1. Health Sciences Library
  2. Counseling and Psychological Services (CAPS)
  3. Active Minds at Carolina (student club)
- Fall workshop: Is There a Doctor in the HOUSE? (online health information)
- Spring workshop: Self-care for the Mind (mental health research)



### Financial Literacy

*"Adulting means being able to independently support myself financially, emotionally, and physically."*

- Students' survey responses made connections between their financial health and their social, emotional, and physical wellbeing.
- Financial literacy partners:
  1. Office of the Dean of Students
  2. UNC Financial Literacy Consortium
  3. Carolina Covenant
- Fall workshop: Ballin' on a Budget (basic budgeting)
- Spring workshop: Swiper, No Swiping! (credit reports and scores)



### Civic Literacy

*"Either having your life in order or being open to chaos."*

- Students' survey responses revealed the struggles and contradictions of existing as an independent person in modern society.
- Community, social justice, and political engagement were common themes.
- Civic literacy partners:
  1. Department of Political Science
  2. Institute of Politics (student club)
  3. University Career Services
- Fall workshop: Keeping Up with the Campaigners (voting in midterm elections)
- Spring workshop: Level Up Your LinkedIn (networking and job searching)



## Student Impact

### Workshop Attendance:

- More than 100 students attended the first six Adulting 101 workshops.
- 100 percent of students said "yes" or "maybe" when asked if they would consider attending a future Adulting 101 workshop.



### Learning Outcomes:

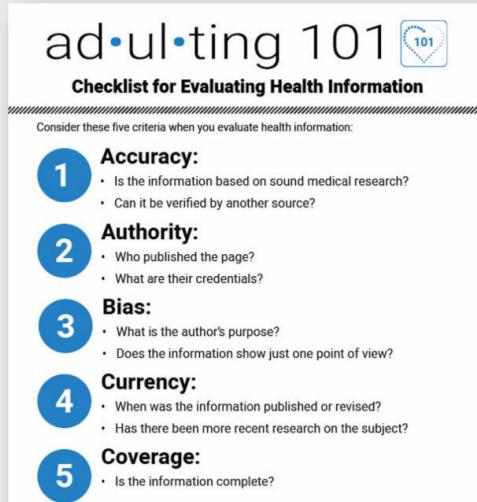
- In post-workshop surveys, students said they developed critical information literacy skills like evaluating sources for accuracy, authority, and bias.

*"I learned how to find sources about mental health that are credible and how to distinguish those from less trustworthy or biased sites."*

- They also appreciated having a forum to address topics that otherwise may not be discussed on campus or in the classroom.

*"The adulting 101 workshops address topics that otherwise would not be discussed."*

*"Adulting 101 has been teaching us very important skills that are crucial, but we don't necessarily learn in the classroom."*



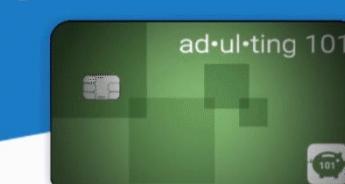
## Meaningful Partnerships

### Peer-to-Peer Learning:

- In the spring, we introduced peer-to-peer learning in all three adulting workshops.

*"What I enjoyed most is the level of support that I received from library staff members. While we collaborated preparing to teach important materials to students, we also learned about the topic along the way."*  
- Portia Hardy, undergraduate student and Adulting 101 instructor

### Swiper, No Swiping: Building and Maintaining Credit



Thursday, March 21, 2019 • 5:30 - 7:00 p.m.  
UL 124

Three student assistants, including Portia Hardy, taught the spring financial literacy workshop.

### Campus Partnerships:

- The series allowed us to collaborate as instructional partners with other campus units.

*"I really appreciate the collaboration, high impact practices, and virtual vehicles the Undergraduate Library utilizes to engage students."*  
- Tamara Taylor, University Career Services and Adulting 101 instructor