



Library Connections

A newsletter of Warner Memorial Library

February 2024

Need some (self) help? Check out these new books at the library!

By Robyn Cunningham, Research & Outreach Librarian

Welcome back for a new semester and a new year, Eagles!

At the beginning of a new year, it's common to make goals to better yourself and your life, such as bettering your mental health by learning how to manage stress, treat depression or practice self-care, to name a few. So the question is: Where to start?

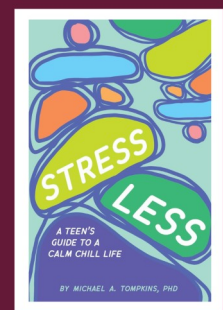
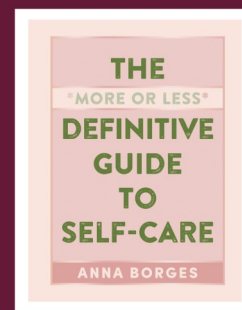
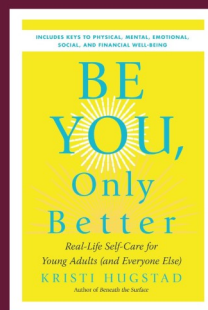
Warner Library has recently added some self care books to Libby via [Overdrive](#), our ebook database available to all Eastern students. From self-care guides to tips on dealing with stress and anxiety, our newest ebook selections cover a wide range of topics to help you make this year one of the best yet!

Check out books directly on the Libby app to start reading instantly for free! To see what's new, visit [Overdrive](#).

There's also a number of self care print books available on our display in the main lobby of the library. These books cover the same topics as the ebooks, along with career management, personality tests and dealing with grief. You can also search our [catalog](#) for all titles on self care using terms like "self help" or "self care."

Have questions? Email the library at reference1777@eastern.edu.

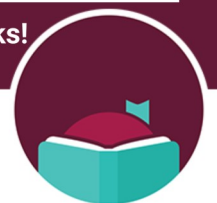
Is your New Year Resolution to better yourself and your life?



Then check out our new ebooks!

Libby.

The library reading app



ATTEND
VIRTUALLY:



EU WRITING &
RESEARCH WORKSHOP
PRESENTS

A PANEL ON
**HOW TO USE AI
RESPONSIBLY**



MONDAY, FEB. 5, 2024
10:00 AM
WARNER LIBRARY
ROOM 119
(DOWNSTAIRS)

Panelists:

Kelsey Hess,
Psychology
J. Burke Rea,
Philosophy

Amy Huddell,
Computer Science

John Nordlof,
Writing Center

Chelsea Post, Library

Coming soon...



March "Sadness" Bracket Contest, starting after Spring Break...

Stay tuned for more details...

Warner Library's annual

BLIND DATE

with a

BOOK

February 1 - 15

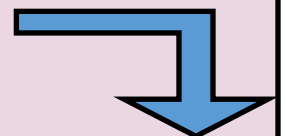
COME PICK OUT A
WRAPPED-UP BOOK AT
THE LIBRARY!



Attention all Education professors!

The Teaching Channel Video Library collection on the library's databases has changed its URL. Please remember to change any links to the collection in your Brightspace or syllabi using the link found on the [library's database page](#).

Click the Share icon to copy the new link!



Teaching Channel Video Library 

Teaching Channel is a thriving online community where teachers can watch, share, and learn diverse techniques to help every student grow.

Attention, Faculty – Schedule Information Literacy Sessions for Spring 2024!

The spring semester has started, and we want to be sure faculty have the resources necessary to ensure student success. This means now is the time to [request library instruction](#) with one of our librarians.

Fill out the form linked above to schedule your course for library instruction, including dates, times and requests for specific resources to be demonstrated. Don't forget to attach your course syllabus!



**We are here to support your teaching and your student's learning,
so let's work together!**

**Questions? Email [Caroline Coriell](#), Information Literacy Librarian,
for more details and options.**

Here's a little library-themed comic for you... Enjoy!

SPEED BUMP

BY DAVE COVERLY

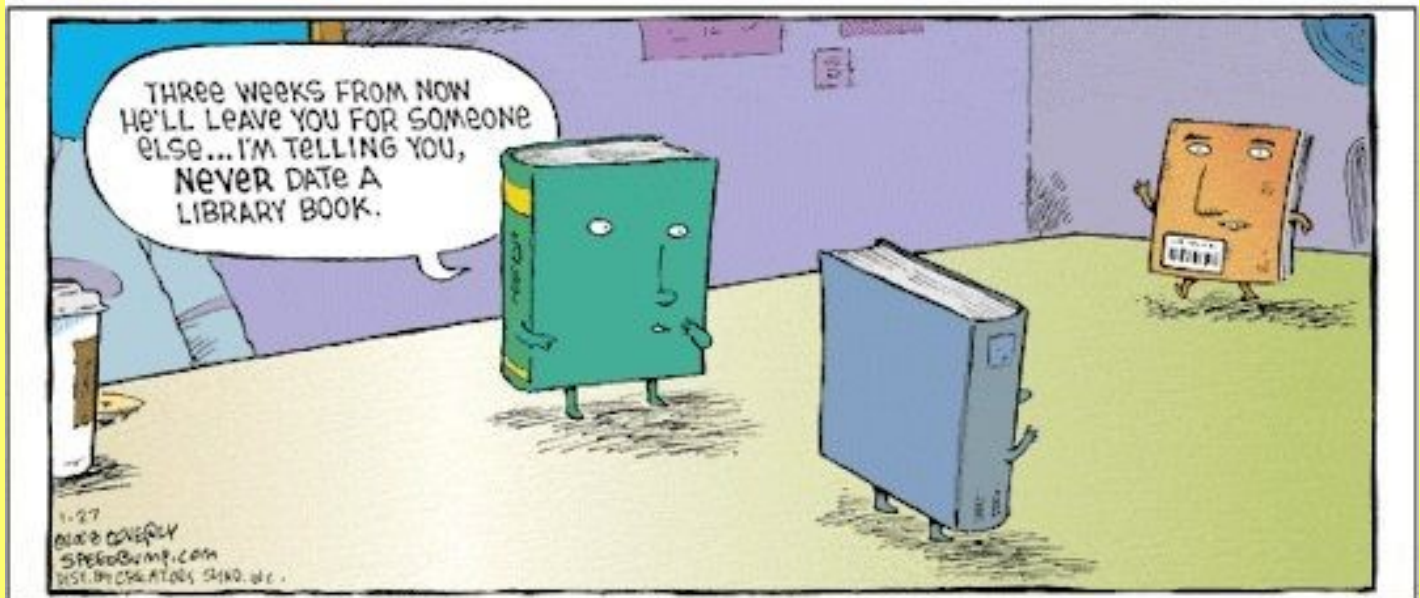


Image from: <https://www.pinterest.com/pin/books--474918723205872155>



**Keep in touch with all the library's
updates on the following social media!**

