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Zen Study Break

We realize that many students are currently spending long hours studying for their USMLE Step-1 exam this summer. In order to help relieve some of this understandable stress, your friends at the library will be hosting two Zen themed mini-study breaks on Wednesday May 22nd and 29th.

In addition to the usual coffee, tea, and light snacks, we will be bringing in a professional massage therapist to provide free 15 minutes massages, courtesy of Dr. Klamen! Time-slots are limited and expected to fill up quickly, so please sign up ASAP at the circulation desk.

The massages will be given in Study Room 6 (Room # 4059) in the Medical Library – please be on time for your massage.

For the first study break (May 22nd) Dr. Leslie Smith will be holding a group demonstration of EFT in the Stevenson Conference Room from 11:30-12:00.

EFT stands for Emotional Freedom Technique and helps people who get into "worry cycles" and perseverate on them. EFT is recommended to optimize your emotional health, which is essential to physical health and healing. Dr. Smith will have handouts to guide students.

Librarians Take Chicago

Library faculty attended the Medical Library Association conference May 3-8 in Chicago. In addition to attending workshops, continuing education classes, lectures, immersion sessions, etc., the faculty also presented two posters. Both posters are available on OpenSIUC.

Karli White presented a poster on the ongoing work she has been doing using 3D printing for patient education and procedure preparation.

Lydia Howes, Adam Roloff, and Geoff Pettys presented a poster about the process of creating a digital institutional research collection using “ArchivesSpace.” Mike Moseley, who was instrumental in developing the “Founding Figures Collection,” was also listed as an author on this poster but was unable to attend the conference.

The library faculty had a great time, learned a lot, and are looking forward to applying what they learned in order to provide better services for the School of Medicine!

Library Faculty

Adam Roloff, Lydia Howes, and Geoff Pettys with their poster.

Library Closures:
- Monday, May 27th
- Thursday, July 4th
- Monday, September 2nd

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Karli White with her poster

Library Faculty
New Library Collections

The Medical Library is pleased to announce several new and exciting acquisitions added to our collections.

The new Leadership Reserve Collection consists of books suggested by representatives of SIU’s Center of Human Organizational Potential. cHOP is built on three pillars: professional development, leadership and excellence, and wellness. Books address skills, methods, wellness and ways of looking at challenges designed to enhance personal and professional growth. Located at the far right end of the glass bookcases behind the circulation desk, books are available to check out for 4 weeks. Books can be renewed once, which can be done in person or by phone or e-mail.

Another new acquisition, 2019 NIH R01 Grant Writing Skills: everything you need to improve your scientific research funding success, is an expertly written guide to the process of preparing and submitting an effective application for an R01 award. The author has served as a scientific review officer for over a decade, and provides crucial tips, advice, strategies and examples on formatting, effective writing and project narrative for successful grant writing. Other topics covered include research specific aims, project summaries, budget justifications, regulation guidelines and how to avoid simple but critical mistakes. For easy recognition, information directly from the NIH is highlighted. Finally, the last few chapters address grant reviews and scoring, grant resubmissions and grant writing resources. This manual, an essential resource for avoiding common pitfalls that move applications to the bottom of a reviewer’s stack, will be found in the RESERVE section of glass bookcases.

With literature indicating a trend in preferences swinging back toward print books, the library ordered 79 new books in March. Titles cover clinical, preparatory, the business of medicine and career guidance. Of these, 31 were designated RESERVE, and were either new titles, or replaced previous editions of highly used titles. New books can be viewed on a cart at the circulation desk, along with a complete list of updated RESERVE materials. Please visit the Medical Library to check them out!

Titles in the new Leadership Reserve Collection include:

- Getting things done: the art of stress-free productivity
- The Leadership Challenge: how to make extraordinary things happen in organizations
- Compelling people: the hidden qualities that make us influential
- The 4 Disciplines of Execution: achieving your wildly important goals
- Resilience: the science of mastering life’s greatest challenges
- Dare to Lead: brave work, tough conversations, whole hearts
- Eat, Drink, and Be Health: The Harvard Medical School Guide to Healthy Eating
- Wherever You Go, There You Are: mindfulness meditation in everyday life

Upcoming Health Observances

June
- Alzheimer’s & Brain Awareness Month
- Men’s Health Month
- National Safety Month
- 2nd: Cancer Survivor’s Day

July
- Juvenile Arthritis Awareness Month
- UV Safety Month
- 28th: World Hepatitis Day

August
- National Breastfeeding Month
- National Immunization Awareness Month
- Psoriasis Awareness Month
It’s no secret that the Library can print your conference poster, but did you know we offer help creating it? Our poster printing guide, found at libguides.siumed.edu/presentations/postertips, has all the information you need to get started.

If you’re designing a poster from the ground up (or using an outside template) be sure to check our guidelines before beginning to ensure your size and format are compatible with the poster printer. This will save a lot of time and headaches later!

If you don’t have the time or inclination to design a poster from scratch, we offer templates in five sizes (36x48, 36x56, 36x60, 36x72, & A0 portrait style for international conferences) in a variety of designs. The “Classic Poster” and more modern “SIU Hexagons” are long time favorites, but we’ve just released the new “Color Block” template in two color options: “SIU Purple” and “Earth Tones.” The Library anticipates releasing one more, completely new template by the end of summer.

Still need help? The “Creating Posters in PowerPoint” workshop is on hiatus until September, but don’t hesitate to set up a one-on-one consultation by e-mailing reference@siumed.edu.

The Library has added a new “Color Block” poster template—with two color and five size variations—to our “Posters and Presentations” Libguide.

Upcoming Exhibits

June
We have been using our Makerbot Z18 3D printer for just under a year. Starting in June we will display some of the models we have printed and have the 3D printer in the Library for demonstrations. Keep checking the Library calendar (http://www.siumed.edu/lib/events) for demo dates!

Mid August – September:
The Library will host a traveling exhibit produced by the National Academy of Medicine titled; Expressions of Clinician Well-Being. This exhibit will be partnered with a selection of works by SIUSOM artists.

This exhibit will be held in conjunction with a similar exhibit at the Medical Resource Center for Year 1 students and faculty in Carbondale.
Previous issues: http://www.siumed.edu/lib/newsletter/

Library Workshop Hiatus & NEW Online Tutorials

Workshops on Hiatus
The Library’s monthly workshops will be on hiatus during the summer (June—August), but will resume in September.

In the meantime, you can browse class descriptions and handouts on our website at http://libguides.siumed.edu/training

Librarians are also available for one-on-one training on any of our workshop topics. If interested, e-mail reference@siumed.edu.

Online Tutorials
Many SIU Medicine employees have enjoyed the flexibility of learning about Microsoft Office (Word, Excel, PowerPoint, Outlook, etc) using Library-provided access to Quick Source Learning online tutorials.

We are excited to announce that this summer our online tutorial service will switch to GoSkills.com.

This change will expand our offerings; in addition to the Microsoft Office Suite and Adobe Photoshop and Illustrator, Go Skills offers classes on topics such as project management, public speaking, and finance. They also offer expanded features such as individualized certificates upon course completion.

The registration process will stay the same and users will still have the calendar month to access as many tutorials as they like.

Contact Research & Education staff at 217-545-2113 or reference@siumed.edu to join the waitlist and to receive updates on the official launch date.

Display of the Graphic Medicine collection, which will be highlighted throughout May. These titles are available for check-out and in-house use even during the display period. Visit the library to take a look— you might find the perfect summer reading!