

Alleviating Research Anxiety In Graduate Students

# A Prescription for Success

Kelle Rose Reference & Instruction Librarian for Theology Loyola Marymount University

Freud, Sigmund, 1919, http://memory.loc.gov/mss/mc c/014/0001.jpg

## 1. Diagnose

- Assess discipline-specific needs to tailor treatment
  - Demographics
  - Course schedule
  - Map curriculum



"Oxygen480-apps-system-diagnosis.s vg" by <u>The Oxygen Team</u>, <u>KDE</u> is licensed under <u>GNU Lesser General</u> <u>Public License</u>

#### 2. Aggressive Treatment: Hit 'em early and often

- Library session during orientation
- Instruction early in their common class



- 3. Get out of your office Get in with the Admin
  - Hold office hours in the department
  - Be active on their group discussion channels
  - Attend events in the department



#### 4. Teach them to read

• Teach pre-reading & surveying strategies

A great resource: Sweeney, Miriam E., "How to Read for Grad School," *Miriam E. Sweeney: Feminist Research in Critical Information Studies*, June 20, 2012, 2012, <u>https://miriamsweeney.net/2012/06/20/readforgradschool/</u>

Das moderne Lexikon A Art	Das moderne Lesikon Ani Bez	Das moderne Lexikon Bf Cha	Das moderne Lesikon Che Dor	Das moderne Lexikon Dos Fau	Das moderne Lexikon Fav Gep	Das moderne Lecilon Ger Har	Das moderne Lexikon - Has Ion	Das moderne Lexikon lor Kil	Das moderne Lexikon Kim Lands	Das moderne Lexikon Landt Mari	Das moderne Lexikon Mark Musg	Das moderne Lexikon Musi Ots	Das moderne Lenikon Ort Polu	Das moderne Lexikon Poly Rohz	Das moderne Lexikon Rohb Schul	Das moderne Lexikon Schum Stech	Das moderne Lexikon Steck Thiep	Das moderne Lexikon Tifer Walh	Das moderne Lexikon Wili Zz	Fremd- wötter- lexikon
	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	

### 5. Consult & Counsel

- Individual consultations
  Imposter syndrome
- Online consultations, tutorials, or workshops
  - Make recordings



\*Side effects may vary

Respect your time

- Know when to let go
- Watch out for students who are accustomed to delegating their work to others
- Don't try to teach tech they aren't ready for



SIDE EFFECTS

Dry mouth, dizziness, cramps, rashes, impotence, stroke, V.D., bad credit, fever, memory loss, anal leakage, joint pain, ill fitting shoes, heart attack... fake.com Maybe I'll just live with my itchy eyes

"<u>Side-effects-funny-medicine-drugs-demotivational-</u> posters-1299390516" by <u>smileycreek</u> is licensed under <u>CC BY-NC-SA 2.0</u>