

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.svg”](#) by [The Oxygen Team](#), [KDE](#) is licensed under [GNU Lesser General Public License](#)

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

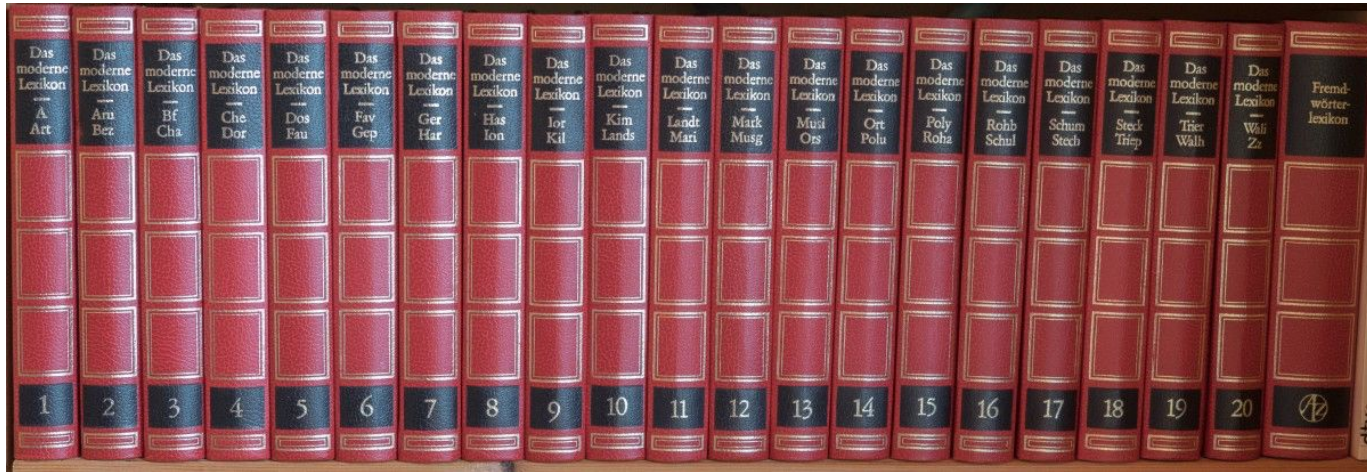
- Hold office hours in the department
- Be active on their group discussion channels
- Attend events in the department



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, <https://miriamsweeney.net/2012/06/20/readforgradschool/>



5. Consult & Counsel

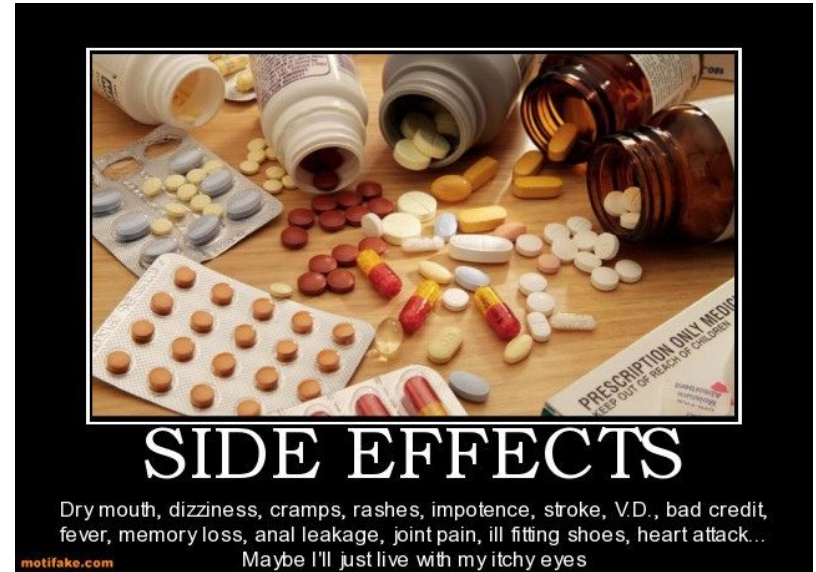
- Individual consultations
 - Imposter syndrome
- Online consultations, tutorials, or workshops
 - Make recordings



*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-funny-medicine-drugs-demotivational-posters-1299390516”](#) by [smileycreek](#) is licensed under [CC BY-NC-SA 2.0](#)