# Nobody goes to the library when things are easy

Library anxiety as a necessary component of research

**SCIL Works**
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Slides and speaker notes: http://bit.ly/SCILWorks_Nobody

> **The "Big" Idea:** CBT can be a useful tool to help students develop the skills they need to "become comfortable with the discomfort" inherent in research.
>
> **Let's ask ourselves:** What is the best use of our expertise and resources to address student anxiety? Are there unintended consequences of relaxation/fun programming and marketing we provide for our students?

## Key Concepts

*Liminal Space*: In threshold concept theory, the liminal space is a space in which a learner is moving through uncertainty from a place of unknowing to knowing. When students experience liminality, they often express challenging emotions including apathy, anger, and frustration.

*Pedagogy of Uncertainty (Ray Land, 2016)*: "A pedagogy of uncertainty comes to mean that learning for uncertainty means learning to live with uncertainty."

*Cognitive Behavioral Therapy (CBT):* An approach in which a person is taught to respond to unhelpful thinking and behavior through becoming aware of thoughts and building coping skills. (APA)

## CBT in Reference and Instruction

Source: National Health Service, n.d.

| Believe the student | Make sure to acknowledge students' experiences ("hmm" and "I see") |
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| Describe the situation (thoughts/emotions/actions), then consider responses. | "I can tell you're feeling overwhelmed by this complex research assignment. It can be really confusing to not know how or where to search for the information you need." |
| Use feelings as pieces of information | "You said you're bored with the topic - let's figure out what steps we need to take that might help to generate some questions about your research." |
| Focus on current problems rather than issues from one's history | "Hmmm you didn't get a good grade on your last research assignment. What are the issues you're encountering here and how can we help you get through this assignment and prepare for the next one?" |

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