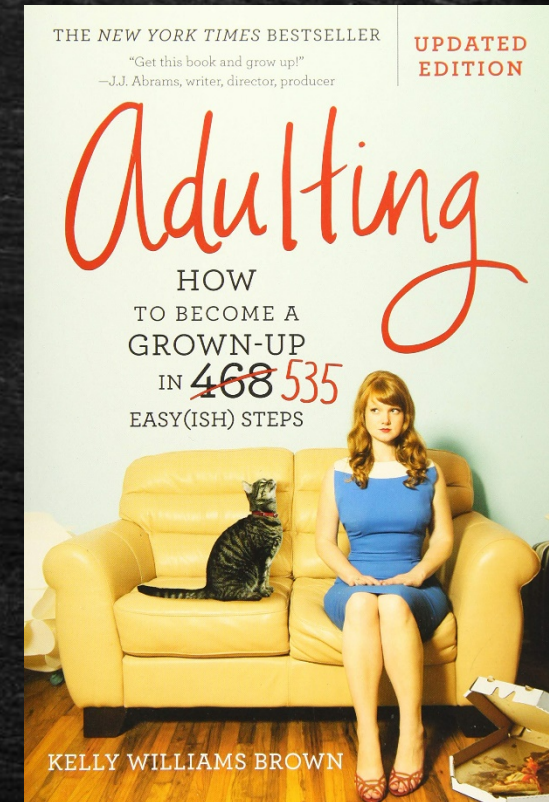


Adulting 101: Teaching the Skills of Life

Laura Hess
Director of Patron Services
Livermore Library, UNC Pembroke

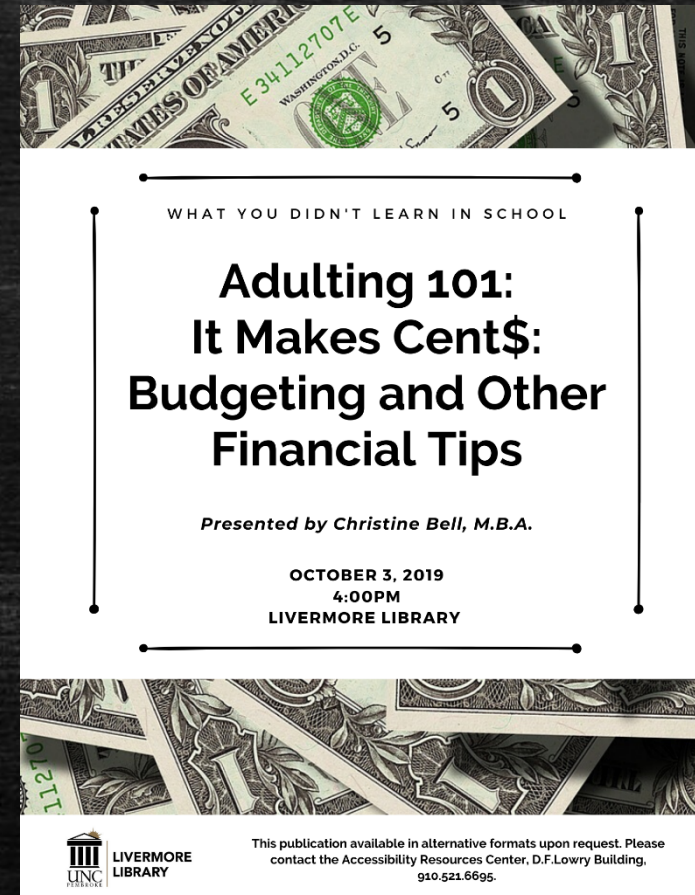
What are Adulting 101 Workshops?

- **Adulting:** (n) The practice of behaving in a way characteristic of a responsible adult, especially the accomplishment of mundane but necessary tasks.
- Term often credited to Kelly Williams Brown
- Workshops teach practical life skills, like cooking, financial management, etc., as well as soft skills, like professional communication skills.



Adulting 101 Workshop Series

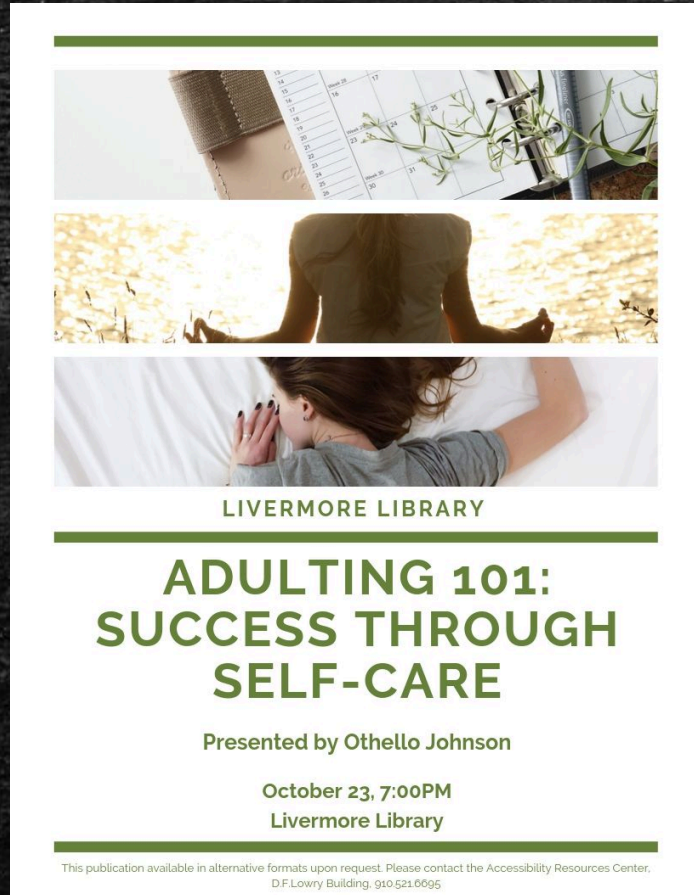
- Workshop goals:
 - Teach students practical life skills
 - Incorporate Information literacy beyond academic research skills
 - Build relationships between the Livermore Library and UNCP faculty and staff
 - Expand event offerings in the Library
 - Increase Library foot traffic
 - Subliminally promote recent renovations and spaces



Adulting 101 Workshops for 2019-2020

- It Makes Cents: Budgeting and Other Financial Tips (Oct. 3, 2019)
 - Presented by Dr. Christine Bell, Director of MBA Program
- Success Through Self-Care (Oct. 23, 2019)
 - Presented by Othello Johnson, Professor in Kinesiology, Head Wrestling Coach
- Navigating Your Local Government: Practical Tips for Living in Your Community (Nov. 5, 2019)
 - Presented by Dr. Emily Neff-Sharum, Chair of Political Science Dept.
- [Mental Health and the Heart-Brain Connection \(Feb. 4, 2020\)](#)
 - Presented by LynnDee Horne, Director of Counseling and Psychological Services
- [Scheduling Your Priorities: The Key to Time Management \(Feb. 24, 2020\)](#)
 - Presented by Dr. Marianna Radar, Professor in Psychology
- How to Impress During an Interview (April 6, 2020: moved to webinar)
 - Presented by Bradley Merritt, Director of UNCP Career Center
- How to File Your Taxes (hybrid webinar: cancelled due to Covid-19)
 - Presented by Joseph Lakatos, Professor in Accounting and Finance
- Intro to Basic Car Maintenance (cancelled due to Covid-19)
 - Presented by UNCP Motor Pool

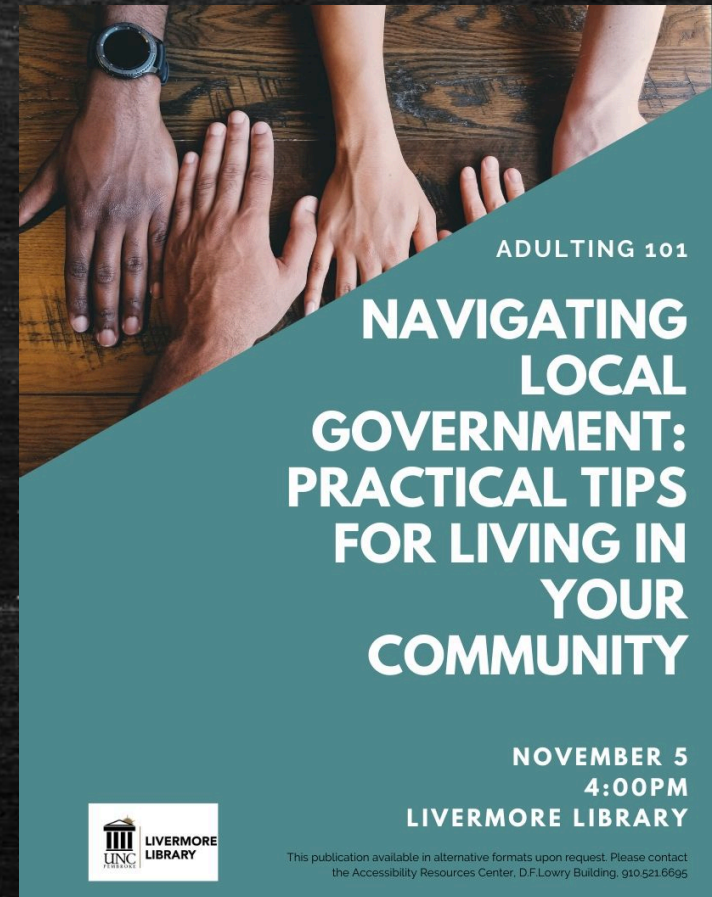
Collaboration with UNCP Entities



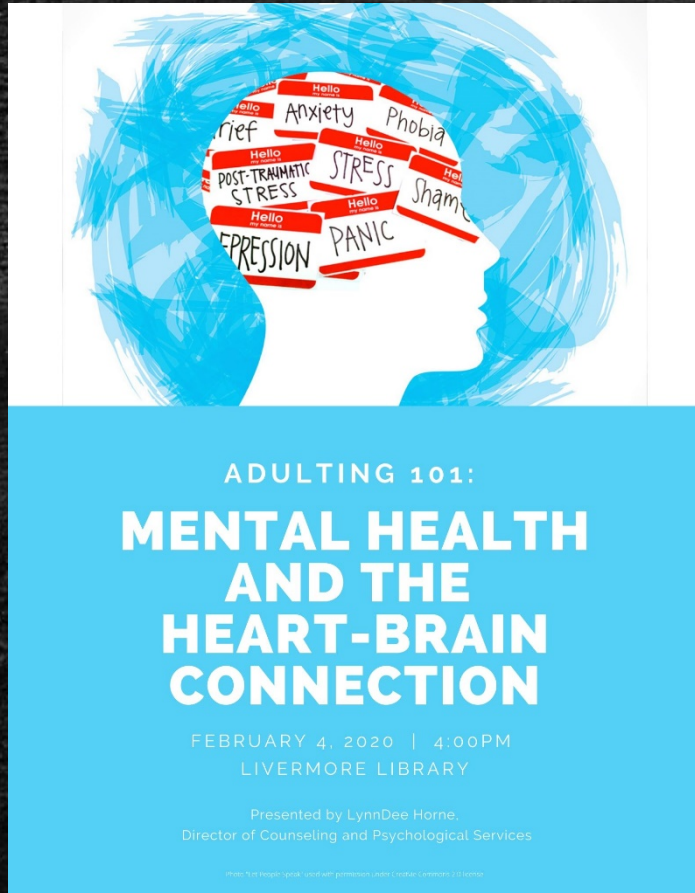
- Planned entire semester themes in advance
- Reached out to specific faculty/staff
 - Pitched idea that Library will completely organize event, faculty will present
 - Left details of workshops very open
- Promoted to students through email blasts, campus flyers, and professors
 - Sent to All Campus Announcements, not just students, to garner faculty attention

Format of Workshops

- Designed to be in-person and interactive
 - Hosted in Livermore Library Reading Room
 - Included handouts, worksheets, etc.
- Hosted late afternoon/early evening
- Taxes workshop intended to be hybrid webinar
 - In-person session in Library classroom
 - Simultaneous online webinar via Webex
- Career Center workshop moved to webinar due to Covid-19
 - VERY SUCESSFUL!!
- Car maintenance workshop planned to be limited in number and hosted in campus garages



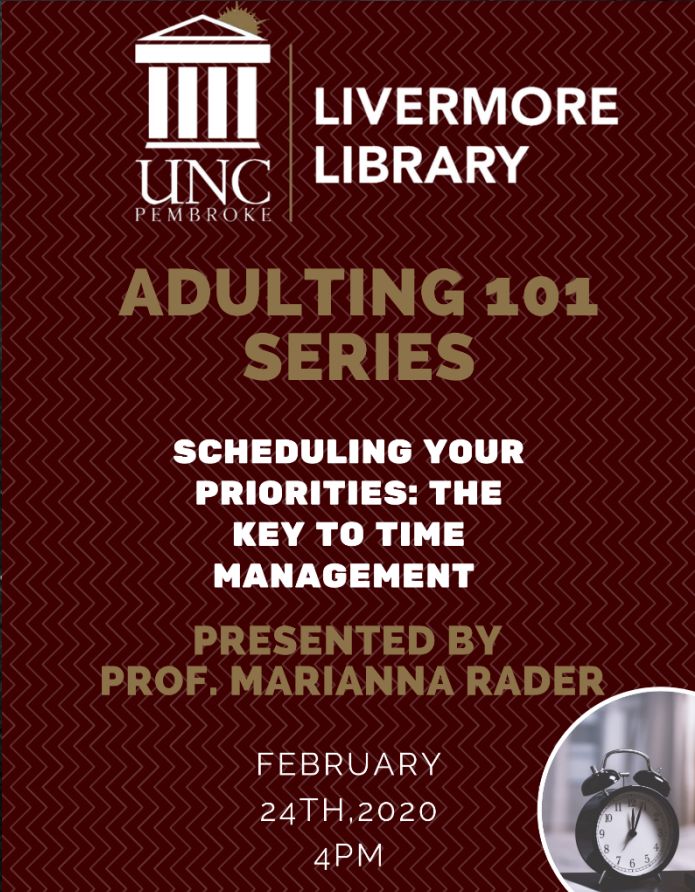
Successes and Failures



- What worked well:
 - All workshops had good attendance (relative to UNCP!)
 - Late afternoon (4p.m.) time slot better
 - Faculty promoting workshop to their own students
 - Webinar was great!
- What could have gone better:
 - Communication with some presenters about Adulting 101 concept and presentation details
 - Less lecture, more skills lab

Plans for the Future!

- Expand workshop offerings
 - Increase to two workshops per month
 - Explore more hands-on workshops
 - Cooking in a dorm room/small kitchen
 - Revisit car maintenance workshop
- Increase assessment
 - Heavily relied on attendance as marker of success
 - Short surveys immediately after workshops
 - What did you like/not like, find helpful, want to see in other Adulthood 101 workshops, etc.?



The poster features a dark red background with a white wavy line pattern. At the top left is the UNC Pembroke logo, which includes a stylized building icon and the text "UNC PEMBROKE". To the right of the logo, the words "LIVERMORE LIBRARY" are written in white. Below this, the title "ADULTING 101 SERIES" is displayed in large, bold, gold-colored letters. Underneath the title, the text "SCHEDULING YOUR PRIORITIES: THE KEY TO TIME MANAGEMENT" is written in white. Below that, "PRESENTED BY PROF. MARIANNA RADER" is written in gold. At the bottom left, the date and time "FEBRUARY 24TH, 2020 4PM" are listed in white. At the bottom right, there is a circular inset image of a black alarm clock.

UNC
PEMBROKE


**LIVERMORE
LIBRARY**

**ADULTING 101
SERIES**

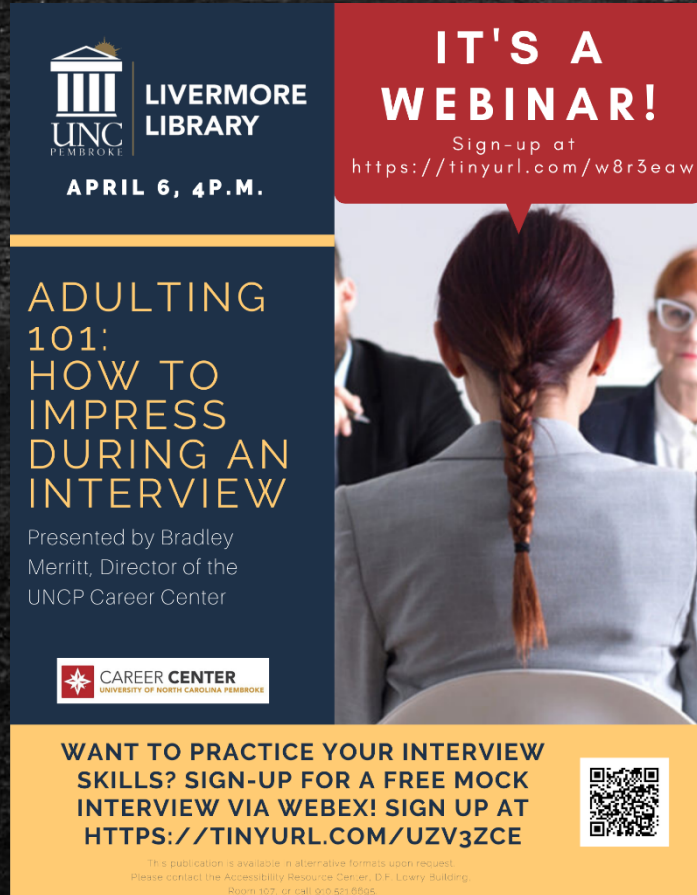
**SCHEDULING YOUR
PRIORITIES: THE
KEY TO TIME
MANAGEMENT**

**PRESENTED BY
PROF. MARIANNA RADER**

FEBRUARY
24TH, 2020
4PM



Creating Promo Materials



- All promo materials created with Canva
 - Online graphic design platform
 - Call it “graphic design for dummies”
 - Basic version is free; can upgrade to Pro
- CC-O and free picture sites
 - Pixabay.com
 - Unsplash.com
 - Allow you to use/edit photos without giving credit to creators

Questions?

