

# Adulting 101: Teaching the Skills of Life

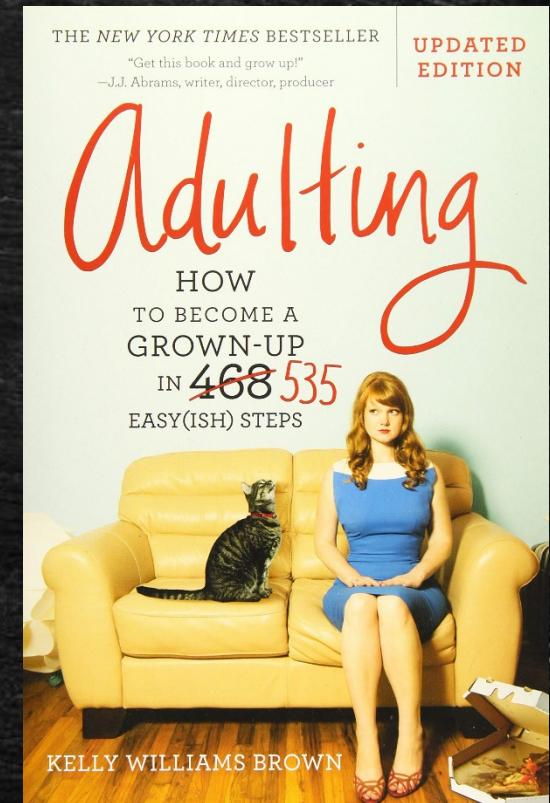
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# What are Adulting 101 Workshops?

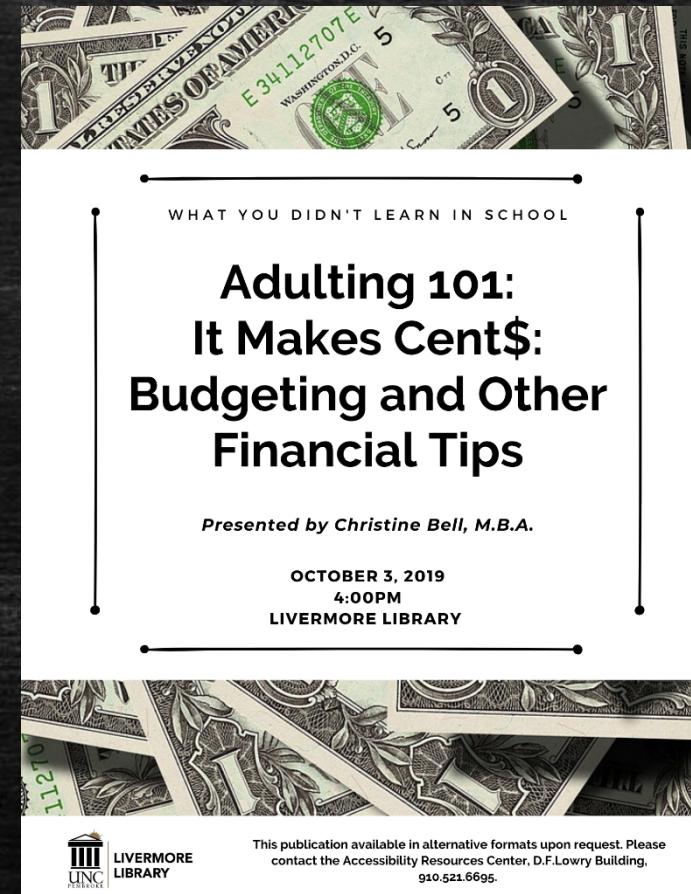
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- **Adulting:** (n) The practice of behaving in a way characteristic of a responsible adult, especially the accomplishment of mundane but necessary tasks.
- Term often credited to Kelly Williams Brown
- Workshops teach practical life skills, like cooking,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

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- **It Makes Cent\$: 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

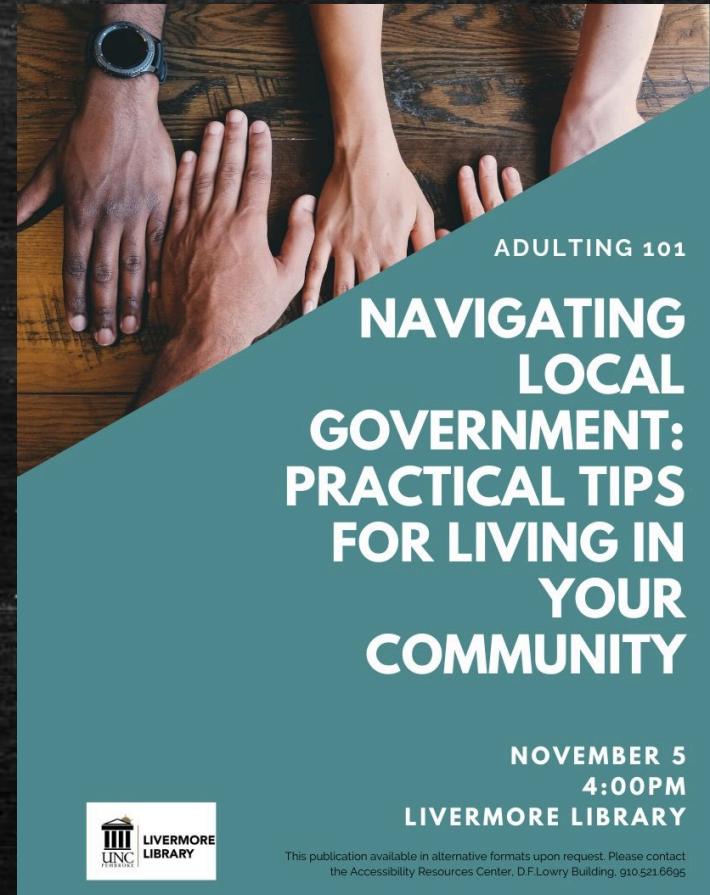
# Collaboration with UNCP Entities



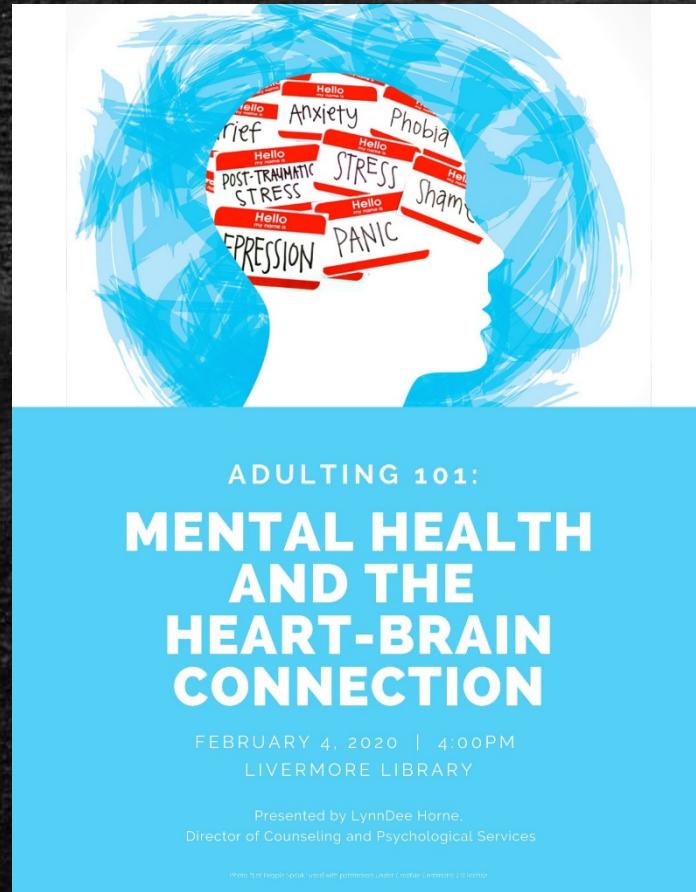
- Planned entire semester themes in advance
- Reached out to specific faculty/staff
  - Pitched idea that Library will completely organize event, faculty will present
  - Left details of workshops very open
- Promoted to students through email blasts, campus flyers, and professors
  - Sent to All Campus 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



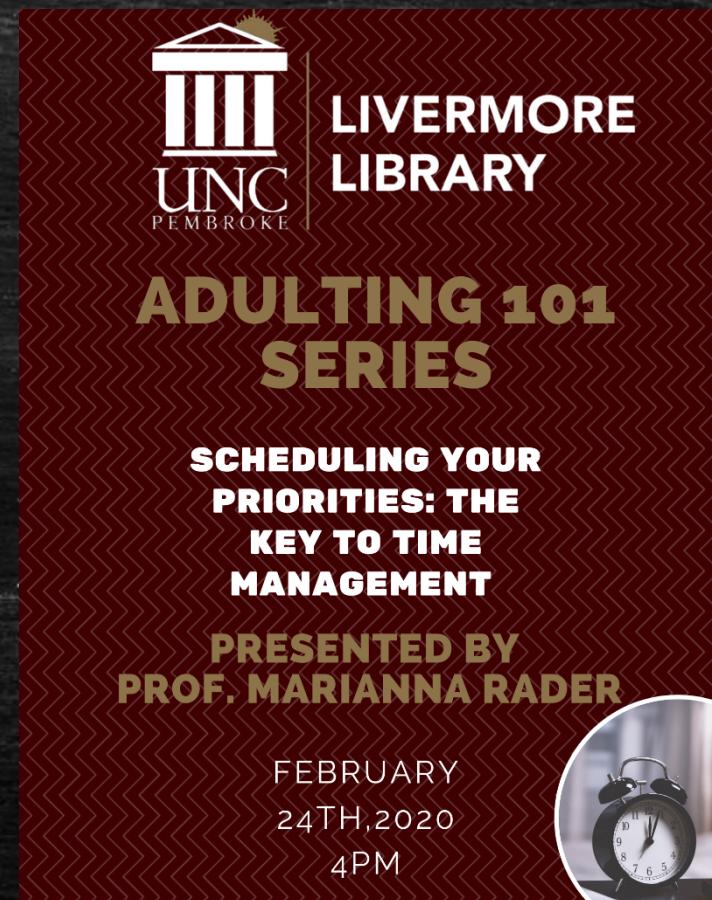
# Successes and Failures



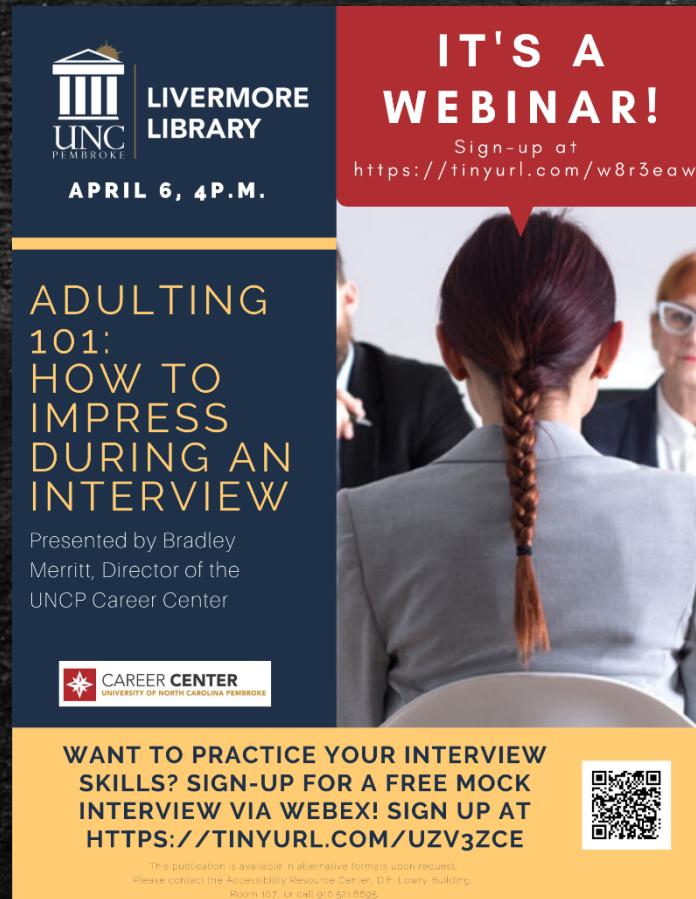
- What worked well:
  - All workshops had good attendance (relative to UNCP!)
  - Late afternoon (4p.m.) time slot better
  - Faculty promoting workshop to their own students
  - Webinar was great!
- What could have gone better:
  - Communication with some presenters about Adulting 101 concept and presentation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



# 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?

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