



# Preparing for Transformative Lives & Careers

March 6, 2023

## SPECIAL ISSUE MSU LIBRARY



### Have 15 minutes? The MSU LIBRARY wants you to spend it with them.

You have so many things demanding your time and attention it can be difficult to find a spare hour or half-hour. But what about a spare 15 minutes? The Library knows you are busy but it also knows you may need some extra support or instruction. Their [15-Minute Pop-In Workshops](#) are made just for you!

Join The Library as they host these workshops **Tuesday at 11am** and **Wednesdays at 2pm** in the [Virtual Discovery Space](#) on the 1st floor.

#### Upcoming Workshops Include:

- Your Excel Questions Answered
- Drop-In Research Help
- Microsoft Outlook Tricks
- EndNote Drop-In
- How to (Not) Use ChatGPT
- Dyslexia Learner Strategies
- ADHD Learner Strategies
- Time Management Tips
- Stress Relief Tips

[Check out all the workshops and times and dates here.](#)

**And speaking of the [Virtual Discovery Space](#) -check out this fantastic resource!** This space is MSU's immersive visualization and virtual reality environment, equipped with four large screens and virtual reality software. This space is ideal for exploring virtual reality, teaching and learning, viewing hi-resolution images and videos, collaborating with colleagues around the world, and much more.

You can [make an reservation to use the space](#); if not reserved in advance, and the space is available, users can use the space on a walk-in basis but will still be asked to make a space reservation when checking out the equipment at the Library Service Desk. Staff at the Library Service Desk can provide 5-10 minutes of very basic support for VR. [Check out the DOZENS of fun and educational applications available to you!](#)

[See a Success Advisor!](#)



### LinkedIn is much more than a job search tool. The MSU LIBRARY shows you what else is available.

Want to learn about hundreds of topics from industry leaders all over the world? All this is just a few clicks away on the [LinkedIn Learning](#) site at the MSU Library.

As MSU juniors and seniors, you are honing your skills so you can knock the socks off of future employers. **LinkedIn Learning has many of the things you are thinking about right now:**

- Networking
- Public Speaking
- Allyship
- Entrepreneurship
- Personal Branding
- Job Searching
- Personal Finance
- So much more...

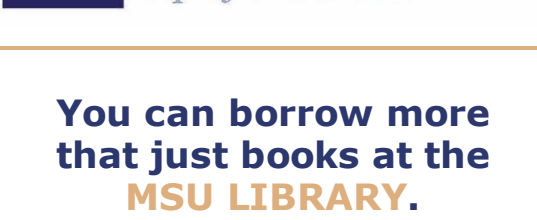
*If this is your first time accessing LinkedIn Learning, once you select the link, you'll be asked to sign in with your NetID and password and you'll be redirected to another page where you'll be asked to connect your LinkedIn account (if you have one). Connecting is not required to access the content. Choose 'Continue without LinkedIn' and 'Do not connect my account' on 2 separate click-thru's to access LinkedIn Learning anonymously.*

[Connect to LinkedIn Learning](#)



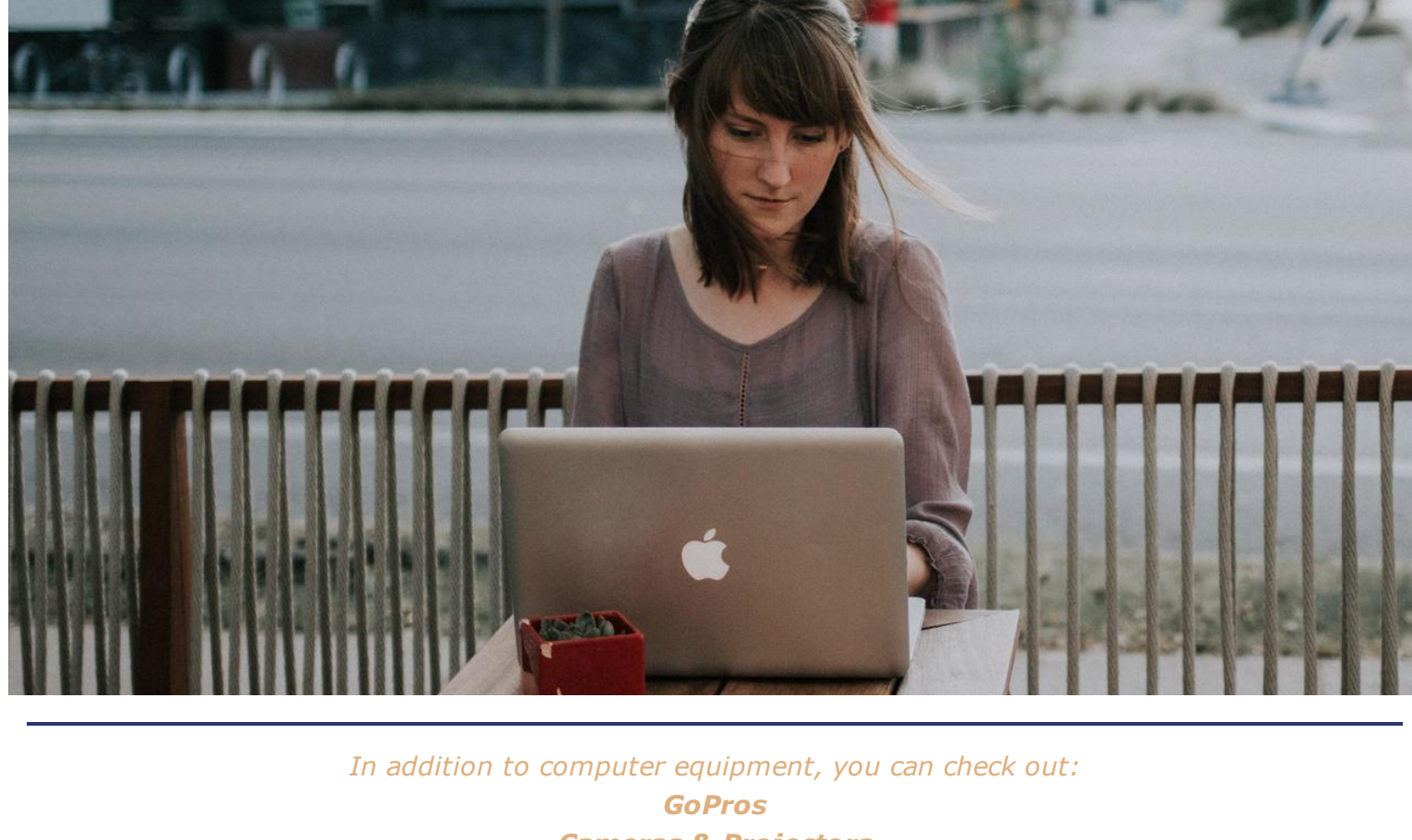
You can also explore careers using the **Role Guides**; use the **Software Guides** to learn about or refresh your knowledge of popular, professional software; and use the **Learning Paths** to do a really deep dive (some are up to 40 hours long) into topics as diverse as "Mastering Microsoft Excel" and "Mastering In-Demand Professional Soft Skills."

[See a Career Coach!](#)



### You can borrow more that just books at the MSU LIBRARY.

The MSU Library understands the importance of equal access to internet and technology. The [MSU Library Technology Lending Service](#) provides a free option for MSU Students and employees to borrow a variety of items, including laptops, iPads, and Wi-Fi hot spots. This service helps support equal access and helps bridge the digital divide by providing technology to users who do not have access due to affordability, availability, or additional reasons.



*In addition to computer equipment, you can check out:*

- GoPros**
- Cameras & Projectors**
- Calculators**
- All Kinds of Cables**
- Sound Equipment**
- Virtual Reality Equipment**
- So Much More...**

In addition to having limited access to technology and internet, students report that the cost of a required textbook has caused them to not register for a specific course, drop a course, and even fail a course. **The Library does NOT want this to happen to you, so it is working with faculty to provide required course materials that you can access for free.**

To see if your course materials are at the Library, you can call them (994-3139), [chat with them online](#), or go in and ask at the front desk. You can also search online using [Advanced Search](#): Click on "Course Reserves" and search by book name, instructor name, or subject.

**Don't avoid a class or spend a fortune on books - check the Library first!**

[See a Financial Coach!](#)



### The MSU LIBRARY offers many spaces to socialize and contemplate.

We often associate libraries with quiet and isolation. Yes, those spaces are available, but the MSU Library is also a very inclusive community space. In addition to the Virtual Discovery Space, check out these spaces:

#### [Bobcat Browse Collection](#)

*(on the 1st floor, next to Brewed Awakening (coffee, snacks, grab-n-go options)*

Here you'll discover the latest good books recommended by fellow students, faculty, and staff. Or you can read current issues of your favorite magazines and local newspapers. Movies are on the 1st floor just beyond the stairwell. Can't make a choice? Try using the [Catnip app](#) to find a book that matches your mood.

Don't have time to visit the Library in person? [Virtually see the whole collection](#) and sub-collections featuring MSU faculty authors and Montana-specific hiking guides, cookbooks, and fiction.

**Need a room for 1-2 people for very quiet study, low-sensory activities, or contemplative practices like prayer or meditation?**

**There is a room on the 4th floor (#414) just for you.**  
[Reserve it today.](#)



**Spring Break Tea Party at MSU Library: Travel the World Without Leaving Bozeman**  
*Wednesday, March 15, 3pm-5pm*  
*Bobcat Browse Area*

Jealous of all those friends spending the week in some exotic location? Stop by and give your tastebuds the chance to experience teas and treats from around the world!

[Registration is required here.](#)

[Find More Resources!](#)



# What's New This Week?

## Challenge of the Week

### Practice Being in FLOW

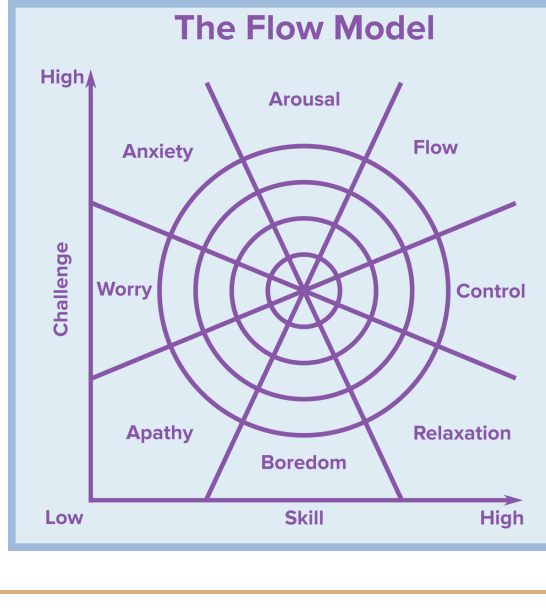
You know that feeling where you are so immersed in a task that you lose track of time and place? It can be when you are working in the lab, playing ball with friends, or are watching a particularly gripping film. You may not know the term for that feeling but you definitely know the feeling. **You were in a state of FLOW.**

Originated by [Mihaly Csikszentmihalyi](#), FLOW theory proposes that when one is actively engaged in an activity where the skills possessed are balanced to the challenge of the activity, they can approach an optimal state of experience called FLOW. Several conditions contribute to this psychological state and, together, they can produce a state fostering meaningful engagement that leads to learning and increased personal satisfaction.

During Spring Break, as you relax and take some time to yourself, you will have opportunities to find yourself in FLOW. **Pay attention to the details of these times - what were you doing? Where were you? Who were you with? Then, think about how you can recreate these aspects here at MSU.** Reaching a state of FLOW in your classes and activities at MSU will allow you feel more engaged and more likely to be successful.

[Check out the FLOW workshop Scholars participated in last year.](#)

**Check out the FLOW Model below. Where do you feel you usually are during MSU activities? How can you be closer to FLOW?**



## Happy Spring Break!

Relax. Recharge. Rejuvenate.  
See you all on the 20th.



### More Resources for Scholars

All 1893 Scholars receive free, unlimited tutoring!  
[Find your class today.](#)

See all the upcoming 1893 [activities and events](#)  
on the online calendar.

See [resources and materials](#) just for 1893 Scholars.

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