

Winter 1-2014

Check It Out! Library Newsletter, Winter 2013-14

Johnson & Wales University - Providence

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Repository Citation

Johnson & Wales University - Providence, "Check It Out! Library Newsletter, Winter 2013-14" (2014). *JWU Library Newsletter - Providence Campus*. 19.
https://scholarsarchive.jwu.edu/lib_newsletter/19

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Check It Out! Library Newsletter

Finding Inner Peace

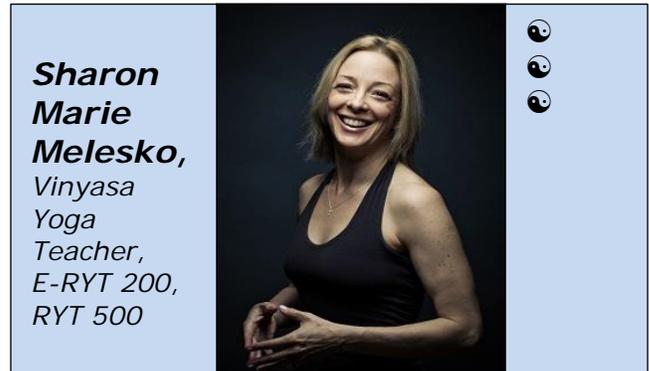
In an effort to encourage JWU students, faculty and staff to consider the impact of mass violence on their own state of mind and find ways to reduce violence in the world, **JWU Library** hosted another session of the *Peace Dialogues Discussion Group* that was first launched in May 2013, as a response to the Boston Marathon bombing

The idea to focus the latest session on the value of meditation came out of the second Peace Dialogues meeting in which participants considered how each individual person's sense of inner peace might impact world peace. "Which one of us can honestly say we are at peace right now," asked Peace Dialogues participant **Prof. Paul Merluzzo** rhetorically. Heads around the table nodded in understanding. *There was agreement that non-violence must start within each individual before we can expect a less violent society.*

With the assistance of Peace Dialogues participant, student **Giang Thi Huong Phan, '14**, (a.k.a. Jasmine Phan), JWU dean of libraries, **Dr. Rosie Hopper**, reached out to co-founder/owner of [Wayland Square Power Yoga](#), **Sharon Marie Melesko**, to see if she would be interested in offering an introductory session on meditation. Melesko enthusiastically agreed.

The event was held in a gleaming and spacious room known as the *Alumni Suite*, on the 3rd floor of the Yena Center. The turnout was higher than expected, with 9 students and 8 staff members from across the campus.

Melesko started by making everyone feel welcome, urging each participant to pick a chair in which they could sit comfortably without falling asleep. (She does not recommend lying down while meditating, since the point is to achieve heightened calm while still remaining aware of



Sharon Marie Melesko,
Vinyasa
Yoga
Teacher,
E-RYT 200,
RYT 500

one's surroundings. "It's too easy to fall asleep if you lie down while meditating," Melesko observed with a smile.)

After a brief introduction to the concept of meditation and to her own background, Melesko led the group through two separate experiences of what she called "full body scan" meditation.

After each period, lasting 10-15 minutes, Melesko asked participants to share their thoughts and feelings about the experience. One person said it was difficult to block out the buzz in their minds. Another said it was hard to block out ambient sound from nearby offices and street noise. Melesko assured them that these reactions are okay, that the point is to be aware and yet not bothered by swirling thoughts or ambient noise. "We are not our thoughts. We are not our emotions," she counseled. *"Regular meditation helps us practice not being so reactive to the input of our thoughts and emotions, but to feel instead an inner core of serenity no matter what goes on around us or even in our minds. We can observe these things without letting them hurt us."*

A show of hands at the end of the session confirmed that there is continuing interest in exploring meditation as a way to better health and inner peace. Dr. Hopper informed the group that she will investigate the options for having regular meditation instruction sessions on campus. ♦

Scantastic!

JWU Library now has scanners. Just in time for the winter term, two stations each were installed at both the Downcity and Harborside library.

The equipment was designed specifically for *the needs of library users*, with wide scanning beds and lids that accommodate the scanning of books or other traditional print materials.

Currently scans can be saved from the station to a USB drive (available at library reference desks), or to the *Pharos* system for printing out on any library or computer lab printer. The IT department is also working to add other options such as the ability to save scans to network drives, e-mail or Google Drive. ♦



Photo by B. Janson

Yu Xie, '14, enjoys using one of the new scanning stations



jwu sed
new
student
art
showcase
on
display
now
downcity
curated
by
ariela
mccaffrey



University-wide Info Lit Assessment Underway

Starting in January 2014, a sample of about 1,200 students across all JWU campuses will be participating in a pilot project that will help JWU faculty, librarians--and yes, even students—know more about JWU student information literacy skills.

Information literacy refers to an individual's ability to "recognize when information is needed and have the ability to locate, evaluate, and use effectively the needed information." It is a set of skills considered a key component of being educated and prepared to succeed both scholastically and vocationally. A person who is not information literate struggles to effectively navigate today's highly complex information-rich environment.

Data from the **Project SAILS Information Literacy Assessment**—a nationally recognized instrument—will be used to *improve JWU course content as it relates to the development of JWU student information use and research skills.* ♦

