

# SUPPORTING THE LIBRARY IN A POST-COVID WORLD

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# SESSION AGENDA



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1. To gain knowledge on how to develop practical yet effective library services to support student wellness in a post covid world.

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2. To raise awareness about the importance of wellness in a student daily life.

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3. To offer an approach and a framework on how to support, plan, design & reconfigure library spaces to accommodate wellness facility for students.





**CLARISSA**

## STUDENT CASE 1

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She is a freshman from the University of the Philippines, someone known as a top student back in her high school. What was supposed to be an exciting start to her college life took a sudden turn for the unusual when the pandemic forced everyone to implement online learning. Suddenly pressured by the change in environment, this took a toll on Clarissa's mentality and this in turn affected her performance. Due to her shy nature, she found it hard to communicate with fellow students and her teachers, and the circumstances of remote learning made her feel lonelier than ever.



**DANIEL**

## STUDENT CASE 2

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From Mindanao, he is a second year Business Administration major known for his liveliness and exuberant personality. However, even one with a cheerful disposition such as he can be affected by the pandemic. As he was staying in the dormitory back in March, the lockdown forced him to remain in the campus for three months. As you can imagine, it would be hard to be separated from your family for such a long period of time. His troubles did not end even after he was finally allowed to go home – the lack of a stable internet made it hard for him to join synchronous sessions in his class, and he is forced to do his schoolwork with only his cellphone. Now he is suspected of possibly having depression and anxiety.



**MELANIE**

## STUDENT CASE 3

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Transgender female, she is a friendly and gentle soul hailing from Baseco Compound in Metro Manila. Back when there was a total lockdown, she and her family suffered from a lack of food supply, as well as a realistic growing fear that she or her family might end up getting affected. Because of the quarantine that persists even until today, she hasn't been able to do her favorite outdoor activities. Furthermore, zoom chats have made her anxious about her own voice in fear of being misgendered by her colleagues. Once in a while, her struggle with these feelings of anxiety and identity, have given rise to thoughts of self-harm.



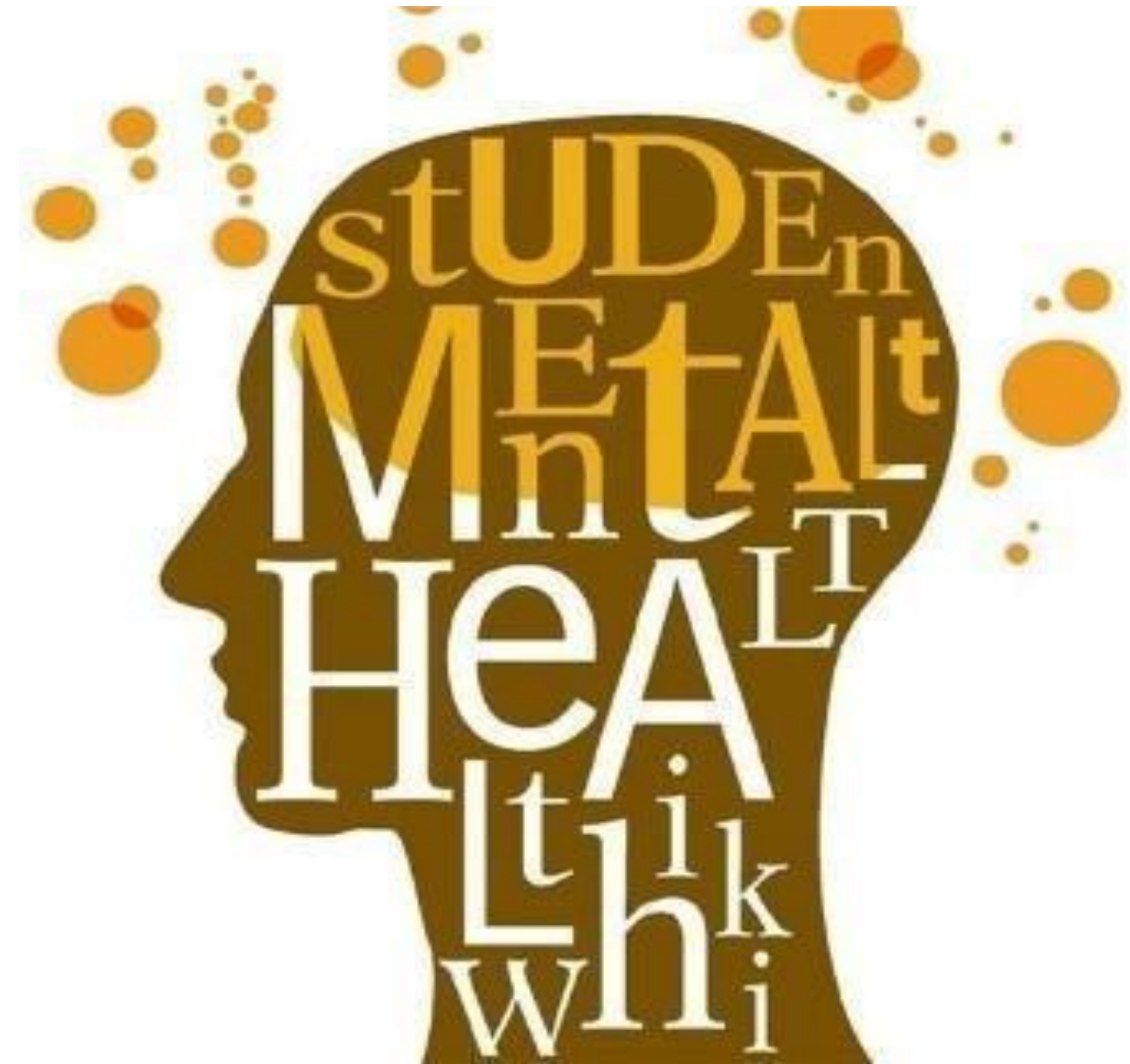
# THE PROBLEM



COVID-19: its effects



**LEARNING DIFFICULTIES**







**“Mental health is a state of well-being in which an individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and can make a contribution to his or her community.”**

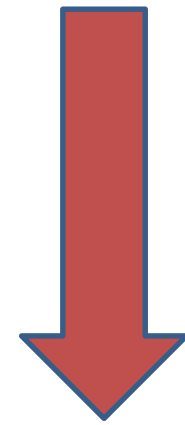
**World Health Organization (WHO)**







# EFFORTS AND RESOURCES



Saving lives  
and

Mitigating the socio-economic effects





# TRANSITION TO THE NEW NORMAL

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**curating digital content**

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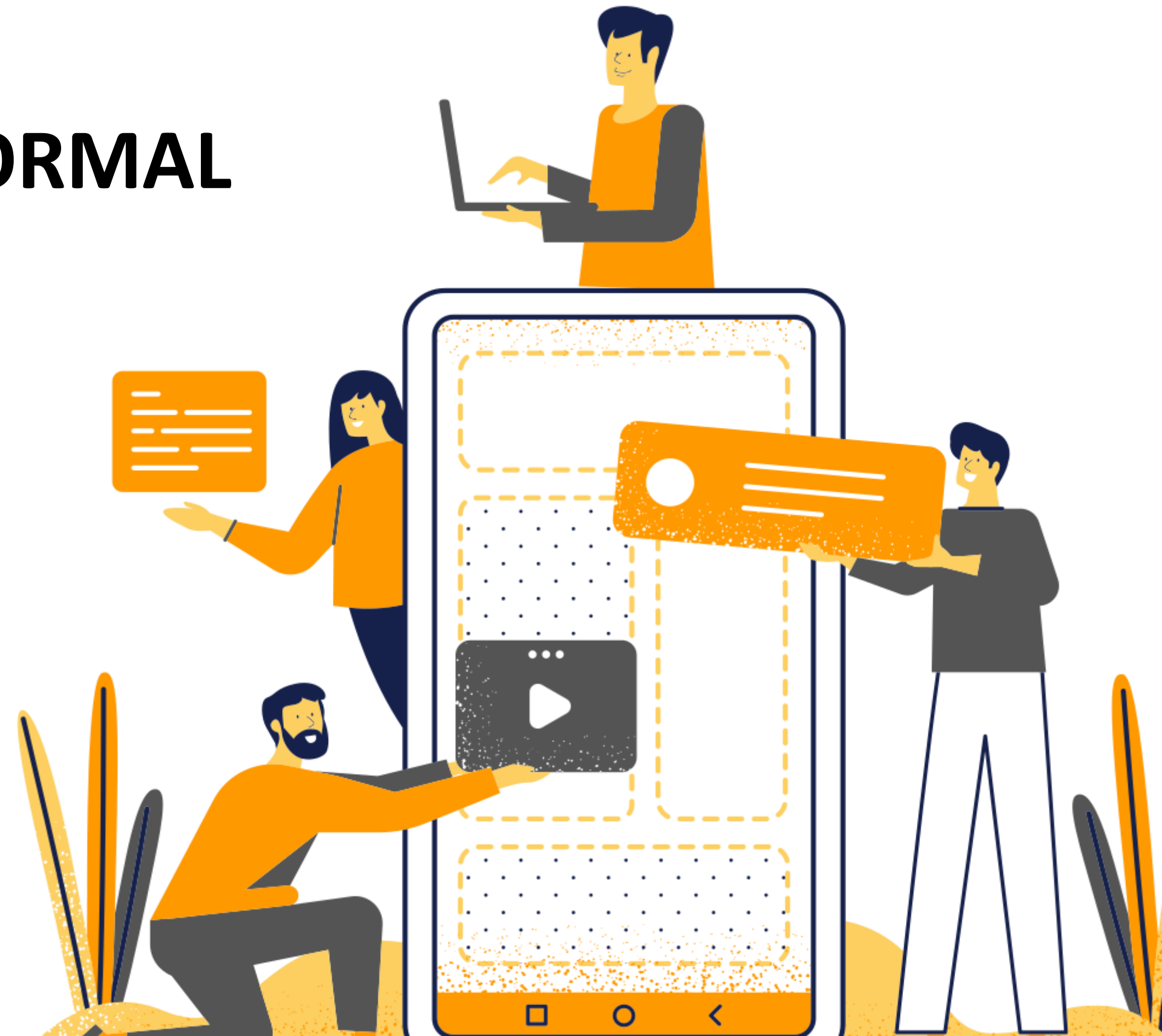
**providing multiple opportunities for  
research interaction**

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**developing electronic databases**

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**online presence in the social media**



# THE LIBRARY IN THE NEW NORMAL – A PARADIGM SHIFT





# Library's New Mandate

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As a central part of all students' journeys, libraries can play an important role in promoting student wellbeing.

As a service institution, libraries have the moral obligation to take care of the wellness of the students by preparing and creating a safe haven for them, while in school.



# WELLNESS

Physical Health



**VS**

# WELLBEING

Whole Person – Mind and  
Body





# THE LIBRARY AS A REFUGE

- Sanctuary
- Hideout
- A Safe Haven





## SAFE SPACE

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Libraries as safe spaces are supposed to be non-judgmental, inclusive, accommodating and most of all, kind.





## SAFE SPACE

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In the light of post COVID-19 quarantine scenario, with the students' post pandemic condition in mind, taking care of student wellness may be the most appropriate approach.



# THE UP COE EXPERIENCE: SWELL FACILITY







# THE STUDENT WELLNESS COMMITTEE STRUCTURE

College  
Administration

Policy direction

Faculty

Monitoring and  
mentoring

Alumni

Resource generation and  
mobilization

Library

Implementation and  
operationalization

Professional  
Groups

Counselling and therapy

# Institutionalization of a College Student Wellness (SWELL) Facility





# Identifying the SWELL Space





**Repurpose and  
reconfigure an existing  
area in the library**





# Wellness Activities

- Focused Group discussions
- Human Library Talks
- Workshops





# Private Counseling





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**Librarians as social  
workers?  
Why not?**



# Collaboration is Key to Sustainability





# ***LOOKING FORWARD:*** **A BIGGER SWELL FACILITY**





# FRAMEWORK FOR ADOPTION



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Assess target users

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Identify psycho social problems

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Observe signs

# SUMMARY







## **WE, AS LIBRARIANS, PROMOTE MENTAL HEALTH AWARENESS**

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Educating ourselves through research  
and training

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Dedicating a wellness facility or area  
in the Library.

# FUTURE RESEARCH AREAS

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How do library spaces impact on student wellbeing?

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How are the libraries' current wellbeing initiatives viewed by students?

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What are students' expectations of libraries in relation to wellbeing?

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Are there aspects of library services that impact negatively on student wellbeing?

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What types of support and training would students benefit from?

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What services and initiatives are having the biggest positive impact on wellbeing?

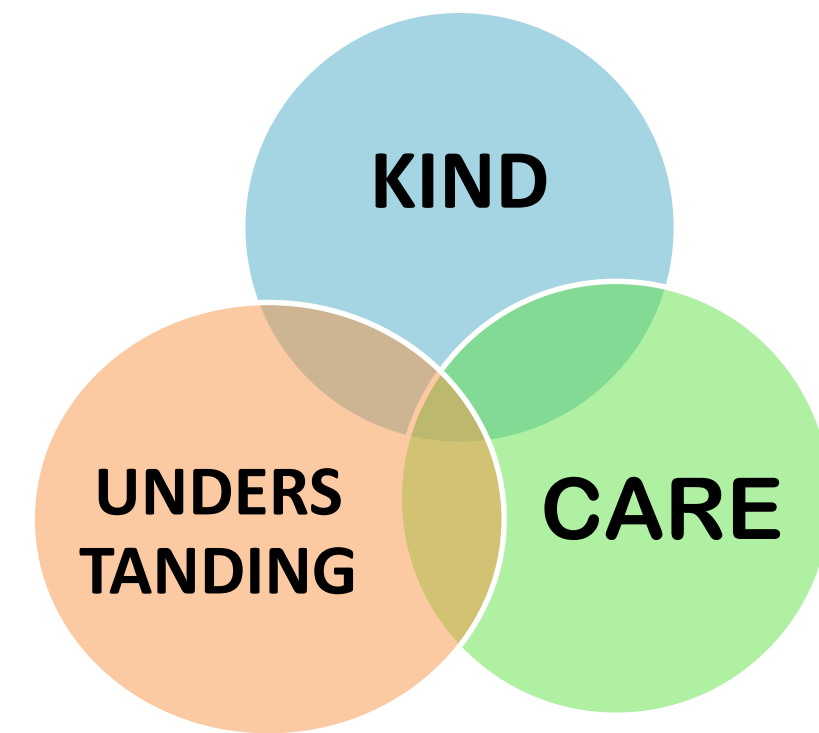
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What role/s are/could library staff play in student wellbeing?



"All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world."

-Fred Rogers



**CLARISSA**

**DANIEL**

**MELANIE**

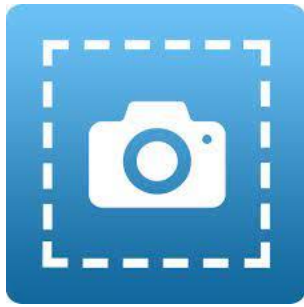


**A library is a place that is a repository of information and gives every citizen equal access to it...**

**...that includes health information. And mental health information. It's a community space. It's a place of safety, a haven from the world.**

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**Take a SCREENSHOT of this slide**

**Questions via email will be entertained**



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