



July 20, 2020

SUMMER READING DISCUSSION

Facilitated by the Nevada State Library, Planning and Development Team

Agenda

01

Anxiety -
Kids and
Coworkers

02

CSLP
Themes &
Slogans

03

SRP 2021
Planning

04

Instructional
Videos

05

Check-in

COVID19 and Anxiety/Uncertainty



Natural fears during challenging times

- Children
- Coworkers
- Self

COVID19 and Anxiety/Uncertainty

Helping Children

- Prolonged exposure to stressful experiences has the potential to negatively impact children's brain development in ways far greater than missing a few months of school.
- Develop consistent routines
- Start and end with a Virtual Story Time
Destressing Exercise
- Cut yourself some slack





COVID19 and Anxiety/Uncertainty

Helping Coworkers:

- Stress is caused by unexpected change and how we react to that change.
- Job stress is a condition wherein job - related factors interact with workers to change their psychological or physiological condition such that they are forced to deviate from normal functioning
- The 5 C's: Coffee, Cookies, Chocolate, Constitutionals, and Conversation

Resources

Tuesdays @ 10, September 10-Minute Wellness sessions

Helping students deal with going back to school and new models of learning

Lisa Keating, PhD, Clinical Psychologist, Sierra Psychological Associates, LLC

- NSLAPR Calendar: <https://nsla.nv.gov/home>
- Direct link: <https://us02web.zoom.us/j/917283646?pwd=UWNRKzRiUFRjUnJnK2lzcndNODZhdz09>
 - Password: library

Mental Health Awareness

- *Mental Health Awareness Blog:* <https://www.masslibsystem.org/blog/2020/05/11/may-is-mental-health-month/>
- *Caring for Ourselves in Unprecedented Times:* <https://vimeo.com/417281777>

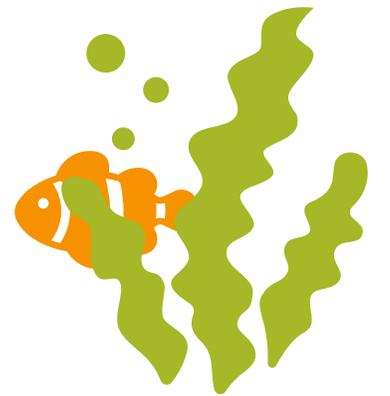
Statewide Resources, Websites, Phone Numbers

https://nsla.nv.gov/ld.php?content_id=56021212

- NEVADA 2-1-1
- MENTAL HEALTH AND COPING
 - Crisis Support Services of Nevada
 - Crisis Text Line
 - Disaster Distress Helpline
 - National Suicide Prevention Lifeline
 - Nevada Health Response
- NEVADA STATE EMPLOYEE ASSISTANCE PROGRAM
- DOMESTIC VIOLENCE
 - Crisis Support Services of Nevada
 - Suspected child abuse or neglect
- SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP), NEVADA MEDICAID, OR OTHER ASSISTANCE
- NEVADA UNEMPLOYMENT INSURANCE
- VETERAN RESOURCES

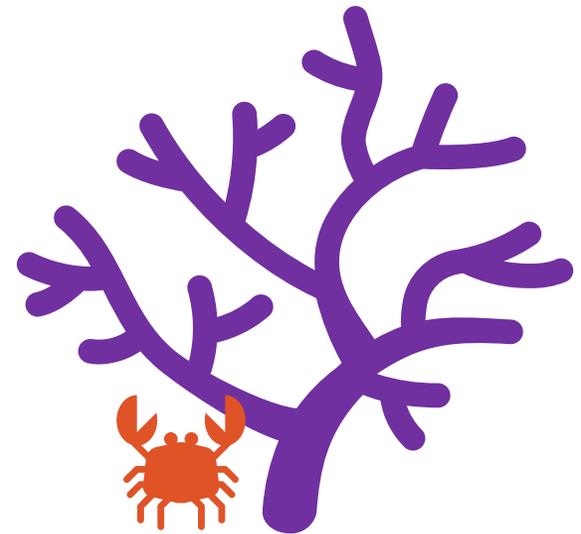
CSLP 2022 Oceanography Slogans

- 🌀 Look Beneath the Surface
- 🌀 Dive into Reading
- 🌀 Take a Book Voyage
- 🌀 Neptune's Library
- 🌀 Sea Tales



2022: Other States' Suggestions

- 🌀 Read for the Halibut
- 🌀 Kelp Yeah! Let's Read!
- 🌀 Reading with a Porpoise
- 🌀 The Library is One Shell of a Place!
- 🌀 Oh Say, Can You Seaweed
- 🌀 Something Fishy at the Library



2024 Themes



collaborative
summer library program™

- 🎨 Colors
- 👹 Monsters
- 👨🍳 Cooking
- 🦕 Archaeology
- 🦋 National Parks

Summer 2021

SRP Planning 2021

Tails and Tales



Discussion Prompts for Breakout Rooms



When?

Fall (Oct/Nov)

Winter (January)

Spring (March)



Virtual Format

1 Day

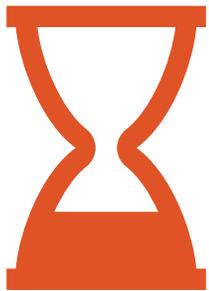
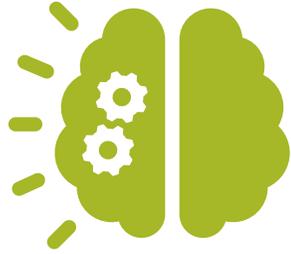
Multiple days



Sessions

Experts

Sharing



Tips for Instructional Videos

Joann Flick, Continuing Education Coordinator,
Montana State Library

- Audio and accessibility captions are the most important technical items. Our brains can deal with less than perfect images, but we are hardwired to tune out when we are not able to hear clearly what is being presented. Have you ever noticed when you watch TV and you can't understand a word or phrase, and you literally have to pause or rewind or you find your brain continuing to wonder and try to fill in that gap in understanding?
- Make what is seen (image and text) and what is heard always match exactly. This helps the brain imprint that information quicker. Our brains process audio, motion, images, and text in different places, so being consistent allows our brains to link up that information so it doesn't misinterpret the message or fixate on just part of the message.
- You can use music effectively if you have the capacity to edit it in and the skill to do it well. Music is processed in yet another part of the brain; it is very easy for the brain to be distracted by music, so don't use it unless you have time and a good sound mixer.
- An instructional video is a demo of a task that we want our learners to be able to replicate. These should be short - the shorter, the better - and focused on no more than 3 or 4 actions or concepts, all related.
- Example: How to Remove Nitrile Gloves, <https://vimeo.com/405269091>



CHECK-IN

Contact us:

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VIRTUAL COFFEE BREAK

