The UAB Libraries Newsletter, December 2015

**Special Event to Focus on Spirituality, Healing, and Medicine**

Join us on Thursday, Dec. 3, 2015 for a special lecture by Larry Dossey, MD. His talk, “Spirituality, Healing, and Modern Medicine: Present Developments and a Look to the Future,” will be held in Volker Hall, Lecture Room E, and is sponsored by the UAB School of Medicine Office of Diversity and Multicultural Affairs, Historical Collections of UAB Libraries, and the UAB School of Nursing. Find more details on our [events page](#).

Dr. Larry Dossey is a former physician of internal medicine, the former Chief of Staff of Medical City Dallas Hospital, and the former co-chairman of the Panel on Mind/Body Interventions, National Center for Complementary and Alternative Medicine, National Institutes of Health. He is the author of twelve books dealing with consciousness, spirituality, and healing, including the New York Times bestseller, *Healing Words: The Power of Prayer and the Practice of Medicine* and, most recently, *One Mind: How Our Mind Is Part of a Greater Consciousness and Why It Matters*. His books have been translated into thirty languages. He is the executive editor of the peer-reviewed journal, *EXPLORE: The Journal of Science and Healing*. Dr. Dossey lectures around the world.

**Toys for Fines at UAB Libraries Nov. 30-Dec. 16**

Donate a new toy to support UAB's 22nd Annual Holiday Toy Drive through Dec. 16 and have up to $20 in current or prior library fines waived. The drop-off locations are near the Lister Hill Library HUB desk and the Sterne Library Circulation desk.
Finish the Semester Strong at UAB Libraries

We know the end of the semester can be stressful! Take a study break to color at Sterne or pet a dog at Lister Hill during special events in December. Find your inner calm listening to music in the Sterne Browsing Area or with a cup of Zen tea at Lister Hill. Remember to bring your UAB OneCard for after-hours access at Sterne. Please always respect the quiet areas, denoted by signs posted in both libraries.

Sterne Library

- Take a break from studying and de-stress by coloring and creating art in the Browsing Area from Wednesday, Dec. 2 to Friday, Dec. 11.
- Share words of encouragement or advice using dry erase markers on the glass walls in the stairwell.
- Sign your art or words of advice with your Twitter handle, Blazer ID, or name for a chance to win certificates for fine forgiveness. Check Sterne's Twitter page for updates.
- Find quiet study space, or get earplugs from the Reference Desk to shut out noise.
- Find help with subjects, courses, and library resources by visiting the Sterne Library Guides.
- Bring your UAB OneCard for access to Sterne Library between 10:00 p.m. and 7:00 a.m. during extended 24/5 hours. Extended hours run for two weeks; the first is from Sunday, Nov. 29, 1:00 p.m. to Friday, Dec. 4, 7:00 p.m. and the second is from Sunday, Dec. 6, 1:00 p.m. to Friday, Dec. 11, 7:00 p.m.

Lister Hill Library
- Take a break from studying with Afternoon Tea from 12:30 to 2:30 p.m. on Wednesday, Dec. 2 and Wednesday, Dec. 9, and share words of encouragement on the Positive Post-it board.
- De-stress at a pet therapy study break with Hand in Paw therapy teams from 12:00 to 1:30 p.m. on Friday, Dec. 4 on the first floor.
- Find quiet study space on the second floor, or get earplugs from the HUB to shut out noise.
- Stop by the HUB or visit the Lister Hill Library website to reserve a group study room.
- Get 24/7 access to articles, databases, and ebooks with your Blazer ID & Password through the Lister Hill Library website.
- Cite your sources correctly with tips on using EndNote, APA, AMA, and more in the LHL Guides.

10 Tips for Studying & Taking Finals

The University Academic Success Center shared these tips with us on studying and taking exams. Find other resources on dealing with stress and preparing for tests on the UASC website.

1. Familiarize yourself with the exam. Find out how long it will be, where it will be, what kinds of questions will be on it, and determine if it will be a comprehensive exam.
2. Make a plan. Review all the work to be done and schedule time to do it.
3. Don't over schedule yourself. Leave some time for the unexpected and never skip a planned study session.
4. Review your notes. Outline your notes or put them into a format that works best for you (flashcards, summary sheets, mind maps). Focus on reviewing your notes instead of trying to re-read every chapter of the text.
5. Short, frequent study burst are usually best. Try 30 minutes at a time. Take a 5-10 minute break between each study session.
6. Make sure your study area is uncluttered and quiet.
7. Use time between classes to read or review class notes.
8. Avoid using technology while studying.
9. Stay well-rested. Sleep deprivation will affect your mood, energy level, and ability to focus, concentrate, and learn.
10. Relax and don’t panic if you don’t know an answer. Move on to the next question and return to the troublesome question later. Go for partial credit when you know you cannot get all the points.

Check Out the New Collaborative Study Room at Lister Hill

Did you know there is technology that lets you connect and share information in an online environment that is both convenient and secure? This technology is now available to UAB students, faculty, and staff in Lister Hill Library Group Study Room 149, thanks to funding* from the National Network of Libraries of Medicine! Incorporating collaborative equipment available from Via, users can now share their laptop and mobile device screens, save and transfer files, and connect with offsite colleagues using a UABSecure wireless or USB connection to the UAB network. Offsite users connect to the meeting through a Via app, freely available online or by scanning the QR code available on the monitor screen in Room 149. The system features common Office software capability and allows up to six shared screens at a time. Compare class notes, work on team projects, and prepare for those exams together in the beautifully renovated and technologically advanced LHL 149 – or just connect to the group meeting in that room wherever you are! Reserve this group study room at the Kiosk near the HUB or through the Lister Hill Library website. *This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. HHS-N-276-2011-00004-C with the University of Maryland Baltimore.

Renovations at Lister Hill Library

The Lister Hill Library renovation has begun. Phase 1 started Nov. 16 and is scheduled to be completed by the end of 2015. We will be creating a space on the library’s second floor for the reference staff to work and meet with students. The noisiest parts of the construction are scheduled for mornings while students are in class. Once the reference department is moved upstairs, the renovation of the entire first floor will begin. Plans include a new service desk, many more study rooms, and (thankfully) new carpet!

UAB Libraries Interlibrary Loan Holiday Schedules

Sterne Library Interlibrary Loan Holiday Schedule: Many libraries suspend
Interlibrary Loan (ILL) lending during the holidays making it difficult for us to fill patron requests. Because of this, the Sterne Library will suspend its ILL services between Dec. 12, 2015 and Jan. 4, 2016. During that time, new ILL requests will not be accepted but materials previously ordered may be picked up at the Reference Desk. Sterne Library ILL will resume normal operations on Tuesday, Jan. 5.

**Lister Hill Library Interlibrary Loan Holiday Schedule:** The Lister Hill Library will make every effort to fulfill all Interlibrary Loan and Document Delivery requests made between mid-December and early-January in a timely manner. However, because many libraries close or suspend ILL lending during this period for the holidays, there may be a delay in finding a library to fill your request. Depending on availability, we may need to hold some requests until early January when libraries re-open. ILL and Document Delivery requests will not be filled on Dec. 24, 25, 31, or Jan. 1.

**Fall and Holiday Hours at UAB Libraries**

UAB Libraries have some changes in hours during the remaining weeks of the fall term and over the holiday break. Visit the [Sterne Library](#) and [Lister Hill Library](#) websites to see the detailed schedules. Remember to bring your UAB OneCard to access Sterne during extended 24/5 hours between 10:00 p.m. and 7:00 a.m.