

# DIGITAL WELLNESS: STRATEGIES FOR SUPPORTING STUDENT WELL-BEING ONLINE

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## Why should academic librarians participate in digital wellness instruction?

### Promotes Metacognitive Thinking

Librarians already promote a metacognitive approach to engagement with information with teaching grounded in the *Framework for Information Literacy for Higher Education*. The topic of digital wellness, with its focus on mindfulness regarding the information consumed online and the devices used to access information, is compatible with the skills we're already teaching students.

### Contributes to Campus Student Success

Digital wellness instruction allows librarians to support student success and well-being, as well as provides a unique opportunity for collaboration with other student support units and organizations on campus that the library may not typically partner with.

## Potential Campus Collaborators

- health center
- counseling services
- tutoring center
- student organizations focused on health and wellness

Who are you collaborating with?  
Share your ideas at [bit.ly/2MRTZ7j](https://bit.ly/2MRTZ7j)

## Digital Wellness Workshop Materials [bit.ly/2YpJ0Yn](https://bit.ly/2YpJ0Yn)

Slides, Speaker Notes and Handouts

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