

Bringing wellness to the library

A cross-campus collaboration at San Francisco State University

Zia Davidian
Faith Rusk
Melanie Smith



About Us: Student Success & Engagement Team



Lizzy, 2020 – 23



Jamie, 2018 –



Faith, 2020 –



Julia, 2021 – 22



Melanie, 2022 –



Zia, 2022 –

SS&E Team Mission and Vision

Mission

We collaboratively and compassionately support all students through innovative instruction, creative outreach, quality research assistance, and flexible online learning

Vision

We consistently pursue an inclusive and open-minded approach to sustainable student support while championing growth and well-being of learners, our collaborators, and ourselves.

Health Promotion & Wellness (HPW)

Mission: To champion an environment that prioritizes the health and well-being of the campus community [so] every student can reach their full potential

Vision: A culture of health and wellness built on a commitment to equity and social justice

Purpose: To promote wellness and health on campus to foster student success

- Creating opportunities for students to learn and enact healthy behaviors
- Creating health equity on campus
- Shifting campus culture to champion health and wellness
- Empowering students to reach their full potential as healthy adults and leaders

Initial Connection & Collaboration

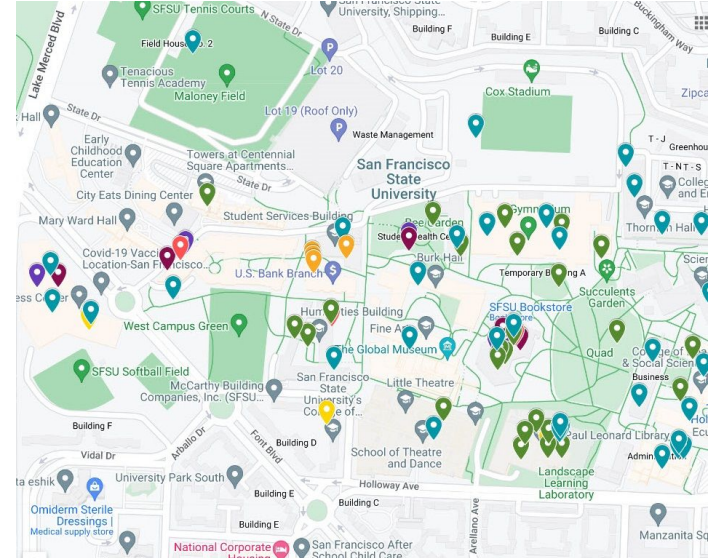
- Faith connected to HPW representative through campus FYE Committee
- Mutual requests to be involved with each other's finals programming to support students

Wellness Room → Wellness Weeks

- December 2021: Initial idea for a Wellness Room in the Library during finals. HPW was on board to support!
 - They provided lamps, yoga mats, informational handouts, granola bars
- May 2022 – forever: Details change, but our goals always align!
 - Evolution in quantity and type of snacks
 - No more yoga mats (to eliminate need for staffing and lengthen hours)
 - New coffee-and-tea station in main library
 - Site for HPW's Wags for Wellness visits (dogs in the library, finally!)

Menstrual Supplies

- Access Services would get requests for pads and tampons
 - Library is open later than many places
 - Requested to receive supplies and be added to the campus wellness map
- [HPW Wellness Map](#) guides students to resources on campus
 - Food pantries, lactation rooms, menstrual supplies, safer sex supplies, opioid overdose prevention, nap spots



Family Study Room

- Library lacked resources to support parenting students
- Inspired by conference talks
- Learned from HPW about relevant state/campus mandates
- Supported each other in the long journey to secure a space
- Launched in Spring 2025!
- More info: library.sfsu.edu/kids



Gabriel Carver / Golden Gate Xpress

Kid Kits

Backpacks full of age-appropriate toys, books, and coloring materials

- For ages 0 – 2 years, 3 – 6 years, and 6 – 10 years
- Listed in Library catalog for short-term checkout



Nicole Arakelian / Health Promotion & Wellness

Study Kits & Sensory Kits

Study Tools

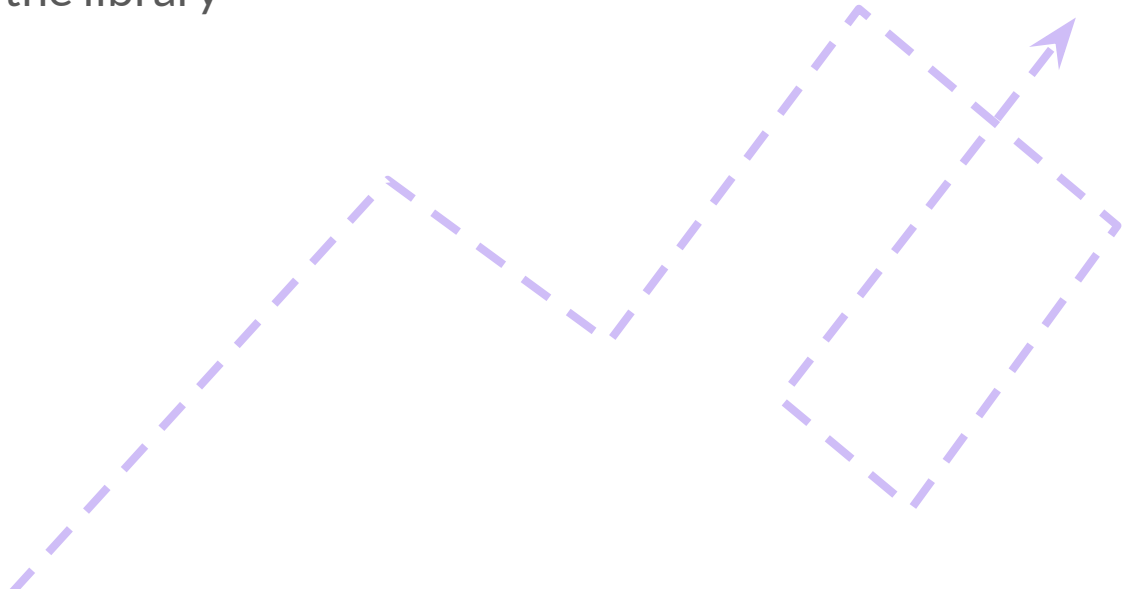
- Kit: Dry erase board with markers and eraser; index cards and sticky notes; magnets
- Lap desks

Sensory Equipment

- Kit: Noise-cancelling headphones and fidget toys
- Happy lamps
- White noise machines
- Weighted lap pad

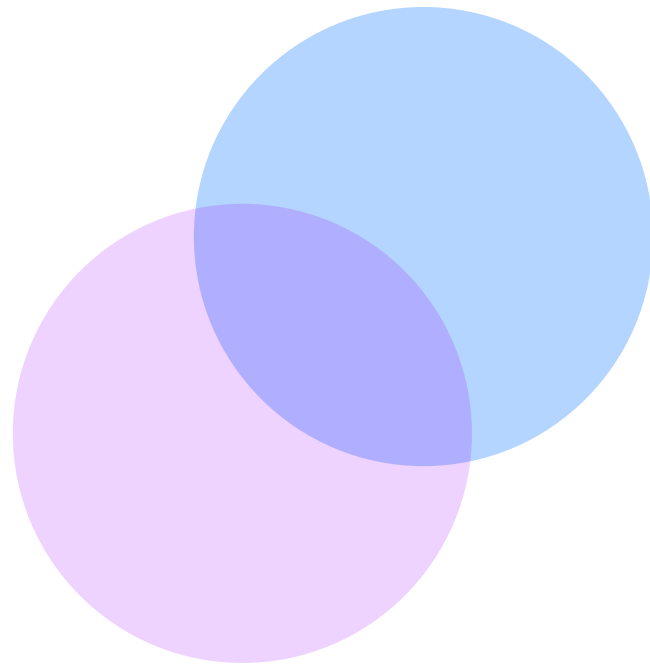
Future Possibilities

- Contributing to student lounge assessment and map
- Circulating more wellness and family items
- Adding a food pantry in the library



Recommendations

- Tap into your existing connections
- Keep an eye out for overlap in resources and missions



Conclusion

- As library workers, we are well situated for collaboration with many different campus partners!
- **Student success is everyone's job**

Thank you!

Email all of us: libsse@sfsu.edu

Slides: tinyurl.com/sfsubtaa