



Self-Love Tabling: A GSA outreach event



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Idea

It comes from a place of love! To celebrate loving yourself on a holiday that can feel lonely, we designed activities for anyone to enjoy! Ashra devised the initial concept for the outreach event in mid-December, receiving approval and beginning initial plans two months ahead.

Bingo

The Bingo sheet was one of the first ideas we generated in early January as a takeaway option. We filled the Self-Care Bingo with a mix of activities that could be fulfilled at home, on campus, or in the library. They were meant not merely to be done as tasks but to encourage an exploration of both campus and library services.

Self-Care Bingo

Check out a book at the library	Go on a walk	Make an appointment at the Counseling Center	Write down 5 things you like about yourself	Take an hour off of school to decompress
Visit a display in Special Collections	Write about your feelings	Create a drawing	Check out a movie or game at the Media Library	Take a nap
Take a long bath or shower	Listen to your favorite song(s)	TAKE CARE OF YOURSELF!	Write down what's happened today	Take a break from technology
Organize your desk	Take a walk around campus	Visit the Union meditation room	Check out the Help Yourself campaign	Clean out your school bag
Have a swing on one of the swinging benches	Check out a study pod for focus time	Check out music from the Music Library	Declutter one space	Get a good night's sleep

Preparation

We identified what we wanted for our event and spoke with our supervisor to learn how to obtain the materials in late January. We needed origami paper and also wanted candy to hand out. A purchase of candy heart boxes was made for all February outreach events, including ours. We printed our Bingo sheets and chose to table indoors to avoid dealing with inclement weather or wind. A post was written for the UNT Libraries social media.

Origami

We brainstormed and found instructions online for an origami rose and heart in late January. These selections were purposely made to be at two separate skill levels. We practiced the origami on our shifts, preparing extra for students to take with them if they didn't have the time to stay at the table and learn the craft themselves. We had roughly ten sets of each origami in different colors ready to hand out for the tabling event.



Tabling

We set up in Willis Library on the first floor with origami paper, a few extra origami crafted in advance, and a whiteboard, roughly 15 minutes beforehand on February 14.

Results

We had 23 people stop by the table between 12 and 2PM. We taught many of them how to make origami roses and hearts, and students wrote something they loved about the libraries on our whiteboard.

Takeaways:

- 1) Practice beforehand! Origami can be hard to teach to newcomers, especially if you are an amateur yourself.
- 2) Be sure to advertise everything at the table; people can't always tell what you've got.
- 3) Even small, simple events can bring a smile to someone's face and turn their day around!

