

# Adulting 101 for Undergraduate Students: Building Campus Partnerships in Support of Financial, Health, and Civic Literacy

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## Background

The Adulting 101 workshop series provides opportunities for students to develop information literacy skills outside of the classroom.

Goals of the program include:

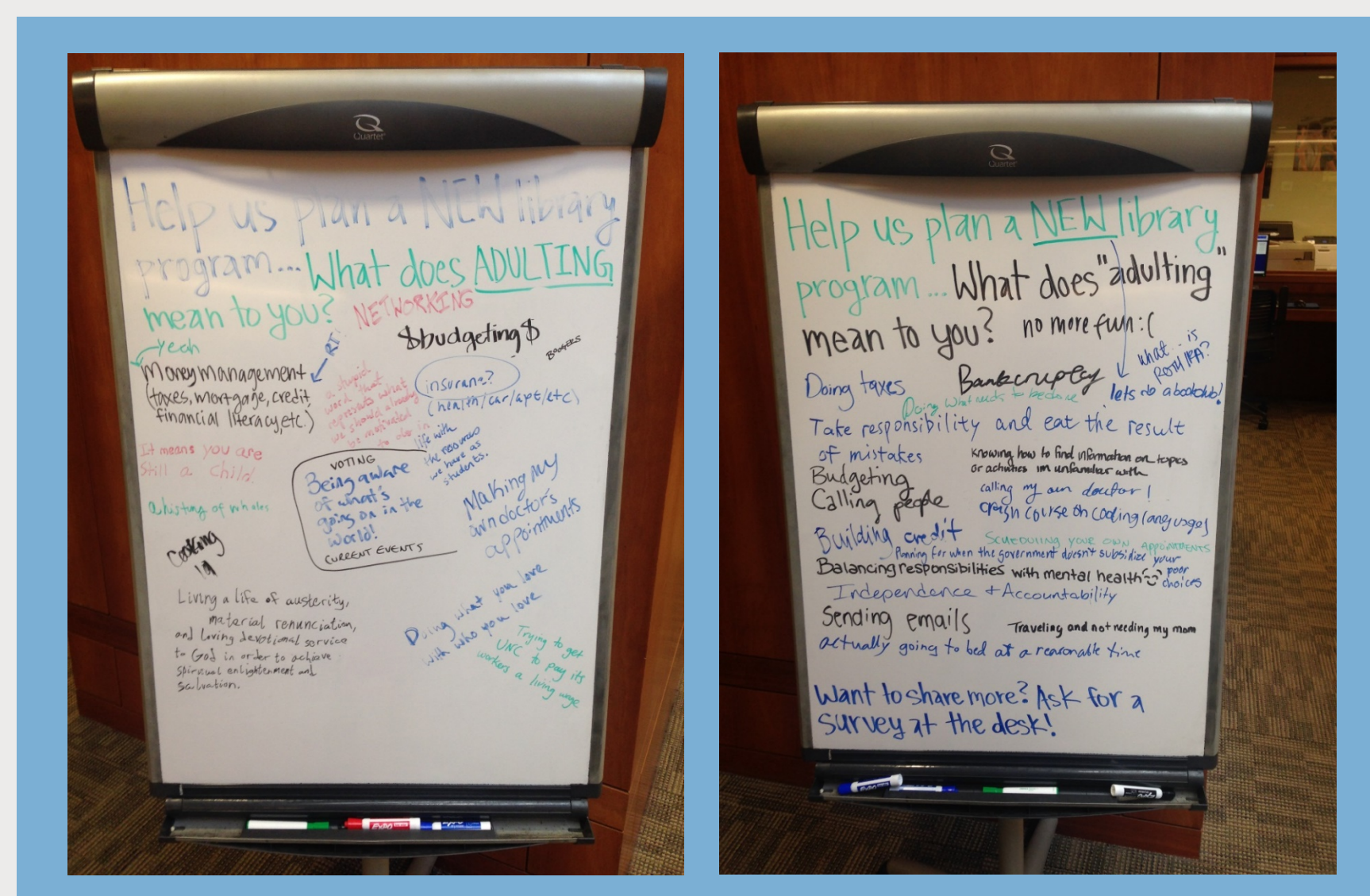
- Supporting the "whole student"
- Removing educational barriers for students
- Preparing students to participate in a democratic and increasingly global society

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HOUSE UNDERGRADUATE LIBRARY

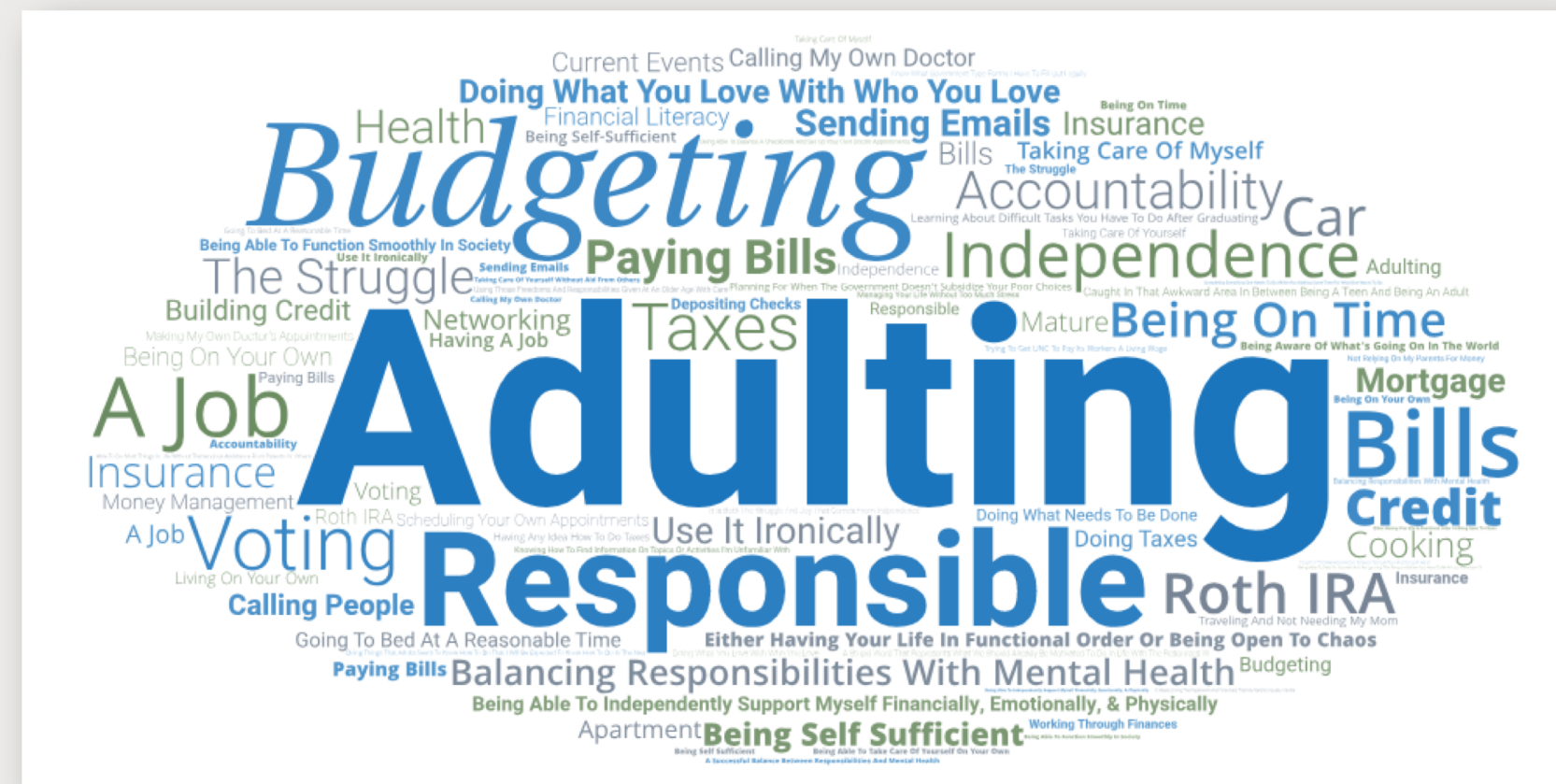
## Designing a Student-Centered Workshop Series

In Summer 2018, we asked more than 200 students about their interest in adulting. Responses were collected through:

1. Whiteboards in the Undergraduate Library



2. Surveys distributed online & in person at summer orientations



Students' responses emphasized the importance of financial literacy, civic engagement, and wellness.

## Developing Workshops with Campus Partners

### Health Literacy

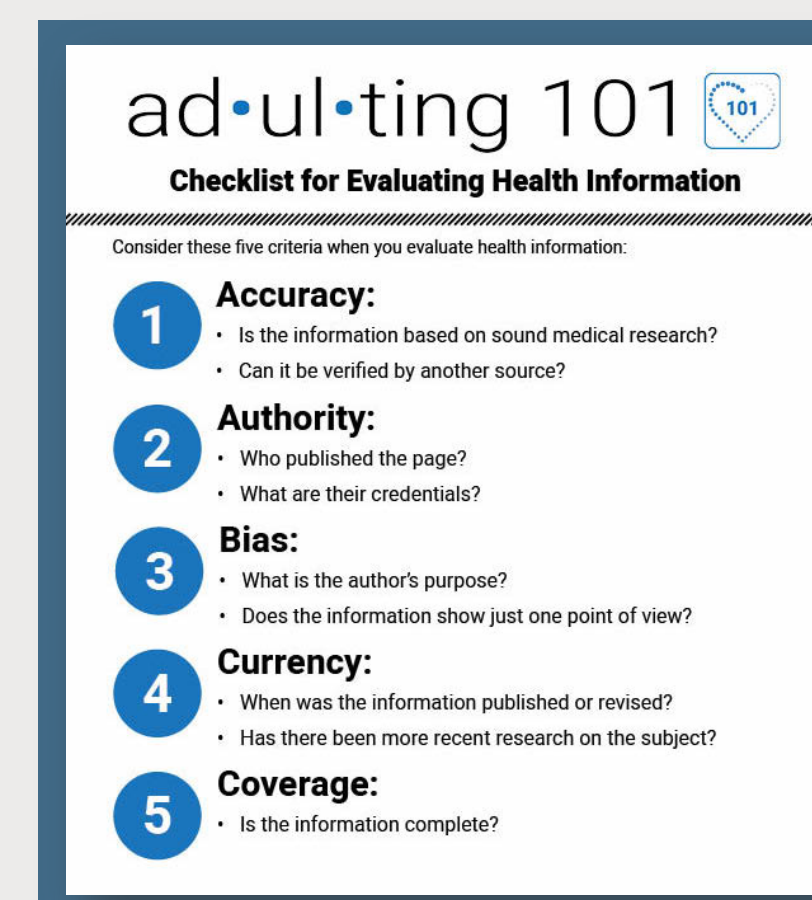
#### Workshops

Fall 2018

- Title: Is There a Doctor in the HOUSE?
- Topic: researching health online

Spring 2019

- Title: Self-Care for the Mind
- Topic: researching mental health topics



#### Partners

1. Health Sciences Library
2. Active Minds at Carolina (student organization)
3. Counseling & Psychological Services (CAPS)

### Financial Literacy

#### Workshops

Fall 2018

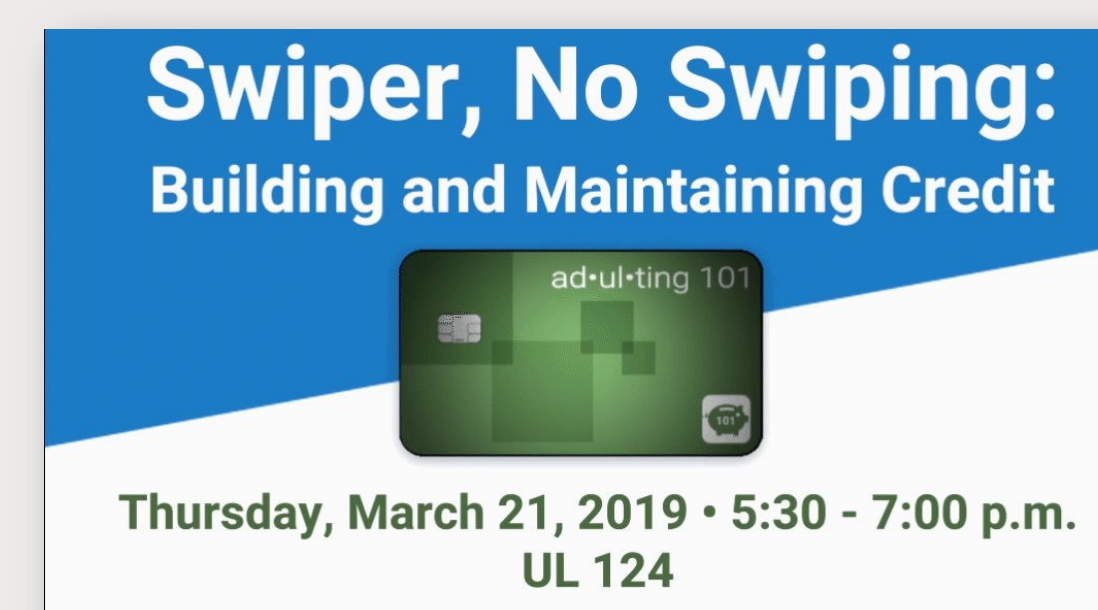
- Title: Ballin' on a Budget
- Topic: basic budgeting for college students

Spring 2019

- Title: Swiper, No Swiping!
- Topic: understanding credit reports and credit scores

#### Partners

1. The Carolina Covenant
2. Office of the Dean of Students
3. UNC Financial Literacy Consortium



### Civic Literacy

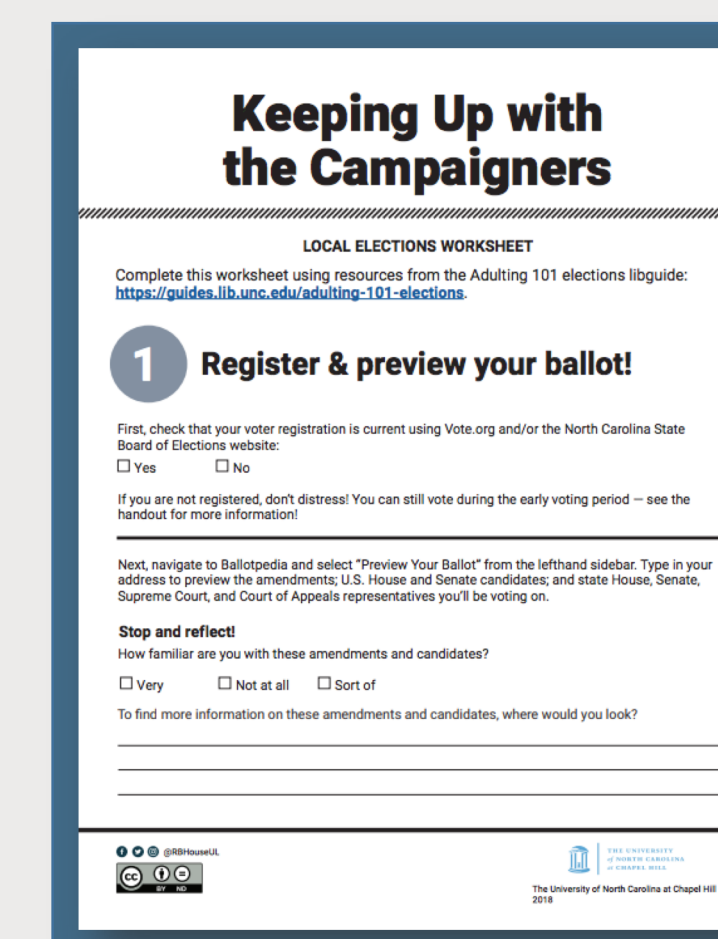
#### Workshops

Fall 2018

- Title: Keeping Up With the Campaigners
- Topic: voting in midterm elections

Spring 2019

- Title: Level Up Your LinkedIn
- Topic: job searching with LinkedIn



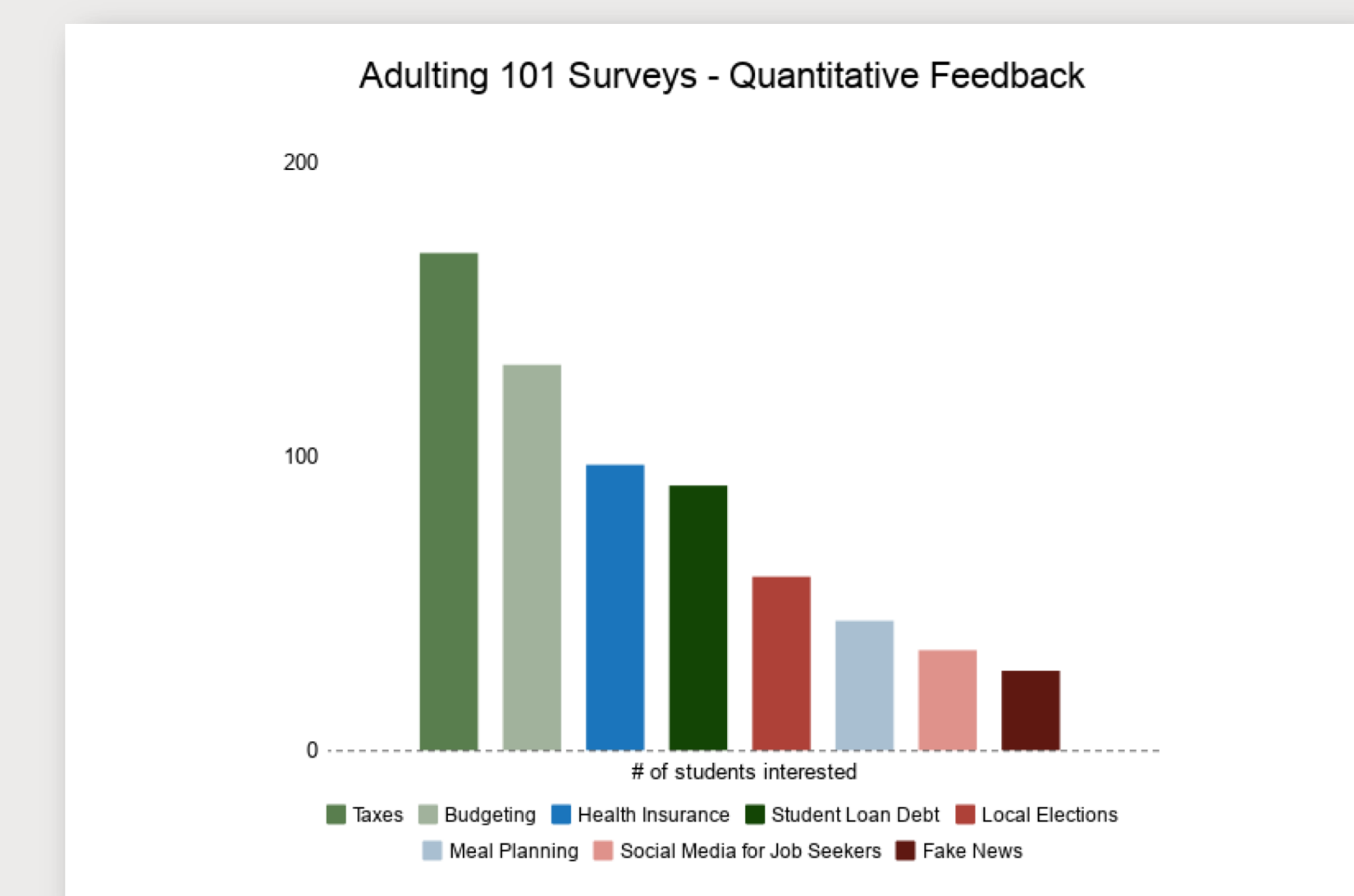
#### Partners

1. University Career Services
2. Institute of Politics (student organization)
3. Department of Political Science

## Program Outcomes and Lessons Learned

### Attendance

- ☐ More than 100 students attended six workshops:
- ☐ Health literacy – 33 participants
- ☐ Financial literacy – 35 participants
- ☐ Civic literacy – 41 participants



### Survey Results

- ☐ Students filled out a short survey at the end of each workshop.
- ☐ 100% of students said "yes" or "maybe" when asked if they would consider attending a future Adulting 101 workshop.

### Qualitative Feedback

Student responses emphasized information literacy skills and concepts and feeling more welcome in the library.

*"The Adulting 101 workshops address topics that otherwise would not be discussed. Very valuable series!"*

*"This was helpful information that I will use. I appreciate the lib guide resource too. It was fun and engaging. Very practical."*

*"I learned how to find sources that are credible and how to distinguish those from less trustworthy or biased sites."*

### Peer-to-Peer Learning

- ☐ Student employees from our campus partners taught the spring financial literacy workshop and served as teaching assistants for the spring civic literacy workshop.
- ☐ They have already requested to teach a workshop in the fall!



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## Acknowledgements

Thank you to Suchi Mohanty, Director of the Robert B. House Undergraduate Library, for investing in this program!

## For More Information

Visit the Adulting 101 webpage:  
<https://library.unc.edu/house/workshops/adulting-101/>  
Contact Cait Kennedy at [ckkenned@live.unc.edu](mailto:ckkenned@live.unc.edu).