



Innovation Project Application

Library: University of West Florida Libraries
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Name of Project: Pace Library Zen Zone

Project Amount requested:

Scope of the Project: \$4,780

The aim of the research study is to determine how students at a mid-sized university engage with a variety of tools designed to promote stress reduction and mindfulness within an academic library. The pilot research will take place in the library's "Zen Zone" - a space located inside the University of West Florida's John C. Pace Library that is dedicated to focused attention, meditation, and complementary stress management resources throughout the academic year. This station will include Muse Meditation headsets, Samsung Gear VR with phone, noise canceling headphones, coloring pages and pencils, aromatherapy oils, and iPads loaded with meditative sound applications. All of these resources provide students the chance to try a variety of different tools to help them learn about metacognition along with the positive effects of taking a mental break from study.

The methodology of this study employs a mixed methods, usability analysis so that the researchers and library may make an evidence based decision regarding the perceived value of the Zen Zone (Nicholson, 2004). Usability will be measured using a survey method design where participants will take a pre and post survey based on their experience with a meditative tool. The study will be moderated in-person so that the researchers can control the study environment in the event the student encounters an issue while using the meditation tool. Data collection will primarily occur through a survey designed to capture the students' level of engagement with meditative tools as well as the students' perception of their stress when utilizing these tools. Pre and post electronic surveys will be administered in-person before and after the student uses a meditation tool. Survey questions include a mix of multiple choice questions and Likert scale questions. The survey is intended to measure the change in level of stress after practicing a mindfulness activity, if the activity affects the level of engagement a student may have with mindfulness, the interest the student may have in a "Zen Zone", and where the student would like to practice meditation activities. Anecdotal observations will also be recorded by the primary investigators.

Our goal is to conduct this research with a minimum of seventy participants. These participants may vary in gender, age, academic major, and academic year. Our participants will include students, staff, and faculty from the University of West Florida Pensacola campus.

What need in the library/community will this project address?

At the University of West Florida, using data from the American College Health Association - 2016-2017 National College Health Assessment, it was determined that nearly 60% of our students had experienced "overwhelming anxiety" at some time during that twelve-month period. We felt this was a large amount of the UWF student population and would like to create a library space where students can engage in a mental break away from their academic studies. The pilot research will take place in the library's "Zen Zone" - a space located inside the University of West Florida's John C. Pace Library that houses a variety of resources geared towards focused-attention meditation and relaxation. This station will include an additional Muse Meditation headset (one is already provided by UWF Libraries), Samsung Gear VR, noise canceling headphones, coloring pages and pencils, aromatherapy oils, and iPads loaded with meditative sound applications. As a high-traffic location with over 485,000

visits in FY2016, the space has the potential to have a significant impact within the university (Dugan, 2016).

The purpose of the research is to determine student interest in mindfulness tools within the library by providing an experiential space to learn about the mind-body connection, optimize learning, and lessen stress. Research studies have examined exactly how anxiety and stress can impact academic performance, showing that elevations in corticosteroid levels (hormones released during times of stress) can impair declarative memory, concentration, and learning. High levels of stress can also make it more difficult for students to concentrate and comprehend information (Paul, Elam, & Verhulst, 2007). Research has also demonstrated that meditation has the potential to enhance brain attention and the speed in which the brain processes information (Jha, Krompinger, & Baie, 2007; Slagter et al, 2007). It also has the ability to enhance one's problem-solving ability (Raingruber & Robinson, 2007). Our goal in offering meditation tools within the library is to assist students in stress reduction while preparing them for the mental stamina needed during the academic year.

Resources required:

We would request funds for purchasing the following items: 1 Muse Meditation Headband, 2 pairs of Philips NC1 Noise Canceling Headphones, 3 Samsung Gear VR with controllers, 3 Samsung Galaxy S8 Unlocked Phones, 2 iPad minis, 20 packages of coloring pages and 1 packages of 10-pk coloring pencils, 10 sets of Plant Therapy Essential Oils and 2 packages of 100-ct Absorbent Fragrant Perfume Test Paper.

Muse Meditation Headband - **\$275.00 including shipping**

Sound canceling headphones - Philips NC1 Noise Cancelling Headphones 40-mm drivers losed-back includes shipping- **2 pair: \$450.00**

Virtual reality goggles/gaming -

Samsung Gear VR with controller: \$130 x 3 = **\$390**

Samsung Galaxy S8+ 64GB Unlocked Phone - 6.2" Screen - International Version (Midnight Black): \$750 x 3 = **\$2250**

iPad mini 4 loaded with meditation/sound therapy includes shipping- \$400.00 (**= \$1000**)

Coloring pages & pencils - \$7 each for pages book; \$10 each for pencils (20 coloring pages = \$140, \$100 for pencils includes shipping = **total \$240**)

Aromatherapy station - Plant Therapy Essential Oils for lavender, peppermint, lemon scent for mental clarity - \$13.00 each (**10 total including shipping = \$150**)

Absorbent Fragrant Perfume Test Paper 2 x \$8.50 = \$17 plus shipping = (**\$25**)

Estimated Total Amount: \$4,780

Activities/Timeline (include estimated completion date):

Spring 2018 thru Winter 2018:

January - Receive technology and begin research study within Zen Zone

January through May - Conduct qualitative and quantitative research during Spring semester

May through July - Analyse data collected
August through December - Continue data collection and analysis

How will the library sustain this project?

The library may seek alternative sources of funding to update our technology if needed. After the initial data collection phase for the pilot program, the library will continue to periodically collect data to assess student satisfaction and engagement with the tools.

Library Director's signature: 

Date: 2017 October 4

Signature of agent, office, or board to whom the Director reports

Date: 10/5/2017

DocuSigned by:

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For PLAN use only:

Approved

Not Approved

PLAN Executive Director

References:

American College Health Association. American College Health Association-National College Health Assessment II: University of West Florida Executive Summary Spring 2017. Hanover, MD: American College Health Association; 2017

Dugan, Robert. (2016). FY 2016 annual report of the University of West Florida Libraries. Retrieved from <http://libguides.uwf.edu/c.php?g=215171&p=1420530>

Jha, A., Krompinger, J., & Baie, M.J. (2007) Mindfulness training modifies subsystems of attention. *Cognitive, Affective, & Behavioral Neuroscience*, 7, 109-119.

Nicholson, S. (2004). A conceptual framework for the holistic measurement and cumulative evaluation of library services. *Proceedings of the Association for Information Science and Technology*, 41(1), 496-506.

Paul, G., Elam, B., & Verhulst, S. J. (2007). A longitudinal study of students' perceptions of using deep breathing meditation to reduce testing stresses. *Teaching and Learning in Medicine*, 19(3), 287-292.

Raingruber, B., & Robinson, C. (2007). The effectiveness of tai chi, yoga, meditation, and reiki healing sessions in promoting health and enhancing problem solving abilities of registered nurses. *Issues in Mental Health Nursing*, 28 (10), 1141-1155.

Slagter, H.A., Lutz, A., Greischar, L.L., Francis, A.D., Nieuwenhuis, S., Davis, J. M., Davidson, R. J. (2007). Mental training affects distribution of limited brain resources. *PLoS Biology*, 5(6), 1228-1235.