Review of *Student Wellness and Academic Libraries: Case Studies and Activities for Promoting Health and Success*

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Abstract: Review of Holder, S. & Lannon, A. (Eds.). (2020). *Student wellness and academic libraries: Case studies and activities for promoting health and success.* Association of College and Research Libraries.

Student Wellness and Academic Libraries is a collection of fourteen case studies from various academic libraries in both the U.S. and Canada highlighting the multitude of ways these institutions are promoting and fostering student wellness and wellbeing. Edited by Sara Holder and Amber Lannon, this volume provides an overview of the current state of student-focused wellness initiatives in modern academic libraries.

As outlined in the introduction written by the editors, the definition of wellness has expanded to a more comprehensive, holistic view. Previously associated with only physical health, the definition of wellness has expanded to include mental health, emotional wellbeing, and more. Understanding this shift is key as every chapter and case study in this volume approaches student wellness from a variety of angles. As colleges and universities work towards meeting the needs of their students, these efforts extend to other parts of campus such as academic libraries. With this growing trend, academic libraries are also bolstering their services to help meet the demand for student wellness support.

Many of the chapters within the book exemplify the comprehensive definition of student wellness. While some chapters do touch on common or familiar student wellness programming found in libraries, there are others that branch out to explore other dimensions of wellness or wellbeing. Two good examples of this are found in chapters four and eight. In chapter four, the author outlines how their library provided LGBTQ+ 101 programming for staff on foundational topics. In addition to training, the library also implemented the #IllGoWithYou program to support trans and gender-nonconforming library users. Trained staff volunteers are available to accompany library users by request to the restroom as a support in case they encounter any gender-based questioning or harassment. The library is providing a service that directly supports the wellbeing of trans or gender-nonconforming students, while also addressing issues of inclusion via staff education and training. The other example in chapter eight provides a case study for the creation of a respite/meditation room to improve library

accessibility. While open to any student, this initiative focused on supporting those living with a

disability. The author connects the creation of the space with supporting wellness and fostering a more

welcoming and inclusive physical environment for all.

    Student Wellness and Academic Libraries is a good mixture of introduction to the topic of

student-centered wellness and practical case studies perfect for librarians and LIS practitioners. The

diversity of case studies curated by the editors in this title is one of its strengths. The book does some

tread familiar territory with what many expect when they hear a phrase like "student wellness" by

covering topics such as health education programming and therapy pets events. The case studies that

go beyond and connect back to a holistic definition of wellness positively add to the work as a whole.

By covering the myriad of ways that academic libraries can serve students to help ensure their well-

being positions this book a key resource on the topic. A volume like this is well suited for collections

supporting professional development for staff or even graduate level LIS programs.