



BETH

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Wellbeing Collection

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New College students are in the middle of the exam crunch and the library is full of frantic faces. In order to help alleviate some of the stress the students are feeling, the EdHelp team, led by Margaret Redpath, Viktoria Nolte, Xiaowei Jie, and Agnieszka Robertson, have set up a Wellbeing Collection in the Library. Here, students can find



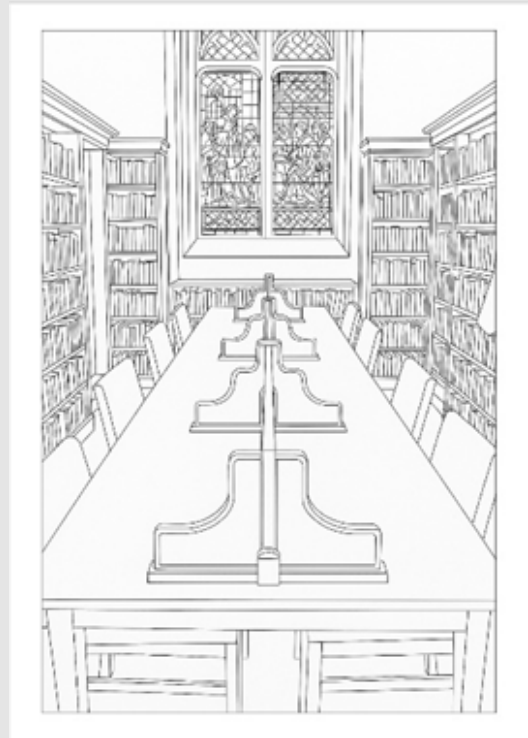
[Image 1] Wellbeing Collection at New College Library (Photo credit: Margaret Redpath)

QR codes for nature sounds and classical music, links to audiobooks, and information about the Student Wellbeing services the University offers. It is a great way to encourage students to take breaks and not let the stress of exams and final assessments affect their mental health. The students have been appreciative of the EdHelp team's efforts and have made use of the resources they have provided.

My contribution to the collection was some colouring sheets created from images of New College and the Library. The images were taken from familiar sights around the school and provide the students a creative outlet during the exam period. The colouring sheets were made using a combination of Adobe Photoshop and an online image generator. Our plan is to use the sheets in future engagement events, as they offer a great way for people of all ages to connect with our collections.



[Image 2] Stained-glass Window in New College Library Hall (Photo credit: Paul Dodds)



[Image 3] Inside New College Library Hall (Photo credit: Margaret Redpath)



[Image 4] New College Library Hall ceiling (Photo credit: Margaret Redpath)



[Image 5] New College Quad (Photo credit: Sam Ingram-Sills)