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

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.

“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!

For More Information
Visit the Adulting 101 webpage: https://library.unc.edu/house/workshops/adulting-101/
Contact Cait Kennedy at ckkenned@live.unc.edu.

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