Coping with Technostress

Workshop Report

Thanks to a $500 InULA Professional Development Grant and contributions from the Indiana Chapter of ASIS, the IUPUI Library Faculty was able to host a half-day workshop on March 27, 1998 in Indianapolis at the University Library Auditorium entitled *"Coping with Technostress: How to Stay Sane in Interesting Times."*

Participants included roughly equal numbers of librarians and library support staff, with a few library P.A.s and information scientists mixed in. The primary reason cited by participants as to why they chose to attend the workshop was that they found the topic interesting; the fact that the workshop was free was also a major factor for many people.

The presenter was Dan Jackson, a Certified Training Consultant with St. Vincent Stress Centers of Indianapolis. Using videos, handouts, small group discussions, and an interactive style, Mr. Jackson covered a variety of topics, including:

- ☐ different "technotypes"
- ☐ understanding stress
- ☐ the individual's adjustment to stress
- ☐ general stress management
- ☐ administrative adjustments
- ☐ dealing with patrons

18 people returned evaluations and rated the different aspects of the workshop as follows:

- ☐ overall quality: 10 excellent, 7 good, 1 fair
- ☐ quality of the presenter: 11 excellent, 7 good
- ☐ quality of the facilities: 11 excellent, 7 good
- ☐ quality of the training materials: 6 excellent, 11 good, 1 fair

The majority of respondents indicated that the most valuable part of the program to them was learning different coping skills and strategies, as well as conflict resolution techniques. A few respondents indicated that the small group brainstorming was the least valuable part of the program to them.

A copy of the videotape and accompanying handout material is available for loan. Contact the InULA Board for more information.

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