LIBRARY HOLIDAY HOURS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>June 24</td>
<td>June 25</td>
<td>June 26</td>
<td>June 27</td>
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<td>July 1</td>
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<td>July 3</td>
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<td>July 8</td>
<td>July 9</td>
<td>July 10</td>
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<td>July 15</td>
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<td>July 18</td>
<td>July 19</td>
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TAFE CARDS

Your students need a TAFEcard to access Library services. Students can obtain their TAFEcard at:
- Student Services, Block B
- The Library, Ground Floor, S Block

STUDENT TAFE LOGINS/PASSWORDS

Remind students that they need their TAFE username and password to access computers, internet, email and some Library databases. If they have any problems, they can see Library staff for assistance.

FIND eJOURNALS

Want to know if the library holds a particular journal?

Then use the Full Text Finder link to identify which journal titles are indexed by our databases. You will find a link to the Full Text Finder from the A-Z list under F.

https://huntertafe.libguides.com/az.php?a=f
ASK US SERVICES
To access any of the services listed below, please go to the Ask Us page found at: https://huntertafe.libanswers.com/
- Ask a Librarian online support tool
- Hold Request for reserving a library item currently on loan
- Inter-Library Loan Request for requesting a library item from another TAFE NSW Library
- Pin Request to view your library record online on the TAFE Library Catalogue.

LIBRARY BLOG
Keep an eye on the Hunter Libraries’ blog for posts on new and updated library services and resources across the Hunter Libraries.
Find out about our new online videos and our recently published LibGuides. You can even comment on the posts and give us some valuable feedback.
The blog address is: https://huntertafe.libguides.com/blog

BOOK FOCUS - Stress Management
Check out these books on stress management. Topics covered include mindfulness, depression and brain training.

The happiness plan: a one-month mindfulness guide to reduce stress, improve wellbeing and transform your life. Elise Bialylew. 158.1/BIAL

Personal stress management: from surviving to thriving. Dianne R. Hales. 155.9042/HALE

21 ways to a happier depression: a creative guide to getting unstuck from anxiety, setbacks, and stress. Seth Swirsky. 616.8527/SWIR

The worry-free mind: train your brain, calm the stress spin cycle, and discover a happier, more productive you. Carol J. Kershaw. 155.9042/KERS

EXERCISE
Walking for 30 minutes has the same calming effect as a mild tranquilizer.

LISTEN TO MUSIC
Music with around 60 beats per minute can cause the brain to synchronize with the beat, generating alpha brainwaves.

LAUGHING
A hearty laugh relieves physical tension and stress, leaving muscles relaxed for up to 45 minutes.

READING FOR PLEASURE
Reading lets you reduce your stress by 68%.
Subject of the Month – Marketing

Each month we focus on a subject area studied at Newcastle Library. This month the subject area is Marketing. We have an extensive collection of Marketing resources in the library covering many aspects including consumer behaviour, marketing using social media and marketing theory and practice.

BOOKS

eBOOKS

WEBSITES

Australian Marketing Institute
https://ami.org.au/
Flying Solo: Micro Business Community
Market Research World
http://www.marketresearchworld.net/

ONLINE DATABASE & JOURNALS

Online Journals available from database
Business Source Complete
TAFE username and password login.
USE CHROME TO ACCESS
Full text and peer-reviewed articles covering marketing, management, MIS, POM, accounting, finance and economics.
Journal of Marketing
Marketing Insights
Psychology & marketing
Journal of Marketing Research

LIBGUIDE

Guides direct students to relevant online databases and online sources of information, as well as books and DVD’s that are available for loan.

Newcastle Library
Opening Hours
Monday – Thursday 8:00am – 7pm
Friday 8:00am – 5pm
Information Desk
02 49237725
02 49237728

If you would like to be notified via email as new issues become available, please contact Carolyn Harding on x53718 or email carolyn.harding@tafensw.edu.au