

# DENTISTRY LIBRARY NEWSLETTER

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## Wellness Resources - Make time to take care of yourself!



Find yourself stressed out? Feeling overwhelmed? Did you know that as a member of the University of Toronto community there are many resources available which can help you relieve stresses and regain control of your daily life? The Dentistry Library has created two resources that highlight wellness activities and services at UofT and the surrounding community:

- \* [A new webpage](#) listing some of the many wellness activities and services available at the University of Toronto and beyond. If you know of a wellness service or activity at the University of Toronto that we have missed, please let us know.
- \* A new 'Spotlight on Wellness' physical information display located in front our Service Desk. The display will be updated regularly and will feature different factors that impact stress and wellness.

**You can improve your personal wellness by working on certain skills for just a few minutes per day.** Our first spotlight section introduces simple exercises, short and easy to practice both at school and at home. The information on display consists of short meditations, the importance of breaks during the day, and instructions for using progressive muscle relaxation with the meditations provided. The display also provides students with other options for de-stressing and relaxing, such as leisure reading, meditative colouring and yoga. Future topics include: sleep, nutrition, mindfulness and self-care.

Taking care of yourself doesn't require a total lifestyle change. You can take things one step at a time, be consistent, and soon you'll notice differences in your physical and emotional health.

Special thanks to Lindsay Nix, Student Library Assistant, for being instrumental to this project by bringing her past rich work experience as a counsellor! Also, thanks to Dr. Rayman, Director, Student Life, Faculty of Dentistry, and our student wellness officer (Diana Liu) for their input and support!

## Maximizing the impacts of your research

As scholars, you are all motivated by the thought that your research will have a positive impact on your field of expertise. As such, we believe most of you will be very curious to find the answers for the following questions:

- \* How can you demonstrate the influence of your publications?
- \* How do you compare to others in the same discipline at other institutions nationally and globally?
- \* How collaborative are you? How can you identify potential collaborators?
- \* What are the emerging and declining topics in your Research Area?
- \* Which funding agencies are most likely to support your research?

If you share any of these thoughts, we have a [website we created for you](#) that demonstrates how you can use tools and resources available at UofT to measure your research impact, and most importantly to increase your research impact!

## New in databases

### OVID MEDLINE

You may have noticed that the UofT OVID interface has changed. Now you can access an all in one version of MEDLINE via the first link on the OVID databases screen.



.N.B.: If you are re-running a review completed in previous years, you can still select the specific MEDLINE version in the systematic review methods.

## Course Textbooks and Syllabus Service

Did you know that the UofT Libraries provide some services especially for course directors? Below is a brief summary about how you can select the service that best applies to you:

- \* Contact the Dentistry Library staff directly
  - \* **Want to reserve a textbook for a course:** we will place the textbook on reserve or order it if we do not own it. We can also help you to add textbook information on your list in your course within BlackBoard. To ensure a textbook is available for September, please contact us preferably before June or as soon as possible.
  - \* **Have a reading list of articles, book chapters, and other resources, want to link them to the library resources:** we will show you or help you creating a permanent link to our resources.
- \* Contact the Scholarly Communications and Copyright Office for the Syllabus Service
 

**Already have a reading list as part of my syllabus and want to upload PDFs for articles or book chapters in BlackBoard:** Contact the Scholarly Communications and Copyright Office for the Syllabus Service, so that they can check if all of the PDFs you have posted, or are planning to post, on BlackBoard comply with Copyright Law. Please note that the deadline for September 2017 courses is July 14, 2017. Read more on the process to submit your syllabus and their services on their [website](#).

## Upcoming Events



### 150th anniversary of the Ontario Dental Association

The Dentistry Library has created an [online](#) and physical exhibit dedicated to the nine men who were present at the first ODA meeting on January 3-5, 1867, marking the beginning of the profession's organization in Canada. The creation of the ODA gave rise to the first dental Act in North America, an Act Respecting Dentistry, which legislated the profession and allowed for the creation of our school in 1875. Read more about the key events and stakeholders of the ODA inception, visit their [website](#). We would like to extend our gratitude to Dr. Anne Dale, Curator Emerita, UofT for her help with the exhibit.

### 125th anniversary of the University of Toronto Libraries

2017 marks the 125th anniversary of the University of Toronto Libraries. A major event commemorating this milestone will be announced soon and will be taking place in the fall. Look out for details on our website. Stay tuned for celebration activities throughout the year.



### 120th anniversary of the Dentistry Library



Coincidentally, 2017 also marks the 120th anniversary of the Dentistry Library. In 1897, the Royal College of Dental Surgeons (as the school was known when first established) recognized a need for a textbook library supporting the curriculum of dentistry students. Thus, the RCDS board members approved a motion to create a library and to have an appointed librarian and museum curator to ensure that curriculum needs were reflected in the collection. Stay tuned for an event celebrating the establishment of the library later in the year, as well as an online and physical exhibit commemorating the first librarians of the RCDS.

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Missed the library orientation? [Check out our online videos!](#)

