Resources for Teens and Caretakers

Educational & entertainment options to try out during Shelter in Place

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Getting to know Henry County Library System Digital Resources and other tech knowledge

When you visit http://henrylibraries.org/ if you look to the right, you’ll see a green tab.

Upon opening this tab, you’ll find a variety of lessons. Some are focused on library resources, others are general tech tutorials. You can choose to explore what you find most helpful, at your own pace.
Getting to know Henry County Library System Digital Resources and other tech knowledge

To see our full selection of online resources, select E-Books & More in the main menu-bar, and then All Online Resources from the drop-down menu.

You’ll see, there’s a lot to explore there! Over the next few slides we’ll cover which ones will likely be of most help for teens.
Some resources will require usernames or passwords. The green tab labeled “Resource Tutorials” or the link to “learn to use” (pictured to the right) will help break down signing in and creating your own usernames and passwords.

If a resource asks for one of the following however, here’s what you need!

**GALE Password:** peach

**GALILEO Password:** Call 678.432.5353. *Because this password changes, you need to contact the library with your card information to get the current password.*

**Library card number:** the number located next to your card’s barcode

**Library PIN:** In Henry County, we default the PIN to be the 4 digit birth year of the library card owner. *For example: If my birthday is 1/15/1989, then my PIN would be 1989.*
Some additional free options, outside of the library

Talk with families in a similar situation. Reach out on digital community boards (such as on Facebook or NextDoor). Share what’s working for you, and see what’s working for them.

Communicate with teachers and other school staff. Keep in mind that communication might be slow, given the changes and volume of people they are dealing with. Remain politely persistent though, they want student success too!

**Learning Express Library** includes practice and tutorials for many subjects. Subjects offered for High School pictured here. Plus, there’s also test prep for the ACT, SAT, ASVAB, and various tests related to careers such as CDL and military.

**GALE** has great reference resources, including textbooks, encyclopedia and news articles, and more.
GALILEO has more resources than it would be possible to cover here. To start with, it would likely be easiest to explore the resources by topic. Alternatively, if you use the search function, narrow your results to the most helpful. Be sure you’re looking for things that are “Full Text”, written recently (or during the time-period being studied), and then decide if you would like to browse ebooks, academic journals, news articles, etc.
Looking ahead at careers

Chilton Library Interested in becoming a car mechanic? In addition to car repair info, you can find ASE Technician Test Preparation quizzes here.

Entrepreneurial Mindset Course Considering starting your own business? This collection of lessons goes over the basics to get you started.

Some additional free options, outside of the library


Personal recommendation from Molly:
While it’s obvious our economy is going through another major shift, this is an amazing resource with information provided by the U.S. Government Bureau of Labor and Statistics. You can look up careers you have an interest in, and learn about what to expect on the job, what sort of pay people make in that field, and the kind of education required. Plus, you can discover other related jobs, and learn keywords that will make looking up additional information related to your career goals all the easier.
Looking ahead at careers

Continued

Learning Express Library tools to prepare for a variety of career exams, plus assistance with putting together cover letters, resumes, and even figuring out what sort of career you might be interested in pursuing.
Learning a Foreign Language

Mango Languages is a language learning program with many languages and targeted lessons.

Hoopla has ebooks & eaudiobooks on language learning, plus, you might be able to find some comics or downloadable titles in your target language to practice with.

Some additional free options, outside of the library

Duolingo

Personal recommendation from Molly:
Fluent Forever by Gabriel Wyner is available on Hoopla and provides some amazing insights on how to learn language as an older student. Taking advantage about what we know, concerning neuroscience and learning, it provides tips for learning, not just language, but any subject that grabs your interest and requires a long stretch of memorization.
Try a New Hobby

ArtistWorks includes beginner lessons for a variety of instruments and drawing too.

We have so many options where you can download ebooks and emagazines. Many of these include how-to guides or information about different hobbies.

Some additional free options, outside of the library

Many hobbyists are excited to share their knowledge with newcomers. Look for blogs and videos where they cover the basics. As always with looking up online information, check the reliability of the source. For example, with bloggers and video creators, are they respected by others in that field? Does the information they provide match up with what other trusted sources say?

Personal note from Molly:

Don’t worry about if you aren’t good at something new.

To use video/RP games as a metaphor, every time you practice, you earn real-life experience points. Eventually, that EXP will lead to you “leveling up,” even if it feels like you’ve fallen short many times before. Some people level up faster than others; you can’t control what starting stats you have, but you can control how much time and effort you spend earning EXP.

Plus, the enjoyment of something can be completely separate from the skill you have at it. Like dancing but look silly? Who’s really going to see you right now? Will being a bad at something you enjoy have a terrible outcome on an important part of your life? Probably not.
Each resource works a little differently, and hosts different titles. Don’t fret over which one is best. Just take some time to explore different ones every so often. We’re sure you can find something of interest on each one!
Entertainment magazines
a small preview...
Entertainment

books :: comics & manga

a small preview...

Henry County Library System
Entertainment

film & music

Over....

10,000 film titles

2,000 television titles

33,000 music albums
Entertainment

Hoopla has strategy guides for various video game titles, and books with trivia quizzes and rules for games to play at home.

RBDigital has some game related magazine titles too!

Some additional free options, outside of the library

There are OODLES of free games you can find the directions for online. If you don’t have enough, or the right size, dice there are even free online dice-rollers!

You can use dice and a deck of cards as the base for many games.

If you want to get truly wild, look up some at-home Minute-to-Win-It games.

Finished watching Stranger Things or caught up on Critical Role and interested in trying out playing Dungeons & Dragons for yourself? Wizards of the Coast offers a free PDF of the basic rules for beginner players and ways to find online players, if you can’t convince everyone in the house to make an adventuring party together.
general tips during this time

for teens and caretakers

- Everyone is under an unusual amount of stress currently. If your caretaker is short/grumpy/cranky, or something else comes up to set off your emotions, take a deep breath, and try to stay patient. Sometimes communication will happen better when everyone takes an opportunity to cool down.

- Communicate, respectfully, with your caregivers. If something feels unfair, do your best to explain why you feel that way. Sometimes caregivers don’t have the whole picture. There maybe urgent times they don’t have the ability to take the time for explanations, so do your best to “read the situation” and present your thoughts when you both can share freely.

- Everyone needs a different balance of family time, friend time, and alone time. If a caregiver, sibling, or someone else in the house asks for some digital friends-only time, or alone-time, don’t interrupt it unless it’s a real emergency. Communicate, kindly, when you need this time yourself. Regularly, and wholeheartedly, participate in family-time.

- There is a LOT of brain development happening during this time, on top of hormonal changes, and as a special dose, all the tumult the world’s current situation has brought on. Teens’ emotions are heightened, and they’re still learning how to handle them. Remember, even if a reaction seems overblown to you, it is an expression of how big it really feels to your teen. Take a deep breath and try to stay patient. Sometimes communication will happen better when everyone takes an opportunity to cool down.

- See if explaining the why or how of a rule, chore, or request, might help your teen understand the importance of cooperating with it. In return, listen respectfully, if your teen has their own concerns.

- Everyone needs a different balance of family time, friend time, and alone time. If your teen asks for some digital friends-only time, or alone time, don’t interrupt it. Communicate, kindly, when you need this time yourself. Regularly, and wholeheartedly, participate in your own friend-time and alone-time too for your own well-being.
general tips during this time

for both teens and caretakers

● With all the stress, try to strike a balance between self-sacrifice, self-care, and self-indulgence. Everyone, (teens, kids, seniors, adults, caregivers, etc.) needs to find ways to ...
  ○ relax,
  ○ maintain social connections while keeping physical distance,
  ○ sleep well,
  ○ eat good portions of nutritionally balanced foods,
  ○ maintain healthy hygiene,
  ○ get reasonable exercise,
  ○ stay mentally active,
  ○ and, in general, stay as healthy as possible, physically & mentally.

● No one will be able to do it all, everyday. Work together to set up a routine. It may take adjustments to strike the right balance, depending on the day.

● The most frustrating thing currently is that the answer to so many questions about big, important things we all were looking forward to, or planning, or still trying to plan, is simply, “We don’t know.” It’s okay to take time to be frustrated about that. It’s also important to know many people are trying to figure things out along with you. Hopefully, by working hard together, taking our time, and thinking creatively, we all can find new ways to achieve our plans and goals.