


1

## Land Acknowledgment




*The NNLM PSR at UCLA Biomedical Library  
acknowledges our presence on the  
traditional, ancestral, and unceded  
territory of the  
Gabrielino/Tongva communities.*




2

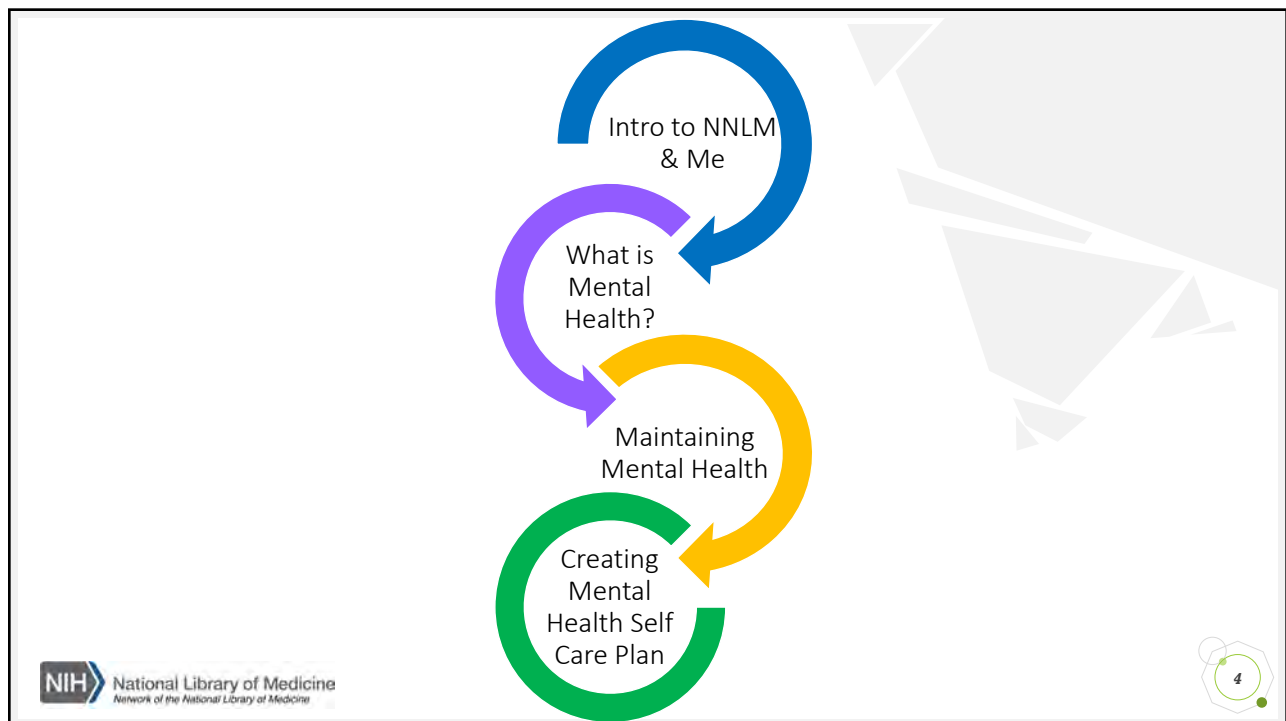


## Today we will:

- 
**Identify**  
 mental health resources from the National Library of Medicine
- 
**Discover**  
 mental health resources specific to the Pacific Southwest Region
- 
**Apply**  
 strategies to help build and sustain positive mental health



3



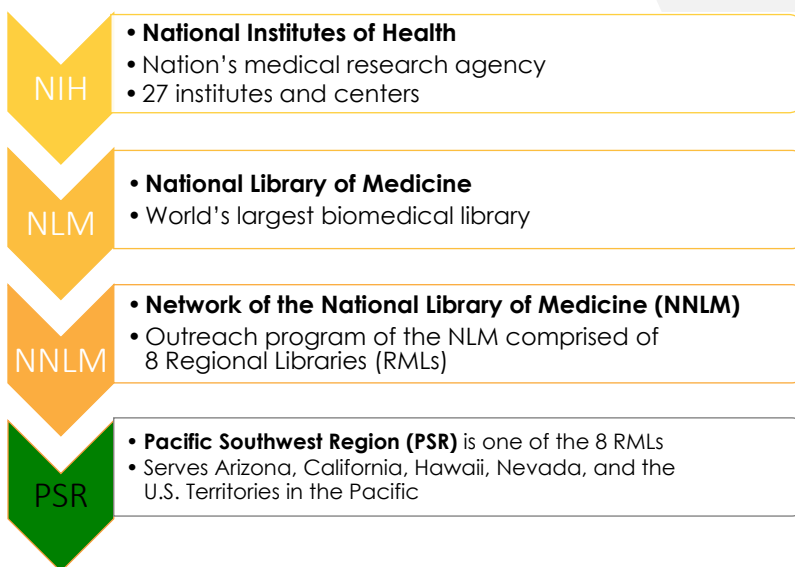
4

## A little about me



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## So many acronyms!



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Network of the National Library of Medicine – visit us at [nmlm.gov](http://nmlm.gov)



**NIH** National Library of Medicine  
Network of the National Library of Medicine



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## How do I sign up?

**Tweets by @NNLMPSR**

**NNLM PSR**  
@NNLMPSR

Want access to the latest #COVID19 research information? The new @NIH COVID-19 website is your best resource for research news, funding opportunities, and open #ClinicalTrials. [covid19.nih.gov](https://covid19.nih.gov)

Discover NIH's new COVID-19 website. The source for the latest funding opportunities and research news. [covid19.nih.gov](https://covid19.nih.gov)

Embed View on Twitter

Check out the latest issue of *NIH News in Health*, the monthly newsletter bringing you practical health news and tips based on the latest NIH research.

In this issue, read about reducing stress, sepsis, postpartum depression, smell and taste problems, combating COVID-19, and more!

**NIH News in Health**

**Stay Informed**

- Read *Latitudes* newsletter
- Join the [PSR News](#) announcement list
- Like us on [Facebook](#)
- Follow us on [Twitter](#)
- Watch our [YouTube](#) videos

**Quick Links**

- [Events Calendar](#)
- [Funding Guide](#)
- [Members Directory](#)
- [Informational & Print Materials](#)
- [Emergency Response & Response](#)
- [Midday at the Desk](#)
- [NNLM Technical Bulletin #](#)
- [PSR Reading Club Kit](#)

**NNLM User Accounts**

NNLM accounts are necessary to register for classes and edit Member Organizations.

**Create an Account**

**Partners**  
A Collaborative Network for the Public Health Workforce

**DOCLINE**  
Library of Congress



**NIH** National Library of Medicine  
Network of the National Library of Medicine



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# When you hear mental health



What comes to mind?



9

# When you hear mental health

What comes to mind?



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## No Matter What Age or Stage...



Photo credit: Samantha Hurley



Photo credit: Nicole De Krom

Good health information helps all of us live healthy & happy lives!



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## Searching for information online...

Is like trying to drink water from a firehose



Photo by Michael Jeffrey on Unsplash



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## Defining & Understanding Mental Health

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### WHO defines...

- The World Health Organization (WHO) states “mental health is an integral and essential component of health. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.
- Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.



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## WHO recommends...



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## WHO says mental health is?



- Mental health is more than the absence of mental disorders.
- Mental health is an integral part of health; indeed, there is no health without mental health.
- Mental health is determined by a range of socioeconomic, biological and environmental factors.
- Cost-effective public health and intersectoral strategies and interventions exist to promote, protect and restore mental health.

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## Manifestation

“Multiple social, psychological, and biological factors determine the level of mental health of a person at any point of time. Poor mental health is also associated with rapid social change, stressful work conditions, gender discrimination, social exclusion, unhealthy lifestyle, physical ill-health and human rights violations.”

– [World Health Organization \(WHO\)](#)



## Many factors

“Striking disparities exist in the prevalence and outcomes of mental illnesses within the United States and worldwide. Individuals from underserved communities frequently experience reduced access to evidence-based mental health services and lower levels of treatment engagement, and they receive fewer follow-ups in a variety of provider settings.”

– [National Institute of Mental Health \(NIMH\)](#)

## National Institute of Mental Health (NIMH)



- [National Institute of Mental Health \(NIMH\) – Mental Health Minute: Depression](#)
- [National Institute of Mental Health \(NIMH\) Image Library](#)
- [National Institute of Mental Health \(NIMH\) Managing Stress and Anxiety Livestream](#)

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## You Are Not Alone



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## How to talk about mental health...Asking for a friend...

- Remember to use person first language! Instead of saying an alcoholic, a schizophrenic, or a transgender, use – a person with Alcohol Use Disorder (AUD), a person with schizophrenia, or a transgender person.
- Only refer to someone's mental illness when it is relevant
- Many terms carry sociocultural baggage and stigmas. By being cognizant and proactive about this, you can help people feel empowered beyond their illness.

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MedlinePlus

22

## MedlinePlus.gov



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## More About MedlinePlus



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## Three Major Guidelines

1. Quality, authority, and accuracy of health content
2. Primary purpose is educational and not to sell a product or service.  
Most content is available at no charge.
3. Web pages must be reliable and regularly maintained.

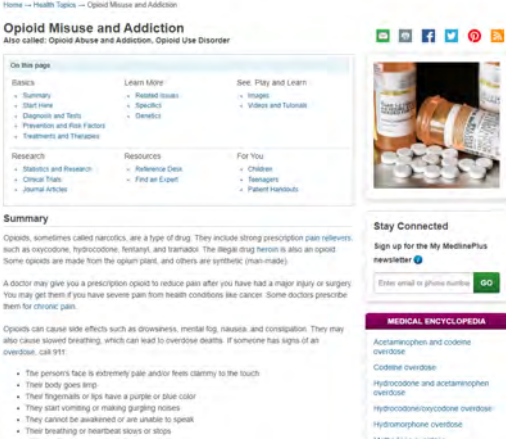
25

## What's new in MedlinePlus

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• COVID-19 (Coronavirus Disease 2019)</li> <li>• Caregiver Health</li> <li>• Cleaning, Disinfecting, and Sanitizing</li> <li>• Healthy Recipes</li> </ul> | <ul style="list-style-type: none"> <li>• How to Improve Mental Health</li> <li>• Older Adult Mental Health</li> <li>• Telehealth</li> <li>• Vaccine Safety</li> </ul> |
|--|---|

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## Health topics



Home → Health Topics → Opioid Misuse and Addiction

### Opioid Misuse and Addiction

Also called: Opioid Abuse and Addiction, Opioid Use Disorder

**On this page**

- Basics**
  - Summary
  - Start Here
  - Diagnosis and Tests
  - Prevention and Risk Factors
  - Treatments and Therapies
- Learn More**
  - Related topics
  - Specifics
  - Genetics
- See, Play and Learn**
  - Images
  - Videos and Tutorials
- Research**
  - Statistics and Research
  - Clinical Trials
  - Journal Articles
- Resources**
  - Reference Desk
  - Find an Expert
- For You**
  - Children
  - Teenagers
  - Patient Handouts

**Summary**

Opioids, sometimes called narcotics, are a type of drug. They include strong prescription pain relievers, such as oxycodone, hydrocodone, fentanyl, and tramadol. The illegal drug heroin is also an opioid. Some opioids are made from the opium plant, and others are synthetic (man-made).

A doctor may give you a prescription opioid to reduce pain after you have had a major injury or surgery. You may get them if you have severe pain from health conditions like cancer. Some doctors prescribe them for chronic pain.

Opioids can cause side effects such as drowsiness, mental fog, nausea, and constipation. They may also cause slowed breathing, which can lead to overdose deaths. If someone has signs of an overdose, call 911.

- The person's face is extremely pale and/or feels clammy to the touch
- Their body goes limp
- Their fingernails or lips have a purple or blue color
- They start vomiting or making gurgling noises
- They cannot be awakened or are unable to speak
- Their breathing or heartbeat slows or stops

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**MEDICAL ENCYCLOPEDIA**

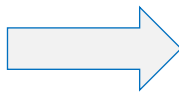
- Acetaminophen and codeine overdose
- Codeine overdose
- Hydrocodone and acetaminophen overdose
- Hydrocodone/oxycodone overdose
- Hydroxycarbonyl overdose

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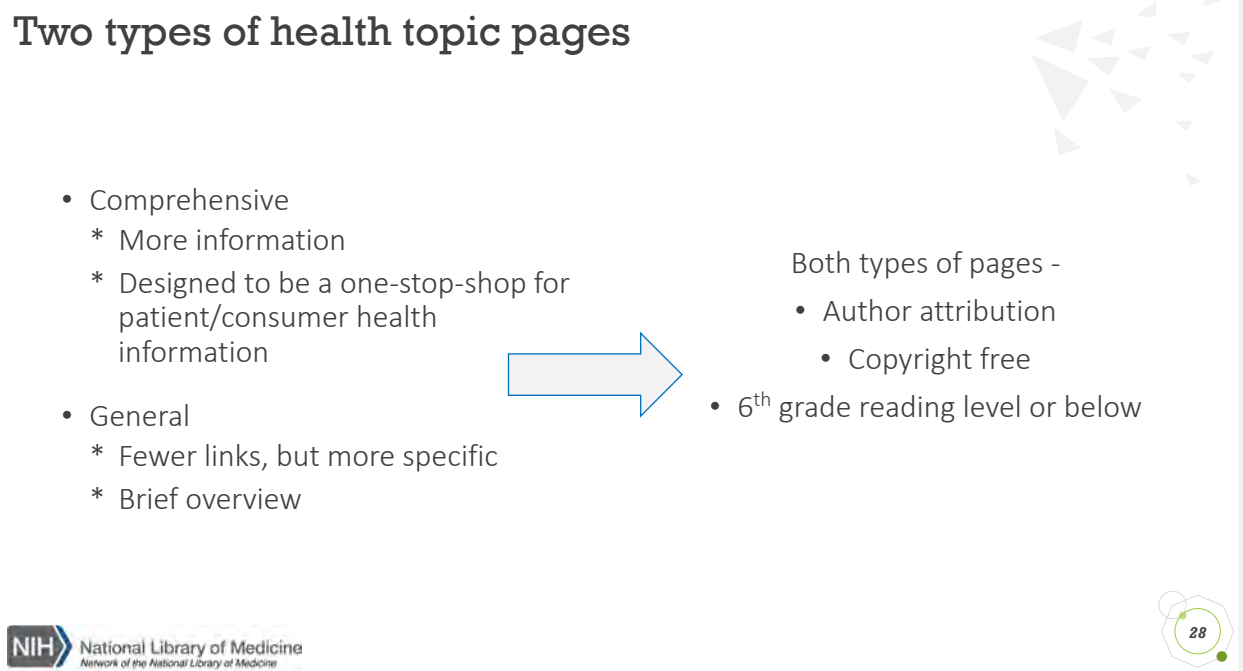
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## Two types of health topic pages

- Comprehensive
  - \* More information
  - \* Designed to be a one-stop-shop for patient/consumer health information
- General
  - \* Fewer links, but more specific
  - \* Brief overview



- Both types of pages -
- Author attribution
  - Copyright free
  - 6<sup>th</sup> grade reading level or below



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Network of the National Library of Medicine

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## Comprehensive Health topic – Breast Cancer

Home → Health Topics → Breast Cancer

### Breast Cancer

On this page

<b>Basics</b> <ul style="list-style-type: none"> <li>Summary</li> <li>Start Here</li> <li>Diagnosis and Tests</li> <li>Prevention and Risk Factors</li> <li>Treatments and Therapies</li> </ul>	<b>Learn More</b> <ul style="list-style-type: none"> <li>Living With</li> <li>Related Issues</li> <li>Specifics</li> <li>Genetics</li> </ul>	<b>See, Play and Learn</b> <ul style="list-style-type: none"> <li>Videos and Tutorials</li> </ul>
<b>Research</b> <ul style="list-style-type: none"> <li>Statistics and Research</li> <li>Clinical Trials</li> <li>Journal Articles</li> </ul>	<b>Resources</b> <ul style="list-style-type: none"> <li>Reference Desk</li> <li>Find an Expert</li> </ul>	<b>For You</b> <ul style="list-style-type: none"> <li>Children</li> <li>Teenagers</li> <li>Men</li> <li>Older Adults</li> <li>Patient Handouts</li> </ul>

**Summary**

Breast cancer affects one in eight women during their lives. No one knows why some women get breast cancer, but there are many risk factors. Risks that you cannot change include:

- Age - the risk rises as you get older
- Genes - two genes, BRCA1 and BRCA2, greatly increase the risk. Women who have family members with breast or ovarian cancer may wish to be tested for the genes.
- Personal factors - beginning periods before age 12 or going through menopause after age 55

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MEDICAL ENCYCLOPEDIA

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## Research Information from MedlinePlus

### Breast Cancer

On this page

<b>Basics</b> <ul style="list-style-type: none"> <li>Summary</li> <li>Start Here</li> <li>Diagnosis and Tests</li> <li>Prevention and Risk Factors</li> <li>Treatments and Therapies</li> </ul>	<b>Learn More</b> <ul style="list-style-type: none"> <li>Living With</li> <li>Related Issues</li> <li>Specifics</li> <li>Genetics</li> </ul>	<b>See, Play and Learn</b> <ul style="list-style-type: none"> <li>Videos and Tutorials</li> </ul>
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## Health topics takeaways

Health Topics pages are:

- Updated regularly
- Attributed authors
- Authoritative links
- Easy to read summaries

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## Mental Health Definition - MedlinePlus

**Mental Health**

On this page

Basics

- Summary
- Start here
- Diagnosis and Tests

Learn More

- Related issues
- Specifics

See, Play and Learn

- No links available

Research

- Statistics and Research
- Clinical Trials
- Journal Articles

Resources

- Find an Expert

For You

- Children
- Teenagers
- Women
- Older Adults
- Patient Handouts

**Summary**

**What is mental health?**  
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging.

**What are mental disorders?**  
Mental disorders are serious conditions which can affect your thinking, mood, and behavior. They may be occasional or long-lasting. They can affect your ability to relate to others and function each day. Mental disorders are common; more than half of all Americans will be diagnosed with one at some time in their life. But there are treatments. People with mental disorders can get better, and many of them recover completely.

**Why is mental health important?**  
Mental health is important because it can help you to

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**MEDICAL ENCYCLOPEDIA**  
Learn to manage your anger

**Related Health Topics**  
Child Mental Health  
How to Improve Mental Health

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## Older Adult Mental Health

Home → Health Topics → Older Adult Mental Health

### Older Adult Mental Health

Also called: Senior mental health

**Summary**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, including as we age.

Many older adults are at risk for mental health problems. But this does not mean that mental health problems are a normal part of aging. Studies show that most older adults feel satisfied with their lives, even though they may have more illnesses or physical problems.

Sometimes, however, important life changes can make you feel uneasy, stressed, and sad. These changes could include the death of a loved one, retirement, or dealing with a serious illness. Many older adults will eventually adjust to the changes. But some people will have more trouble adjusting. This can put them at risk for **mental disorders** such as **depression** and **anxiety**.

It's important to recognize and treat mental disorders in older adults. These disorders don't just cause mental suffering. They can also make it harder for you to manage other health problems. This is especially true if those health problems are chronic.

Some of the warning signs of mental disorders in older adults include:

- Changes in mood or energy level
- A change in your eating or sleeping habits
- Withdrawing from the people and activities you enjoy
- Feeling unusually confused, forgetful, angry, upset, worried, or scared
- Feeling numb or like nothing matters
- Having unexplained aches and pains

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**MEDICAL ENCYCLOPEDIA**

Depression - elderly

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## How to Improve Mental Health

Home → Health Topics → How to Improve Mental Health

### How to Improve Mental Health

Also called: Boost Emotional Wellness, Improve Emotional Health, Stay Positive

**Summary**

**What is mental health?**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging.

**Why is mental health important?**

Mental health is important because it can help you to:

- Cope with the stresses of life
- Be physically healthy
- Have good relationships
- Make meaningful contributions to your community
- Work productively
- Realize your full potential

**How can I improve my mental health?**

There are many different things you can do to improve your mental health, including:

- **Staying positive.** It's important to try to have a positive outlook; some ways to do that include

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## Medications/Drugs, Herbs, & Supplements

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## Medline Plus - Drugs

Home → Drugs, Herbs and Supplements

### Drugs, Herbs and Supplements

**Drugs**  
Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

**Browse by generic or brand name:**

A B C D E F G H I J K L M N O P Q R S T U  
V W X Y Z 0-9

For FDA approved labels included in drug packages, see DailyMed.

**Herbs and Supplements**  
Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

[All herbs and supplements](#)

Prescription and over-the-counter medication information is from AHFS® Consumer Medication Information, copyrighted by the American Society of Health-System Pharmacists (ASHP), Inc., Bethesda, Maryland; Copyright © 2021. All Rights Reserved.

**Related Topics**

- HIV/AIDS Medicines
- Antibiotics
- Antidepressants
- Blood Pressure Medicines
- Blood Thinners
- Cancer Alternative Therapies
- Cancer Chemotherapy
- Cold and Cough Medicines
- Complementary and Alternative Medicine

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## Anatomy of a Drug Record

Levoxyl® *see* Levothyroxine

Levsin® *see* Hyoscyamine

Levulan® Kerastick® *see* Aminolevulinic acid

**Lexapro® *see* Escitalopram**

**Lexette® *see* Halobetasol Topical**

Lexiva® *see* Fosamprenavir

Lexxel® (as a combination product containing escitalopram and citalopram)

Home → Drugs, Herbs and Supplements → Escitalopram

**Escitalopram**  
pronounced as (es sye tal' oh pram)

Why is this medication prescribed?  
How should this medicine be used?  
Other uses for this medicine  
What special precautions should I follow?  
What special dietary instructions should I follow?  
What should I do if I forget a dose?

What side effects can this medication cause?  
What should I know about storage and disposal of this medication?  
In case of emergency/overdose  
What other information should I know?  
Brand names

**IMPORTANT WARNING:**  
A small number of children, teenagers, and young adults (up to 24 years of age) who took antidepressants ("mood elevators") such as escitalopram during clinical studies became suicidal (thinking about harming or killing oneself or trying to do so). Children, teenagers, and young adults who take antidepressants to treat depression or other mental illnesses may be more likely to become suicidal than children, teenagers, and young adults who do not take antidepressants to treat these conditions. However, experts are not sure about how great this risk is and how much it should be considered in deciding whether a child or teenager should take an antidepressant. Children younger than 12 years of age should not normally take escitalopram, but in some cases, a doctor may decide that escitalopram is the best medication to treat a child's condition.

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## MedlinePlus - Herbs and Supplements

Home → Drugs, Herbs and Supplements

**Drugs, Herbs and Supplements**

**Drugs**  
Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:  
A B C D E F G H I J K L M N O P Q R S T U  
V W X Y Z 0-9

For FDA approved labels included in drug packages, see DailyMed.

**Herbs and Supplements**  
Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

**All herbs and supplements**

Related Topics:  
HIV/AIDS Medicines  
Antibiotics  
Antidepressants  
Blood Pressure Medicines  
Blood Thinners  
Cancer Alternative Therapies  
Cancer Chemotherapy  
Cold and Cough Medicines  
Complementary and Alternative Medicine

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## Comparison of information sources

Home → Drugs, Herbs and Supplements → Herbs and Supplements

### Herbs and Supplements

Go to: [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#)

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual d

**A**

- [Acai](#) (National Center for Complementary and Integrative Health)
- [Activated Charcoal](#) (Natural Medicines Comprehensive Database)
- [Alfalfa](#) (Natural Medicines Comprehensive Database)
- [Aloe Vera](#) (National Center for Complementary and Integrative Health)
- [Amica](#) (Natural Medicines Comprehensive Database)
- [Ashwagandha](#) (Natural Medicines Comprehensive Database)
- [Asian Ginseng](#) (National Center for Complementary and Integrative Health)

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## Drugs & Supplements takeaways

- Over 1,000 drugs and 175 herbs and supplements
- Logos indicate the source
- Drugs:
  - \* American Society of Health-System Pharmacists, Inc. (ASHP) (licensed information)
- Herbs and Supplements:
  - \* National Center for Complementary and Integrative Health (NCCIH)
  - \* Natural Medicine's Comprehensive Database Consumer Version (licensed information)

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## Try MedlinePlus as a Starting Point

- Authoritative, current, based on evidence
- Information on multiple topics
  - Drug info
  - Diseases, conditions, therapies
  - Info in multiple languages
  - Directories and organizations
- Stay up-to-date on topics you care about

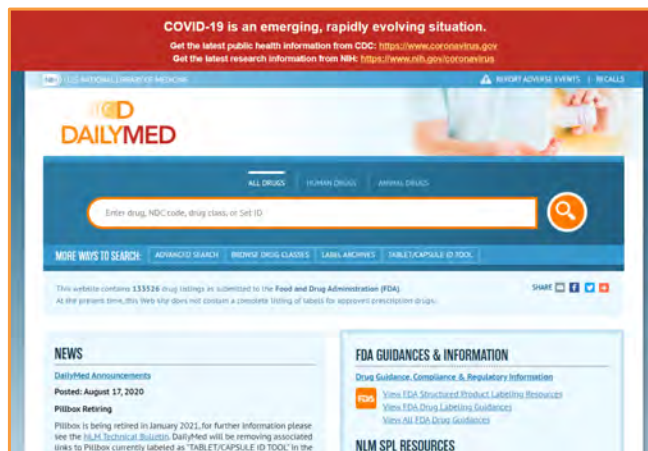
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## Demo time!



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## DailyMed



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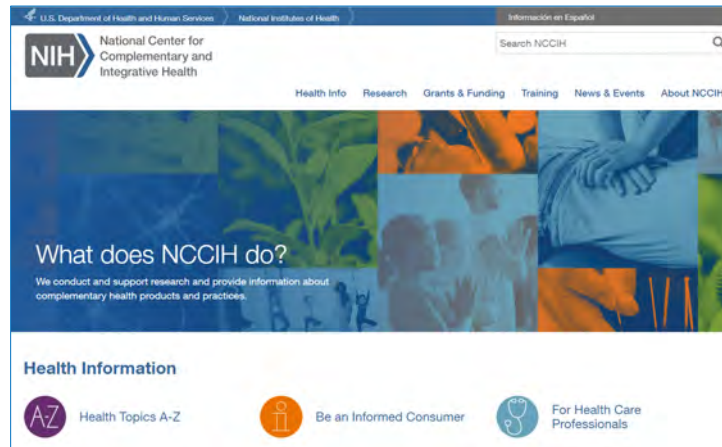
## Demo time!



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## National Center for Complementary and Integrative Health (NCCIH)



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## Tips on Complementary Health Practices

Home > Health Information > Tips  
> 5 Tips: What You Should Know About the Science Behind Depression and Complementary Health Approaches



### 5 Tips: What You Should Know About the Science Behind Depression and Complementary Health Approaches

Depression is a medical condition that affects about 1 in 10 adults in the United States. Depression can be treated with conventional medicine, including antidepressants and certain types of psychotherapy. For more information on depression, visit the [National Institute of Mental Health's website](#). Still, many people turn to complementary health approaches in addition to conventional treatment. Although complementary approaches are commonly used and readily available in the marketplace, many of these treatments have not been rigorously studied for depression. For this reason, it's important that you understand the benefits and risks of these complementary approaches to make informed decisions about your health.

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## One of your friends says...

- For your depression, you should St. John's Wort; it worked for me!
- Let's see what the National Center for Complementary and Integrative Health (NCCIH) says...

<https://nccih.nih.gov>



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## Demo time!



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# Therapy

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## Finding a Mental Health Professional

- [NAMI - Finding a Mental Health Professional](#)
- [Therapy for Black Girls](#)
- [Therapy for LatinX](#)
- [Healthy Mind Initiative - Asian Americans and Pacific Islanders \(AAPI\)](#)
- [@crazyheadcomics](#) on Instagram

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## Maintaining Mental Health

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## Nourishment/Diet

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## Food for Thought

**Nutrition Information Resources**

Home | Websites and Tools | Food Safety & Allergies | Nutritional Research | Resources by Topic

**For questions, please contact:**

  
 Nora Franco  
 Consumer Health Librarian  
[francon@library.ucla.edu](mailto:francon@library.ucla.edu)<sup>12</sup>  
 310-794-6572

**Introduction to Nutrition Resources**

This accompaniment to the Food for Thought course is designed to assist librarians, public health workers, health professionals, and the general public in locating authoritative information on nutrition and topics relating to nutrition.

Original guide creator: Kay Deeney, Network of the National Library of Medicine, Pacific Southwest Region

**Course Information**

For more information about the *Food for Thought* course and to sign up, visit the [Course Page](#).

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## MedlinePlus – Nutrition

- [American Cancer Society – Calorie Counter](#)
- [Department of Agriculture – Healthy Eating on a Budget](#)
- [National Heart, Lung, and Blood Institute – Calculate your BMI](#)
- [National Heart, Lung, and Blood Institute – Portion Distortion](#)

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## Eating Disorders/Disordered Eating

- [MedlinePlus Eating Disorders](#)
- [National Institute of Mental Health \(NIMH\) Eating Disorders](#)
- [National Institute of Mental Health \(NIMH\) - Mental Health Minute: Eating Disorders](#)



#shareNIMH

@NIMHgov

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## Food and Drug Administration (FDA)



- [Nutrition Facts Label](#)
- [Food Safety and COVID-19](#)
- [Shopping for Food During COVID-19](#)
- [12 Tips for Grocery Shopping During the Pandemic](#)

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## United States Department of Agriculture (USDA) National Agricultural Library (NAL)

- National Agricultural Library (NAL) - Diet and Health
- Nutrition.Gov
- National Agricultural Library (NAL) Food and Nutrition Center (FNIC)
- FoodData Central



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## Demo time!



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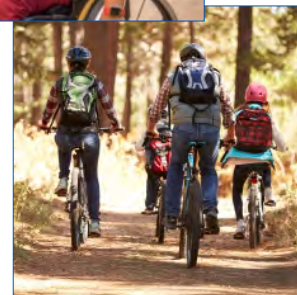
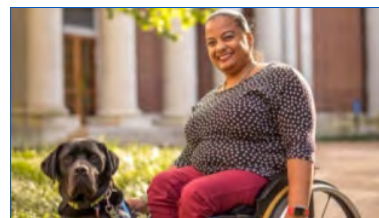
## Exercise/Movement



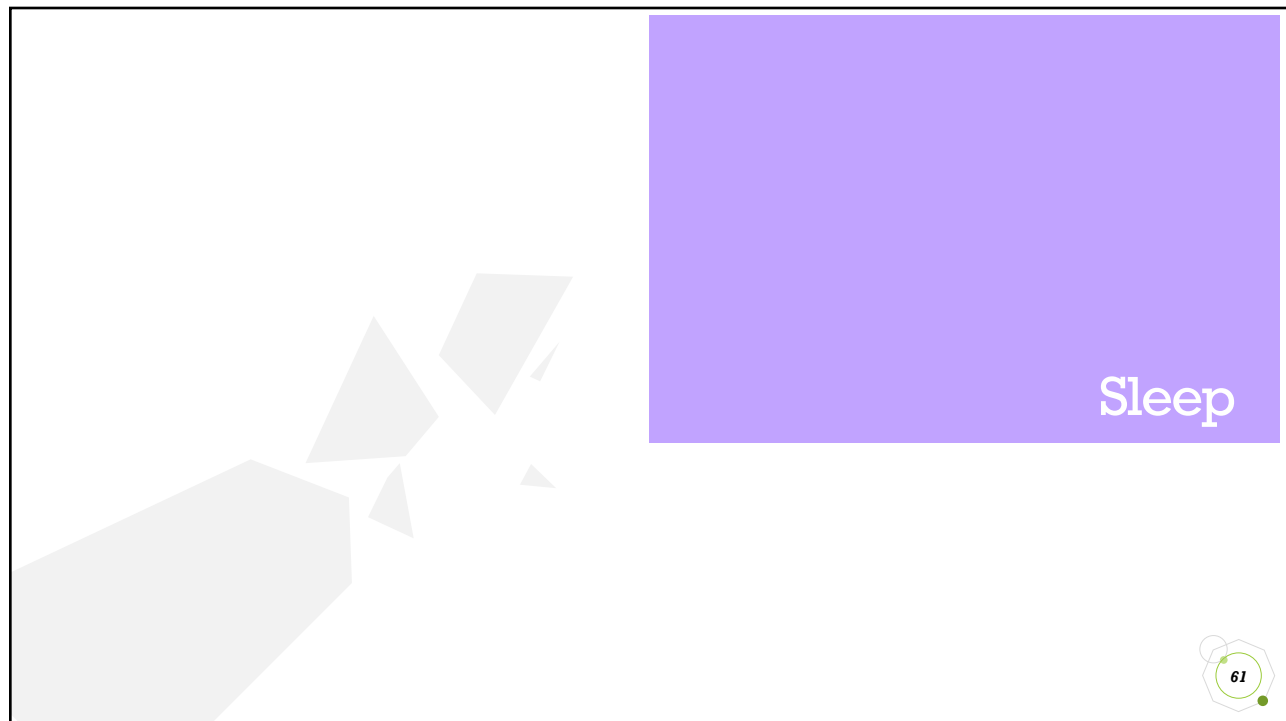
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## Physical Health and/or Movement

- [MedlinePlus – Exercise and Physical Fitness](#)
- [National Center on Health, Physical Activity and Disability \(NCHPAD\)](#)
- [Christopher & Dana Reeve Foundation – Staying Active](#)
- [U.S. Surgeon General – My Family Health Portrait](#)
- [National Institute of Mental Health Information \(NIMH\) – Talking With Your Health Care Provider](#)



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## Sleep

- [MedlinePlus – Healthy Sleep & Sleep Disorders](#)
- [Centers for Disease Control and Prevention \(CDC\) Sleep and Sleep Disorders Resources](#)
- [National Institute of Neurological Disorders and Stroke \(NINDS\) – Brain Basics: Understanding Sleep](#)
  - [Brain Resources and Information Network \(BRAIN\) Educational Resources](#)
- [Mental Health America – Get Enough Sleep: the 10 Tools](#)
- [American Sleep Association – Sleep Hygiene Tips](#)



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## National Heart, Lung, and Blood Institute (NHLBI)

- National Heart, Lung, and Blood Institute (NHLBI)
  - Your Guide to Healthy Sleep
    - \* At a Glance: Healthy Sleep
    - \* Informacion General: Sueño Saludable
    - \* Sleep Diary
    - \* Sleep Deprivation and Deficiency
- National Center on Sleep Disorders Research



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## American Academy of Sleep Medicine (AASM)

- National Healthy Sleep Awareness Project
- Patient Information
- SleepEducation.Org
- COVID-19 and Sleep: Questions from the Public



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## Regional Resources

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## Regional Resources

- [California Association of Mental Health Peer-Run Organizations \(CAMHPRO\)](#)
- [California Peer-Run Warm Line](#)
- [California Council of Community Behavioral Healthcare](#)
- [Headspace – Los Angeles County Residents](#)
- [NNLM PSR Reading Club – Featured Health Topic: Resilience](#)
  - [Taking Care of Us: Inreach for Library Staff](#)

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## Creating a Mental Health Self-Care Plan

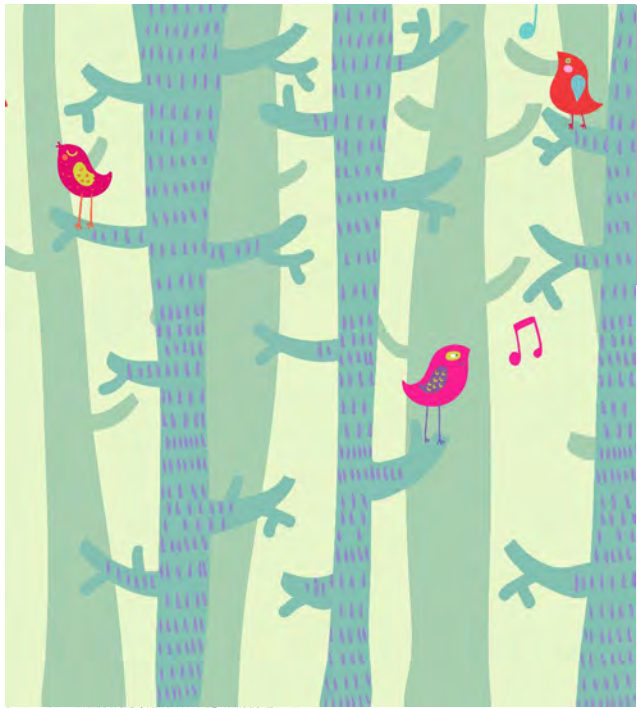
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What do you want to include in your plan?

What does self-care mean to you?



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## Self-Care is Community Care.

*"Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world."*




- [World Health Organization \(WHO\)](#)


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## Evaluation & Reflection

**Mindful Reflection: Share your rose, thorn, and bud**

 <b>Rose</b> A highlight, a success, or something positive that happened.	 <b>Thorn</b> A challenge you experienced, or something you can use more support with.	 <b>Bud</b> New ideas or something you're looking forward to knowing or understanding more.
<ul style="list-style-type: none"> <li>• What was a highlight today?</li> <li>• How have you been successful?</li> <li>• What are you most proud of?</li> </ul>	<ul style="list-style-type: none"> <li>• What was most stressful?</li> <li>• Identify causes of difficulty.</li> <li>• What made it hard to be successful?</li> </ul>	<ul style="list-style-type: none"> <li>• What are you looking forward to?</li> <li>• Describe opportunities for learning that excite you.</li> <li>• What needs growth and nurturing?</li> </ul>

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