

#INALJchat

4/21/14

4/21/14 (view chat here) Self care during the job search Hosted by [@librarian_kate](#), inspired by *The Key to Your New Job is You: Self-Care During the Job Hunt* 9pm EDT

Skip To:

- [#inaljCHAT](#)
- [STATS from #inaljCHAT](#)

#inaljchat

- [BarbaraLauferweiler @barbaraell](#) Apr 22

Catching up on last night's [#inaljchat](#) -- good stuff. [#MLIS](#) [#libraryjobsearch](#) [#earlycareer](#) [#librarian](#)

•



- [AcademiaMap app @Research4SML](#) Apr 21

[@asist org](#): [#inaljchat](#) is now trending on <http://AcademiaMap.com>

•



- [Bridgette Hendrix @bridgettediann](#) Apr 21

Def going on my calendar MT “[@needalibraryjob](#) “Why do you need a master's to be a librarian?” next week [#inaljchat](#) <http://inalj.com/?p=24861>”

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- Favorited by [Bridgette Hendrix](#) and 1 other



[INALJ \(Naomi House\) @needalibraryjob Apr 21](#)

“Why do you need a master’s degree to be a librarian?” next week on [#inaljchat](#)
<http://inalj.com/?p=24861>



• [INALJ \(Naomi House\) @needalibraryjob Apr 21](#)

And a huge thanks to [.@iSchoolSU](#) INALJ's first sponsor (the NYC and NY state pages) Check out the jobs on <http://INALJ.com> [#inaljchat](#)



• [INALJ \(Naomi House\) @needalibraryjob Apr 21](#)

So You Have Blue Hair (and you are job hunting) [#inaljchat](#) <http://inalj.com/?p=24884>

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• [INALJ \(Naomi House\) @needalibraryjob Apr 21](#)

4 (things employees can do) + 4 (things managers can do) = 8 Tips on Combatting Doing the Same with Less <http://inalj.com/?p=24771> [#inaljchat](#)

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- [Michelle @ispinyarn](#) Apr 21

[@sendaulas](#) I hope to. I have a volunteer gig on alternate Mon eves, but will check in when I can. INALJ is a great service! [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

Have a good night everyone! [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@joshualaporte](#) [@LibrarySherpa](#) agreed! I have made so many great connections volunteering! [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@ispinyarn](#) No problem! Hope you can make the next one. [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

Goodnight [#inaljchat](#) friends new and old! If you missed it that is OK- tweet in your As later - find the Qs on [@librarian_kate](#) 's page

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- [Michelle @ispinyarn](#) Apr 21

[@sendaulas](#) So many responses! Librarians are such helpful people. Thank you!!! [#inaljchat](#)

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- Favorited by [Bradley Woodruff](#)



[INALJ Pennsylvania @INALJ_PA](#) Apr 21

Great chatting with you all! [#inaljchat](#)

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- [Joshua LaPorte @joshualaporte](#) Apr 21

Volunteering is worthwhile even if they don't give you a pass! [@LibrarySherpa @INALJ_PA](#)
[#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@DigitalDeena](#) FYI, we storify everything, watch the [#INALJchat](#) page for the link:
http://inalj.com/?page_id=63968

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- [Joshua LaPorte @joshualaporte](#) Apr 21

Yes, as [@LibrarySherpa](#) says, always check first. Some orgs may not offer a pass in exchange for volunteering. [@INALJ PA](#) [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

Feel free to follow/stalk me on Twitter, portfolio at <http://katekosturski.info>, and INALJ RI here: http://inalj.com/?page_id=56426 [#inaljchat](#)

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- [Digital Deena @DigitalDeena](#) Apr 21

Catching the tail end of the [#INALJchat](#)... great advice given!

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- [Kate @librarian_kate](#) Apr 21

MT [@librarian_kate](#) Also, the New Members Round Table will be hosting chat tomorrow night 7-8 PM EDT. Hashtag is [#nmrtchat](#). [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[@INALJ_PA](#) [@librarian_kate](#) [@sendaulas](#) right in time for SLA in Vancouver! [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@librarian_kate](#) This was a great chat Kate, so informative and motivating!! Thanks!! [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@ispinyarn](#) Yep. Here's the schedule, http://inalj.com/?page_id=63968 [#inaljchat](#)

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- [Assistant Archivist @archpresj](#) Apr 21

[@ispinyarn](#) yes every monday! you can read past chats and learn about future chat here http://inalj.com/?page_id=63968 [#inaljchat](#)

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- [Library Sherpa @LibrarySherpa](#) Apr 21

[@librarian_kate](#) I tip a tiny hat to you. [#inaljchat](#)

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- [Amanda Axel @amanda526](#) Apr 21

Time for ballet! It was lovely talking to all of you! So many new friends! [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@INALJ PA @librarian_kate](#) Can't wait. [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

(I think there may also be an international [#inaljchat](#) during the day, [@needalibraryjob](#) pls confirm.)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@librarian_kate](#) [@INALJ_PA](#) Thanks! Such a helpful post too. [#inaljchat](#)

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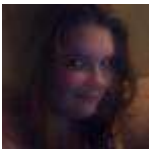


- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@librarian_kate](#) [@sendaulas](#) I will be hosting [#inaljchat](#) on 5/19 on a topic focussed around that article hacking conferences same time :)

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- [Holly Golightly @HollyLightly27](#) Apr 21

[@librarian_kate](#) So informative and so much fun - as usual! [#inaljchat](#)

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- [Michelle @ispinyarn](#) Apr 21

Hey, I didn't know there was an [#inaljchat](#)! Busy atm, but would like to plan ahead. Is it every Monday?

•



- [Kate @librarian_kate](#) Apr 21

I hope you all got some great ideas for self-care during the job search, and feel free to share others! [#inaljchat](#)

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[Kelly Kietur @kellykietur](#) Apr 21 dele

[@BofMouais](#) that's more dedication than me - i'm more like 1 app = 1 season [#inaljchat](#)

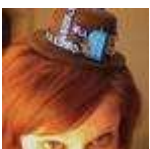
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- [Kate @librarian_kate](#) Apr 21

As we approach the top of the hour, I wanted to thank everyone for participating in [#inaljchat](#) this week!

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- Favorited by [Bradley Woodruff](#)



[Holly Golightly @HollyLightly27](#) Apr 21

[@BofMouais](#) Now that's some self-control! [#inaljchat](#)

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-  [Kate @librarian_kate](#) Apr 21

[@BofMouais](#) Better call Saul! :D [#inaljchat](#)

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-  [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@BofMouais](#) Wow thats great and congrats to you! [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@BofMouais](#) I love it! [#inaljchat](#)

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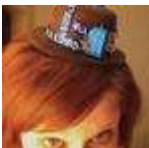
- Favorited by [Andima](#)



- [Bradley Woodruff @BofMouais](#) Apr 21

A4: I watched a lot of Netflix while avoiding the job hunt, so I made a rule: 1 app = 1 ep of Breaking Bad. Then I got a job. [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@sendaulas @INALJ_PA](#) It be this one: <http://inalj.com/?p=62109> [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@needalibraryjob](#) [@kellykietur](#) Wow! Crazy! I have two near me in philly and the suburbs [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@INALJ_PA](#) [@librarian_kate](#) Oh, congrats! Which post was that? [#inaljchat](#)

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- [Holly Golightly @HollyLightly27](#) Apr 21

[@librarian_kate](#) Way to go [@INALJ_PA](#) !! [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA Apr 21](#)

[@librarian_kate](#) which gave me such a great networking connection! [#inaljchat](#)

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- [Library Sherpa @LibrarySherpa Apr 21](#)

A4 [#inaljchat](#) Set a schedule to make job hunting like a job. Have "on" and off time and structured tasks to be more efficient.

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- [Kate @librarian_kate Apr 21](#)

And one of those blog post [@INALJ_PA](#) wrote got picked up by AL Direct! :D [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

A4 Self-care has given me more motivation and ideas for my blog posts for INALJ and I have written my best yet this year! [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@librarian_kate](#) [@asevett](#) Yes, to the positive attitude. Always helps. [#inaljchat](#)

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- [Kelly Kietur @kellykietur](#) Apr 21

[@amanda526](#) i tell myself every day that i'm a totally rad archivist [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[@kellykietur](#) bingo! [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@asevett](#) Yay! :D [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@needalibraryjob](#) I like subbing for other pages so I'm not always looking at my page for jobs to apply for or not apply for [#inaljchat](#)

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- Favorited by [Holly Golightly](#)



[Kelly Kietur @kellykietur](#) Apr 21

[#inaljchat](#) A4 focusing more on quality than quantity. no use turning in 9,000 apps if they're not very good

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• [Annice @asevett](#) Apr 21

A4: I had energy & was less stressed, which helped me during my interview that finally landed me a job. Positive attitudes help! [#inaljchat](#)

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• [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

A4 [#inaljchat](#) I know that with INALJ all volunteers sub for each other because we all need a break sometime job hunting

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- [Assistant Archivist @archpresj](#) Apr 21

A4. It helps me by not going crazy focusing on the job search [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@LibrarySherpa](#) [@joshualaporte](#) had free expo hall passes for volunteers [#inaljchat](#)

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- Favorited by [Kelly Kietur](#) and 1 other



- [Amanda Axel @amanda526](#) Apr 21

A4 still have most of my sanity and confidence in the fact that I'm a great archivist and "they" just haven't figured it out yet [#inaljchat](#)

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- [Holly Golightly @HollyLightly27](#) Apr 21

[@librarian_kate](#) A4 I think it helps me to be more focused when the right job does come along [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@LibrarySherpa](#) [@joshualaporte](#) part 1 Agreed! Not every conference does it, I just know the last two [#inaljchat](#)

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- [Whitni @NimbleLibrarian](#) Apr 21

A4 I exercise more giving myself more energy. Also, it's a productive distraction to the [#jobhunt](#) frustration [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

A4: By knowing that it was okay to take a break when life got tough, I was able to focus on job apps better. [#inaljchat](#).

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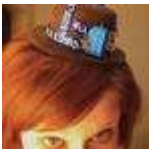


- [Whitni @NimbleLibrarian](#) Apr 21

[@needalibraryjob](#) Those are the best kinds. [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

Sadly, it is time for the last q of the night. Q4: How has taking care of yourself outside your job search paid off for you? [#inaljchat](#)

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- [Library Sherpa @LibrarySherpa](#) Apr 21

[@INALJ_PA](#) [@joshualaporte](#) I just don't want to give newbies false impression that free passes for volunteering is a sure thing. [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@needalibraryjob](#) [@kellykietur](#) [@WorldMarket](#) awesome! I may have to look there, I am a home decor freak as of late! [#inaljchat](#)

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- Favorited by [Holly Golightly](#)



[INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

Love that [#inaljchat](#) is a real [#mih](#) kinda chat

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- [Kate @librarian_kate](#) Apr 21

[@amanda526](#) [@kellykietur](#) (Ex. I would love to work overseas but having a sick parent precludes that a bit.) [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[@librarian_kate](#) tonight is HOPPING! [#inaljchat](#) kudos!

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- [Amanda Axel @amanda526](#) Apr 21

[@kellykietur](#) preach! [#inaljchat](#)

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- [Kelly Kietur @kellykietur](#) Apr 21

[@amanda526](#) i'll go wherever the wind takes me! [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@joshualaporte](#) [@LibrarySherpa](#) I was able to do this at PLA's conference and got a free pass! [#inaljchat](#)

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- [Library Sherpa @LibrarySherpa](#) Apr 21

[@NimbleLibrarian](#) [@needalibraryjob](#) Exactly. The expo/vendor hall has its own great professional rewards. [#inaljchat](#) A2

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- [Annice @asevett](#) Apr 21

A3 - Also made myself accomplish my daily goals and then rewarded myself with a tv show or treat or break, etc. [#inaljchat](#)

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- [Library Sherpa @LibrarySherpa](#) Apr 21

[.@joshualaporte](#) True. But, not every association offers passes in exchange for volunteering. Inquire first, before counting on it [#inaljchat](#)

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- Favorited by [Kelly Kietur](#)



[Amanda Axel @amanda526](#) Apr 21

[@kellykietur](#) I've seriously got to find my way to Seattle [#greenliving](#) [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@kellykietur](#) I used to have that problem but I just bought a 4 bdrom house, been eyeing some end tables [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

Great idea. RT [@INALJ_PA](#): A3 I go to [@OpenCoverLetter](#) and read one a week for my own motivation [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

A3 when working at a less happy place I would search <http://redfin.com> for houses in cities I wanted to live in [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

A3 I go to [@OpenCoverLetter](#) and read one a week for my own motivation [#inaljchat](#)

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- [Kelly Kietur @kellykietur](#) Apr 21

[@amanda526](#) i seriously do this all the time too! [#inaljchat](#)

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- [Joshua LaPorte @joshualaporte](#) Apr 21

A2 [@LibrarySherpa](#) Also: if you volunteer to assist at a conference they may give you an expo hall pass or other access. [#inaljchat](#)

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- [Kelly Kietur @kellykietur](#) Apr 21

[@INALJ_PA](#) i would too except i have a serious lack of storage space!! [#inaljchat](#)

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- [Bradley Woodruff @BofMouais](#) Apr 21

[@NimbleLibrarian](#) Yes! Having that supportive person who will say "No, you really are good" was extremely helpful. [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

A3 [#inaljchat](#) Librarians LOVE serving and helping which is why in 3.5 yrs INALJ has become something I am proud and humbled to be a part of

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- Favorited by [Holly Golightly](#)



[Amanda Axel @amanda526](#) Apr 21

A3 hahaha I apartment hunt in the city the job I'm applying for is in [#inaljchat](#)

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- Favorited by [Kelly Kietur](#)



[INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@kellykietur](#) I don't daydream, I just buy it :) [#INALJchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

Me too. RT [@NimbleLibrarian](#): A3: I talk to friends and family for a pick me up and confidence boost. [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@NimbleLibrarian](#) Calling your mother sometimes has its benefits. :) [#inaljchat](#)

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- [Library Sherpa @LibrarySherpa](#) Apr 21

[#inaljchat](#) A3 Eyes on the prize. Remind yourself what you're working towards. Keep a Pinterest page "dream board" sort of thing, if you want

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- [Kelly Kietur @kellykietur](#) Apr 21

[#inaljchat](#) A3 daydream about buying moderately-priced IKEA furniture for my fab new future home (really)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@needalibraryjob](#) [@librarian_kate](#) I created my own books one [#inaljchat](#)

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- [Whitni @NimbleLibrarian](#) Apr 21

A3 I second [@librarian_kate!](#) [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[@LibrarySherpa](#) shhh I did that at ALA last year because I was speaking at it, but behind the expo hall- this year I am paying :) [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@inurlibrary](#) [@nnschiller](#) [@LibrarySherpa](#) PSST: Here's a good one from [@INALJ_PA](#): <http://inalj.com/?p=62109> [#inaljchat](#)

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- [Annice @asevett](#) Apr 21

A3 set small daily goals for myself so I didn't get overwhelmed. [#inaljchat](#)

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- [Whitni @NimbleLibrarian](#) Apr 21

A3: I talk to friends and family for a pick me up and confidence boost. [#inaljchat](#)

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- [Favorited](#)
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- [Kate @librarian_kate](#) Apr 21

[@needalibraryjob](#) I used nature photography, to talk about my love of Ansel Adams and my work at the MoMA in New York. :) [#inaljchat](#)

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[Kate @librarian_kate](#) Apr 21

A3: My motivation is looking over my CV and realizing, hey, you really have done a lot with your career! [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@amanda526 @needalibraryjob](#) MOO is such great quality [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[@librarian_kate](#) for the love of all that is holy do not pick a generic "books" one or one other librarians will pick-stand out! [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@amanda526](#) [@needalibraryjob](#) I got my business cards through MOO, they were a hit at ala mid-winter, I'm almost out! [#inaljchat](#)

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- Favorited by [JMC](#)



[Kate @librarian_kate](#) Apr 21

Q3: Name one thing you do to keep yourself motivated during the job hunt. (This can be a different answer than Q1.) [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@needalibraryjob](#) I love Moo. I've used the Luxe Notecards for thank you notes. [#inaljchat](#)

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- [Amanda Axel @amanda526](#) Apr 21

[@needalibraryjob](#) directed me towards MOO and my cards look AMAZING (which I have tweeted to Naomi several times)! [#inaljchat](#)

-
-
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- [Whitni @NimbleLibrarian](#) Apr 21

A2 Also, participating in chats such as this to stay active in the community and gain good FREE insight. [#inaljchat](#)

-
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- [Library Sherpa @LibrarySherpa](#) Apr 21

[#inaljchat](#) A2 Some conf vendors can give you a free expo hall pass. Just doing that is better than no conf at all, IMO.

-
-
- [Favorited](#)
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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[.@LibrarySherpa](#) A million times yes! You have a chance at conferences to meet employers face to face! [#inaljchat](#)

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- Favorited by [Holly Golightly](#)



[INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[@NimbleLibrarian](#) I always have my <http://www.moo.com/share/87ttqm/> [#inaljchat](#) ones

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- [Whitni @NimbleLibrarian](#) Apr 21

[@librarian_kate](#) [@needalibraryjob](#) Also staples. I got 200 for \$20 in an hour. [#inaljchat](#)

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- [Holly Golightly @HollyLightly27](#) Apr 21

[@needalibraryjob](#) A2: Definitely second volunteering with [#INALJ](#)! It's only April and I've had such a great experience already [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[@INALJ_PA](#) what is the tweetchat hastag for nmr tomorrow night? [#inaljchat](#)
[@librarian_kate](#)

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- [Kate @librarian_kate](#) Apr 21

[@needalibraryjob](#) mentions business cards - remember they can be done on the cheap! (look at Vistaprint) [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@needalibraryjob](#) part 2 <http://Zumba.com> and put in your location to find a class near you! [#INALJchat](#)

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- [Favorited](#)
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- [Kate @librarian_kate](#) Apr 21

[@LibrarySherpa](#) Remember, conference can equal vacation. [#inaljchat](#)

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- [Favorite](#)
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- [Whitni @NimbleLibrarian](#) Apr 21

[@needalibraryjob](#) oop Good Idea! Didn't think about the business cards. [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@needalibraryjob](#) part 1They offer zumba everywhere, from VFW's to firehouses to dance studios, its everywhere. [#inaljchat](#)

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- [Favorite](#)
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- Favorited by [Kelly Kietur](#)



[Library Sherpa @LibrarySherpa](#) Apr 21

[#inaljchat](#) A2 I know things like confs can be expensive, but if you see it as an investment and take it seriously, it could turn into a job

-
-
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- [INALJ \(Naomi House\) @needalibraryjob Apr 21](#)

A2 I am unemployed but when I leave the house (except for the park/French Quarter) I dress nice and carry business cards [#inaljchat](#)

-
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- [Favorite](#)
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- [Kelly Kietur @kellykietur Apr 21](#)

[#inaljchat](#) A2 also using the library, duh. MeLCat gets me pretty much any book I ever want to read

-
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- [Kate @librarian_kate Apr 21](#)

(For the record, Kate just got distracted by doge 2048. Oops. :) [#inaljchat](#)

-
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- [Bradley Woodruff @BofMouais Apr 21](#)

A2: I stopped my state lib assoc membership. Oops. It didn't seem to be worth the money in my time of no dollars. [#inaljchat](#)

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- [Favorite](#)
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- Favorited by [Bradley Woodruff](#)



- [Kelly Kietur @kellykietur Apr 21](#)

[#inaljchat](#) A2 I did let my ALA membership lapse after graduation because SAA is more relevant and i can't afford both

-
-
- [Favorite](#)
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- [INALJ Pennsylvania @INALJ PA Apr 21](#)

a2 NMRT member here, one of the cheaper roundtables through ALA and keeps me involved [#inaljchat](#)

-
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- Favorited by [Holly Golightly](#)



[INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

A2 I am squeezing all the free online offerings I can get out of my memberships - totally worth it also volunteering with [#INALJ](#) [#inaljchat](#)

-
-
- [Favorite](#)
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- Favorited by [1Kellee](#)



[Library Sherpa @LibrarySherpa](#) Apr 21

[#inaljchat](#) A2 Like Kate said, prioritize. Keep expenses that will have a good ROI for you professionally , eg prof assns, interview clothes

-
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- [Kate @librarian_kate](#) Apr 21

[.amanda526](#) Lived at home until I was 33 - it's not so bad! :D [#inaljchat](#)

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- [Kelly Kietur @kellykietur Apr 21](#)

[#inaljchat](#) A2: i don't really know, i still haven't found a good way to balance things!

•

•

- [Favorited](#)

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- [Kate @librarian_kate Apr 21](#)

[.@sendaulas](#) suggested volunteering at conf as a cost-cutter. ALA does take volunteers for conf!
[#inaljchat](#)

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- [Whitni @NimbleLibrarian Apr 21](#)

A2 [#inaljchat](#) While working I put a portion of my paycheck into savings, I also set aside small amounts of cash for lunch budgets.

•

•

- [Favorited](#)

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- [Assistant Archivist @archpresj](#) Apr 21

A2. 10% of my paycheck goes into my savings account so I have extra savings for these times and cut out things I don't need [#inaljchat](#)

-
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- [Bradley Woodruff @BofMouais](#) Apr 21

A2: Reduced income = increased use of library services = being an active professional (kind of) (maybe I'm half kidding) [#inaljchat](#)

-
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- [Amanda Axel @amanda526](#) Apr 21

A2 also, working close to home has put me back in my childhood bedroom. AKA all \$\$ I make goes into savings [#inaljchat](#)

-
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- [Favorited](#)
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- [Stephanie Sendaula @sendaulas](#) Apr 21

A2 - Seconding volunteering at conferences. Great way to save money and be active. [#inaljchat](#)

-
-
- [Favorited](#)
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- Favorited by [Kelly Kietur](#)



- [Annice @asevett](#) Apr 21

A2: Pick 1 or 2 things to pay for, then volunteer to stay active. Listservs are good to stay in the loop professionally for free [#inaljchat](#)

-
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- [INALJ Pennsylvania @INALJ PA](#) Apr 21

\$5.00 zumba classes are the way I keep exercise cheap [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@needalibraryjob](#) I search flickr for pictures of Maine Coons. (I have one and I love them.) Any cat blogs are good though! [#inaljchat](#)

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- [Holly Golightly @HollyLightly27](#) Apr 21

[@librarian_kate @needalibraryjob](#) It's amazing. <http://doge2048.com/> [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@sendaulas @librarian_kate @needalibraryjob](#) Love salad but I have an air popper for my popcorn [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@amanda526](#) (Except if you live in CT. Their conf is more expensive - cost per day - than ALA annual!) [#inaljchat](#)

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- [Favorited](#)
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- [Amanda Axel @amanda526](#) Apr 21

A2 for example, heading to the Midwest Archives Conference this week! [#inaljchat](#)

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- [Whitni @NimbleLibrarian](#) Apr 21

[@librarian_kate](#) A2. I cancelled my gym membership and run my neighborhood and I volunteer at professional activities to cut costs [#inaljchat](#)

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- [Favorited](#)
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- [Holly Golightly @HollyLightly27](#) Apr 21

[@librarian_kate](#) A2: Cutting down on things like going out & being more strategic w/ grocery shopping. Buying only things I need [#inaljchat](#)

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- [Favorited](#)
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- [Kate @librarian_kate](#) Apr 21

A2: Prioritize, prioritize, prioritize. I found cheap ways to exercise (no gym) so I could save my money for ALA membership. [#inaljchat](#)

-
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- [Favorite](#)
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- Favorited by [Holly Golightly](#)



- [Amanda Axel @amanda526](#) Apr 21

A2 I try to get involved with more local organizations that often have cheaper membership and conference fees [#inaljchat](#)

-
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- [Kate @librarian_kate](#) Apr 21

[@HollyLightly27](#) [@needalibraryjob](#) 2048 is my crack. There's a DOGE version?! MUST HAVE NOW. [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@librarian_kate](#) [@needalibraryjob](#) I should do that for a change, especially since I'm a popcorn obsessee. [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

Q2: How do you balance a reduced income (or no income at all) with a need to stay active (professional and otherwise)? [#inaljchat](#)

-
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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

[@librarian_kate](#) [@needalibraryjob](#) I was just about to say buzzfeed, no shame here, love it, so much pop culture and food! [#inaljchat](#)

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- [Whitni @NimbleLibrarian](#) Apr 21

[@needalibraryjob](#) [#inaljchat](#) I love buzzfeed quizzes and [@redditfeed](#) 'aww' section.

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- [Kelly Kietur @kellykietur](#) Apr 21

[@needalibraryjob](#) buzzfeed! also <http://dogeweather.com> just to watch the words flash around [#inaljchat](#)

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- [Holly Golightly @HollyLightly27 Apr 21](#)

[@needalibraryjob](#) Lately the 2048 game (especially the doge version) but also reading food blogs and Pinterest [#inaljchat](#)

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- [Kate @librarian_kate Apr 21](#)

I love all these tips for stress relief, so keep them coming, but for now we will move on to Q2 (next tweet). [#inaljchat](#)

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- [Library Sherpa @LibrarySherpa Apr 21](#)

[#inaljchat @needalibraryjob](#) <http://icanhas.cheezburger.com/> and <http://cuteoverload.com/>

-
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- [Favorited](#)
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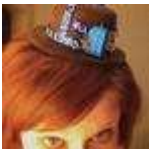


- [Kelly Kietur @kellykietur](#) Apr 21

[@sendaulas](#) [@needalibraryjob](#) lettuce not so much, but arugula? i could eat that just straight plain. it's SO GOOD [#inaljchat](#)

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- [Favorited](#)
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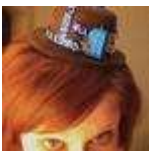


- [Kate @librarian_kate](#) Apr 21

[.@needalibraryjob](#) A1 - I have no shame in admitting this: it's BuzzFeed. :) [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@needalibraryjob](#) [@sendaulas](#) We love salad at our house. [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

A1 I am curious what everyone's favorite mindless websites for stress relieving are? [#inaljchat](#)

-
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- [Holly Golightly @HollyLightly27](#) Apr 21

[@amanda526](#) So true - more time to read all those books that keep piling up! :) [#inaljchat](#)

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- [Favorited](#)
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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[@sendaulas](#) a way of making dieting fun-ish - make a bag of rinsed salad as a movie snack instead of popcorn (said only me ever) [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@needalibraryjob](#) Ditto on YA! I don't know about lettuce though :) [#inaljchat](#)

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- [Favorited](#)
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- Favorited by [Bradley Woodruff](#)



- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[@BofMouais](#) fantastic answer- each job ad and each applicant are an endless mix of possibilities [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@needalibraryjob](#) Flights are a great stress reliever for me. I NEVER work on flights! [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@amanda526](#) (for the record, everyone is okay now.) [#inaljchat](#)

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- [Library Sherpa @LibrarySherpa](#) Apr 21

[#inaljchat](#) A1 In general, knitting is a good stress buster. Also, just chilling with my pups.

-
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- [Kate @librarian_kate](#) Apr 21

[@amanda526](#) ...and I would have never been able to focus on work and worry about their health at the same time. [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@amanda526](#) Unemployment can be a blessing. When I was out of work, I had several sick family members... [#inaljchat](#)

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- Favorited by [Holly Golightly](#)



[Amanda Axel @amanda526](#) Apr 21

A1 I also think about all the fun things I'll have time to do while unemployed! It's better than it sounds. [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

A1 travel where there is less wifi read YA novels ... pretend that lettuce is a tasty treat [#inaljchat](#)

-
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- [Kate @librarian_kate](#) Apr 21

[@INALJ_PA](#) as we speak, my SO is playing Mass Effect 3 behind me. Video games are a great stress reliever! [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

MT [@BofMouais](#): A1: One way I avoided stress was to stop comparing my job search process to my extremely successful SLIS friends. [#inaljchat](#)

-
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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

via Kate- Q1: Name something you do for yourself to combat stress on the job hunt. [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

A1 I also play video games particularly my nintendo DS currently playing super mario bros 2
[#inaljchat](#)

-
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- [Favorite](#)
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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@librarian_kate](#) [@HollyLightly27](#) Such a great stress reliever, right? [#inaljchat](#)

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- Favorited by [Bradley Woodruff](#)



[Kelly Kietur @kellykietur](#) Apr 21

[@BofMouais](#) YES this [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

.[@BofMouais](#) YES. THAT. Everyone blooms at their own pace. [#inaljchat](#)

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- [Favorite](#)
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- Favorited by [Kelly Kietur](#) and 1 other



- [Bradley Woodruff @BofMouais](#) Apr 21

A1: One way I avoided stress was to stop comparing my job search process to my extremely successful SLIS friends. [#inaljchat](#)

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- [Amanda Axel @amanda526](#) Apr 21

A1 I eat a lot of junk food and binge watch documentaries on Netflix [#inaljchat](#)

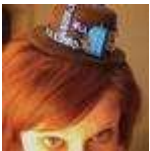
-
-
- [Favorite](#)
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- [Whitni @NimbleLibrarian Apr 21](#)

A1 [#inaljchat](#) however if running isn't an option at the time then I clean. Being productive on a completely separate focus is the key.

-
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- [Kate @librarian_kate Apr 21](#)

[@HollyLightly27 @sendaulas](#) I was job searching after library school in the summer - I walked every day! [#inaljchat](#)

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- [Holly Golightly @HollyLightly27 Apr 21](#)

[@sendaulas](#) Agreed - taking a walk is a good stress buster...especially now that it's getting warm out! [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@joshualaporte](#) HAHAHAHAHA. I used to do that all the time when I worked in a law library.
[#inaljchat](#)

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- [Annice @asevett](#) Apr 21

A1: set time limits for yourself on how long you will spend at one sitting working on apps and searching [#inaljchat](#)

-
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- [Amanda Axel @amanda526](#) Apr 21

I'm Amanda, project archivist at one of the (currently) 12 universities in the amazing Big Ten!
(Hint: it's Northwestern) [#inaljchat](#)

-
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- [Favorite](#)
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- Favorited by [Kelly Kietur](#)



[Joshua LaPorte @joshualaporte](#) Apr 21

A1: Stress beater = legal looseleaf filing. Like mowing lawns or knitting. [#inaljchat](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

Qs will start in a sec - follow [. @librarian_kate](#) for tonight's [#inaljchat](#) going on now - self care in the job hunt (for librarians ad others)

-
-
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- [Stephanie Sendaula @sendaulas](#) Apr 21

A1 - I take a quick walk around my 'hood. (I force myself to leave the house and not sit in front of a computer, worrying.) [#inaljchat](#)

-
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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

A1 I go for a run, burning calories and less stress is a win win situation for me! [#inaljchat](#)

-
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- [Kelly Kietur @kellykietur](#) Apr 21

[#inaljchat](#) A1: anything and everything - crocheting, knitting, video games, netflix binges, etc etc

-
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- Favorited by [Holly Golightly](#)



[Kate @librarian_kate](#) Apr 21

[@HollyLightly27](#) As we speak, my significant other is playing Mass Effect 3 behind me. :)
[#inaljchat](#)

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- [Whitni @NimbleLibrarian](#) Apr 21

[@librarian_kate](#) [#inaljchat](#) A1: I run. It's the only way I can clear my head and start with a new frame of mind.

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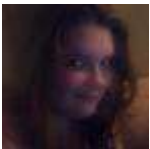
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- [Favorite](#)
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- [Assistant Archivist @archpresj](#) Apr 21

A1. Take a step away do something fun i.e. shopping or watching a movie or tv basically try to get my mind off of job hunting [#inaljchat](#)

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- [Holly Golightly @HollyLightly27](#) Apr 21

[@librarian_kate](#) A1: Take time to just veg! Watch mindless tv, eat some ice cream, play video games, etc. [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

A1: My stress beater on the job hunt is my knitting. It allows my brain to stay sharp but relax at the same time. [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

Q1: Name something you do for yourself to combat stress on the job hunt. [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

This week's [#inaljchat](#) is based on the the following article (disclosure: I wrote it):
<http://inalj.com/?p=66714>

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- [Kelly Kietur @kellykietur](#) Apr 21

[#inaljchat](#) kelly, archivist in a private archive in the detroit area, and this is what i'm working on pic.twitter.com/mXsveSww6b

[View photo](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[@LibrarySherpa](#) Naomi and I am on the cusp of Sagittarius and Scorpio and I am as bad as that would imply :D [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

For context: “self-care” is a broad definition - it can mean physical, spiritual, financial, emotional, mental. [#inaljchat](#)

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@LibrarySherpa](#) Hi Tracy! So good to "see" you again. [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

We'll have 4 Qs every 10 minutes or so. Be sure to include the question number with your answer (i.e. answer to Q1 is A1). [#inaljchat](#)

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- [Holly Golightly @HollyLightly27](#) Apr 21

[@NimbleLibrarian](#) I'm not studying for a quiz! [#inaljchat](#) is good for procrastination!

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- [Kate @librarian_kate](#) Apr 21

Time to get started with the questions! If you've participated in [#inaljchat](#) before, you know how this works...

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- [Stephanie Sendaula @sendaulas](#) Apr 21

[@needalibraryjob](#) Love that show. [#inaljchat](#)

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- [Favorited](#)
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- Favorited by [Holly Golightly](#)



- [Whitni @NimbleLibrarian](#) Apr 21

I am following this chat and not prepping for a presentation [#inaljchat](#)

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- [Assistant Archivist @archpresj](#) Apr 21

Hi Jen here from VA, Head Editor for MD and Asst. Archivist in DC [#inaljchat](#)

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- [Holly Golightly @HollyLightly27](#) Apr 21

[@librarian kate](#) Checking in for the [#inaljchat](#) - I'm Holly, a 1st year SLIS student at UW-Madison

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- [Library Sherpa @LibrarySherpa](#) Apr 21

[#inaljchat](#) Tracy from Philly. Private law firm librarian. Pisces.

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

Watching raising hope is how I self-care during the job search [#inaljchat](#)
<http://twitter.com/PunkRockMuppet/status/458410683210924033/photo/1pic.twitter.com/7xIufJem1x>

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- [Stephanie Sendaula @sendaulas](#) Apr 21

Joining [#inaljchat](#)! I'm Stephanie, reference librarian from NJ and [@needalibraryjob](#) editor and all-around cat lover.

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- [Bradley Woodruff @BofMouais](#) Apr 21

[@librarian_kate](#) Hi! I'm Bradley, Head Editor for INALJ Wis. I'm the Info Mgmt Specialist at a special library at UIUC. [#inaljchat](#)

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- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

Hi Leigh Head editor of INALJ PA Here! [#inaljchat](#) also tweeting as [@PunkRockMuppet](#)

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- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

Hi! I am Naomi in New Orleans- founder of [#inaljchat](#) and tonight Kate .[@librarian_kate](#) will be asking the Q# - with [#inaljchat](#) & A#

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- [Kate @librarian_kate](#) Apr 21

(And be sure to include [#inaljchat](#) in your tweets to participate in the conversation.)



- [Kate @librarian_kate](#) Apr 21

I'm Kate, Head Editor of INALJ RI and Volunteer Coordinator. Working for a library vendor in NYC. [#inaljchat](#)



- [Kate @librarian_kate](#) Apr 21

We will get started with questions in a few minutes, but for now intros are in order! [#inaljchat](#)



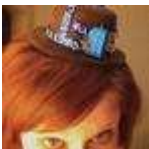
- [Kate @librarian_kate](#) Apr 21

Welcome friends to the 21 April edition of [#inaljchat](#)! Happy spring and a special hello to any of our int'l friends that are still awake!



- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

[#inaljchat](#) is coming up in a few minutes! Follow [.@librarian_kate](#) for the Qs!



- [Kate @librarian_kate](#) Apr 21

To get us in the right frame of mind for [#inaljchat](#), show us how you're taking care of you this evening! Here's mine. pic.twitter.com/IyaVMel7Nn

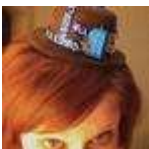
[View photo](#)



- [Bradley Woodruff @BofMouais](#) Apr 21

[@librarian_kate](#) That is what I thought! I am ready, though I do not have a tiny hat. [#inaljchat](#)

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- [Kate @librarian_kate](#) Apr 21

[@BofMouais](#) We start at 9 PM EDT. Which I think is 8 PM CDT where you are. [#inaljchat](#)



- [Kate @librarian_kate](#) Apr 21

[#inaljchat](#) starts in 15 min (9pm EDT) with me hosting! Discussing self care in the job hunt
Tiny hats suggested but not required.



- [INALJ Pennsylvania @INALJ_PA](#) Apr 21

15 mins until [#inaljchat](#) topic is self-care during the job search, join us!



- [Assistant Archivist @archpresj](#) Apr 21

[#inaljchat](#) starts in less than 30 mins. Come talk about self-care during the job search!

- Favorited by [Bradley Woodruff](#)



[Kelly Kietur @kellykietur](#) Apr 21

tonight's [#inaljchat](#) topic is self-care during job search - i'm crocheting and procrastinating on a cover letter as we speak



- [Bradley Woodruff @BofMouais](#) Apr 21

I'm joining [#inaljchat](#) tonight. Topic: Self care during the job search. If my understanding of clocks is right, it starts in 40 mins?



- [INALJ \(Naomi House\) @needalibraryjob Apr 21](#)

[#inaljchat](#) starts in less than an hr! Hosted by [@librarian_kate](#) - 9pm EDT Discussing self care in the job hunt [#crowdsourcing](#) [#librarians](#)



- [INALJ \(Naomi House\) @needalibraryjob Apr 21](#)

[#inaljchat](#) is on at 9pm EDT on Twitter- discussing self-care in the job hunt



- [INALJ \(Naomi House\) @needalibraryjob Apr 21](#)

Tonight at 9pm [#inaljchat](#) inspired by The Key to Your New Job is You: Self-Care During the Job Hunt <http://fb.me/3aUgTugH1>



- [Library Sherpa @LibrarySherpa Apr 21](#)

[.@needalibraryjob](#): Tonight! [#inaljchat](#) Self care during the job search Hosted by [@librarian_kate](#) 9pm EDT http://inalj.com/?page_id=63968



- [Kate @librarian_kate Apr 21](#)

RT [@needalibraryjob](#): Tonight! [#inaljchat](#) Self care during the job search Hosted by [@librarian_kate](#) 9pm EDT http://inalj.com/?page_id=63968



- [INALJ \(Naomi House\) @needalibraryjob Apr 21](#)

[#inaljchat](#) <http://fb.me/2VVSJBsTdE>



- [INALJ \(Naomi House\) @needalibraryjob](#) Apr 21

Tonight! [#inaljchat](#) Self care during the job search Hosted by [@librarian_kate](#) 9pm EDT
http://inalj.com/?page_id=63968

STATS from #inaljCHAT

All stats via [TweetReach report](#)

No stats this week