

A Pathfinder for Zen Meditation, Readings & Resources for Beginners:

*A Companion to the Atlanta Soto Zen Center Library*

Created by Zena Patton, the Mindful Research Group's sole member, the pathfinder is targeted to users new to the Atlanta Soto Zen Center (ASZC) library. It will also target new to Zen-based mindfulness meditation and strategies to deal with life's challenges and stress. "The domain knowledge of the users ranges from medium to high: Novice practitioners of meditation generally have little knowledge of meditation but may have some knowledge of coping mechanisms for dealing with stress, for instance." (Patton, 2020). The pathfinder will be installed in the library at the Atlanta Soto Zen Center (ASZC). The ASZC library is located in a small room and contains a little over 1500 books of non-fiction subjects in "general self-help, meditation, stress management, personal growth, and spiritual growth." (Patton, 2020).

Gorichanaz & Latham (2019) assert an increase of information seeking for contemplative aims over epistemological aims. The investigators define contemplative aims "as what a person seeks to achieve through contemplation" (para. 21). Dyer (2012) describes the success that publishers are experiencing with an increase in readers' interest in contemplative subjects such as meditation and yoga. Meditation is one of the contemplative practices that the pathfinder aims to orient new users. A user survey was distributed, and respondents were asked an open-ended question: *Please provide feedback about any of the services offered by the Atlanta Soto Zen Center. Services include events, facilities, the library, programs, meditation services, etc.* The open-ended question item revealed that new users were unaware that the zen center had a library in a room adjacent to the meditation room (Patton, 2020). Therefore, the pathfinder was created

to orient new users to the contemplative items in the library. The pathfinder also supplements the library items with links to web content and programming at Atlanta Soto Zen Center.

The [Zen Resources Pathfinder \(short name\)](#) will be marketed on the Atlanta Soto Zen Center website. The pathfinder is created on the Google site platform to allow for easy access and sharing. A handout with a link and the QR code to the pathfinder will be available on the shelves, next to the library's checkout system. The pathfinder's home page welcomes users and describes the purpose of the instruction; the pathfinder consists of the following pages of information and resources: Links to Zen-based mindfulness and mindfulness meditation adult reader's advisory; Links to evidence-based Mindfulness-Based Cognitive Therapy (MBCT) resources for coping skills and resilience building; Zen meditation and general meditation virtual programming resources to address the current pandemic environment of COVID-19.

The pathfinder is evaluated on how easy and quickly users can find the information they were looking for on the site (pathfinder). Also, there is a question item about the user's perception of the reliability of the information they are receiving. The site survey is located on the last page of the pathfinder. The [Site Survey](#) contains six five-point Likert scale questions and one open-ended question item that asks for general comments on what improvements are needed for the site. The survey question items' validity was addressed by extracting question items from the *Website feedback survey template* provided by an industry-leading survey tool, Surveymonkey.com (2020).

## REFERENCES

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A PATHFINDER FOR  
ZEN MEDITATION,  
READINGS &  
RESOURCES FOR  
BEGINNERS

*A Companion to the Atlanta  
Soto Zen Center Library*

*By Zena Patton of the Mindful Research Group  
for INFO 5600, Fall 2020 @ UNT*

# A Brief Description of Service and Setting

- Created by Zena Patton who is the sole member of the Mindful Research Group, this pathfinder is targeted to users new to the Atlanta Soto Zen Center (ASZC) library.
- It will also target those who are new to Zen-based mindfulness meditation and strategies to deal with life's challenges and stress. "The domain knowledge of the users ranges from medium to high: Novice practitioners of meditation generally have little knowledge of meditation but may have some knowledge of coping mechanisms for dealing with stress, for instance." (Patton, 2020).
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# Learning Outcomes of Service

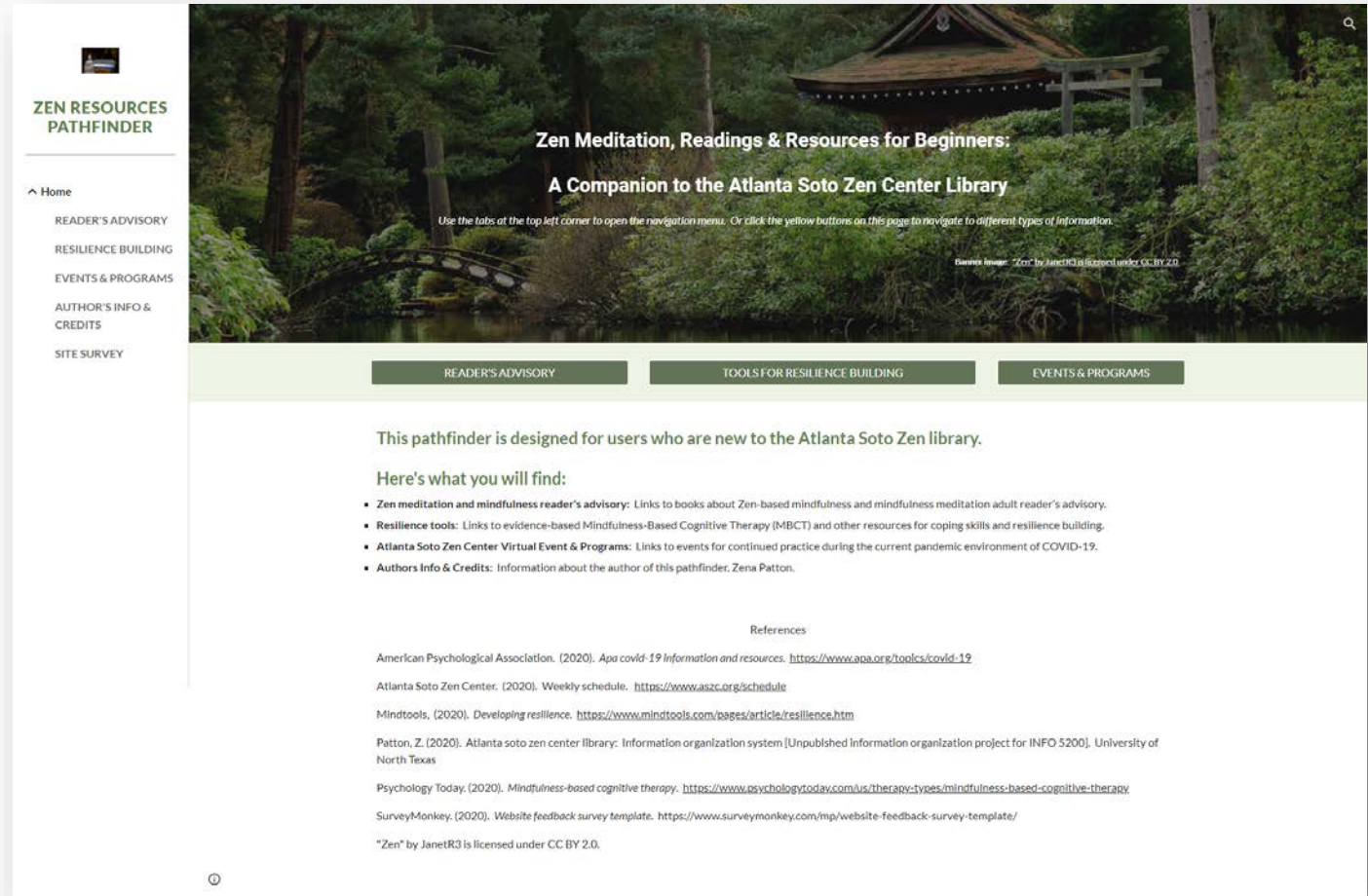
Users of the pathfinder will employ the following Bloom (1956) taxonomy levels of learning:

- Select (Understand) mindfulness and mindfulness meditation items in the catalog.
- Identify (Understand) evidence-based mindfulness techniques.
- Use (Apply) the Atlanta Soto Zen Center website to find events and programs to support their practice.

**Click link for  
Pathfinder.  
Screenshots in  
Following  
Slides**


**<https://sites.google.com/view/zen-resources-pathfinder/home>**

# Home Page






# Reader's Advisory

**ZEN RESOURCES  
PATHFINDER**

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[RESERVE BUILDING](#)  
[EVENTS & PROGRAMS](#)  
[AUTHOR'S INFO & CREDITS](#)  
[SITE SURVEY](#)

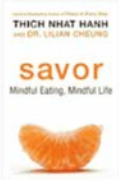


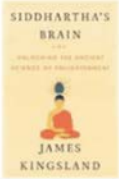
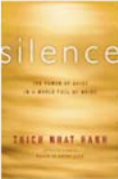
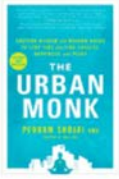
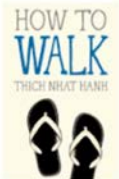
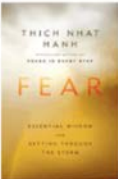
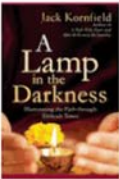


### Zen-based Mindfulness and Mindfulness Meditation Adult Reader's Advisory

Samuel Wang - 7/10/2020 - 11/10/2020 - CC BY 2.0

**INSTRUCTIONS:** Click on the section below to open link to a new tab. You will be re-directed to the online catalog at Gwinnett County Public Library (GCPL). The items at GCPL can also be found in the library at Atlanta Soto Zen Center. For further assistance, email [library@zenatl.com](mailto:library@zenatl.com).

- Are you new to mindfulness meditation and mindfulness based cognitive therapy?
- Are you curious about mindfulness rooted in Buddhist philosophy?
- See list for books that will help you to get started with your mindful journey mind, body and spirit!



All Things Mindfulness - Gwinnett County Public Library

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# Resilience Building



ZEN RESOURCES  
PATHFINDER

Home

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RESILIENCE BUILDING

EVENTS & PROGRAMS

AUTHOR'S INFO & CREDITS

SITE SURVEY

## TOOLS FOR RESILIENCE BUILDING


Links to evidence-based Mindfulness-Based Cognitive Therapy (MBCT) resources for coping skills and resilience building.

Home | About | Site Map | Contact Us | Privacy Policy

Instructions: Click on images to view full pages with linked information.

### What is Mindfulness-Based Cognitive Therapy?

**Types of Therapy**



**Mindfulness-Based Cognitive Therapy**

Mindfulness-Based Cognitive Therapy (MBCT) is a modified form of cognitive therapy that incorporates mindfulness practices such as meditation and breathing exercises. Using these tools, MBCT therapists teach clients how to break away from negative thought patterns that can cause a downward spiral into a depressed state so they will be able to fight off depression before it takes hold.

**When It's Used**




MBCT is used to help people who have experienced depression and are at risk of relapse. It is also used to help people who are experiencing stress and anxiety.

### Resources for coping with COVID-19 related stress and other challenges.

AMERICAN PSYCHOLOGICAL ASSOCIATION

APA COVID-19 Information and Resources

Continually updated by APA for psychologists, health care workers and the public:

**ALL TOPICS**

- Self-care and Mental Health
- Self-care, Stress Management, and Coping
- Education, Training, and Professional Development
- Training and Continuing Education
- Research and Research Methods
- Practice, Policy, and Ethics
- International Psychology
- Work and Research

### Developing Resilience by Mindtools.com

Developing Resilience

Overcoming and Growing from Setbacks

Resilience is the ability to bounce back from adversity. It is the ability to recover from setbacks and to grow from them. Resilience is a skill that can be developed and strengthened through practice.

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American Psychological Association. (2020). *APA COVID-19 information and resources*. <https://www.apa.org/topics/covid-19>

Atlanta Soto Zen Center. (2020). *Weekly schedule*. <https://www.asazc.org/schedule>

Mindtools. (2020). *Developing resilience*. <https://www.mindtools.com/pages/article/newLDR119e.htm>

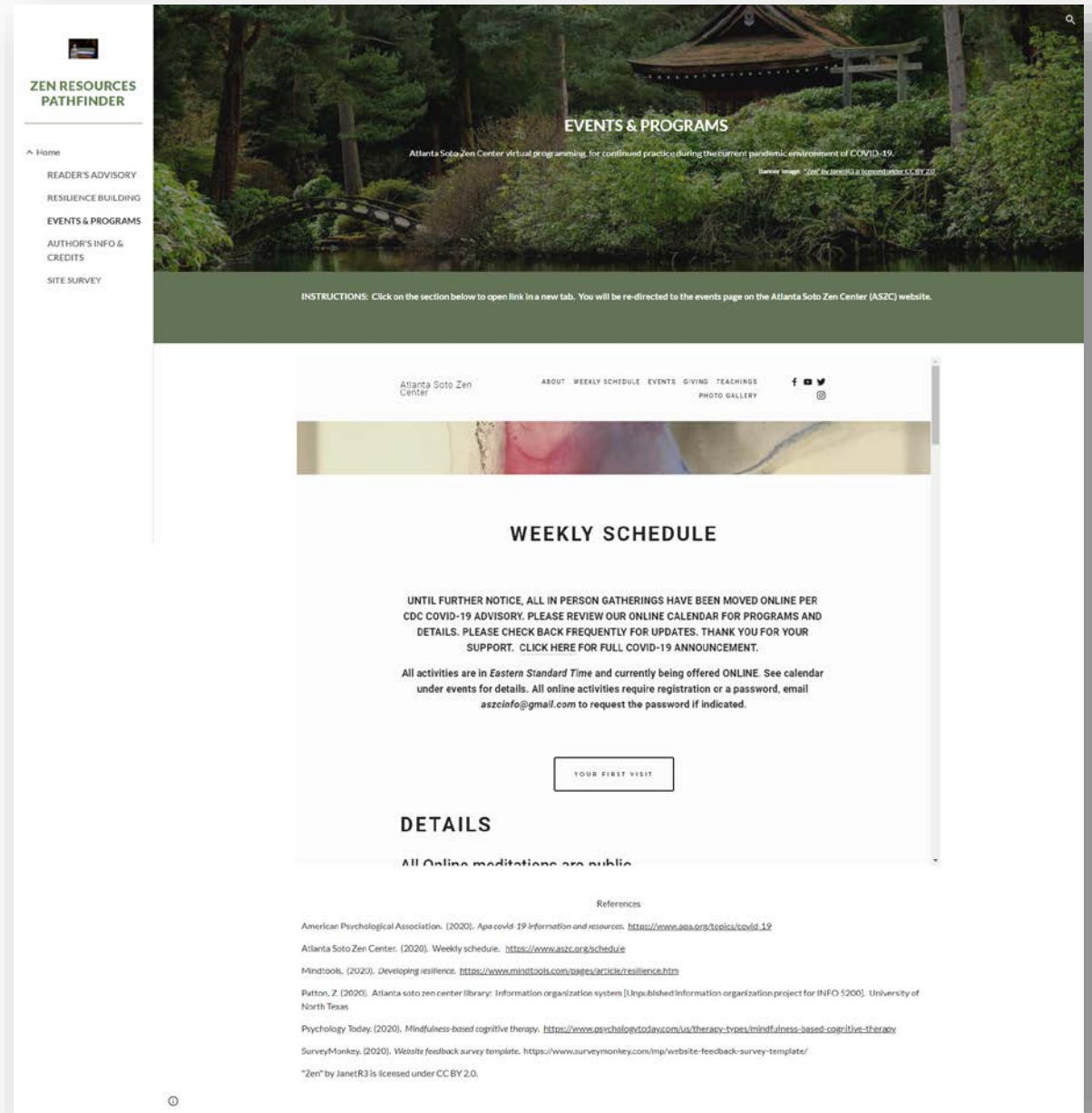
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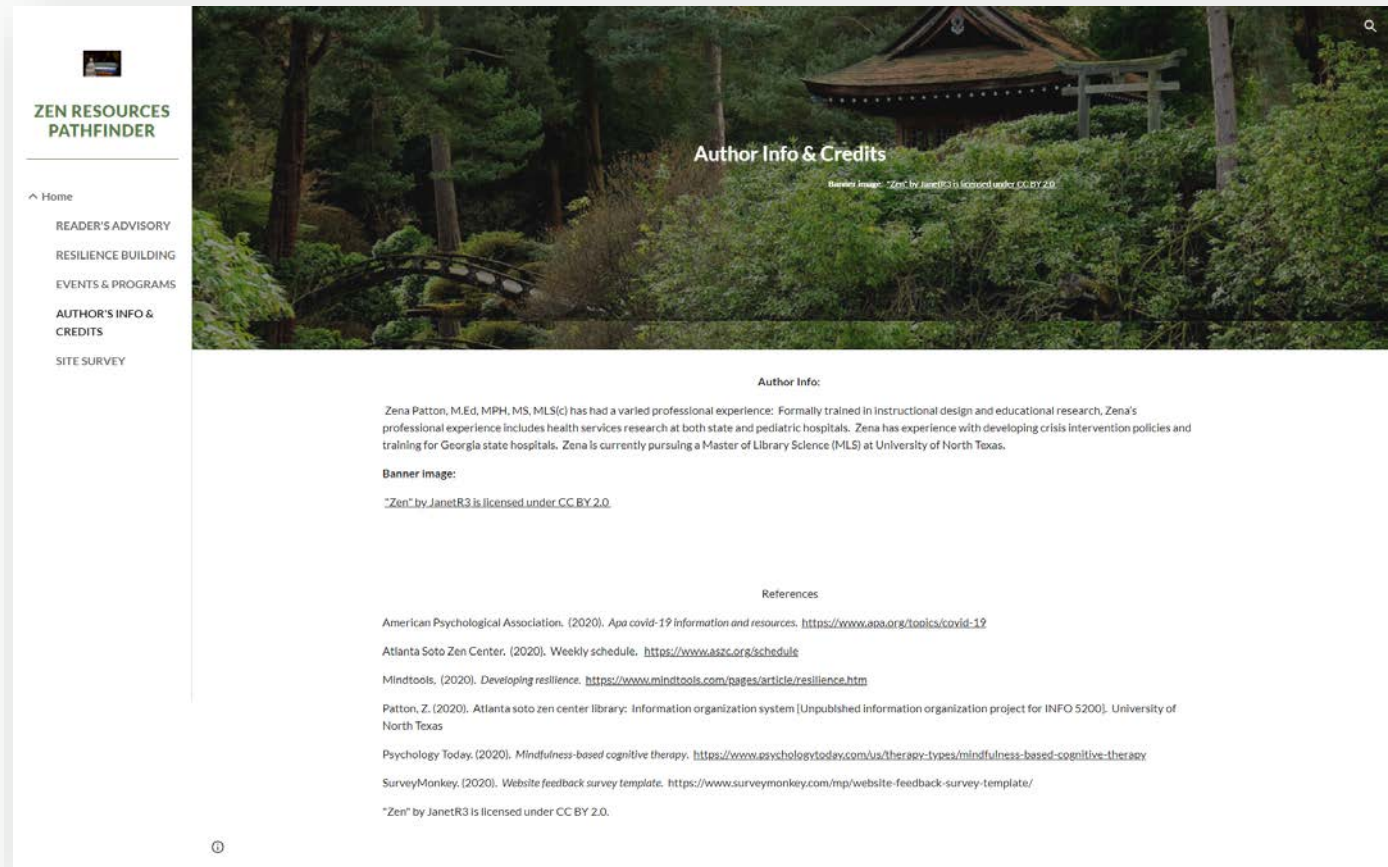
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# Events & Programs



# Author's Info & Credits



The screenshot displays the 'Zen Resources Pathfinder' website. The left sidebar contains a navigation menu with the following items: Home, Reader's Advisory, Resilience Building, Events & Programs, Author's Info & Credits (which is highlighted), and Site Survey. The main content area features a large banner image of a traditional Japanese garden with a wooden bridge and a torii gate. The title 'Author Info & Credits' is centered over the banner, with a small text credit below it: 'Banner Image: "Zen" by JanetR3 is licensed under CC BY 2.0'. Below the banner, the 'Author Info:' section provides a detailed biography of Zena Patton, M.Ed., MPH, MS, MLS(c), mentioning her professional experience in instructional design, educational research, health services research, and her current pursuit of a Master of Library Science (MLS) at the University of North Texas. The 'Banner Image:' section credits 'Zen' by JanetR3 as being licensed under CC BY 2.0. The 'References' section lists several sources: American Psychological Association (2020) for COVID-19 information, Atlanta Soto Zen Center (2020) for the weekly schedule, Mindtools (2020) for developing resilience, Patton, Z. (2020) for the Atlanta Soto Zen Center library information organization system, Psychology Today (2020) for mindfulness-based cognitive therapy, and SurveyMonkey (2020) for the website feedback survey template. A small circular icon is visible at the bottom center of the page.

**ZEN RESOURCES PATHFINDER**

- Home
- READER'S ADVISORY
- RESILIENCE BUILDING
- EVENTS & PROGRAMS
- AUTHOR'S INFO & CREDITS**
- SITE SURVEY

## Author Info & Credits

Banner Image: "Zen" by JanetR3 is licensed under CC BY 2.0

**Author Info:**

Zena Patton, M.Ed., MPH, MS, MLS(c) has had a varied professional experience: Formally trained in instructional design and educational research, Zena's professional experience includes health services research at both state and pediatric hospitals. Zena has experience with developing crisis intervention policies and training for Georgia state hospitals. Zena is currently pursuing a Master of Library Science (MLS) at University of North Texas.

**Banner Image:**

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# Site Survey



## ZEN RESOURCES PATHFINDER

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### Site survey

#### ASZC Pathfinder User Feedback Survey

Thank you for using this site. Your feedback will be helpful to make any improvements to the site. This survey will take 3-5 minutes to complete.

1. Overall, how well does the site meet your needs?

1 2 3 4 5

Not at all well ☐ ☐ ☐ ☐ ☐ Extremely well

2. How easy was it find what you were looking for on the site?

1 2 3 4 5

Not at all easy ☐ ☐ ☐ ☐ ☐ Extremely easy

3. Did it take you more or less time to find what you were looking for on the site?

1 2 3 4 5

A lot more time ☐ ☐ ☐ ☐ ☐ A lot less time

#### References

American Psychological Association. (2020). *Apa covid-19 information and resources*. <https://www.apa.org/topics/covid-19>

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