

Body Language

Try searching the Library Catalog at <http://www.pbcc.edu/library> for the subject "body language"

Personal Wellness

Suggested Database: Health and Wellness Resource Center

Search for:

- Addiction
- Alcohol or Alcoholism
- Drugs or "Drug abuse"
- Exercise
- Tobacco or smoking

Relating to Others

Suggested Database: Virtual Reference Library

Search for:

- Anger
- Communication
- Conflict resolution
- Diversity

Money Management for College Students

Suggested Database: Net Library

Search for: "Money management" and college

From this list, you might like....

- **Got Money?:** Enjoy It! Manage It! Even Save Some of It!: Financial Advice for Your Twenties and Thirties by Wuorio, Jeff. New York: AMACOM Books, 1999.

OR Search for: budget and college

From this list, you might like...

- **The Pocket Idiot's Guide to Living On a Budget** by Sander, Jennifer Basye.; Sander, Peter J. New York, NY Penguin, 1999.
- **Make Your Paycheck Last:** How to Create a Budget You Can Live With by Rich, Jason. Franklin Lakes, NJ The Career Press, 2004.

To Access the PBCC Library Databases:

- **Go to our library homepage at <http://www.pbcc.edu/library>**
- Click on **Articles & Databases**
- A new window will open with all of our databases listed. Scroll down to the database of your choice.
- If you are using a PBCC computer, click **On Campus** beside the database name.
- If you are NOT on a PBCC computer, click **Off Campus** beside the database name.
- A new window will open with a login screen.
- As the **Borrower ID**, enter your 14-digit library card number from the back of your Panther card (the number starts with 24901)
- Your **PIN** will be 4 digits long. It usually is 2 digits for your birth month and 2 for your birth year-MMYY. (Example: If you were born in March 5, 1988, your pin would be 0388.) Alternately, try the last 4 digits of your social security number.
- Click on **Log on**.
- On the following screen, click **Connect to Database**.