

And Much Information Wearies the Body

by Hayley Evers



'And Much Information Wearies the Body' Hayley Evers



Outline

- Introduction
- Definition and related terms
- How we receive information
- Past vs Present
- Causes

Outline

- Solutions for students
- How we can assist them?
- Solutions for ourselves
- My Personal Journey
- Conclusion
- Questions and Answers

Introduction

- First time organising a conference
- First time presenting at a conference
- My modern interpretation of the bible verse
- Emerging dilemma in the 21st century
- My own personal battle

Hands Up

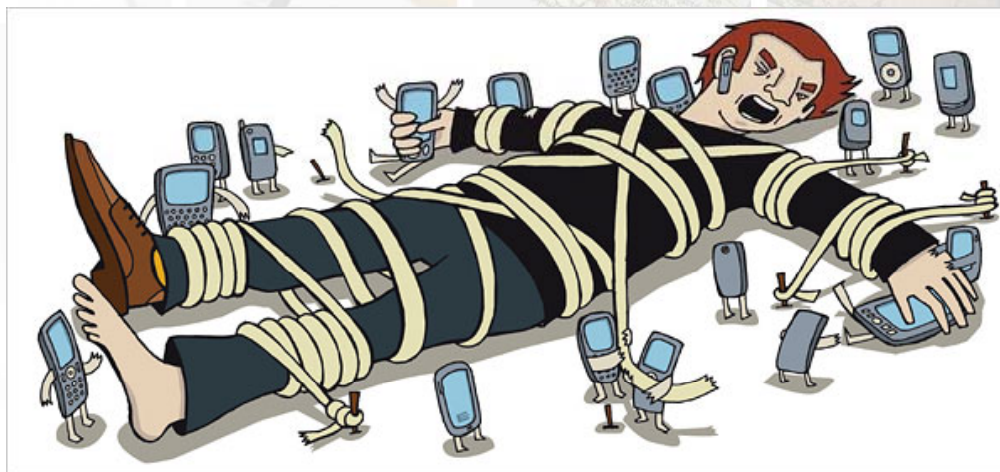


Definition

It refers to the difficulty a person can have understanding an issue and making decisions that can be caused by the presence of too much information

Source from Wikipedia

Take Over!

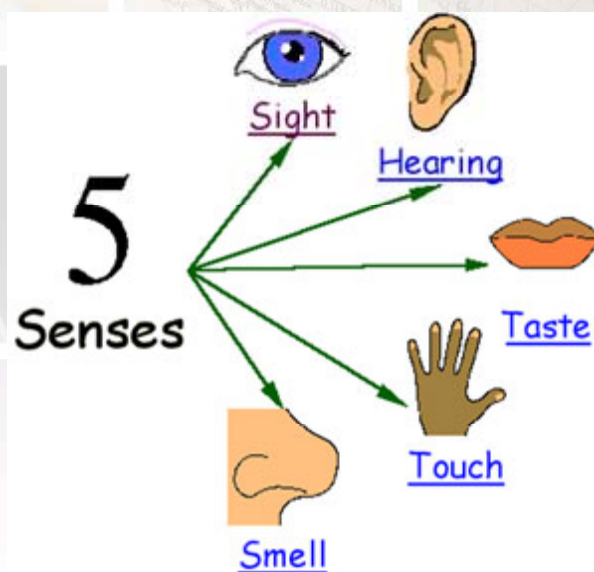


Related Terms

- Infobesity
- Information pollution
- Interruption overload – (has appeared in newspapers such as the *Financial Times*)
- TMI (too much information)
- Information Fatigue Syndrome
- According to neuroscientists, the more accurate term is “cognitive overload”

How we receive information

- Hearing
- Touch
- Smell
- Taste
- Sight



How we receive information - Past

- 
- TV
 - People
 - Magazine
 - Newspaper
 - Radio
 - Books
 - Billboard
 - Film
 - Postage letters
 - Posters
 - Telegrams
 - Telephone

How we receive information - Present

- 
- People
 - Magazines (Paper and Digital)
 - Newspapers (Paper and Digital)
 - Radio
 - Books (Paper and Digital)
 - Billboard, posters
 - Film
 - World wide web
 - Social media
 - Mobile phones
 - Tablets
 - TV
 - Much more!!

Social Media in 1960s




Causes

- Rapidly increasing rate of new information being produced
- Ease of duplication and transmission of data across the Internet
- Increase in the available channels of incoming information (e.g. mobile, e-mail, instant messaging, RSS)


Causes Continued

- 
- Lack of clarity
 - Poor retention
 - Poor planning
 - Filters have failed us
 - Filters are too advanced


Causes Continued

- 
- Large amounts of historical information to dig through
 - Contradictions and inaccuracies in available information
 - Lack of a method for comparing and processing different kinds of information
 - Pieces of information are unrelated or do not have any overall structure to reveal their relationships


Solutions for students

- 
- Limit number of social media accounts
 - RSS: Using an RSS reader should help controlling the limitless swarm of information on the Internet
 - Keep research simple
 - Information literacy skills


Information Literacy

- 
- Information Literacy is the ability to identify what information is needed, understand how the information is organized, identify the best sources of information for a given need, locate those sources, evaluate the sources critically, and share that information.

Information Literacy

- 
- Determine the nature and extent of the information needed
 - Acquire needed information effectively and efficiently
 - Evaluate information and its sources critically

Information Literacy

- 
- Incorporate selected information into one's knowledge base
 - Use information effectively to accomplish a specific purpose
 - Understand the economic, legal, and social issues surrounding the use of information


Information Literacy




Assist Students

- Websites with lots of text and links within them are less absorbed by people
- Use less library jargon or have a library jargon section on your website
- Use library terms that users will understand

Library terms that users understand

- 
- Terms accompanied by additional words or mouse overs that expand on their meaning.
 - Use natural language equivalents on top-level pages, such as *Borrowing from Other Libraries* instead of *Interlibrary Loan*
 - Provide alternative paths where users are likely to make predictable "wrong" choices


Library terms that users understand

- 
- Enhance or explain potentially confusing terms.
 - Use terms consistently throughout your website, and if possible in printed materials, signage, and the actual names of facilities and services.

Library terms that users understand

- 
- Database vs Finding an Article
 - Library Catalogue vs Finding a Book
 - Interlibrary Loan vs Borrowing from other libraries
 - Library Instruction vs Library Tutorials

Solutions for ourselves

- 
- Unsubscribe from email lists
 - Have a day without technology
 - Take breaks away from the computer
 - Filter your sources, focusing only on the high-quality ones
 - Focus on one topic or project at a time
 - Streamline your social media networks

Personal Journey



Conclusion

[Digital Junkie - Information Overload](#)

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