And Much Information Wearies the Body

by Hayley Eyers

‘And Much Information Wearies the Body’

Hayley Eyers
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

• 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
Bibliography

Books


Images


Videos


Websites


