Information Overload in Today's Digital Environment

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Overview

- Libraries today
- What is information overload?
- Why do we struggle?
- Tips
- Tools

Libraries Today

- Where are all the books? - Less physical books... not necessarily
- More digital resources - absolutely
- Role of Librarians - information specialists

Information Overload

- Information more accessible
- More tools to access information
- "Peer" pressure - FOMO
- Tools at home, work and on the go
- SQUIRREL!

SQUIRREL!

Do you remember Doug the friendly dog in Disney's "Up"?

He had a habit of being distracted, "Squirrel!" before continuing on in his conversation

Cognitive Overload

- Our brain does have limits
- It takes time to transition between tasks - not really multi-tasking
- We become inefficient - increased mental exhaustion
- Stress!

From www.hunterlangston.com

Not Just a Student Struggle

- Students are digital natives
- Work/Academic demands
- Social connections/pressures
- Personal interests/desire to be informed
- FOBO - Fear of Being Offline

Getting information off the Internet is like taking a drink from a fire hydrant.

Mitchell Kapor

From Will Lion at https://www.flickr.com/photos/will-lion/2595497078

The Internet

- "There's no such thing as information overload - only filter failure" Clay Shirky
- Sorting relevant from irrelevant
- There is quality info that we WANT to consume

TIP: Get Organized

- Take some time
- Choose only those "feeds" that are most important to you
- Get things out of your head
- Learn how to get the most out of tools

TIP: Self-Control

- Divide have-to, should and want to
- Designate time - don't get "squirreled"
- Have electronic-free time - take short or long term breaks from the digital world

TIP: Experts

- Find your trusted sources
- Take advantage of information experts - like Librarians!!

HOW?

- Sort and limit the stream of information
- Choose great tools
- Email filters
- Turn off auto updates

TOOLS:

Apps - put devices to work for you
- Hootsuite - manage social media
- Feedly - manage news, feeds
- Kroger, Recipe Gallery - personal interests
- Unroll Me - unsubscribe junk

More Tools! group brainstorm:

- Key Ring - loyalty cards
- Overdrive - for reading books
- Travel apps - like Trip Advisor
- Weather apps - like the Weather Channel
- Health & Fitness tools - like MapMy Run, MyFitnessPal, or Capzule (be conscious of your privacy!)
- Goodreads - manage reading list or find great books
- Evernote, Zotero, Browzine, Research Project Calculator

Want to learn more?

Consider reading:

The Organized Mind:

Thinking Straight in the Age of Information Overload

by Daniel Levitin

Questions? / Contact Me

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I can be contacted through Miami University Libraries:

www.lib.miamioh.edu

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