

# Information literacy and learning for health and wellbeing

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Chair and Deputy Chair:  
CILIP Information Literacy Group

It's Great Up North  
7 June 2019



# Introductions: Jane

- Senior Lecturer at City, University of London
  - Teach on MA in Academic Practice
- Chair, CILIP Information Literacy Group
- Member of Universities UK Copyright Negotiation and Advisory Committee
- Freelance trainer and researcher



# Introductions: Lisa

- Freelance trainer and consultant
- Coach
- Personal trainer
- Deputy Chair, CILIP Information Literacy Group
- CILIP Fellow
- CILIP mentor





Mindfulness practice

# CILIP Definition of Information Literacy 2018

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“Information literacy is the ability to think critically and make balanced judgements about any information we find and use. It empowers us as citizens to develop informed views and to engage fully with society.”



## Information Literacy and Everyday Life

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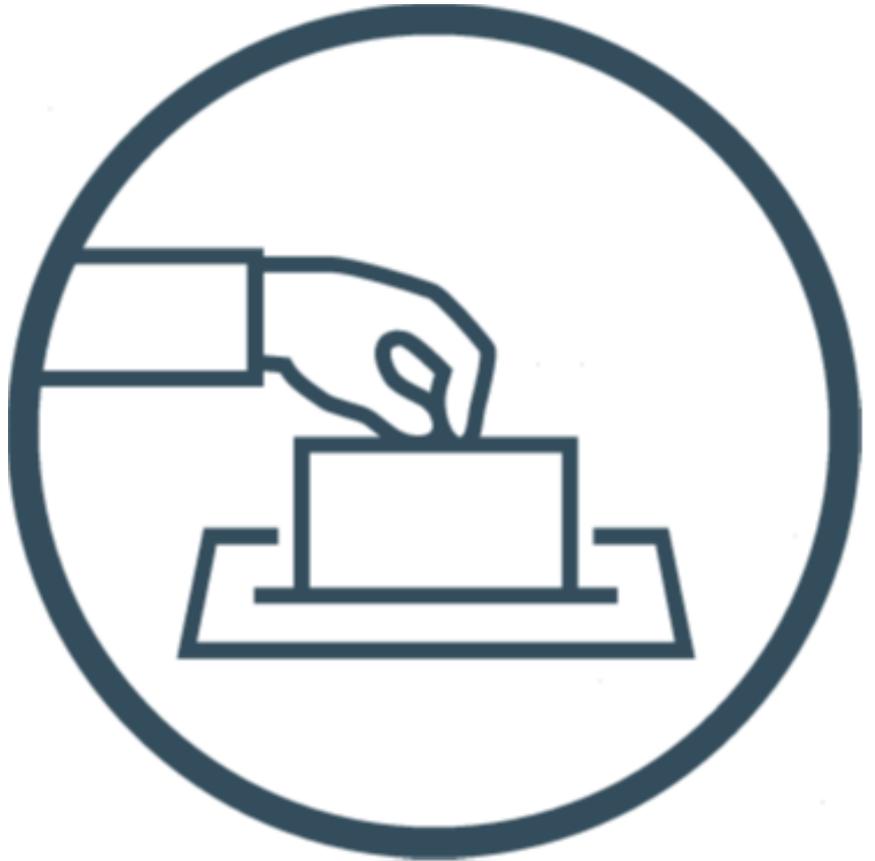
- Checking information online
- Online transactions
- Behave ethically online
- Social media
- Digital footprint
- Privacy



# Information Literacy and Citizenship

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- How to understand the world around us?
- Recognise bias and misinformation
- Fake news
- Critical judgement



# Information Literacy and Education

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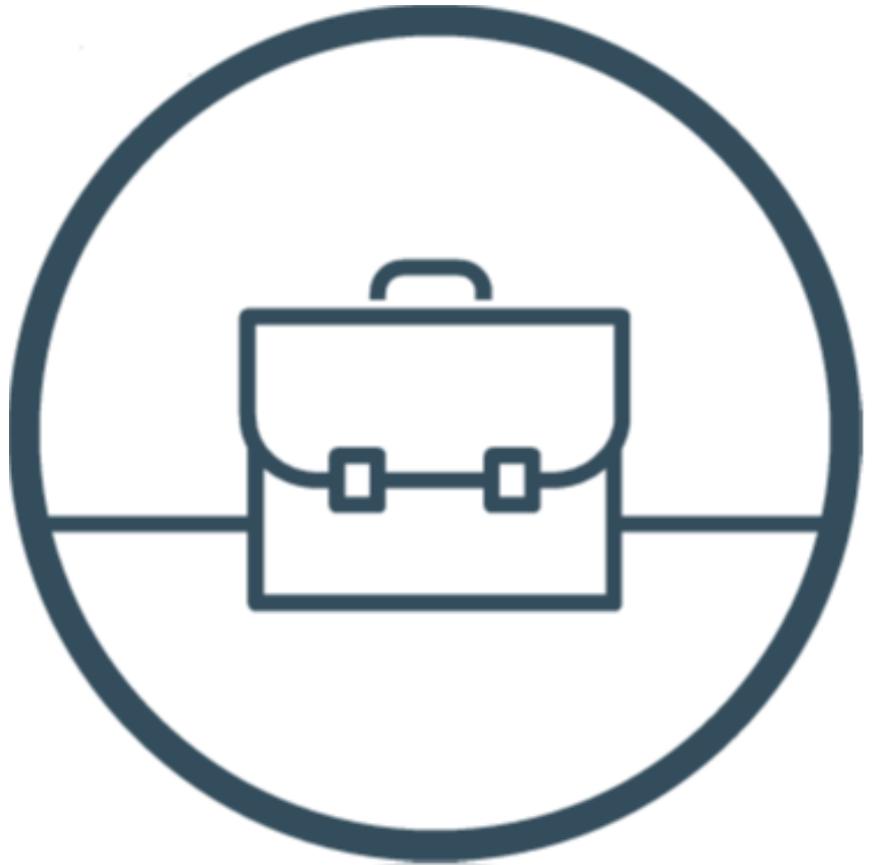
- All stages of education
  - School, Further Education and Higher Education
- Critical thinking skills
- Transition from school to Higher Education
- Equips learners with intellectual strategies



# Information Literacy and the Workplace

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- Knowing when and how to use information
  - To help achieve organizational aims and adds value
- Interpret work related information
- Contributes to employability
  - Teamworking
  - Problem solving and analytical skills



# Information Literacy and Health

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- Using credible and reputable healthcare sources when looking for treatment and prognosis.
- Becoming active partners in healthcare
- Engaging in informed dialogue with healthcare professionals.
- Making it easier (NHS Scotland)
- Working with HLG and Health Education England on campaigns such as “A million decisions” and the Health Literacy Toolkit



## Mainstreaming IL

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Reading  
Writing  
Arithmetic

...

Information Literacy

# Information Literacy and Health Literacy

- Information literacy abilities are compromised when people are:
  - Unwell, stressed or trying to find information quickly
  - This affects all parts of the process: finding, evaluating, analysing and processing information
- When we're talking health literacy, people are *ill, stressed AND trying to find information quickly*.
- As you know, in these circumstances, finding the correct information to manage their condition really can actually be a life or death matter
- As you know Health librarians are key
  - Support clinicians and healthcare workers in evidence based medicine,
  - Provide valuable information services to patients.

## What can we do?

# Lisa's experience of exercise and personal training

- Stress
- Depression
- High Blood Pressure
- Type 2 Diabetes
- Dementia
- Angina
- Coronary Heart Disease
- Heart Attack
- Stroke
- Lower levels of bad cholesterol
- Higher levels of good cholesterol
- Mindfulness



<https://www.facebook.com/ResultsIncCheadle/videos/813019852232605/>

# The Slow Movement

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*“There is more to life than increasing its speed”.*

Gandhi

*“It is a cultural revolution against the notion that faster is always better. The Slow philosophy is not about doing everything at a snail’s pace. It’s about seeking to do everything at the right speed. Savouring the hours and minutes rather than just counting them. Doing everything as well as possible, instead of as fast as possible. It’s about quality over quantity in everything from work to food to parenting”.*

Carl Honoré



# Mindfulness

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

# Mindfulness and moments of discomfort

Reflexivity is not to be confused with reflection. We often reflect on our teaching, and we ask students to reflect on their learning. Reflection is a wonderful tool. It is, though, a tool for “after the fact.” We reflect at the end of an assignment or at the end of a course. We identify what we learned and how we can possibly do differently next time.

Reflexivity, on the other hand, is to engage in the moment, to understand the thoughts and feelings of an experience while experiencing that experience.



Hara, Billie (2010) Reflexive Pedagogy. *The Chronicle of Higher Education*.

<https://www.chronicle.com/blogs/profhacker/reflexive-pedagogy/22939>



## The Psychological Effects of “Fake News”

*Those who aren't very good at making judgements about information they read or see in newspapers, TV or social media, especially misinformation such as fake news, experience a negative physical response to it. This means that misinformation is actually bad for their physical health.*

*On the other hand those people that are very good at making judgements about information tend to have a much healthier physical response when they encounter misinformation.*

*Given the constant barrage of fake news that we come across everyday of our lives it clearly shows there is a worrying public health issue emerging.”*

Dr. Geoff Walton,  
Manchester Metropolitan University

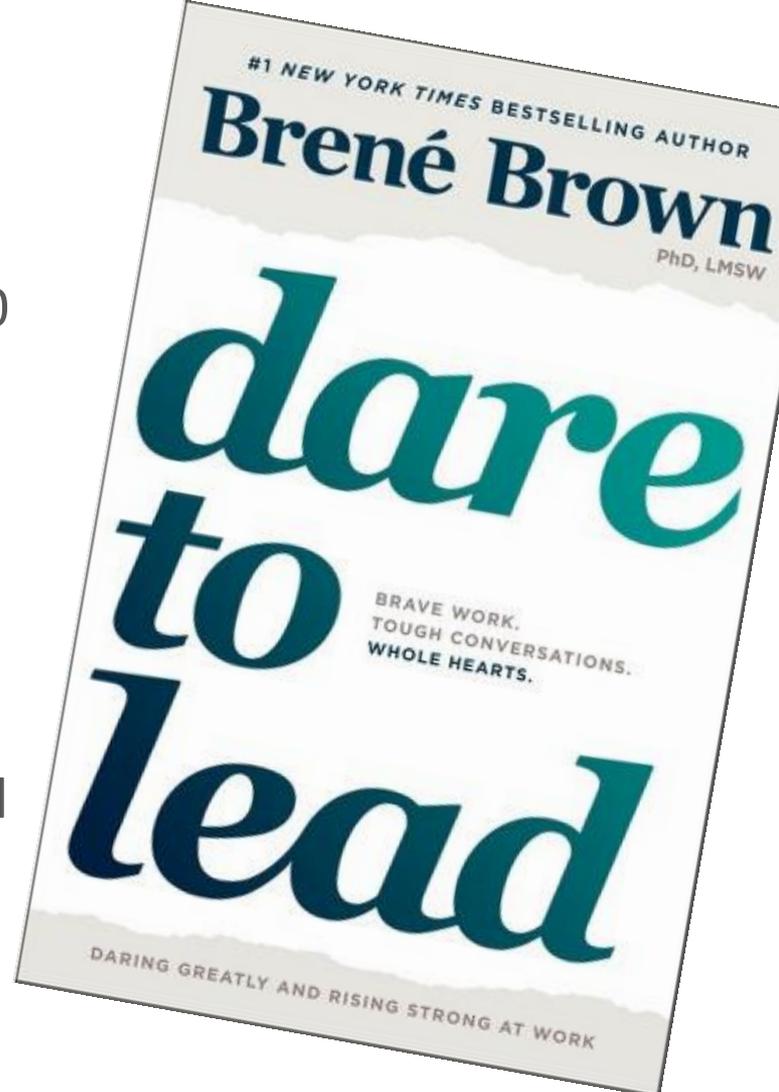
# Brené Brown on Learning

*“Easy learning doesn’t build strong skills”.*

Brené Brown, *Dare to Lead* p.170

Not all learning has to be hard but learning SHOULD challenge us.

This is similar to Vygotsky's Zone of Proximal Development - things we can do unaided, things we can't do (ZPD in between).



# Learned Optimism: Martin Seligman (2006)



- Adversity – these are everyday setbacks you experience when teaching
- Belief – how you interpret the adversity – what you say to yourself
- Consequence – the feelings you experience as a result of B (your belief)
- Disputation – return to B and try and take a more objective view
- Energisation – accept the disputation and negative feelings will be reduced and you'll have energy to continue teaching and feel positive

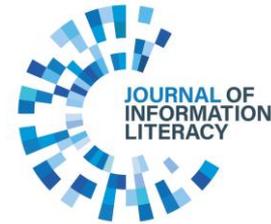
# Final Thoughts and Conclusions

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- Information literacy and health literacy are linked in a quite complex way
- Finding information can be a source of stress, particularly when it relates to finding health information about ourselves or a loved one
- There are benefits from slowing down, exploring meditation and contemplative practices
- There are benefits from viewing IL and learning more as mentoring and coaching
- Health librarians play a vital role



# Any Questions?



<https://infolit.org.uk/>  
@infolitgroup #ILDefinition



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**LISA JESKINS**

COACHING. TRAINING. CONSULTANCY.



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