

LISA JESKINS

COACHING. TRAINING. CONSULTANCY.

Learning, information literacy and health and wellbeing

- Freelance trainer/consultant
- Personal trainer
- Coach
- Deputy Chair, CILIP IL Group
- CILIP fellow
- CILIP mentor





Mindfulness practice

CILIP Definition of Information Literacy 2018

“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.”



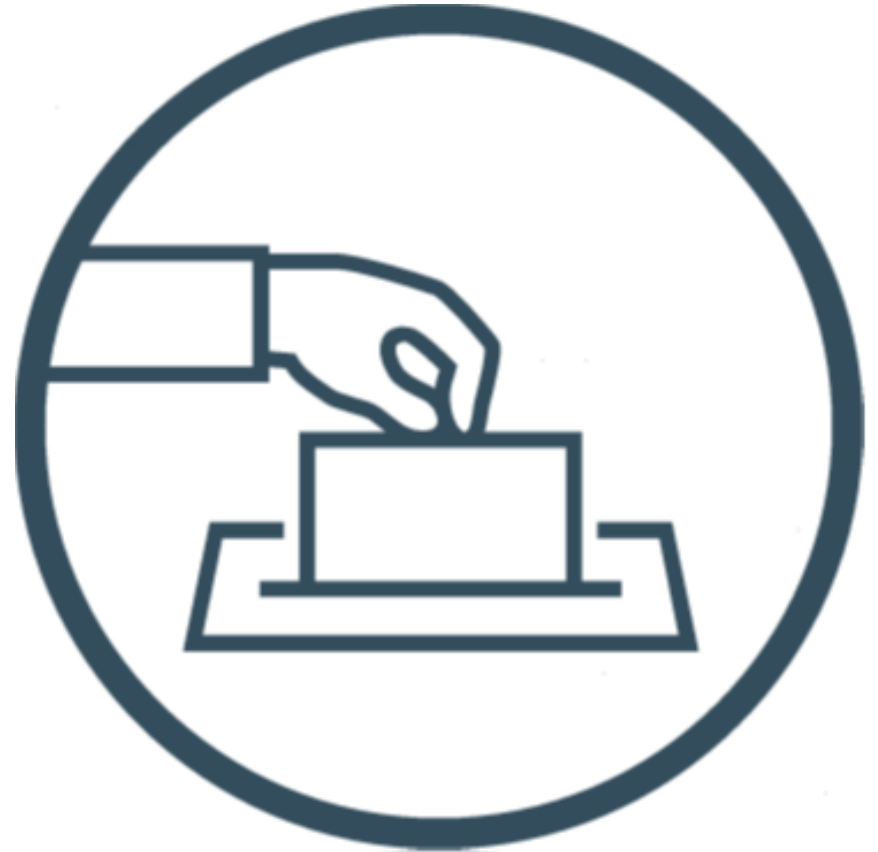
Information Literacy and Everyday Life

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



Information Literacy and Citizenship

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



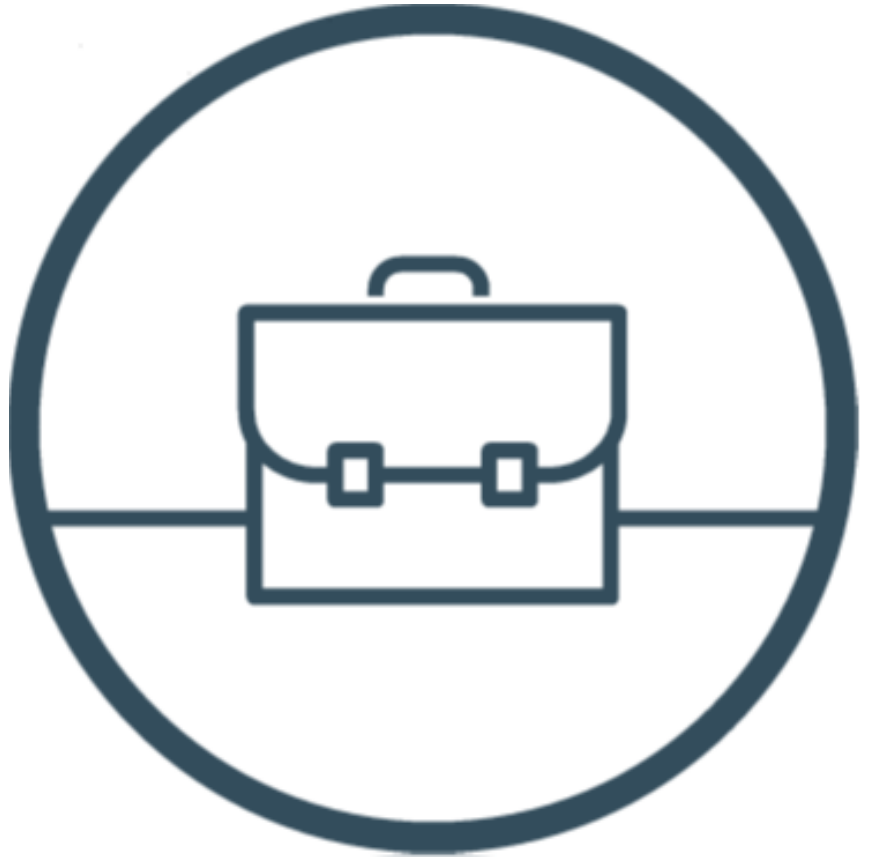
Information Literacy and Education

- 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

- 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

- 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

Reading
Writing
Arithmetic

...

Information Literacy

Information 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 specifically about health literacy, people are *ill, stressed AND trying to find information quickly*. In these circumstances, finding the correct information to manage their condition really can actually be a life or death matter.

What can we do?

The Slow Movement

“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.



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

Contemplative Practices in Libraries

“Information shapes the way people can be and act in the world”. ...

Gorichanaz sees the “link between information studies and contemplative studies to propose six contemplative aims for information: being, attention, meaning, compassion, unity, and wisdom. ... Being is one’s existence as subject, a sense of presence and history; attention is awareness, observation and presence; meaning is what contributes to one’s being a person, making their life feel valuable; compassion is the recognition of and reaction to unsatisfactoriness in the world; unity is a sense of oneness; and wisdom is the unity of thought, emotion and action.”

Tim Gorichanaz (p. 27)

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



My 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

Final Thoughts and Conclusions

- 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
- Librarians play a vital role



Any Questions?



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

LISA JESKINS

COACHING. TRAINING. CONSULTANCY.

Lisa Jeskins
@lisajeskins

07870773317
lisa@lisajeskinstraining.com
lisajeskinstraining.com

References and Further Reading

- Brown, B (2019) *Dare to Lead*. Vermillion: London.
- CILIP (2018) CILIP Definition of Information Literacy. Available at: <https://infolit.org.uk/ILdefinitionCILIP2018.pdf>
- Gorichanaz, T & Latham, K.F. (2019) Contemplative aims for information. Forthcoming in *Information Research*. Pre print available at: <http://timgorichanaz.com/pdf/aims.pdf>
- Hara, Billie (2010) Reflexive Pedagogy. The Chronicle of Higher Education. Available at: <https://www.chronicle.com/blogs/profhacker/reflexive-pedagogy/22939>
- Honoré, C. (2004) *In praise of slow: how a worldwide movement is challenging the world of speed*. Orion: London.
- Honoré, C. (2005). *In praise of slowness*. (TED Talk) [video] Available at: <https://youtu.be/UhXiHJ8vfuk> [Accessed 4 Jun. 2019].
- Seligman, M. (2006) *Learned Optimism*. Vintage Books: USA
- Walton, G., Pickard, A. & Dodd, L. (2018). Information discernment, mis-information and pro-active scepticism, *Journal of Librarianship & Information Science*, 50 (3), pp.296-309
<http://journals.sagepub.com/doi/abs/10.1177/0961000618769980>