

Overcoming the dark side of information

09.45 Registration

10.00 Introduction to the course

10.15 Session 1 **Too much information?**
Information overload, infobesity and the paradox of choice
Information avoidance and bad satisficing

11.30 Break

11.45 Session 2 **Anxious and distracted?**
Information anxiety, technostress and cognitive overload
Web 2 and the end of civilisation

13.00 Lunch

13.45 Session 3 **Digitally literate?**
Beyond information literacy
Understanding and skills for the information-rich environment

15.00 Break

15.15 Session 4 **Information fluent?**
Taking control.
Personal information management.

16.15 Conclusions

16.30 Close