Seeking Information

“Knowledge is of two kinds. We know a subject ourselves, or we know where we can find information on it.”
– Samuel Johnson, writer

Introduction

When working towards their goals, participants in the Living Well workshop may find that they will need more information in order to solve a problem, take an action, or take charge of their health and wellbeing. The right information can help participants make the right decisions for them.

The Seeking Information session helps participants recognize when they will need more information, think about how to find information and ask the right questions, and evaluate the information they find for its usefulness.

Content Summary

Key Steps: Identifying your information needs, figuring out where to find the information you need, evaluating the information you find, and using the information to take action

When & What: Exploring how change often brings a need for more information, identifying types of information sources, and clearly describing your problem or need in order to get the best answers

Where & How: Identifying personal sources for information, steps for collecting information, and tips for searching on the internet

Evaluation: Practicing the evaluation process to test if the new information is useful, relevant and understandable

Taking Action: Using the information gathered to make decisions, solve problems, and get support
Learning Objectives

The Seeking Information session can help participants understand how information helps them make decisions, solve problems, and learn more about themselves and their community. Participants can learn how to recognize when to seek out new information, how to communicate what they need to find relevant and useful information, and how to evaluate new information. They can also learn how to share and apply new knowledge and use it to take action.

Disability Community Partnership Shaped Content

In developing the Seeking Information session, CIL project partners demonstrated the need to emphasize the importance of peers in the information seeking process.

CIL staff highlighted how peers can be both sources of information, and can help evaluate information by checking it against lived experience. Peer support networks, both online and in person, can be a wealth of experience, information, and knowledge, and CIL project partners helped identify ways to tap into this resource.