

Evaluating My Sources

Source of information:

Contact information or website address:

My topic and questions for this source

(my information need):

Notes:

1. Does this information make sense to me?

Write down any new questions you may have:

2. Is this information relevant to me?

Write down any ways this information does or does not fit with your situation:

3. Does this information conflict with other things I know or have heard?

What actions should I take next?

(Do I need help from peers to understand it or check it for consistency?)

Do I need to collect more information on this specific topic?

Do I need to share it with my caseworker or healthcare provider?)