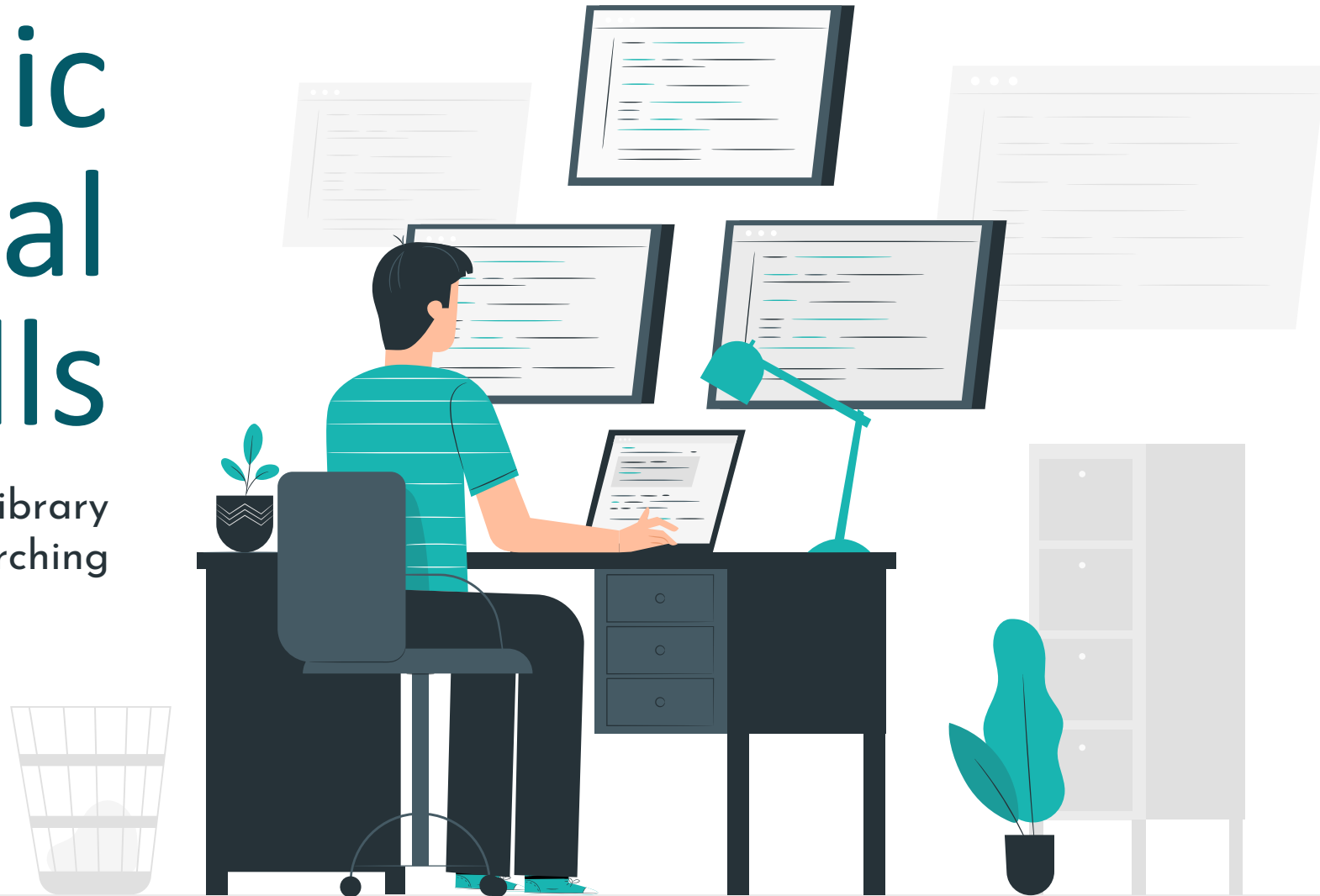
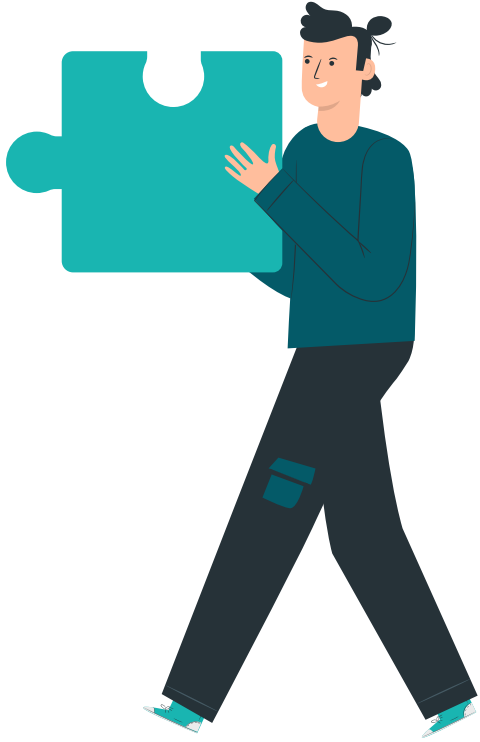


Academic and Digital Skills

Information Literacy and Library
Searching



Session outline



1. Introduction to information literacy
2. Identifying reliable versus unreliable information
3. Importance of academic sources
4. Using the library website to search for information

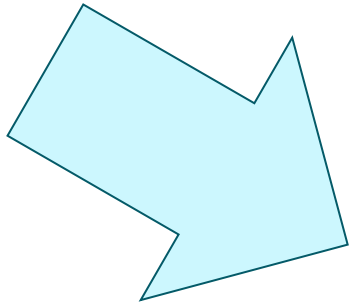
Information Literacy

Knowing when information
is needed, where to find
it, and how to judge
whether it is trustworthy

Information literacy is the
ability to:

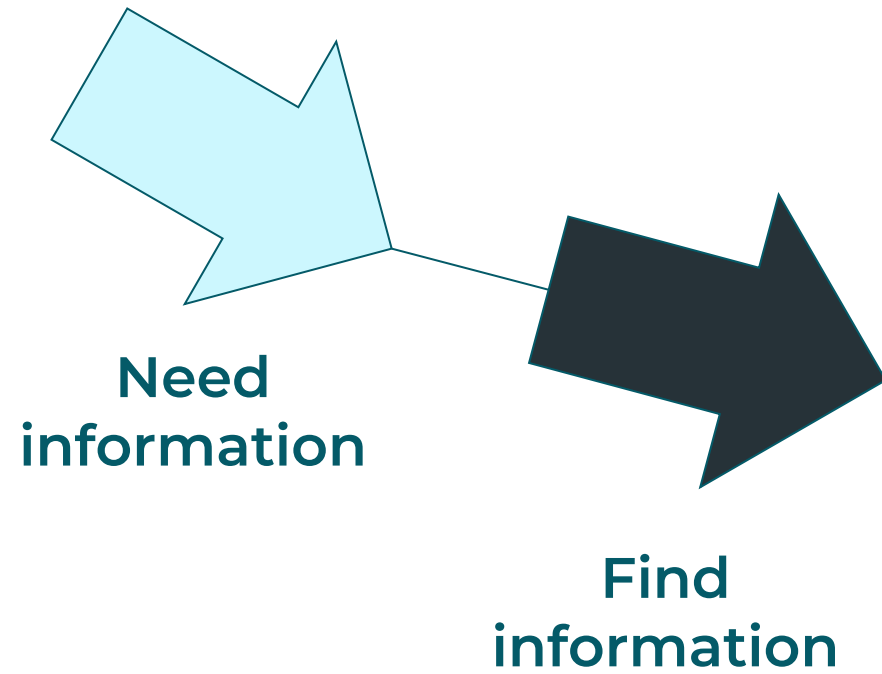
- Find information
- Evaluate information
- Use information
effectively
- Use information
ethically

Information Literacy

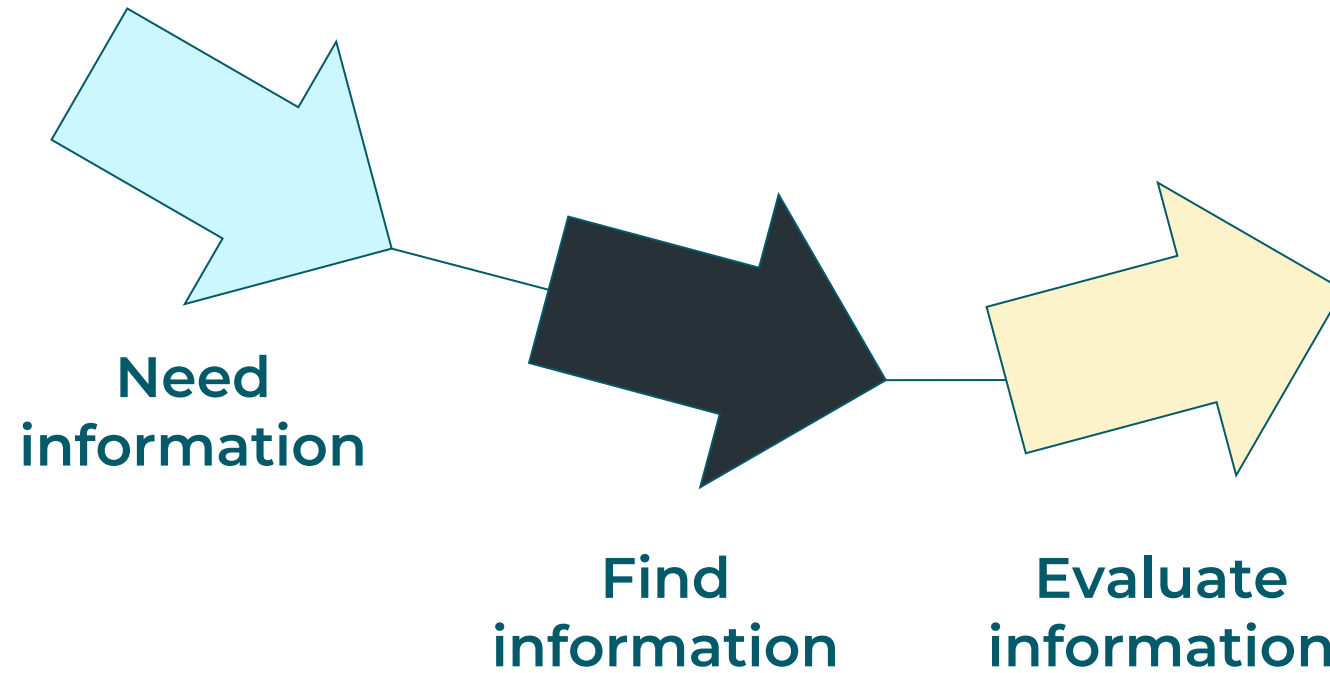


**Need
information**

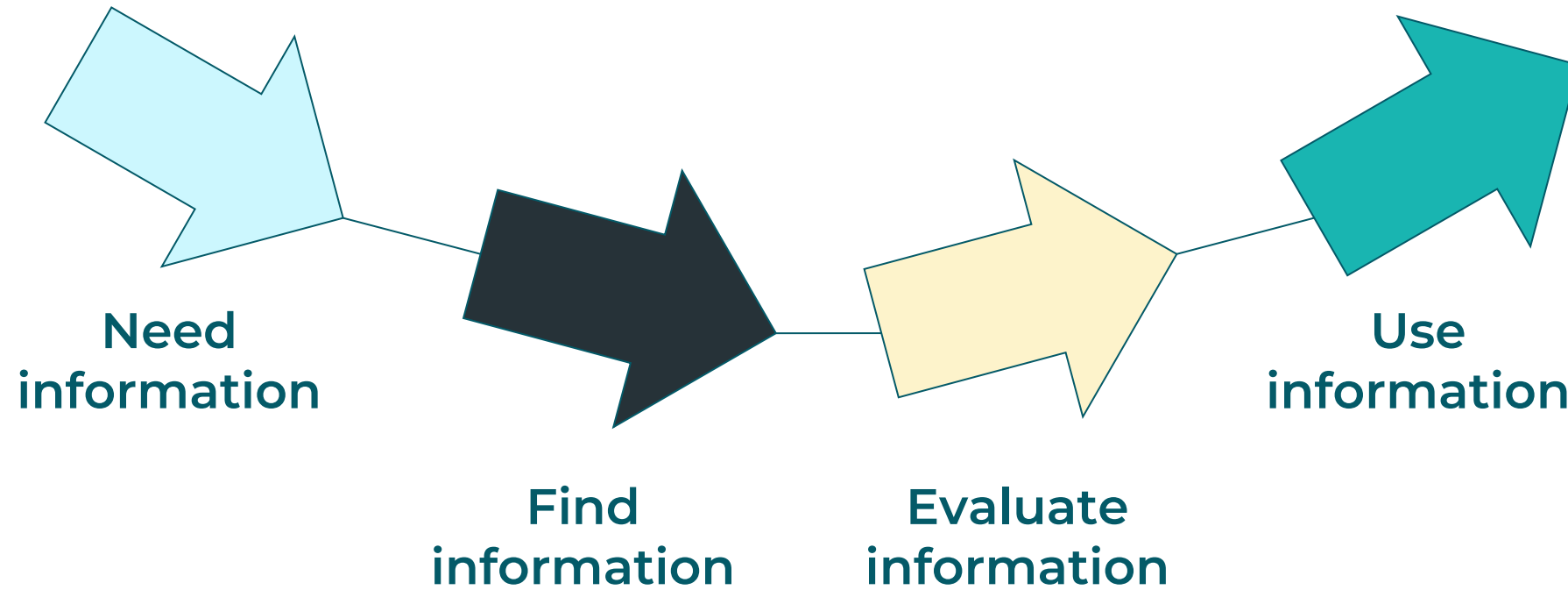
Information Literacy



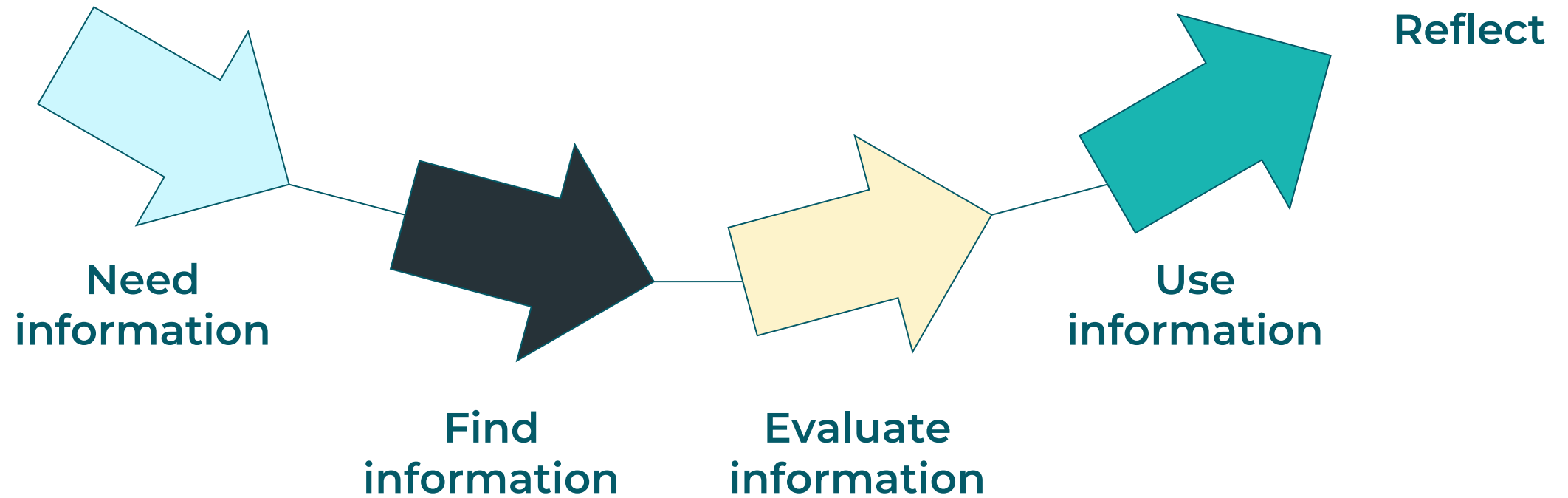
Information Literacy



Information Literacy



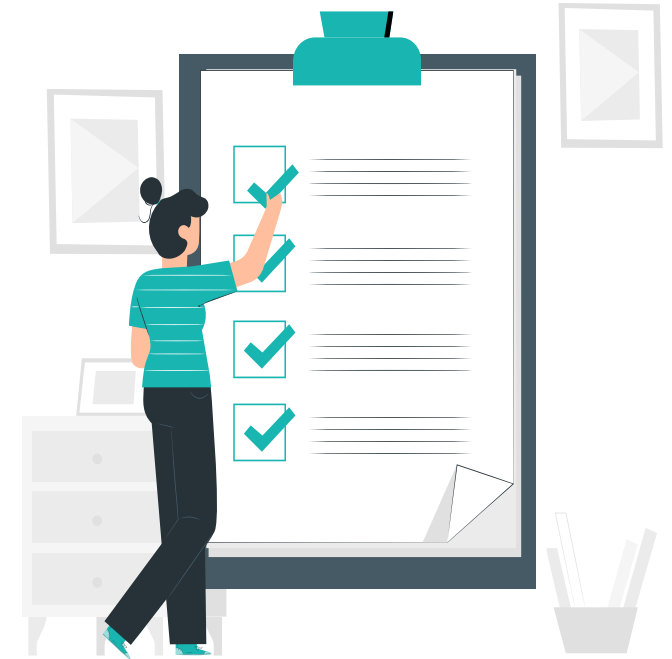
Information Literacy



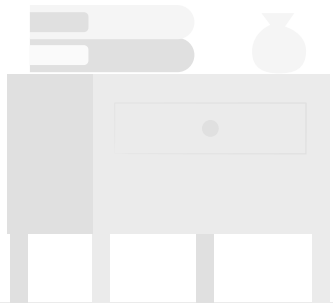
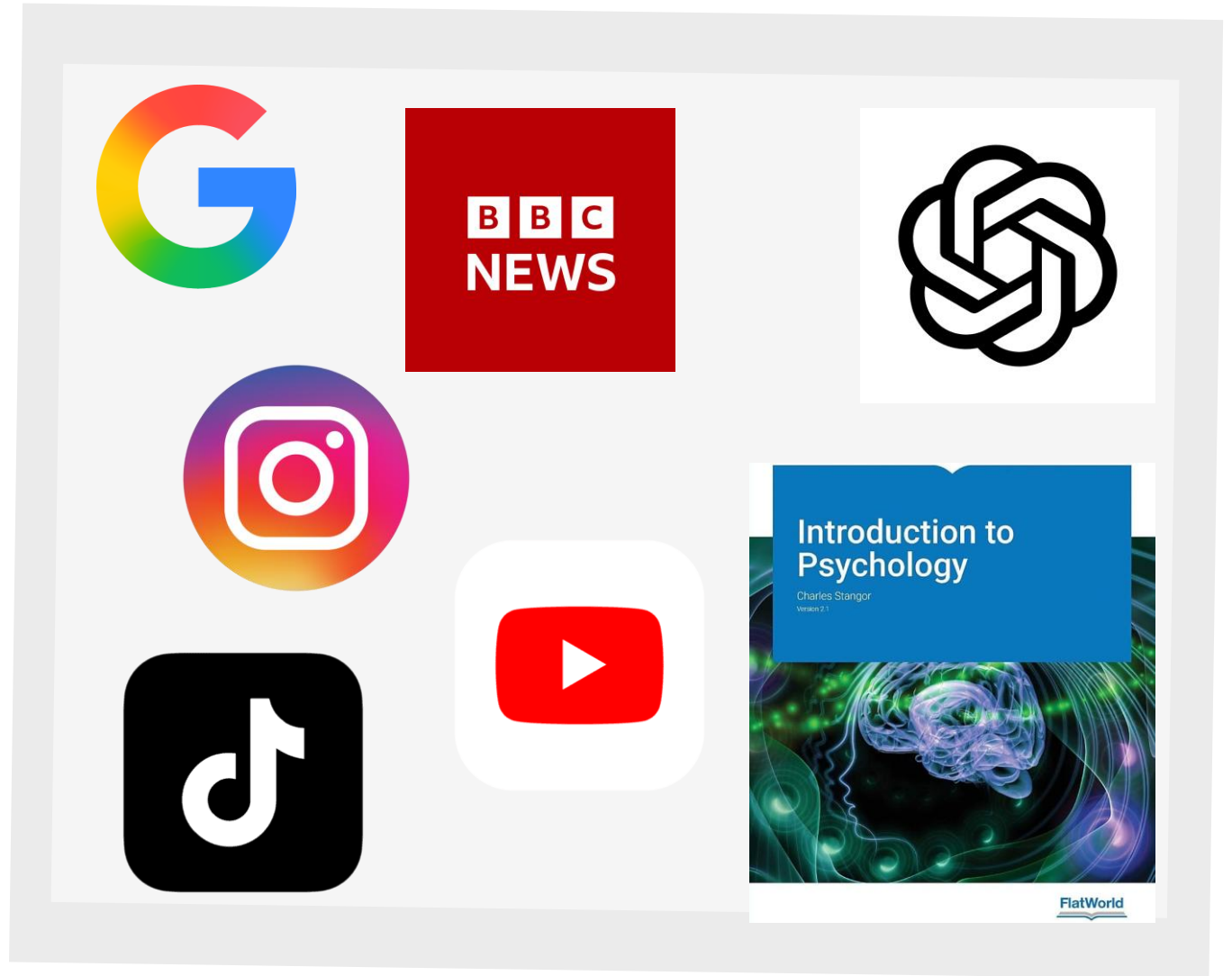
Information Literacy

Information literacy supports academic success.

- As psychology students you will:
 - a. Write academic assignments
 - b. Read research studies
 - c. Evaluate evidence
 - d. Develop critical thinking skills
 - e. Make evidence-based arguments
 - f. Avoid misinformation



Where do you
currently get
information from
when you want to
learn something new?



Information Literacy

We are surrounded by information every day

Questions to ask:

1. Is it accurate?
2. Is it current?
3. Is it biased?
4. Is there evidence?
5. Can it be trusted?



**Scientists discover that
eating chocolate
doubles intelligence**

Would you
believe this?

Why or why not?

Information versus Evidence

Information is not always evidence!

Information

Opinions

Personal experiences

Social media posts

News reports

Evidence

Research studies

Scientific investigations

Systematic reviews

Academic literature

Psychology is an evidence-based discipline

Types of Information Sources



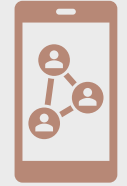
Academic Sources

Journal articles
Academic books
Research reports



Popular Sources

Newspapers
Magazines
Blogs / Vlogs
Websites



Social Sources

TikTok
Instagram
X
Reddit

Fact or Myth?

Criminal profiling is highly accurate and can lead to crimes being solved quickly

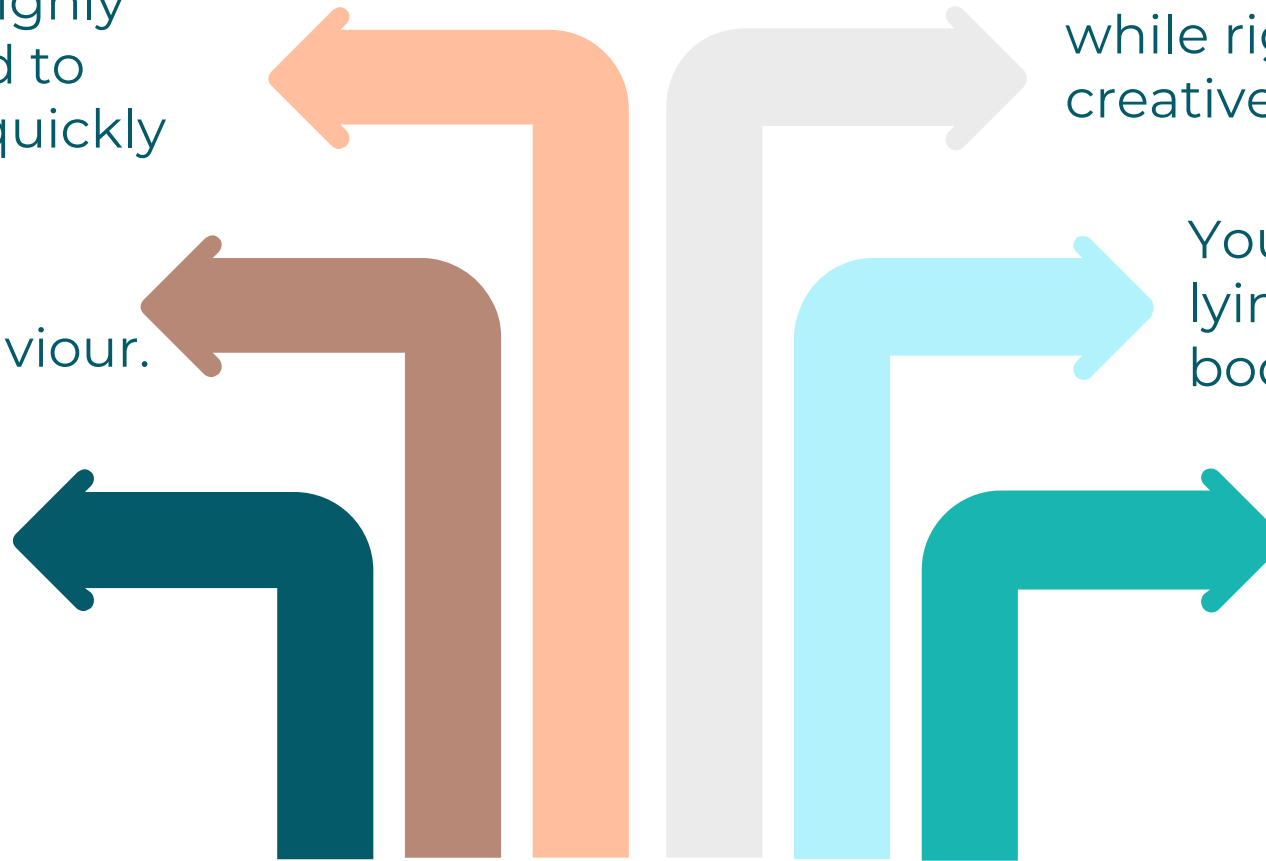
Personality tests can perfectly predict behaviour.

We only use 10% of our brain

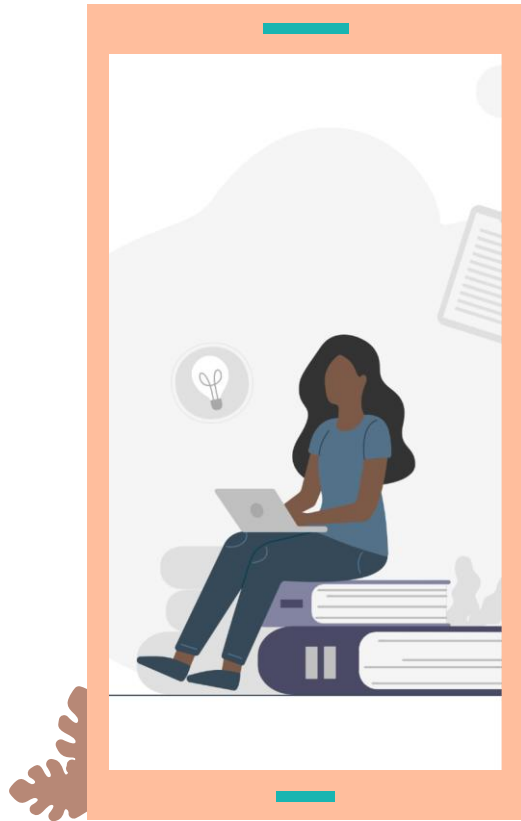
Left brained people are logical while right brained people are creative

You can tell if someone is lying by analysing their body language

Everyone has a distinct learning style



Misinformation in Psychology



Lots of popular and social sources will share claims and information like these

**POPULAR CLAIMS ARE NOT
SUPPORTED BY STRONG
EVIDENCE**

Academic Sources

Academic sources are:

Written by experts

Based on evidence

Referenced

Reviewed by other experts

Examples

- Journal articles
- Research papers
- Academic books

Academic sources provide the strongest foundation for psychological arguments.

Received: 27 September 2021 | Accepted: 1 April 2022

DOI: 10.1002/ejsp.2855



EASP WILEY

RESEARCH ARTICLE

Ambivalent sexism and violence toward women: A meta-analysis

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¹School of Psychology, HSE University, Moscow, Russia

²Center for Institutional Studies, HSE University, Moscow, Russia

Correspondence

Elena Agadullina, School of Psychology, HSE University, 20 Myasnitskaya Ulitsa, Moscow 101000, Russia.
Email: eagadullina@hse.ru

Funding information

Ministry of Science and Higher Education of the Russian Federation, Grant/Award Number: 075-15-2020-978

Abstract

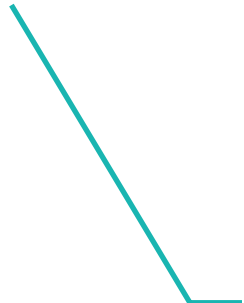
The Ambivalent Sexism Theory suggests that there are two complementary types of sexism: hostile (subjectively negative attitude towards gender groups) and benevolent (subjectively positive attitude towards gender groups). In this meta-analysis we analysed the relationship between ambivalent sexism and attitudes toward male-to-female violence or violent behaviour. Violence type, the context of violence, respondents' gender, the countries' level of gender inequality, and sample type were tested as moderators. The results showed that both hostile and benevolent sexism independently impact on attitudes toward violence and violent behaviour albeit to a different degree. Specifically, the relationship between hostile sexism and attitudes and behaviour is stronger than for the benevolent sexism. The type and context of violence moderate the relationship between hostile sexism and attitudes toward violence and violent behaviour. Only the country's gender inequality levels showed a moderation effect for benevolent sexism. Theoretical and practical implications of the results are discussed.

KEYWORDS

aggression, meta-analysis, sexism, violence

What is peer review?

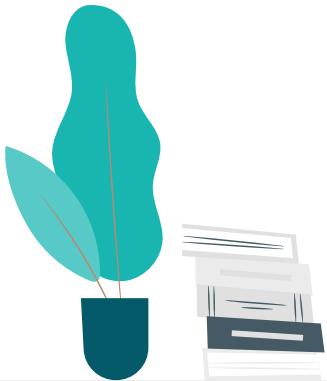
- 
- 1 Research is submitted to a journal
 - 2 Experts in the field review it
 - 3 Improvements may be requested
 - 4 The research is accepted or rejected



Why is this important?

Peer-review helps
improve quality and
credibility

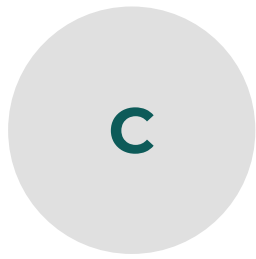
Assessing Reliability of Sources to use in Academic Assessments



The CRAAP Test

The CRAAP test is a framework used to evaluate whether a source is reliable, credible, and appropriate for academic work.

CRAAP stands for:



Currency



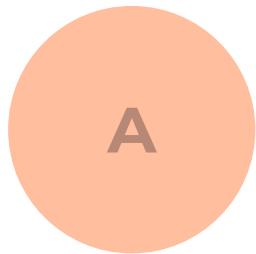
Is the information up to date?



Relevance



Is the content related to the specific question?



Authority



Who created / published the information?



Accuracy



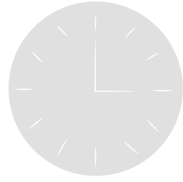
Is the information supported by evidence?



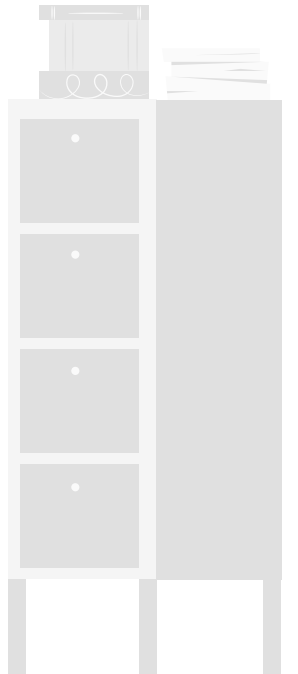
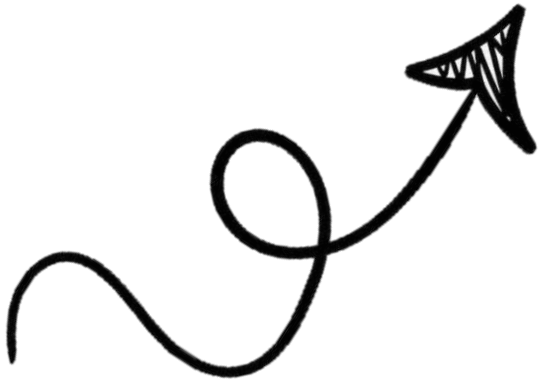
Purpose



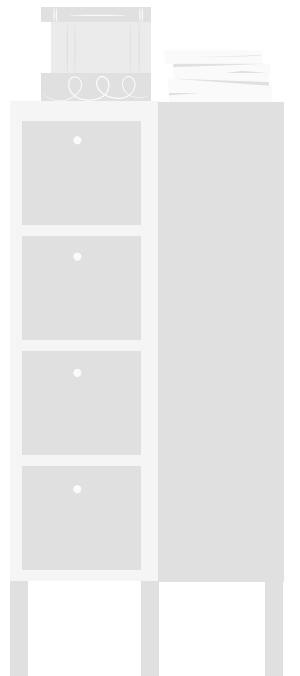
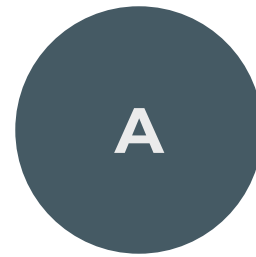
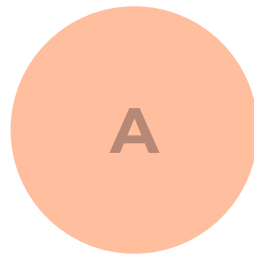
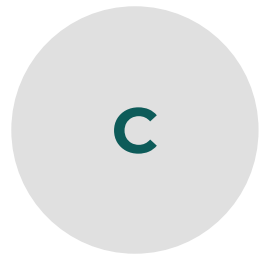
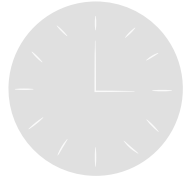
Why was the information created?



Website test – Components of Attitudes



The CRAAP Test feedback





AI Mode

Google Search

I'm Feeling Lucky



+ How does stress affect university students

AI Mode →

Google Search

I'm Feeling Lucky



Maudsley Learning

<https://maudsleylearning.com> › [blogs-and-videos](#) › [stres...](#) ⋮

Student Stress: Empowering Students to Take Control

Signs of stress · **Overwhelmed** · Irritable and angry · Anxious and depressed · Unable to enjoy yourself · Could not stop feeling worried. [Read more](#)



International Students House

<https://www.ish.org.uk> › [Blog](#) ⋮

Understanding the Impact of Stress on Student Life

26 Oct 2023 — Prolonged and unmanaged **stress** can lead to burnout, where **students** become emotionally and physically exhausted, lose motivation, and feel a ... [Read more](#)



The University of Law

<https://www.law.ac.uk> › [Resources](#) › [Blog](#) ⋮

Role of stress in memory and learning

27 Jan 2025 — How does stress affect learning? **When stressed, your brain can redirect its resources away from higher order thinking**, such as critical thinking ... [Read more](#)



University of Dundee

<https://www.dundee.ac.uk> › [guides](#) › [managing-stress-g...](#) ⋮

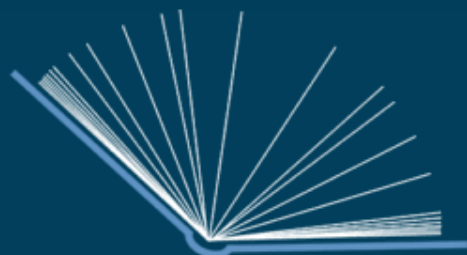
Managing stress, guidance for students

Often, **stress can make you feel more motivated** and can help you to focus on getting certain things done. However too much stress can begin to impact your mood ... [Read more](#)



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

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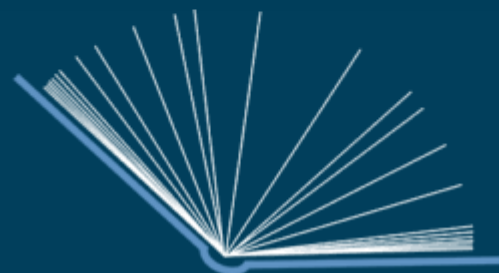
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Digital Learning & Library Services

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How does stress affect university students|



1



ARTICLE

The Achilles Heel of Technology: How Does Technostress Affect University Students' Wellbeing and Technology-Enhanced Learning

Wang, Xinghua ; Li, Zhenyu ; Ouyang, Zhangdong ; Xu, Yanping

Switzerland: MDPI AG; International journal of environmental research and public health, 2021-12, Vol.18 (23), p.12322

“ This study investigated the effect of technostress on university students' wellbeing and technology-enhanced learning (TEL...”

PEER REVIEWED

OPEN ACCESS

Insights

Download Article

Full text available



2



BOOK

Leading change in gender and diversity in higher education from margins to mainstream

edited by Anna CohenMiller [and three others].

1 ed.; 2022; Taylor & Francis

Online access



3



ARTICLE

Perceived stress, loneliness, and interaction with fellow students does not affect innate mucosal immunity in first year university students

WAWRZYNIAK, ANDREW J. ; WHITEMAN, MARTHA C. POLLARD

Melbourne, Australia: Blackwell Publishing Asia; Japanese psychological research, 2011-05, Vol.53 (2), p.121-132

“ The aim of the present study was to better understand how stress, loneliness, and interactions with peers may affect innate mucosal immunity in new university students...”

PEER REVIEWED

OPEN ACCESS

Download Article

Full text available

View Issue Contents



4



BOOK

Academic Freedom Under Siege : Higher Education in East Asia, the U.S. and Australia

edited by Zhidong Hao, Peter Zabielskis.

1st ed. 2020.; 2020; Springer International Publishing





UWTSD Library Demo

Question

**How does stress affect
university students?**

Question

How does stress affect university students?

Key words

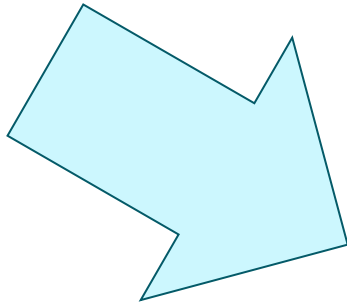
Stress

University students

Academic
performance

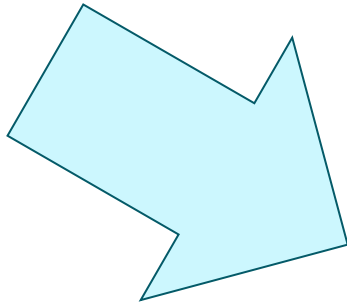
Mental health

Research Questions to Keywords



**Start with the
research
question**

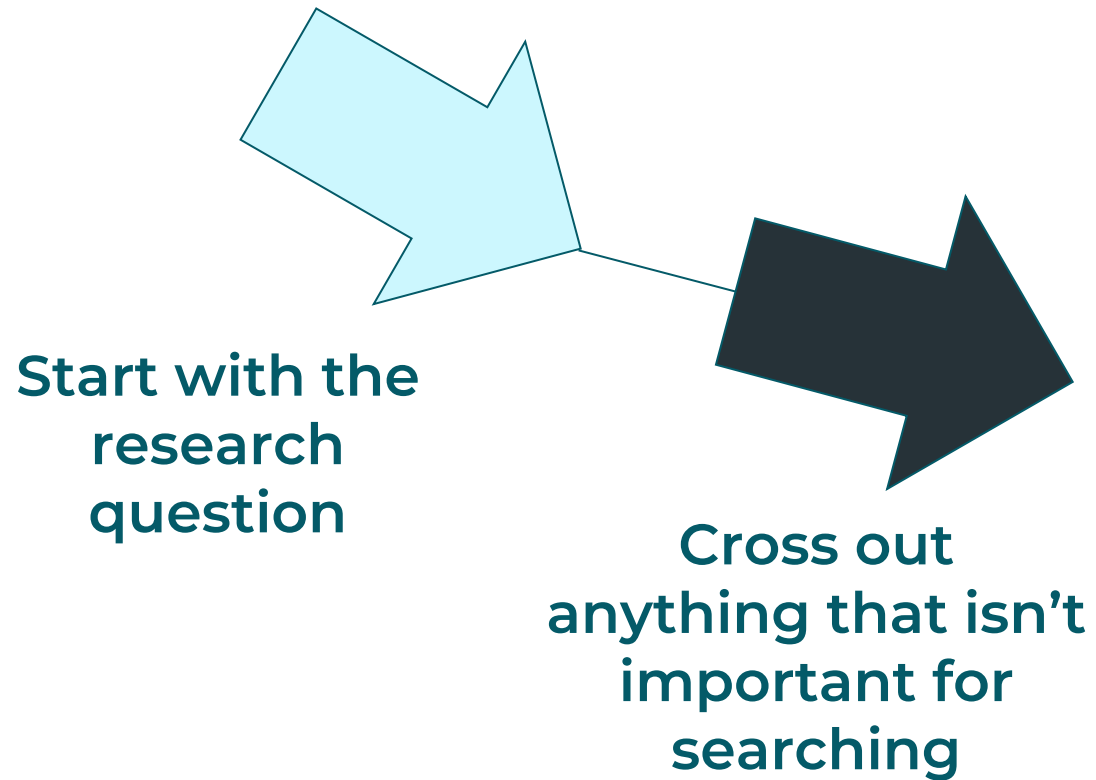
Research Questions to Keywords



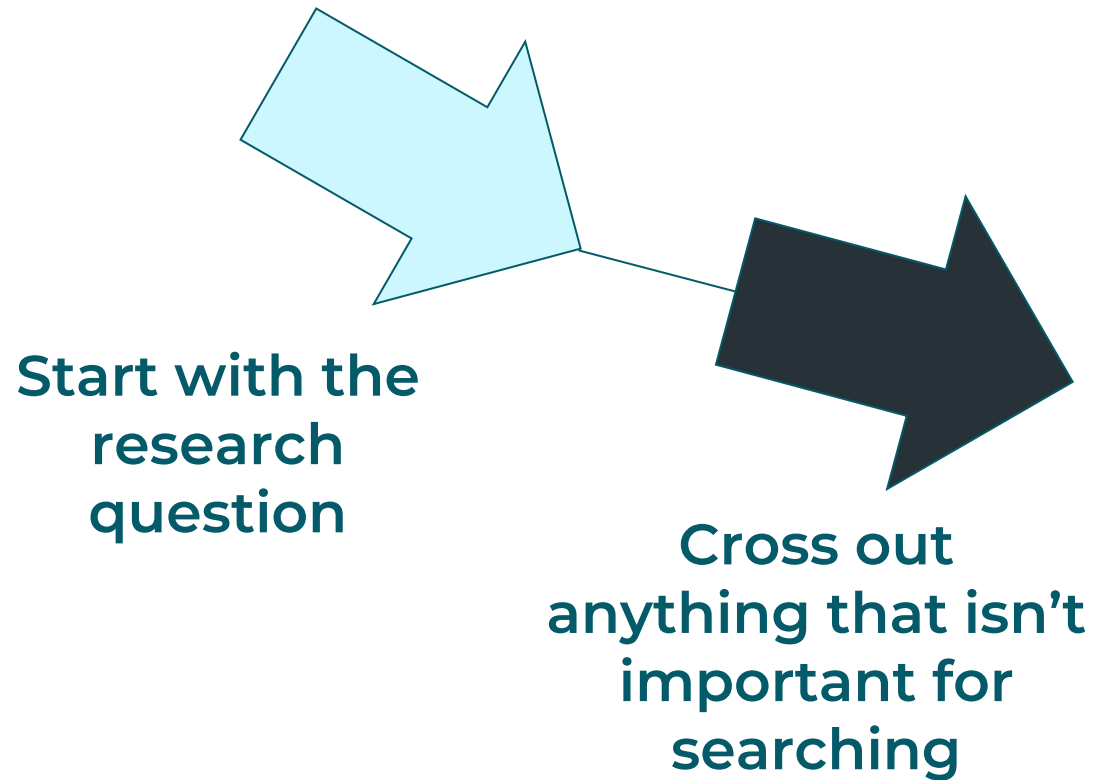
Start with the
research
question

How does stress
affect university
students?

Research Questions to Keywords

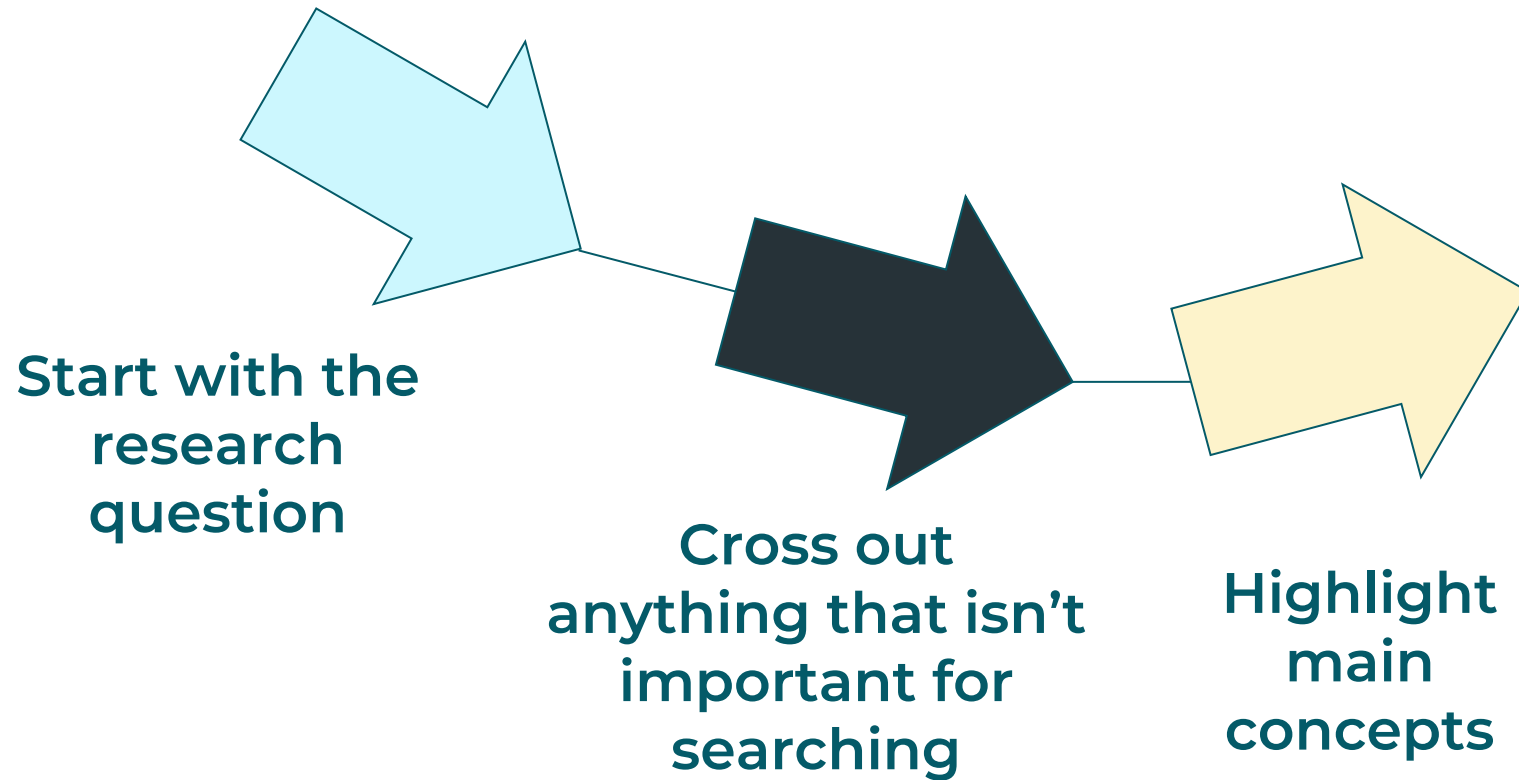


Research Questions to Keywords

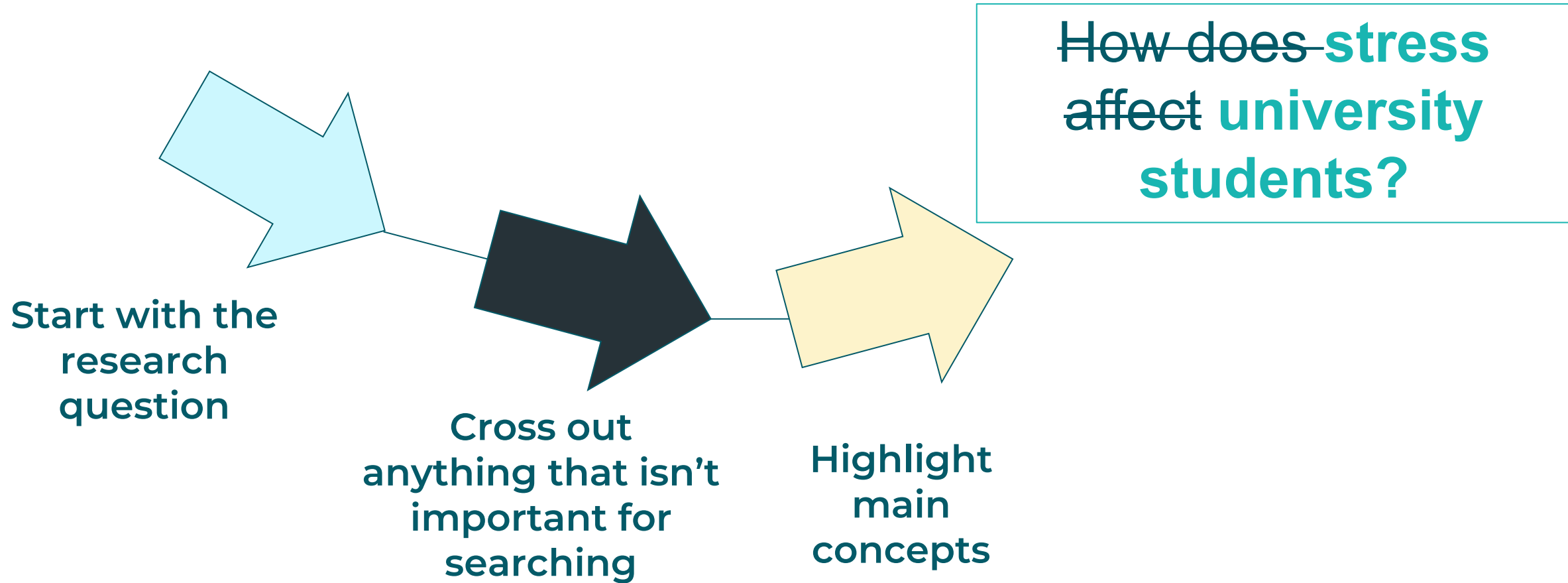


~~How does stress~~
~~affect~~ university
students?

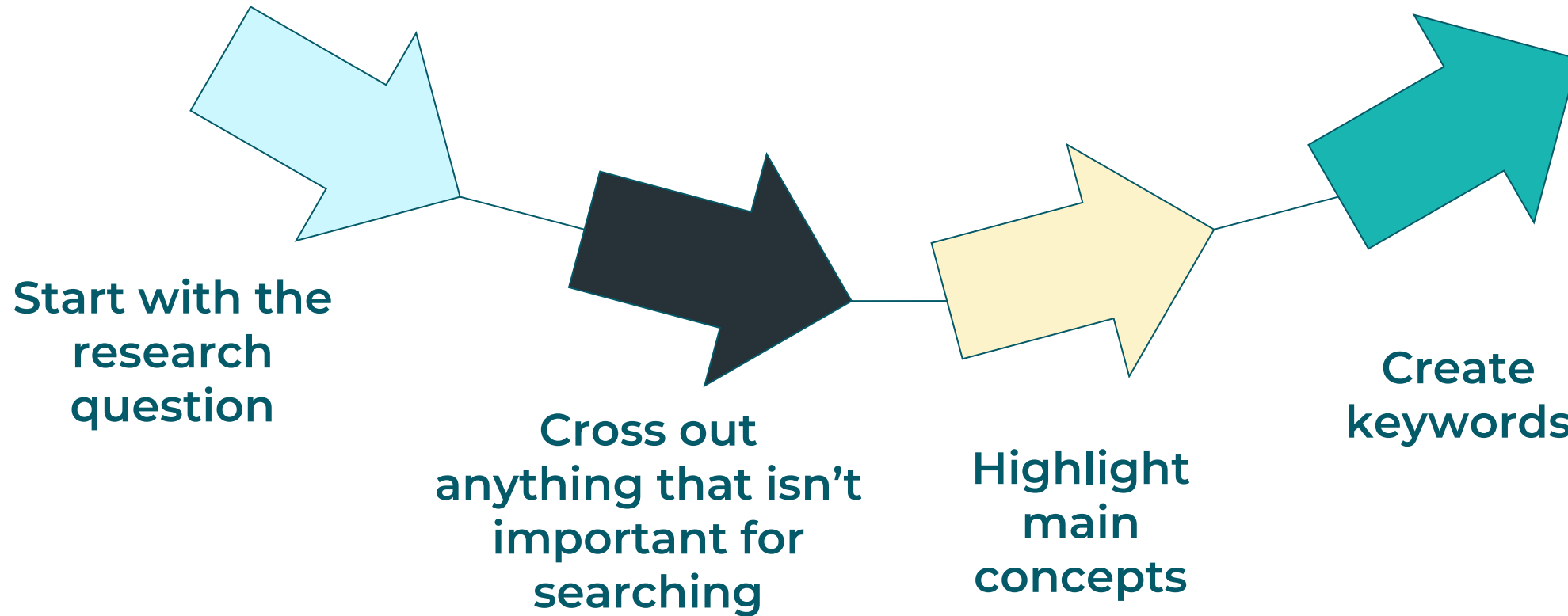
Research Questions to Keywords



Research Questions to Keywords



Research Questions to Keywords



Question

**How does stress affect
university students?**

Key words

Stress

University students

Academic
performance

Mental health

Keywords Challenge!

For each of the following research questions:

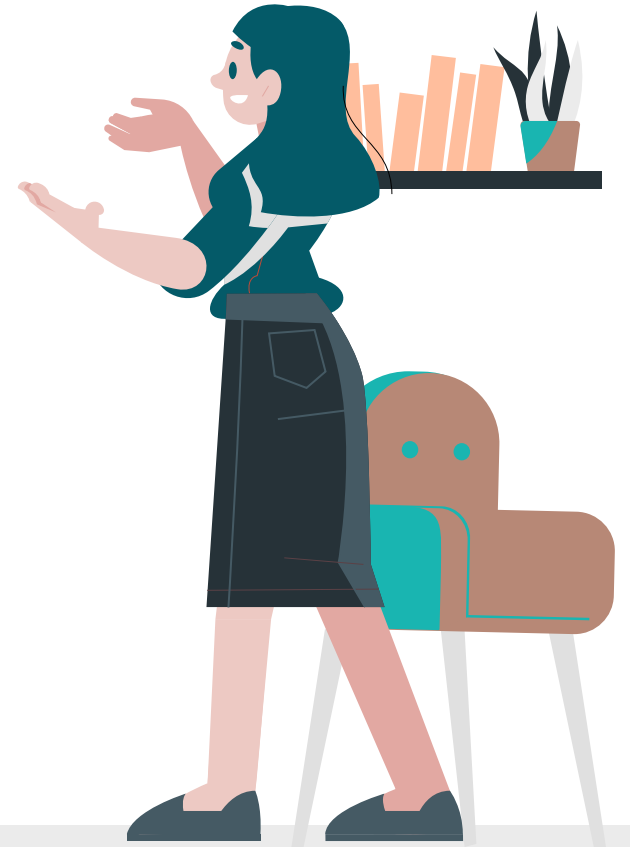
- Identify the main concepts



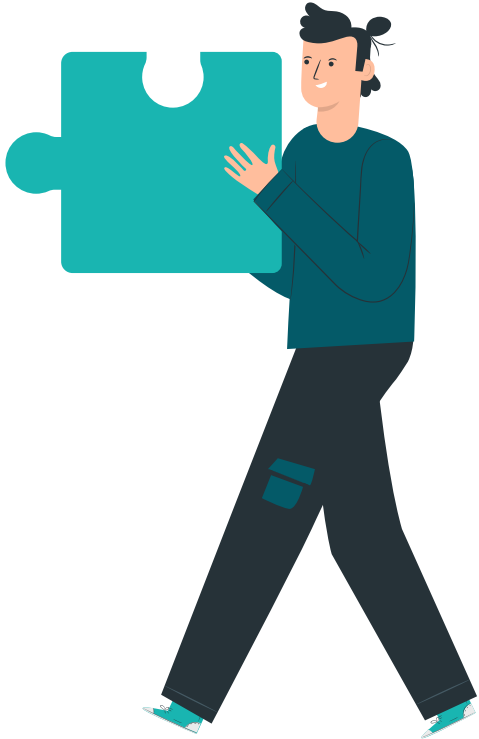
-
- Write at least three keywords



-
- Suggest one alternative keyword or synonym



Keywords Challenge!



01

Does sleep affect memory?

02

How does social media influence mental health?

03

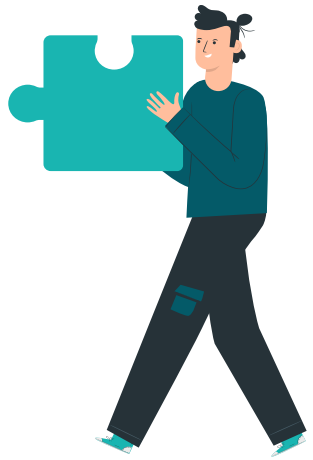
What factors cause exam anxiety in students?

04

How can exercise improve wellbeing?

05

Does personality affect teamwork?



Indicative answers

~~Does sleep~~ affect memory?

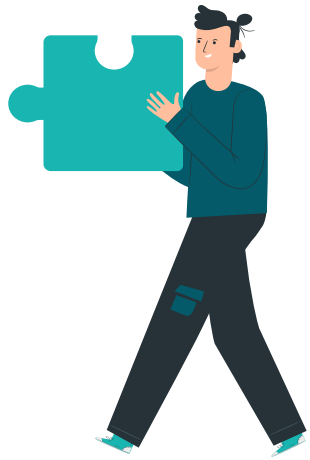
Keywords

- Sleep quality
- Memory
- Recall



Alternative

- Sleep
- Cognitive performance



Indicative answers

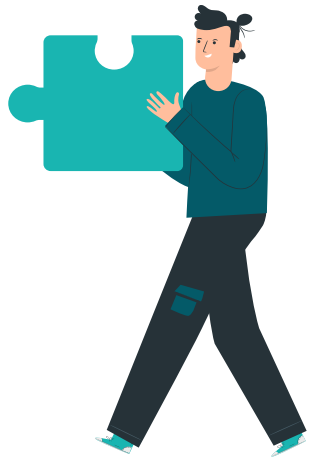
How does social media influence mental health?

Keywords

- Instagram ✓
- Mental health ✓
- Wellbeing ✓

Alternative

- TikTok
- Anxiety
- Self-esteem



Indicative answers

~~What factors cause exam anxiety in~~
students?

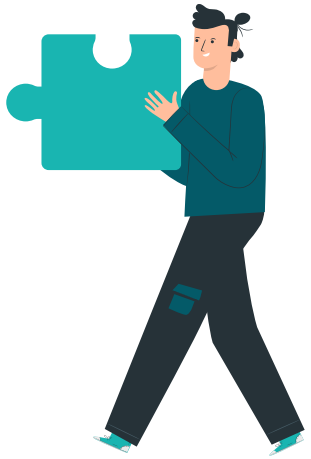
Keywords

- Exam anxiety ✓
- Assessment stress ✓
- Students ✓

Alternative

- Test anxiety
- Undergraduates

Indicative answers



~~How can~~ **exercise** improve **wellbeing**?

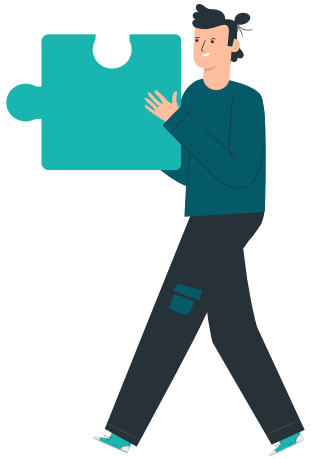
Keywords

- | | |
|-----------------|---|
| • Exercise | ✓ |
| • Wellbeing | ✓ |
| • Mental health | ✓ |

Alternative

- Physical activity

Indicative answers



~~Does~~ **personality** affect teamwork?

Keywords

- | | |
|--------------------|---|
| • Personality | ✓ |
| • Teamwork | ✓ |
| • Team performance | ✓ |

Alternative

- Individual differences
- Collaboration
- Extraversion

Using information ethically

When using information:

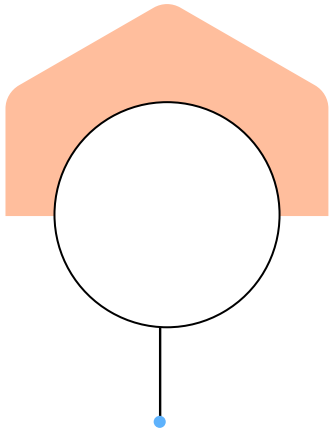
- ✓ Acknowledge sources
- ✓ Reference correctly
- ✓ Use your own words (paraphrase)
- ✓ Avoid plagiarism

What Is Plagiarism?

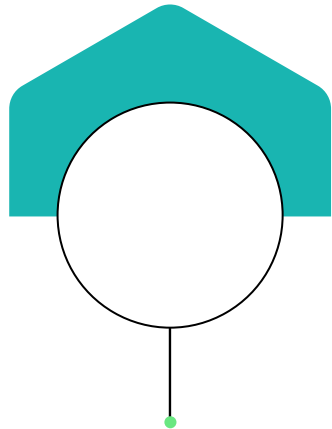
Presenting someone else's work or ideas as your own.

Mini Knowledge Check

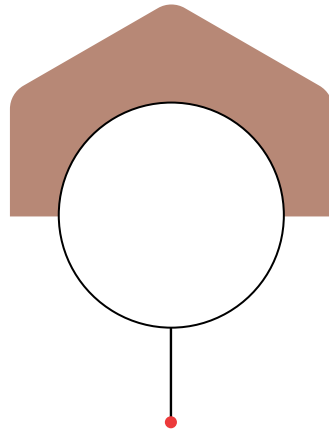
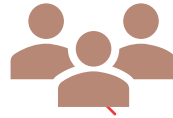
True or False?



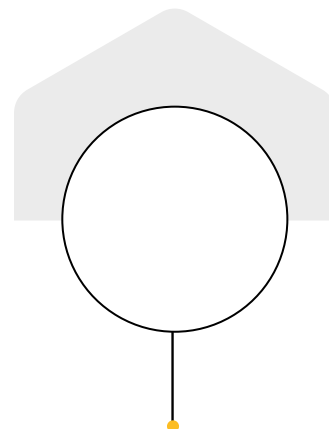
Everything on Google is equally reliable.



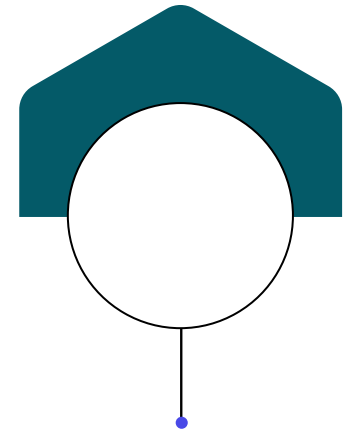
Journal articles are academic sources.



Peer review improves research quality.



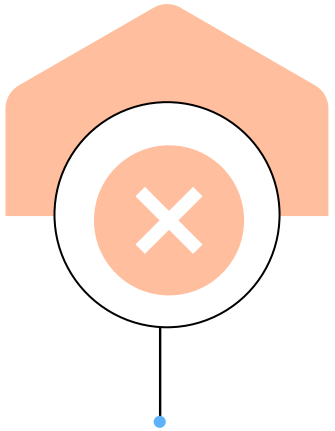
Social media posts are always reliable evidence.



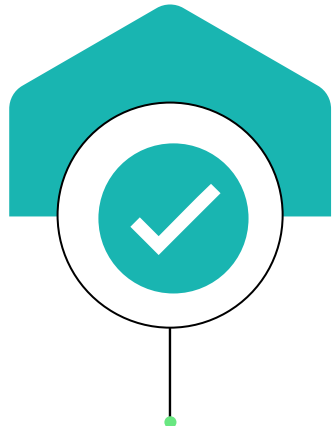
Information literacy helps with assignments.

Mini Knowledge Check

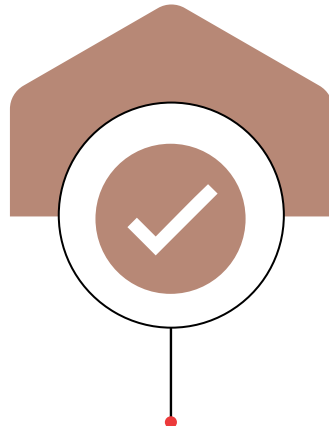
True or False?



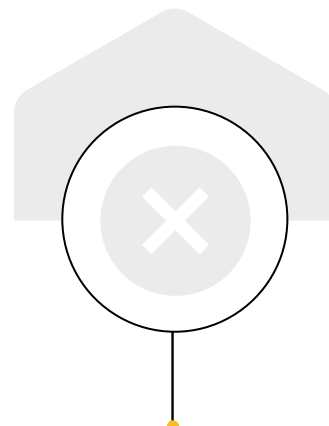
Everything on Google is equally reliable.



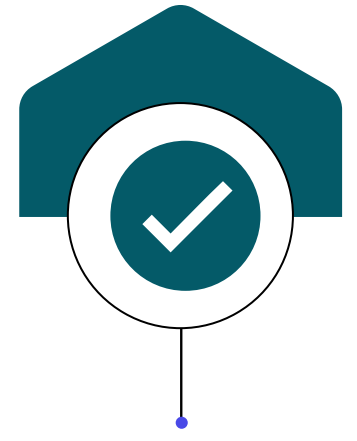
Journal articles are academic sources.



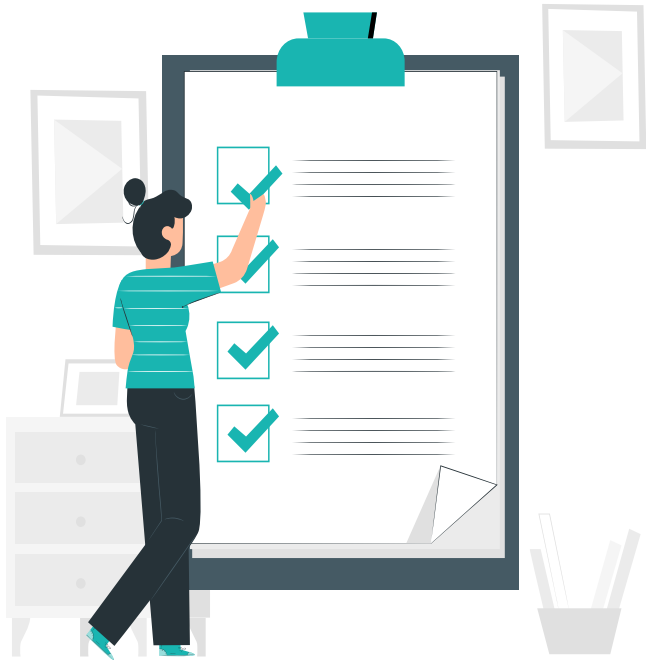
Peer review improves research quality.



Social media posts are always reliable evidence.

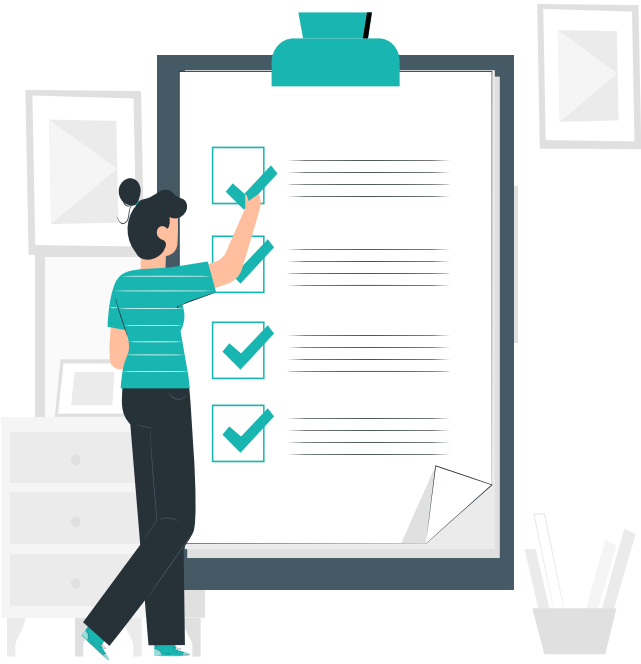


Information literacy helps with assignments.



TASK

Source Comparison Activity



Debrief: Possible Ranking

Most reliable

Peer-reviewed journal article

Very useful

Psychology textbook

Useful for background information

News article

Use with caution

Social media content

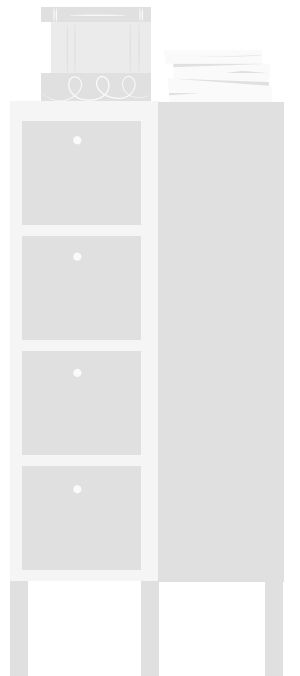




Why might the TikTok video be problematic?

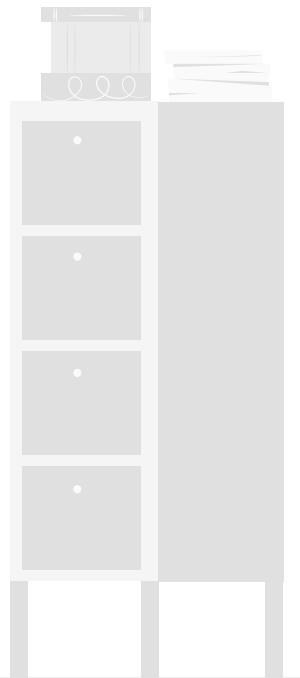
Why is the journal article strongest?

Is the news article useless?





**Can a source be
useful without
being highly
reliable?**



A strong psychology student will ask:

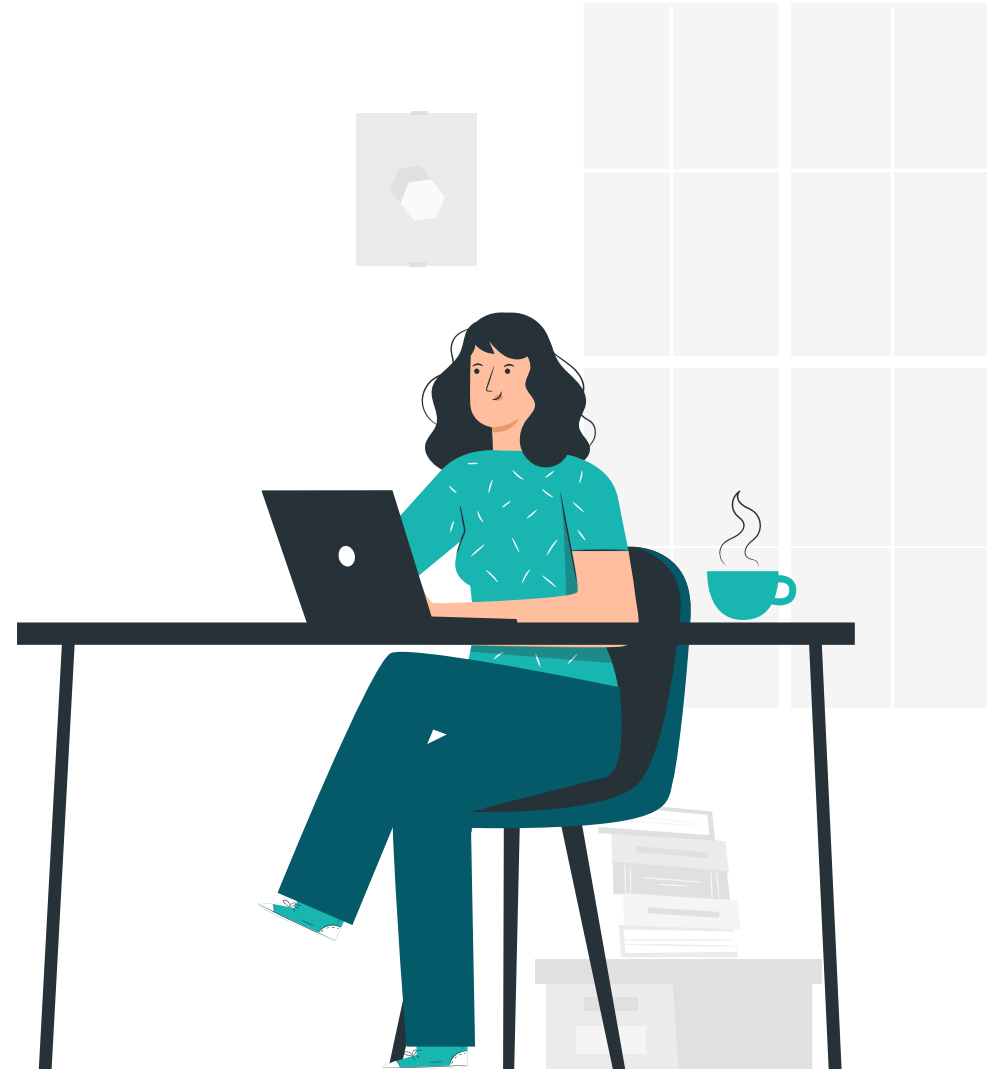
Who wrote it?

Why was it written?

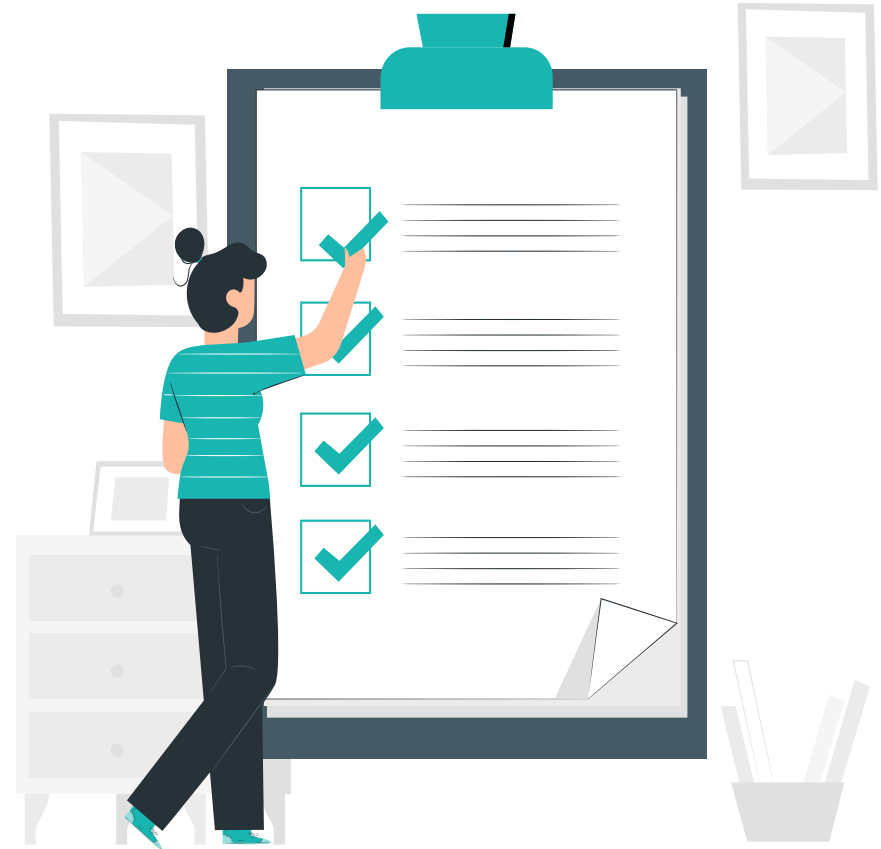
What evidence is provided?

Can I verify the information elsewhere?

Should I use it for academic work?



Portfolio Tasks for Week 2



Task 2: Searching for academic information

Maximum of 300 words outlining:

1. How did you utilise the library database
 - a. What library resource or database did you choose
 - b. What keywords did you use

2. Identify one academic source that you have chosen to read, indicating:
 - a. The title of the source / article
 - b. Author(s)
 - c. Year of publication

3. An explanation of why this source appears credible
 - a. How do you believe this source differs from information that could be found through a general internet search?
 - b. Were there any challenges that you experienced when searching the library database?

Evidence to be included:

1. Screenshot of library search results showing keywords and sources generated
2. Screenshot of the article chosen