Self-Assessments

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| **Self-Assessment Title** | Self-Assessment 14.1 |
| **Descriptive Title** | Assessing the Effects of Information Overload |
| **Short Title** | SA 14.1 |
| **Activity Introduction and Description** | **Purpose**  1. To rate the extent to which you find the amount of information available overwhelming.  How overloaded with information do you feel? To find out, score the following statements from 1-5, with 1 representing “never”, 2 representing “rarely ever”, 3 representing “sometimes”, 4 representing “usually”, and 5 representing “always”. |

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| **Statement** | **1**  **Never** | **2**  **Rarely Ever** | **3**  **Sometimes** | **4**  **Usually** | **5**  **Always** |
| 1.  My thoughts frequently drift off, making it difficult for me to concentrate on what’s before my eyes. |  |  |  |  |  |
| 2.  I find myself forgetting what I think I should retain. |  |  |  |  |  |
| 3.  I feel tired when I think of all the information I have to acquire. |  |  |  |  |  |
| 4.  I often put off making a decision because I want to get more information. |  |  |  |  |  |
| 5.  After I make a decision, I wonder if I chose the right option because of all the possible choices I had before me. |  |  |  |  |  |
| 6.  When I go online, I think about all the other things I have to do. |  |  |  |  |  |
| 7.  I check my online networks repeatedly, because I’m concerned that if I don’t, I’ll miss something important. |  |  |  |  |  |
| 8.  I’m distracted by new information, which makes it hard for me to process the information that I already have. |  |  |  |  |  |
| 9.  It’s hard for me to separate what I need to know from what’s interesting and nice to know. |  |  |  |  |  |
| 10.  I feel like my texts, e-mails, and voice messages pile up, causing me to use up too much of my time trying to keep up with them. |  |  |  |  |  |

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| **Scoring Method** | **Total Score Interpretation** |
| Total your score by adding together the numbers of your responses to each question:  Total \_\_\_\_\_\_ | The higher your score, the more difficult it is for you to handle information overload. While many of us experience a normal amount of information overload, for some of us, information obsessiveness becomes debilitating. When it’s never enough, that’s usually too much to process—and could impede rather than enhance understanding, making it less likely that we will transmit relevant information that enriches knowledge. |