

# Workshop “Dealing with information overload”

## Workshop

TIME	MINS	TITLE	DESCRIPTION	MATERIALS
10:00	15'	<b>Introduction of the Wake UP!</b>	Presenting our organization and the Wake UP project	
10:15	60'	<b>Discussion</b>	<p>In the beginning of the workshop, discuss with the participants the following questions:</p> <ul style="list-style-type: none"> <li>• Do you often find yourself in a state of information overload? If so what have been the consequences</li> <li>• What steps have you taken (if any) to deal with information overload in your life?</li> <li>• How much time is acceptable for others to respond to your emails or text messages?</li> <li>• What obligation do you have to your friends and family to watch a video or read an article they send you?</li> <li>• How can we improve the flow of information we receive in order to add more wisdom to our lives?</li> <li>• What’s your prediction-do you believe that information overload will get better or worse in the future?</li> <li>• What proportion of time do you spend contemplating the information you receive versus consuming it?</li> </ul>	
11:15	60	<b>What is information overload?</b>  <b>Types of information overload</b>	In this part, inform the participants about the meaning of the information overload and the types of information overload.	
12:15	60'	<b>Causes of information overload</b>	In this part, participants learn more about the causes of information overload	
13:15	45	<b>How to avoid information overload</b>	In this part, participants learn about tips on how to avoid information overload.	

TOTAL LENGTH: 4 HOURS