Introduction to Information Literacy

HNF 610: Nutrition & Fitness
Susan Arnold
Why is a librarian involved with this class?

• This class was one of six chosen to participate in the 2010 Information Literacy Course Enhancement Grant program.

• A key component of the program is to have the teaching faculty member and a librarian work together to design discipline-specific lessons that address critical research components through active learning.

• The bottom line is to introduce information literacy into the class.
What is Information Literacy??
Information Literacy is basically the ability to find information and use it effectively.

But it also means:

• Thinking critically
• Reflecting on the research process
• Developing searching and retrieval skills
• Learning resource evaluation skills
• Being aware of the ethical and legal use of information
Why are we concerned about Information Literacy?

WVU’s 2010 Plan calls for “incorporating information literacy into the curriculum across all disciplines”......
Information Overload!

Too many RSS feeds!!
In preparation for the upcoming weeks:
Know Your WVUID Number

- Go to [http://wvuid.wvu.edu](http://wvuid.wvu.edu)

- Select **Find Your WVU ID**

- Next, select:
  - “Lookup with MIX Account” (students)
  - “Lookup with Employee ID or Social Security Number” (faculty)

- You will need the last 4 digits of this number for remote access

- You will need the entire number to order recalls, Book Express or E-Z Borrow
Sign Up for Interlibrary Loan (ILLiad)

- If you are sure that WVU Libraries do not have the journal either in print or electronically, you can submit a request through ILLiad for an interlibrary loan.

- Sign up for ILLiad at the link below by choosing “First Time Users”.

- [http://illiad.lib.wvu.edu/](http://illiad.lib.wvu.edu/)
Welcome to RefWorks
Your Online Personal Database and Bibliography Creator

RefWorks is an online service provided by the WVU Libraries for students, faculty and staff.

It allows you to create and organize a personal database that is accessible online. You can use the data to format bibliographies and notes as you write papers.

The first step in using RefWorks is to sign up for an individual account on this page. To learn more about RefWorks, visit the online tutorial or download the Quick Start Guide. If you have questions, you can always Ask a Librarian.

• Sign up for your individual account
• Once you have established your username and password, you can login via this page from anywhere over the Internet
Go through modules 1-6 before next week and take the quizzes
Questions??

- Now
- Future:
  - Susan.Arnold@mail.wvu.edu
  - (304) 293-2105
- LibGuide: [http://libguides.wvu.edu/HNF610](http://libguides.wvu.edu/HNF610)
- HSL Reference Desk: 293-6810
- Chat/Text Reference: [www.libraries.wvu.edu/ask](http://www.libraries.wvu.edu/ask)
Welcome to the Class LibGuide!

This LibGuide is a portal for helpful information for students in HN&F 610.

It contains links to essential journals, databases, books, and websites that will be useful in your research for this class. It also will direct you to information regarding academic integrity, citation management, and evaluation of resources.

Nutrition & Fitness Updates from Nancy Clark

Updated weekly, this blog contains excellent posts from Nancy Clark, RD, CSSD, who specializes in nutrition for exercise.

- Are bananas fattening?
- Which is better: soy, almond or rice milk?
- Side stitches: Are they related to what you eat?
- What about energy drinks...?
- UPCOMING WORKSHOPS: Nutrition & Exercise—From Science to Practice
- Is marathon training a good way to lose weight?