Below is a link to an excellent article from Java World and it explains why encapsulation & information hiding are two different topics. It is written by Wm. Paul Rogers. The message that this article conveys is pretty much covered in our lecture. But, I think it is still a very good read and you might enjoy it. So, check it out if you have some free time.

http://www.javaworld.com/article/2075271/core-java/encapsulation-is-not-information-hiding.html