

Evaluating Information

Source From whom or from what resource?	Where did I get it? Internet, newspaper, article, meeting notes, conversation	Is it understandable? Do I understand what it is saying? Yes/No	Is it relevant? Does it apply to me? Yes/No	Is it contradictory? Is this information opposite than what another source tells me? Yes/No	What actions should I take? Decide how I am going to use the information: Need help from peers to understand; Need to collect more information on this specific topic, Need to share it with my case worker or healthcare provider.

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