

Adulthood 101: Health Literacy Workshops for Undergraduate Students

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Background

The Adulthood 101 workshop series at the University of North Carolina at Chapel Hill's Undergraduate Library provides opportunities for students to develop information literacy skills outside the classroom.

Goals of the program include:

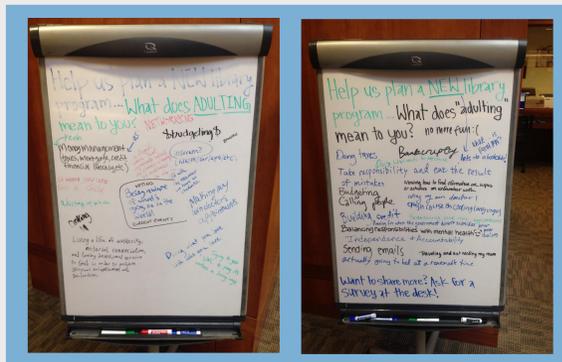
- Supporting the "whole student"
- Removing educational barriers for students
- Preparing students to participate in a democratic and increasingly global society

A librarian from the Health Sciences Library developed and led two health literacy sessions focusing on finding and evaluating health information as part of the Adulthood 101 pilot series during the 2018-19 academic year.

Designing a Student-Centered Workshop Series

In Summer 2018, library staff asked more than 200 students about their interest in the Adulthood 101 series. Responses were collected through:

1. Whiteboards in the Undergraduate Library



2. Surveys distributed at summer orientations



Students' responses emphasized the importance of social, emotional, and physical health.

ad·ul·ting 101 HOUSE UNDERGRADUATE LIBRARY



Health Literacy Workshops

- **Fall 2018:** "Is There a Doctor in the HOUSE? Your Prescription for Finding Quality Health Information"
- **Spring 2019:** "Self Care for the Mind: Researching Mental Health"



Workshop Content

The hour-long health literacy workshops included:

- Discussion of what makes a health resource trustworthy
- Introduction to quality health information resources
- Practice applying criteria to evaluate health information resources

At the Spring 2019 session, campus partners including Counseling and Psychological Services and a student group, Active Minds at Carolina, presented on their services and advocacy efforts.

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Checklist for Evaluating Health Information

Consider these five criteria when you evaluate health information:

- 1 Accuracy:**
 - Is the information based on sound medical research?
 - Can it be verified by another source?
- 2 Authority:**
 - Who published the page?
 - What are their credentials?
- 3 Bias:**
 - What is the author's purpose?
 - Does the information show just one point of view?
- 4 Currency:**
 - When was the information published or revised?
 - Has there been more recent research on the subject?
- 5 Coverage:**
 - Is the information complete?

The librarian developed a worksheet to guide conversations about the credibility and trustworthiness of health information.

Evaluating Program Outcomes

Attendance

- Fall 2018: 15 undergraduate, masters, and Ph.D. students
- Spring 2019: 18 undergraduate students

Survey Results

- Students filled out a four-question survey at the end of the workshop.
- 70% response rate
- 100% of students said "yes" or "maybe" to question three

Qualitative Feedback

"The Adulthood 101 workshops address topics that otherwise would not be discussed. Very valuable series!"

"This was helpful information that I will use. It was fun and engaging. Very practical."

"I learned about the key characteristics to look for to identify a reliable health article."

Conclusions and Next Steps

Conclusions

- Positive feedback indicates an interest in and need for health literacy instruction among the undergraduate population at UNC.
- Health literacy is a growing focus at UNC and the Health Sciences Library. The success of these workshops may be an early indicator that there are other groups that could benefit from these skill-building workshops.
- Future health literacy workshop topics might include understanding and navigating health insurance and strategies for self-advocacy when communicating with health care providers.

Lessons Learned

- When partnering with other organizations, adjust length of workshop to make sure all content is covered.
- Seek out innovative advertising opportunities.

Acknowledgements

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For More Information

Visit the Adulthood 101 webpage:
<https://library.unc.edu/house/workshops/adulthood-101/>
Contact Megan Fratta at mfratta@email.unc.edu