MODULE OVERVIEW

Information overload: Filter, then decide

Adaptive module | ~20 min

Consuming and sorting information takes up more than a third of a manager's time, and the BCG × Harvard Business Review study shows that AI-related cognitive overload increases errors and decision fatigue. This module responds with Caroline Sauvajol-Rialland's information diet, reduced to three filter questions, then puts AI to work filtering, condensing, and prioritizing. It adds a useful caution: an avalanche of suggestions to approve is still an avalanche.

LEARNING OBJECTIVES

01 Understand why, beyond a certain volume, more information makes decisions worse instead of clearer.

02 Recognize the two needs behind accumulating information, and decide with enough rather than complete information.

03 Sort your sources with three questions: what the information changes, what effect it has, and where it comes from.

04 Hand filtering, condensing, and prioritizing over to AI without turning its suggestions into a new overload.

WHO IT'S FOR

Anyone who wants to decide with the right information and make AI a filter rather than one more source.

- **Prerequisite:** none

HOW THE MODULE WORKS

Self-paced, with practice tailored to each learner.

1. **Self-assessment**: on 9 dimensions, to gauge current habits and guide the practice.
2. **Expert video**: 10 minutes, with 3 pauses for reflection.
3. **Practice scenarios**: the first 2 chosen from the self-assessment, then 16 optional ones. Every answer gets feedback: what it leads to, and one way to improve.
4. **Dated commitment**: one action to try, written by the learner or picked from the suggestions.
5. **Memo to download**: key takeaways, questions, commitment, personal notes and checklists.

A SAMPLE PRACTICE SCENARIO

Jonas has to say on Tuesday which mapping software his team will adopt. He has tested both on his base maps: one imports his format with no rework, the other forces him to re-enter everything. An independent comparison comes out in two weeks. How can Jonas decide whether to wait for this comparison?

ASSESSMENT AND COMPLETION

Pass mark: 80%

The score takes into account your answers to the practice scenarios, your commitment and, where relevant, any additional learning activities. Passing requires a commitment and a score of at least 80%.

METHODS & MODELS

- Caroline Sauvajol-Rialland, Infobésité (Vuibert, 2013) – the "information diet."
- The 3 filter questions of the information diet – Afthonios method.
- AI as an external brain: filter, condense, prioritize – Afthonios framework.
- BCG × Harvard Business Review study on cognitive overload linked to AI.

SOURCES & REFERENCES

- Boston Consulting Group & Harvard Business Review – "AI brain fry" study (March 2026, 1,488 US employees): cognitive overload linked to AI increases errors, decision fatigue, and intention to quit
- Caroline Sauvajol-Rialland – "Infobésité, comprendre et maîtriser la déferlante d'informations" (2013), "information diet"
- OpenText, international survey conducted by 3Gem (2022, 12 countries including France): 80% of respondents say they suffer from information overload, which fuels their daily stress
- Martin J. Eppler and Jeanne Mengis, "The Concept of Information Overload," The Information Society (2004): decision quality improves with the amount of information up to a certain point, then declines rapidly (inverted U-curve, Schroder, Driver, and Streufert, 1967)

Module created by Afthonios.com.

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