`Health Literacy Quizzes Project

http://www.bettycjung.net/Pch201grids.htm

Due Date: 9/27/18
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CATEGORY			POINTS	SCORE
Used Template Grammar 7 -8 pages	Clarity of Thought Punctuation Handbook Compliant	Coherence in organization Spelling	1	
Part 1: Informational Literacy Quiz Results (Score 70% to pass)			2	
Part 2: Media Bias Chart • **Chart Depiction (2)** • **Methodology (2)** • **Fake News – Source 1 (1)** • **Fake News – Source 2 (1)** • **Implications for Social Media Postings (1)**			7	
Part 3 Quiz #1 (name)_____			3	
Part 3 Quiz #2 (name)_____			3	
Part 3 Quiz #3 (name)_____			3	
Part 3: Quiz #4 (name) _____			3	
Part 3: Quiz #5 (name) _____			3	
SUBTOTAL			**25**	
LATE/INCOMPLETE (- 20% of total points)			**(-20%)**	
Missing grading grid			**(-3)**	
FINAL TOTAL POINTS			**25**	

PART 1: Successful Completion of SCSU's Information Literacy Quiz

My Grades

All Graded Upcoming Submitted		Order by: Course Order ▼

ITEM	LAST ACTIVITY	GRADE
Weighted Total View Description Grading Criteria		-
Total View Description Grading Criteria		**83.00** /100
Information Literacy for Tier II Courses Test	Sep 26, 2018 9:40 PM GRADED	**83.00** /100

PART 2: Information Literacy Project

1. What does the Media Bias Chart depict?

The media chart shows a lot of different sources of news and other media which at first glance may seem very crammed and unorganized, however after more evaluation we can see that there are a lot of media sources which all have some type of a bias towards one side or another.

It's interesting how many made up sources of media are out there. For someone who is not educated in the media department and wants to follow what is going on in the world, this chart would be very helpful because they can tell which sources have certain views and biases towards certain topics or situations which can provide true information to viewers and readers.

2. Author's Methodology

The author did a great job showing the two types of rubrics that are made for analyzing different types of articles and outlets by simply using the rubrics that were made. It is very helpful because by using them, we can easily distinguish between different media sources and who it was written by which can be a deal breaker when it comes to gathering data and providing better work.

The rubrics show ways of distinguishing between a good and bad source. For example, if the story is incomplete and has little backstory or information on the subject, you know that it probably is not the best source of information to use. Also, use of propaganda can be misleading and at times simply incorrect, in which case the data should not be used and best to stay away from.

3. Fake News – Definition 1
Name of site: statista.com – Statistics & Facts about Fake News
URL: https://www.statista.com/topics/3251/fake-news/

The term "fake news" became an issue in 2016 with the presidential debates. The drama caused by fake news took a toll on a lot of people by simply spreading false information that was made to look like it was the truth, when it really wasn't. Fake news is defined as information that is presented to a reader as being factual information but is made up with no real data backing up the info.

Fake media is also everywhere on social media. It is displayed on Facebook, twitter and others, made to look as real or providing stories with little to no background which can be very damaging to people and places that are targeted by fake news.

4. Fake News – Definition 2
Name of site: How to spot Fake News
URL: https://www.factcheck.org/2016/11/how-to-spot-fake-news/

It is stated that fake news and information can be traced back online to 1990 where snopes.com has been exposing fake sources and viral claims. Fake news is always a big problem in media because not only does it represent made up information, it can also very easily damage somebody's persona and their careers in the matter of seconds by someone who simply decided to lie and show fake information.

It is important to check where the data is gathered from and who is the one releasing the information to the public. It has become a real problem in today's world, and it is crucial to analyze news outlets and question all of the information that is being released to us.

5. **What are the implications for posting news items on social media?**

Most important part of posting information and news online, is first analyzing the data and making sure that everything checks out and can be backed up with facts. A lot of sources tend to rush to post the 'hottest' news that everyone wants to know about without first making sure that the things they write about are actually in check with the facts. If in doubt, use the charts that were provided and decide if the information presented is true. I believe that my understanding of fake news is a lot better than when I began my research because I have found very valuable information and new things to help make it easier distinguishing between the truth and fake news.

PART 3: Health & Wellness Quizzes

Quiz #1. Sleep Quiz Total points: 3

A. New Information I learned from this quiz

I learned that there is still no real information about why we need sleep. It is said that sleep gives our bodies time to heal and replace old cells and it archives and organizes our memories. Also, I learned that all mammals dream but reptiles do not dream. You can also get too much sleep but it is better than not getting enough sleep!

B. How I will be using this information to improve my health/wellness

I will use this information to possibly use this on other papers or other research I will be conducting or simply if I cannot fall asleep, I will know why and how I could possibly get to sleep easier. Also, I spend time with my little nephews so it would be helpful for them to use the sheep method to fall asleep quicker.

Quiz #2. Anger Total points: 3

A. New Information I learned from this quiz

A new interesting thing I learned from this quiz was that women tend to become angry at people around them and men tend to get angry at inanimate objects. Also, people that tend to be angry have a greater risk of a heart attack (3x higher chance!). Another interesting fact is that animals show fear more and anger requires attributing blame.

B. How I will be using this information to improve my health/wellness

I will try to use this information to understand differences between men and women when it comes to anger and hopefully find solutions easier to those problems. With the heart attack rate almost three times as likely for those who are angry a lot, I will try to put my energy elsewhere rather than be angry at something or someone.

Quiz #3. Mindfulness Total points: 3

A. New Information I learned from this quiz

I learned that regular mindfulness can actually change parts of your brain which is very interesting considering that you are basically working out using your brain to better yourself mentally. It can also change the way you react to things and help process feelings differently. Most surprising thing however, is that it can help to improve your immune system.

B. How I will be using this information to improve my health/wellness

I will try to use mindfulness to better myself as a person. With the way things are in today's world it is easy to act irrationally and let our emotions take over, hopefully with some mindfulness techniques it would be possible to stop ourselves from acting out and actually understanding the issue better and change the way I think in general.

Quiz #4. Is laughter the best medicine? Total points: 3
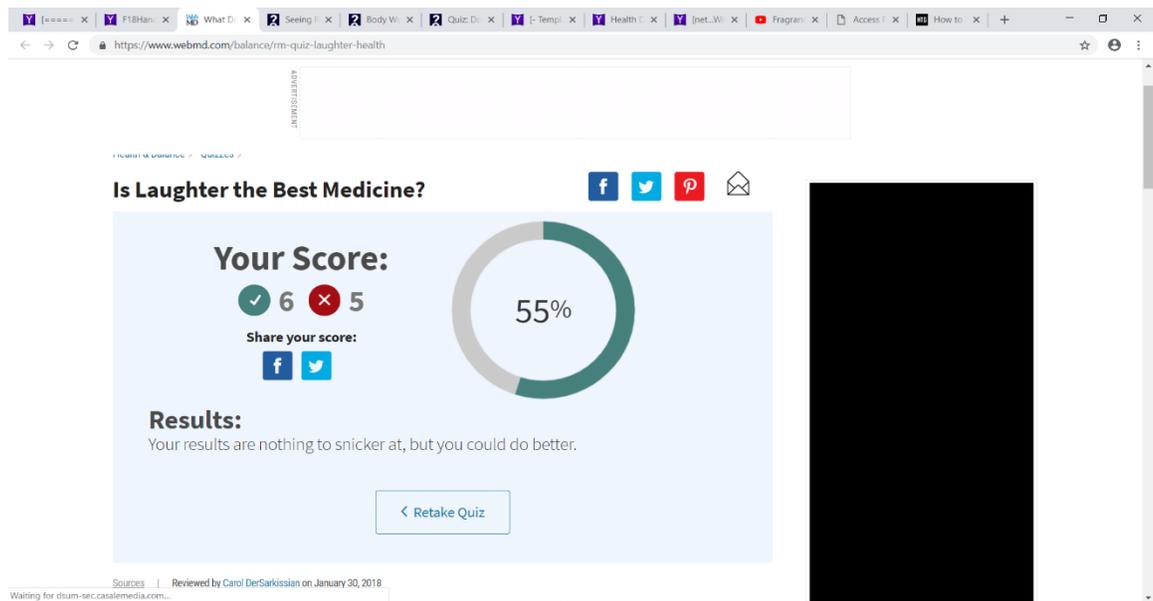
A. New Information I learned from this quiz

I learned that simply laughing can burn up to 40 calories by itself. (Keep on laughing!) Laughing can also better blood flow which is beneficial. Laughter helps to ease pain as well which is why there are so many laugh therapies, because it helps. Another "feel well" fact is that babies learn to laugh at 3-4 months old.

B. How I will be using this information to improve my health/wellness

I will use this information to help myself and others to try to remember to laugh. It's a great way to get over things that might bother us as well as have a good time while doing it. Burning calories is always a plus, and when it's done by simply laughing, it's a win-win situation!

Quiz #5. Don't Worry, Be Happy Total points: 3

A. New Information I learned from this quiz

New thing I learned is that 90% of all illnesses and diseases are all stress related. Stress is a big part of the lives of all people and to know that 90% of illnesses are originating from stress is a scary fact. When we stress, our blood flow increases from 300-400% which demands more from our organs.

B. How I will be using this information to improve my health/wellness

I will use this information to better identify my stressors because it is one of the first steps of getting through stress. With percentages for illnesses so high, it is never good to stress but to see that stress causes so much harm to our bodies is very surprising. It is best to identify our stressors quick and try to silence them before they start to take over and potentially harm us without us knowing about it.