

Health Literacy Quizzes Project

<https://www.bettycjung.net/Pch201grids.htm>

Due Date: _____ **Spring 2019** _____

Name: _____ **Haley Bates** _____

CATEGORY			POINTS	SCORE
<p>Used Template</p> <p>Grammar 7-8 pages</p>	<p>Clarity of Thought</p> <p>Punctuation Handbook Compliant</p>	<p>Coherence in organization</p> <p>Spelling</p>	1	
<p>Part 1: Informational Literacy Quiz Results (Score 70% to pass)</p>			2	
<p>Part 2: Media Bias Chart</p> <ul style="list-style-type: none"> • Chart Depiction (2) • Methodology (2) • Fake News – Source 1 (1) • Fake News – Source 2 (1) • Implications for Social Media Postings (1) 			7	
<p>Part 3 Quiz #1 (name) _____</p>			3	
<p>Part 3 Quiz #2 (name) _____</p>			3	
<p>Part 3 Quiz #3 (name) _____</p>			3	
<p>Part 3: Quiz #4 (name) _____</p>			3	
<p>Part 3: Quiz #5 (name) _____</p>			3	
SUBTOTAL			25	
LATE/INCOMPLETE (- 20% of total points)			(-20%)	
Missing grading grid			(-3)	
FINAL TOTAL POINTS			25	

Part 1: Successful Completion of the SCSU Information Literacy Quiz

Review Test Submission: Information Literacy for Tier II Courses	
User	Haley Marie Bates
Course	PCH-201-02-Spring_2019
Test	Information Literacy for Tier II Courses
Started	2/25/19 2:41 PM
Submitted	2/25/19 2:44 PM
Status	Completed
Attempt Score	100 out of 100 points
Time Elapsed	3 minutes

Part 2: Information Literacy Project

1.) What does the Media Bias Chart depict?

The media bias chart by Vanessa Otero values media sources on political bias, quality of fact reporting, and general determination of a credible news source. Because the chart has 3 factors to consider, there are lines herding groups of media outlets together to show their result. The chart moves like a parabola, the data becoming denser at the top of the slope and sparser at the bottoms, showing the frequency of each type of media and that credible and legit sources exists more than fabricated nonsense.

The densest portion of the chart is around the neutral and skews left columns, and the fact reporting and complex analysis rows, which goes to show that left swaying new outlets tend to be more credible and actual “news” or “fair interpretation of the news” rather than the right swaying

media outlets. But it should be mentioned how there are less “skew right” media outlets, but specifically more “hyper-partisan right” outlets, demonstrating the right swaying outlets tendency to diverge from neutral or balanced.

2.) Authors Methodology

First, Vanessa Otero initially makes sure the “grading” system of determining bias is fair and, well, unbiased. Also using extra people with different political opinions ensures there is no data corruption and a balanced collection. When it comes to grading, dividing up the data into quality and bias assures a more specific analysis. Even more so, breaking down the articles into sentences and grading those individually ensures quality of content and not just the gist. Bias was determined by starting with a topic type, researching how the topic was covered in relation to the title, which determined where it was put on the vertical columns of the chart. Along with the actual existence of the story being printed by an outlet, if a story was only covered by outlets on that portion of the chart it would count more to their bias.

For TV shows, the rubric is almost identical, but in addition with the defining characteristics of TV media; such as graphics, titles, and more importantly guests. The guest’s stance and expertise, as well as the interaction between the guest and the host played a big role in their screen presence grading.

Finally, the algorithm that determines the overall score of the media outlet. From the research and series of tests done on single articles and TV shows, that is all added up and subsequently determined through a series of mathematical equations that value the points collected, resulting in scores that can be plotted on the chart. Resulting in an almost seamless rate of media outlets with as little tampering of personal bias as a pre-opinioned human brain is capable of. I would call this a very thorough and concise study with reliable results.

3.) Fake News- Definition 1

Name of Site: The Guardian

URL: <https://www.theguardian.com/media/2016/dec/18/what-is-fake-news-pizzagate>

Fake news according to The Guardian is completely made up stories used to resemble journalism and attract as much attention as possible. This definition can also be expanded to include websites that spread distorted and dubious information in forms of “click bait” for the same purpose. Although the intended title of fake news is a generally smart thing to talk about and recognize, the use of the phrase is being more commonly used to discredit sources against Trump and heavy right-wing values.

4.) Fake News- Definition 2

Name of Site: University of Michigan Library

URL: <https://guides.lib.umich.edu/fakenews>

Fake news is simply a story that is false, fabricated with no fact or source and intended to be spread. It can be used as propaganda or disguised as click bait, for popularity purposes, or -because of the spike in sharing in recent years- to be paid. Some stories may have a small portion of truth, but that can even more disguise the lies behind it and spread the disinformation. There are 7 types of dis- or mis-information: satire, misleading content, imposter content, fabricated content, false connection, false content, and manipulated content. Maybe not all with pure malicious intent, but each are made to spread a false narrative to all available audiences. These stories can be made by someone for money, for humor, by poor or untrained journalists, or partisans who want to influence their ideals on the public. Whoever and why is just as important as the fake news itself, because it is the responsibility of the reader to identify the false source and not fall in their trap.

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

The first step to battling fake news is to examine where we contribute, such as posting news on social media. Restricting posting news items on social media can help fight fake news, as pictures can easily be edited and manipulated by a source for fake news purposes. Unfortunately, the spread of news on social media is now inevitable, the cycle of news will

be spread wherever available, so it is too late to stop the public. Obtaining and sharing information is part of our culture now, and it is much harder to stop an institution than the source of it. Teaching kids and adults the dangers of fake news and supporting fair legislation to block fake news sharing are the only ways we can create a united front against the spread of misinformation.

Part 3: Health and Wellness Quizzes

Quiz #1: Don't Worry! Be Happy! Total Points: 14/20

- A.) Stress is a part of everyone's daily lives, yet the causes and consequences go unknown. There is more to stress than what just goes on in the brain, our entire bodies are affected by stress at the same time, and functions can be slowed down or halted all together when faced with stress. For example, in high stress level situations, our mouths can run dry, stopping any saliva from being produced and causing that ache we all feel when we're yelling or crying. The long-term side effects of stress are much more severe, causing or contributing to diseases like Alzheimer's and drug addiction. Stress is a primarily chemical experience in the body, but that does not limit it to widespread harm.
- B.) The occurrence of stress is a powerful influencer in our health and wellbeing, making it an important issue we should all tackle individually. To combat stress I already practice yoga, meditation and light stretching at the end of each day, as well as have active internal conversations with myself about my emotional health. But I am missing the knowledge of what stress literally is, which can help me identify it and have it under control. Like it said in the quiz, a little bit of stress is good so the body doesn't grow overly sensitive to it, so instead of avoiding stress all together, I should be learning the signs of stress and actively control them.

Quiz #2: Sleep Quiz Total Points: 6/10

- A.) Just as I thought, sleep is very important! Anything less than 6-7 hours is not acceptable and isn't healthy. But what I didn't know is how dicey

sleep is. Basically, that we're not fully "asleep" the whole time. The stages of REM are like awake brain activity, and that is about 25% of the night. What we also know is what the brain does while it's asleep, like release theta and delta waves. But what we don't know is why. A lot goes on in the brain while it sleeps, but the why factor is the only thing left to solve.

- B.) I get a fair amount of sleep a night so I don't know what I could possibly work on to make that better. But what I can do is study my habits and find if there's a certain pattern of my sleep cycle that helps me function better or helps me fall asleep faster (Because I now know that counting sheep isn't the best method.) I could even follow the legend and look deeper into my dreams to find if there's any meaningful insight I am not telling myself. Whatever I choose, there's always some way I could improve sleeping habits, it's one of the most important things one can do.

Quiz #3: The Ultimate Caffeine Quiz **Total Points:** 5/10

- A.) The adverse effects of caffeine, or trimethylxanthine, have stayed hidden for a long time. Long enough, at least, for 90% of Americans to consume it every day. But what I found in this quiz was that caffeine is not that different from hard core drugs like cocaine. It comes with negative effects on the body, addiction, and withdrawal symptoms. Even though it does have connections to harmful body responses, it can also cure a head ache, or block sleep inducing chemicals from binding to brain cells. Just as many substances do, it is up to the consumer to determine if the dangers outweigh the benefits.
- B.) I am guilty of having a coffee or tea in the morning every now and then, but I am not an avid day drinker. My reasoning is supported by the information in this article and reminds me I am on the right path. But that does not mean caffeine will always be bad for me. There is a time and place for some substances, and if I have a migraine, or need to make it through a long, tired day, that would be justified.

Quiz #4: Testing Your Age Knowledge Total Points: 7/10

- A.) Age is not just the body getting tired, there are real physical changes going on. You start to lose your sense of smell, which follows with taste. By the age of 80 most people lose 2 inches in height. Even losing vitamins in your skin becomes a permanent change. All of these are by no fault of the person. Of course, there are life choices that can contribute to the severity of these symptoms, but it is still very common for these to happen on their own. Conditions like osteoporosis are not due to any specific lifestyle, instead the unforgiving hand of genetics are at fault. Complications from age are inevitable, so all there is to do is to prepare for it.
- B.) As a young person it is my responsibility to save up for retirement. In a way, I also should be saving up for late adulthood, by making healthy decisions and keeping my body clean from toxins and harmful substances like smoking or ultra-violet rays. Kidneys decline naturally, so to prevent premature decline or to maintain healthy kidneys in general they suggest drinking plenty of fluids. That accompanied by proper diet and exercise, keeping my body healthy is as much as I can do.

Quiz #5: Testing Your Anger Knowledge Total Points: 8/10

- A.) Anger takes place in the Front Lobe of the brain, the part that control reasoning and responses. The popular case of Phineas Gage showed us how when he was impaled through the frontal lobe, his mild-mannered attitude turned unstable and impulsive. Expression of anger can be more dangerous than just the presence people who have problems with anger have a 3x higher risk of heart attacks and 2x the risk of coronary heart disease. And, men are more likely to be angry at inanimate objects and the world around them, contrary to women who react more to personal situations.
- B.) Anger expressed can be overwhelming and dangerous, but anger bottled in can be just as dangerous. “Anger-in” is also referred to as depression, which is more common in women, mostly because they are afraid of how

society frowns upon angry women. As a woman, I do feel pressured to bottle up my emotions as to not seem weak hysterical but bottling up my emotions won't help me any more than keeping them hidden. In the future, expressing my feelings is a much safer and effective method to confront whatever anger I feel.

Appendix of Quiz Results

Quiz #1 Result:

Quiz: Don't Worry! Be Happy!

Your Score: **70%**

Almost an expert, but not quite!

You got 14 correct out of 20! You scored better than 56% of quiz takers.

[Retake Quiz](#)

How do you stack up?

Your Score **70%**

Average Score **64%**

Quiz #2 Result:

Body Works: Sleep Quiz

Your Score: **60%**

Almost an expert, but not quite!

You got 6 correct out of 10! You scored better than 46% of quiz takers.

[Retake Quiz](#)

refer to hsw

How do you stack up?

Your Score **60%**

Average Score **56%**

Quiz #3 Result:

The Ultimate Caffeine Quiz

Your Score: **50%**

Better luck next time!

You got 5 correct out of 10! You scored better than 32% of quiz takers.

[Retake Quiz](#)

refer to hsw

How do you stack up?

Your Score **50%**

Average Score **56%**

Quiz #4 Result:

Through the Years: Test Your Aging Knowledge

Your Score: **70%**

Almost an expert, but not quite!

You got 7 correct out of 10! You scored better than 39% of quiz takers.

[Retake Quiz](#)

refer to hsw

How do you stack up?

Your Score **70%**

Average Score **71%**

Quiz #5 Result:

Your Score: **80%**

You're a True Expert!

You got 8 correct out of 10! You scored better than 93% of quiz takers.

[Retake Quiz](#)

refer to hsw

How do you stack up?

Your Score **80%**

Average Score **56%**