

Health Literacy Quizzes Project
<http://www.bettyjung.net/Pch201grids.htm>

Due Date: 9-18-18
Name: Haroon Chaudhry

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 <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	
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

User	Haroon Afzal Chaudhry
Course	PCH-201-02-Fall_2018
Test	Information Literacy for Tier II Courses
Started	9/14/18 5:44 PM
Submitted	9/14/18 5:46 PM
Status	Completed
Attempt Score	83.4 out of 100 points
Time Elapsed	1 minute

Question 1

[View Questionnaire Data](#)

8.3 out of 8.3 points

Interlibrary loan service

Question 2

8.7 out of 8.7 points

By clicking on "Find article at SCSU" you can:

Question 3

8.3 out of 8.3 points

Use Advanced Search in SouthernSearch to:

PART 2: Information Literacy Project

1. What does the Media Bias Chart depict?

Although just by looking at the chart, it seems a bit complicated to interpret as I am sure each individual has different interpretation for this chart as everyone is seeing one chart with different lenses (point of view) which can be very different from my point of view. Based on my interpretation this media bias chart site is a little honest and objective in their evaluation. I personally believe prior to making an observation, a person must remember that most but not all media bias is simply by omission meaning facts which is followed closely by using loaded words such as right-wing or far-left to refer to person, or places.

As I am closely looking at the chart, it comes across my attention that the orange and red type content is damaging the overall media landscape. If a significant enough number of stories fall in that category, then the readers should rely on it less. Again, this is my interpretation and I think it is debatable. Also, I like the way this chart is designed, and the way it is placed each item on it. Just by looking at the chart, it seems like a good chart with significant room for good-faith disagreement.

2. Author's Methodology

The author did a fabulous job at creating two different types of rubric: article and show methodologies which can help to analyze various types of article and shows with the use of rubrics. With the help of this rubric, it can be really easy for us to analyze articles whether it is written by the NYTimes or Washington Post. Going in depth about each article will help us to suggest some feedback, which can be used to better the paper.

In terms of how the score is translated through the use of rubric on the coordinates on the charts, it shows that the number of different raw scores may results in placement for different categories. For instance, any source that uses foul languages is used to characterize political opponent would have high scores in “unfairness instances” metric and “characterization” metric in the “most extreme columns.” I believe stuff like this can be misleading information

3. Fake News – Definition 1

Name of site: 4 reasons ‘Fake News’ Tricks Us and What We Can Do

URL: <https://www.futurity.org/fake-news-1778042/>

According to this article, fake news exhibits several information that can easily trick people to believe it and can be easy to identify if a person is willing to spend time ensuring the credibility of sources. It exhibits extreme bias, over propaganda, poor or no sources of credible information. In this article, it is providing an example of Trump Inauguration when his supporters were likely than others to misidentify a photo from 2009 inauguration as one from 2007.

As the article continue, it talks about how social media plays a big effect in fake news and how it manipulates people’s mind to make them trust things they see in front of them. For example, article states that in Facebook a person can simply click a button and retweet an article to 10,000 people which is incredibly insane and can manipulate several people to believe it sometimes. I remember when I was sitting on a computer yesterday, a random advertisement appeared on my screen stating “click here to win 10,000” and as soon as I clicked on it, it took me to different website and asked to put my credit card and house information to receive the benefits which was really easy for me to identify. These days social media can easily trick people into believing everything because we as humans are so modernized that are always using technology and never had enough time to check the credibility of a resource we are seeing in front of our eyes.

4. Fake News – Definition 2

Name of site: Is Fact Checking ‘Fake News’ a Waste of Time

URL: <https://www.futurity.org/fact-checking-fake-news-1475152/>

I really enjoy reading this article as it is very eye-opening especially for the people who are using social media on daily basis. It is clearly stated in the article that the fake news stories tend to influence what online news organization report and studies shows it is a bit hard to determine it as researchers are not able to find whether the news reporting is based upon repetition of fake news or refutation.

According to this article, the repeat information is more effective than anything. Majority of the times media, politics, and social media portrays fake news to grab people’s attention and no matter how media covers the fake news, they always end up driving people’s attention therefore it can sometimes lead to helping distribute the fake news. We believe no matter how media cover the fake news; they do drive people’s attention to the fake news, therefore in some way helping distribute the fake news.

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

Based on what I read from all four sections, I believe I have pretty good understanding of identifying what is credible or what is fake on social media as I am not so addicted to social media on a regular basis and does not really affect me. I have personally witnessed a lot of fake news on social media, for instance, repetition post they continuously appears on your social media as soon as you open it when happens to sometimes trick us to click on it and sometimes make us believe what is written because as stated, social media shapes the way people think, act and behave. Media always end up posting fake news and always catch people's attention through the use of capital words, different color fonts, pictures, and so forth that stands out and quickly trick people into it. In addition to that, most of the time if people tend to see a post, repost and constantly seeing it then they tend to believe it is true because this is how social media have impacted our brains. From the chart and section 1-4, I have come across that people who shares an article on social media site like Facebook has an even bigger influence on whether people trust what they see. When I personally see a post from a trusted person than an untrusted person, I would most likely recommend the news sources to friends, follow the source on social media and maybe end up signing up for news alert from the resource.

PART 3: Health & Wellness Quizzes

Quiz #1. SLEEP

Total points: 3



A. New Information I learned from this quiz

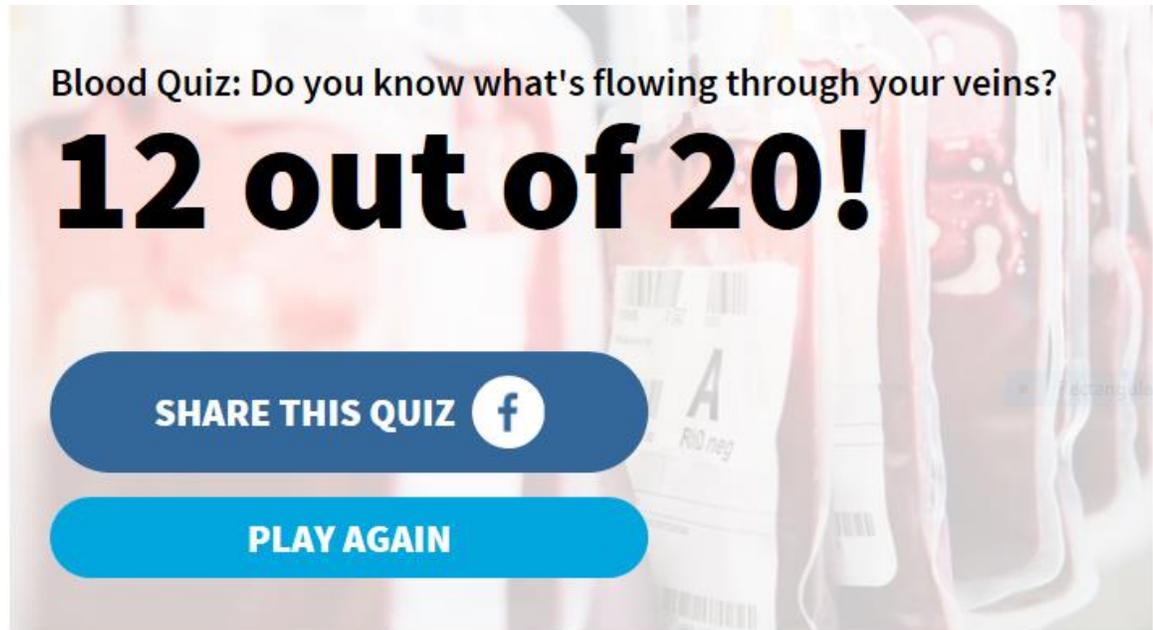
This quiz taught me that our brain waves: theta and delta are associated with deep sleep which states our two brain waves patterns are slower than alpha beta and beta (the ones our brain usually generate when we are awake and more active) and slower brain waves, the deeper the sleep. I also learned that an average person spends about 6 years dreaming their life time which was pretty eye-catching to me.

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

By taking this quiz, I understand the importance of sleep and see the down effect of not sleeping for more than 2-3 days which can cause trouble concentrating, depression, and moody. By doing this exercise, I will make sure to get about 7-8 hours of sleep on a daily basis to ensure my wellness.

Quiz #2. BLOOD

Total points: 3



A. New Information I learned from this quiz

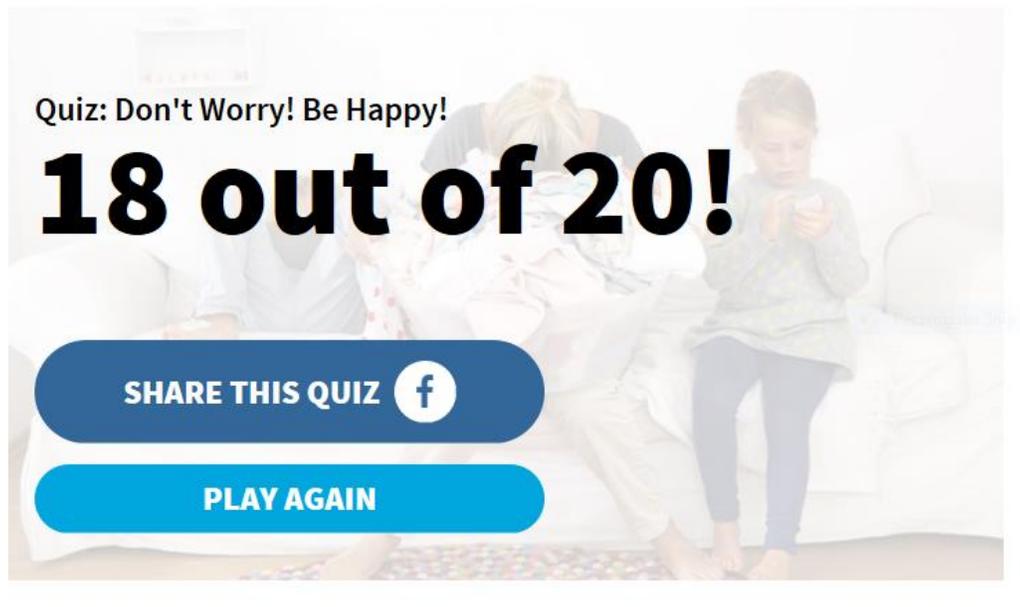
This quiz taught me that the human body contains approximately 5 liters of blood which makes up 7 to 8 percent of person's body weight. In addition to that, I learned red cells in our body survive 120 days.

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

This information helped me to become aware of the blood system and how it circulates in the human body. As I am aware of the fact that humans can donate blood every 8 weeks, I might take this into consideration prior to donating my blood for the good cause that means a lot to me.

Quiz #3. STRESS

Total points: 3



A. New Information I learned from this quiz

This quiz taught me that all of your saliva disappears and you can't swallow during the acute stress which can cause dryness and difficulty talking. In addition to that it taught me that long term stress can cause Alzheimer's which can eventually lead to memory loss.

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

I will make sure to utilize the resources available on campus if I am ever going through rough situations and try to do anything to help prevent stress because stress can have a bad effect on my health, academic and social life. With the use of resources available on campus, it can help reduce the number suicides, drug addiction, or harmful behavior.

Quiz #4. What is Mindfulness Total points: 3



A. New Information I learned from this quiz

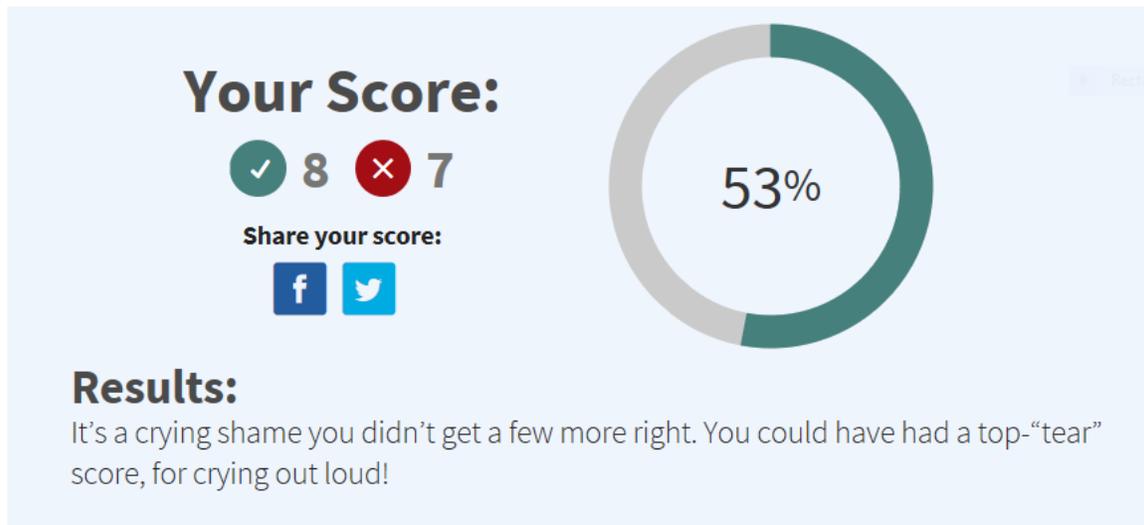
This quiz taught me that mindfulness helps people to become aware of their feelings and help them to accept it. In addition to that, I learned the importance of mindfulness and when you practice it, it helps you focus on breathing, how your body feels, and helps you to understand your emotions.

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

Now that I am fully aware of the benefit of mindfulness, I am thinking about doing some sort of meditation which can help me process my emotions and stay healthy. I am thinking about signing up for weekly meditation at the Fitness Center and I am sure it will have a big impact in my life.

Quiz #5. Health Benefits of Crying Total points: 3

Health Benefits of Crying



A. New Information I learned from this quiz

Something that really stands out to me in this quiz is the fact that tears help people to see. It is stated that without tears constantly hanging around your eye, you would not be able to see because the outer oily layer not only keeps your eye moist but also gives outer surface of your eye a smooth area to look through. In addition to that, I learned that an average man cries about 2 times a month whereas an average woman cries about 3.5 times a month.

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

This information will help me to understand different types of tears and make me realize a person don't necessarily have to be sad or depressed to cry, they can also cry when they are happy (happy tears) which is used to express humans' feelings, and expression.