

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

Due Date: 9/27/18
Name: Maciej Jankowski

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			7	
<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) 				
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

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 cramped 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](http://www.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](http://www.factcheck.org)

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

The screenshot shows a web browser window with the URL <https://quizzes.howstuffworks.com/quiz/sleep-quiz>. The main content area displays the quiz title "Body Works: Sleep Quiz" and a large score of "7 out of 10!". Below the score are two buttons: "SHARE THIS QUIZ" with a Facebook icon and "PLAY AGAIN". To the left of the main content is a vertical sidebar with several advertisements, including one for Disney channels and another for OfficeMax. To the right, there are more advertisements, including one for "MUSIC & ENTERTAINMENT DEALS" and another for "Discover Our Best-Kept Secret". Below the main content, there is a section titled "ABOUT HOWSTUFFWORKS" with a paragraph of text. At the bottom right, there is a section titled "MORE FROM HOWSTUFFWORKS" with a small thumbnail image and a link to "How Well Do You".

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

The screenshot shows a web browser window with the URL <https://quizzes.howstuffworks.com/quiz/anger-quiz>. The page features a quiz result for "Seeing Red: Test Your Anger Knowledge" with a score of "4 out of 10!". There are buttons for "SHARE THIS QUIZ" (with a Facebook icon) and "PLAY AGAIN". Below the score, there is a section titled "ABOUT HOWSTUFFWORKS" with a paragraph of text. On the left side of the page, there is a vertical advertisement for a "BUYPOWER CARD" with the text "PUT THIS IN YOUR WALLET" and "GET THE CARD". At the top, there is an Audible advertisement with the text "Enjoy books in a whole new way. Free Audiobook".

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

The screenshot shows a web browser window with the URL <https://www.webmd.com/balance/m-quiz-mindfulness>. The page title is "What Is Mindfulness?". The main content area displays "Your Score: 70%" with a donut chart showing 7 correct answers (green checkmarks) and 3 incorrect answers (red X's). Below the score, there are social sharing icons for Facebook and Twitter. The "Results:" section states, "You know your mindfulness facts. Way to get your head in the game!" and includes two buttons: "Next Quiz >" and "< Retake Quiz". The right sidebar features an "ADVERTISMENT" placeholder and a "RECOMMENDED FOR YOU" section with a "SLIDESHOW 10 Health Myths Debunked" and an "ARTICLE Managing Stress and Emotions When With Chronic Constipation". At the bottom, there is a small text line: "Sources | Reviewed by Minesh Khatri, MD on December 13, 2016".

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.

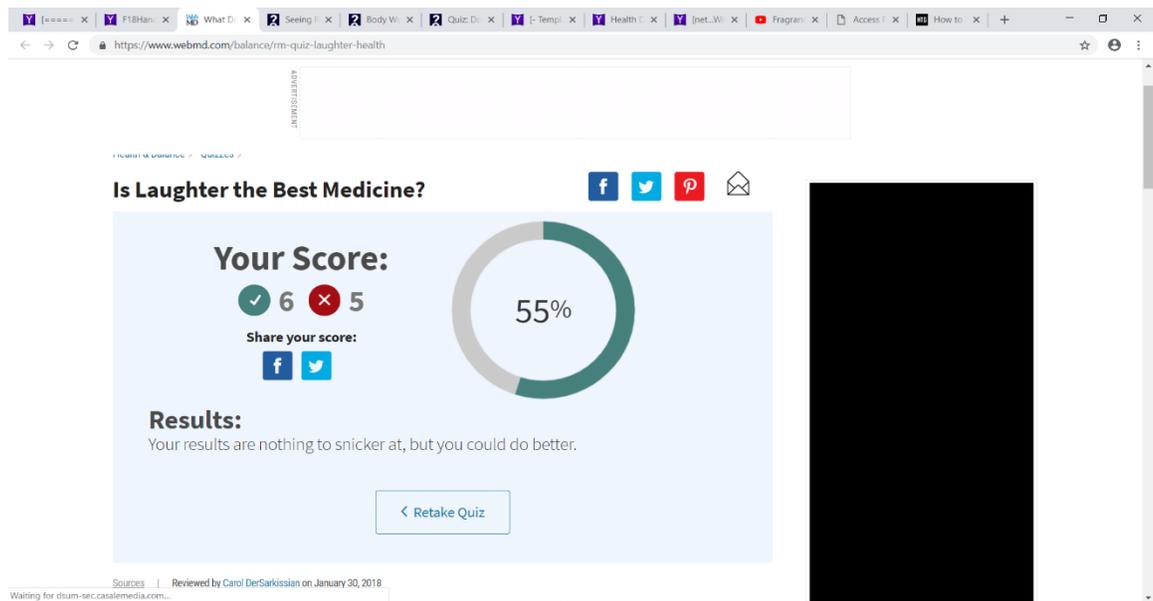
B. How I will be using this information to improve my health/wellness

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

8



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

Quiz: Don't Worry! Be Happy!
8 out of 20!

SHARE THIS QUIZ

PLAY AGAIN

ABOUT HOWSTUFFWORKS

How much do you know about how car engines work? And how much do you know about how the English language works? And what about how guns work? How much do you know? Lucky for you, HowStuffWorks is about more than providing great answers about how the world works. We are also here to bring joy to your day with fun quizzes, compelling photography and fascinating listicles. Some of our content is about how stuff works. Some is about how much you know about how stuff works. And some is just for fun! Because, well, did you know that having fun is an important part of how your brain works? Well, it is! So keep reading!

IT'S EASY TO SHIP TO PARIS, TEXAS

DON'T JUST EARN POINTS

AMERICAN EXPRESS

MORE FROM HOWSTUFFWORKS

How much do you know about No. 1 songs of the 1980s?

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.