

iSkills: Undergraduate critical thinking with newspaper and social media sources

Task Sheet

The SIFT test

- **Stop:**
 - Do you know the website and source of information and what the reputation of the claim and website is?
 - If you don't, use the other steps below
- **Investigate the source:**
 - Know what you are reading before you read it
 - Look up the author and source
- **Find better coverage**
 - Look for trusted reporting or analysis on the claim
 - Understand the history and context of a claim
- **Trace claims, quotes, and media back to the original context**
 - Look for the original source of the story, e.g. a research paper, to see if it has reported accurately

Activity 1

Using the SIFT test at the top of this document, examine the following article from The Conversation: *Exercise snacks: the best bursts of activity to incorporate into your day* by Jack McNamara: <https://theconversation.com/exercise-snacks-the-best-bursts-of-activity-to-incorporate-into-your-day-272836> and **apply the SIFT test** above.

Be prepared for discussion after the activity.

Activity 2

Using the SIFT test at the top of this document, examine the Tiktok video '*Ditch regular sunscreen and use beef tallow!*' https://www.tiktok.com/@paulsaladinomd2/video/7315203179426123050?is_from_webapp=1&sender_device=pc&web_id=7569922115606234646 and **apply the SIFT test** above.

Be prepared for discussion after the activity.