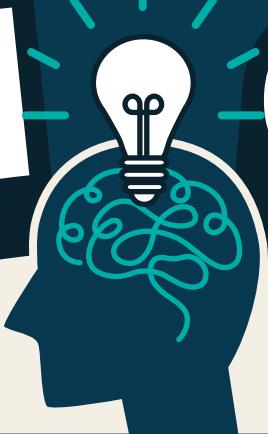


BRAIN GAINS



Use this week-by-week planner to help students exercise their news literacy skills and strengthen their resilience against health and science misinformation.

checkology®

Register/log in to seamlessly access everything listed here.



Search "brain gains" on the Checkology homepage.



Week 1

Vet the source

Healthy Choices, Informed Minds

Interactive lesson



Be Health Informed
Gain skills to evaluate health and wellness information and avoid misinformation.

Infographic/Poster



Is It Legit? Five Steps for Vetting a News Source
Learn tips to check the credibility of news sources.

Quiz



Wellness & science claims
Sift quiz: Wellness & science claims



Week 2

Examine the data

Seeing Through The Numbers

Interactive lesson



Making Sense of Data
Learn how to critically evaluate data visualizations and claims.

Infographic/Poster



Breaking News Checklist
Tips and tools for evaluating news stories as they unfold.

Interactive activity



Levels of evidence, with Dr. Kat



Week 3

Weigh the evidence

Science or Spin?

Interactive lesson



Evaluating Science-Based Claims
Learn how to evaluate the accuracy of data-based claims and visualizations.

Infographic/Poster



Levels of Scientific Evidence
Examine eight distinct levels of scientific evidence, arranged by quality.



Week 4

Assess the algorithms

Algorithms, AI And Awareness

Interactive lesson



Introduction to Algorithms
Discover how algorithms and generative AI influence social media feeds.

Infographic/Poster



6 Things to Know About AI
Information and tips to remember about how algorithms and AI work.



Week 5

Bonus week! Reflections and Wrap-up

Interactive activity



Just released for school year 2025-26!

Take action: Putting news literacy into practice
Students demonstrate their news literacy skills by developing a personal code of ethics for information they seek and share in this capstone activity.