

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.

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Search “brain gains” on the Checkology homepage.



Week 1
Vet the source
Healthy Choices, Informed Minds

Interactive lesson

Be Health INFORMED

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

Infographic/Poster

Is it legit?

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

Quiz

BONUS **Sift Quiz**
Wellness & science claims

Sift quiz: Wellness & science claims



Week 2
Examine the data
Seeing Through The Numbers

Interactive lesson

MAKING SENSE OF DATA

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

Infographic/Poster

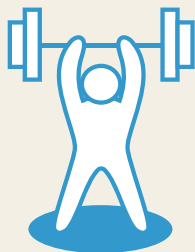
BREAKING NEWS CHECKLIST

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

Interactive activity

BONUS **Levels of Evidence, with Dr. Kat**

Levels of evidence, with Dr. Kat



Week 3
Weigh the evidence
Science or Spin?

Interactive lesson

Evaluating SCIENCE-BASED Claims

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

Infographic/Poster

Levels of Scientific Evidence

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

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

Infographic/Poster

6 things to know about AI

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

TAKE ACTION
CAPSTONE ACTIVITY

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.

Just released for school year 2025-26!



The News Literacy Project is a nonpartisan education nonprofit that works with teachers, school districts, states and community partners like libraries and after-school clubs to ensure students in all 50 states receive news literacy instruction before they graduate from high school.

For more, visit:

[News1it.org/wellness](https://news1it.org/wellness)