

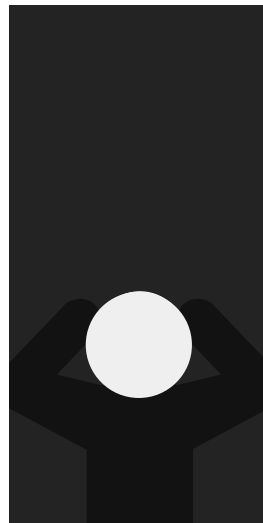
UNIT 8

Practice Pausing



The information we absorb from the media impacts our thoughts, feelings, and even our bodies. This week's tools are focused on helping you navigate the infodemic that is present in these COVID-19 times.

“An infodemic is an excessive amount of information about a problem, making it difficult to identify a solution,” as Dr. Brubaker explained.



Practice with at least one of the following tools to pause and evaluate the media you are consuming, connect in meaningful ways, and take breaks.



TOOL 1

Break Your Filter Bubble

Identify and expand the type of information you are consuming in critical ways.

Social media news feeds use algorithms to filter posts that are aligned with what you think and like. This means that you are absorbing information that conforms to, or reinforces, pre-existing viewpoints, rather than challenging or expanding your point of view. As the faculty lectures emphasized in this unit, this is called a “filter bubble.”

Practice identifying the “filter bubble.”

Get curious about:

- What kind of news and information are you encountering repeatedly?
- What is the source of the information you are encountering?
- Has the information you see regularly been curated for you?
- What information do you see in your media with which you don't agree?
- In what ways might your “filter bubble” reinforce pre-existing viewpoints?

Take action to break your bubble:

- Seek out diverse perspectives about what is happening in the world today.
- Follow people with views that differ from yours.
- Follow topics other than those you're most interested in.
- Check out at least one new and unfamiliar media source.
- Look for facts and evidence, and be cautious with your clicks.

Build a Community of Support

Be uplifting. Share and encourage positive news.

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