

QUIZ – WHAT IS CRITICAL THINKING?

WHAT'S INCLUDED IN THIS MODULE?

- **Thinking critically means**
 - a. Pausing to think about what you have done, after you've done something.
 - b. Thinking about your thoughts and feelings, and pausing, before doing something.**
 - c. Having thoughts and feelings and reacting to them automatically.
 - d. Disregarding other people's thoughts, because they aren't true.
- **Your thoughts are always true.**
 - a. True.
 - b. False.**
- **What happens when you believe your assumptions, as if they are the facts?**
 - a. Nothing.
 - b. You end up being right, because your assumptions are always correct.
 - c. It can affect how you feel, which can influence how you then behave.
 - d. You can then know what someone else is thinking and feeling, without having to ask them.
- **You communicate with words only.**
 - a. True.
 - b. False.**
- **Your facial expressions, tone of voice, body language are examples of**
 - a. Verbal communication.
 - b. Direct communication.
 - c. Non-verbal communication.**
 - d. No communication.
- **What is a perspective?**
 - a. It's your point of view – how you look at/understand/think &/or feel about something.**
 - b. It's how we all see things in the same way.
 - c. It's your intuition/gut-feeling about something.
 - d. It's the way we interact with each other.
- **Your perspectives on various situations are the same as everyone else's perspectives.**
 - a. True.
 - b. False.**
- **Your perspective is influenced by:**
 - a. Your life experiences – family, religion, school, society.



- b. Your self-esteem.
 - c. Your mental health.
 - d. **All of the above.**

- **Why is it important to understand different people's perspectives?**
 - a. **It's important, because it can help you to understand why they felt or did what they did and to try not to judge them harshly for the way they reacted.**
 - b. It's not important to understand different people's perspectives, because yours is the right perspective.
 - c. It's important, because then you can judge them for not sharing the same perspective as you.
 - d. It's important, because it can help you to realise we are all the same.

- **You can't control what thoughts or feelings you have, BUT you CAN control how you react to your thoughts and feelings.**
 - a. **True.**
 - b. False.

- **If you think about your thoughts and feelings, before acting, you can:**
 - a. Figure out if your thoughts are true, fair or helpful.
 - b. Decide how to deal with the way you are feeling.
 - c. Be more in control and choose of how you want to behave.
 - d. **All of the above.**

- **If you do something you regret online, it's fine, because it just goes away.**
 - a. True.
 - b. **False.**

- **What are some possible consequences of you saying hurtful or damaging things online?**
 - a. Nothing, you're a teenager, no one cares about what you did when you were young.
 - b. Your comments could have a significantly negative impact on how the other person thinks and feels about themselves, which could impact their behaviour and mental health.
 - c. When applying to a university or for a job one day, they could see what you did and potentially reject your application, due to a negative history of online behaviour.
 - d. **Both B and C above.**

- **How can you start identifying your thoughts and feelings?**
 - a. By practicing yoga.
 - b. By practicing mindlessness.
 - c. By practicing your listening skills.
 - d. **By practicing mindfulness.**

- **Are people who seem perfect online, actually perfect in real life?**
 - a. Yes.
 - b. **No.**

- **Comparing yourself to others' online can have what effects on you?**
 - a. **It can affect how you think and feel about yourself – affecting your self-esteem and mental health.**
 - b. It has no actual effect on you.
 - c. It can help you to become perfect.
 - d. It can teach you what you need to do, to become more popular.

- The good feeling, caused by the release of dopamine, is just nice, it's not addictive.
 - a. True.
 - b. **False.**

- How is your behaviour affected by the release of dopamine?
 - a. Your behaviour isn't affected at all, it's just your brain which is affected.
 - b. **You end up spending a lot of time on your device, which could mean staying up late, not getting enough sleep, or not interacting with people in real life as much as on your device.**
 - c. Your behaviour isn't affected, you can stop being on your device whenever you choose.
 - d. It stops you from being on your device, so that you can feel good again.

- What do big tech companies do with your data?
 - a. They use it to make sure you're a real person and not a bot.
 - b. They don't do anything with it, it's useless to them.
 - c. **They use it to know what else to show you that you believe in or like so that you will stay on their platform and keep coming back for more.**
 - d. They just keep it as a record of who was on their platform.

- By only showing you things you like or agree with online, can you become programmed to think and feel certain ways about various situations?
 - a. **Yes, you can think you know a lot but haven't seen enough information from another perspective.**
 - b. No. I know how to control my thoughts and feelings.

- Is it important to accept other peoples' perspectives, which may differ to yours?
 - a. **Yes, they see life differently. They lived a different life. And that's ok.**
 - b. No. It's not cool. They should think like me. I'm right!

- What could happen if you only believe what you're shown or told online?
 - a. You could end up rejecting other people's opinions, because they're not the same as yours.
 - b. You could end up being manipulated into believing something, which may not be true, which could affect how you behave.
 - c. You could end up only ever seeing the tip of the iceberg, and not the whole of it.
 - d. **All of the above.**

- The reward of lots of social media followers doesn't last – the number of likes and followers needs to keep increasing in order for you to keep feeling good. And that can become tiring and stressful. And meanwhile some people are just buying fake followers...!
 - a. **True.**
 - b. False.