

Lesson 5: Cognitive Distortions

Unit 3 Part B



HOMEWORK:

- Do the Quiz "Mind Games" at the top of the page. Link:

<https://veryverified.eu/units/unit-3/part-b-cognitive-distortions/quiz-mind-games>

- Do you agree that sometimes your mind plays tricks on you? Perhaps you can think of an example!

Activity	Time	Instructions & objectives
Check if the students have filled the quiz that was assigned as homework	2 min	Tell students that, if they forgot, they can scan the QR code from the presentation and do the quiz now.
Ask 2 people to share examples from their experience	5 min	<p>Ask students about their experience of how they have experienced tricks that their mind plays on them.</p> <p>Some talking points might include: Negative, controversial or emotional post often attract more attention and inclination to share; people look at information that contradicts their beliefs more critically; and are more likely to trust information that is familiar to them.</p> <p>This activity will help the students to start thinking about the things they will hear in the lesson further on.</p>
Watch a video	3 min	Link to "Cognitive Distortions" animation - https://youtu.be/BtjSv4pMgoM
Discuss	5 min	Ask students if they can relate to the issues discussed in the video. Where do they experience Barnum effect or Cognitive distortions in their lives?

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Activity	Time	Instructions & objectives
Task in groups	10 min	<p>Ask students to work in groups and find information, using cell phones or computers, whether the statement that "people use only 10% of their brain" is true or false?</p> <p>Ask each group present and also share their opinion on this matter.</p>
Show slides	5 min	<p>Cover Confirmation Bias, Motivated Reasoning, Negativity bias and Familiarity Bias.</p>
Quiz	3 min	<p>Fill out the quiz "Your Own Choice or an Ad?" https://veryverified.eu/units/unit-3/part-b-cognitive-distortions/quiz-your-own-choice-or-an-ad</p> <p>Discuss results.</p>
Watch an interview with advertising specialist	5 min	<p>Link to interview with advertising specialist - https://youtu.be/4NfwdYFOWxM</p> <p>If you run out of time, skip this activity and encourage students to watch this video on their own time</p>
Conclusion	3 min	<p>Review "How can we overcome biases" slide with tips. Invite students to review additional materials and videos from the Unit, if they are interested to learn more.</p>