MindShift

Autopilot Off – Think Before You Click

Critical thinking & media literacy • 90 minutes • Ages 15–25 • MindShift

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Session goals

Slow down. Question. Check. Zoom out. Think intentionally.

Slow down and ask better questions

Check sources and context

Make intentional choices

Group agreement

A safe space to be unsure.

Curiosity

Respectful disagreement

“I don’t know” is allowed

Changing your mind is allowed

Changing your mind

Being wrong is not a failure. Updating your view is a skill.

“I was wrong.” ——— **“Now I know more.”**

What new evidence made you change your view?

Examples

Video: Your Brain Has Autopilot

Listen for one idea you recognise in yourself.

AUTOPILOT — **A BETTER QUESTION**

Mental shortcuts are normal. Slowing down is a skill.

What makes you stop scrolling?

Funny. Shocking. Outrageous.
Scary. Something you agree with?

Many attention triggers are emotional

Key question

Use it all session. Use it online.

DO I KNOW THIS? — OR — DO I JUST FEEL IT?

Notice the difference before you act.

Step 1: Spot the Claim

What exactly is being said?

What is the main claim?

What evidence is shown?

What is missing?

Step 2: Check the Source

Who is behind it, and why?

Who created this?

What do they gain from it?

Can I find the original source?

Step 3: Check the Emotion

What is this trying to make me feel?

Which emotion is triggered?

What action does it push me toward?

What changes if I wait 10 minutes?

Step 4: Check Others

Who else says the same thing?

Do other reliable sources confirm it?

Is there a photo, video or quote from the original?

Which fact-checkers have looked at it?

Fast thinking online

Our first reaction is information, not proof. What did you base it on?

Did emotion steer me?

Likes, followers, design?

How much did I know?

Is This For Views or News?

Who made this? What’s the trick? Where can I double-check?

Who made this?	**Where is the original?**
What’s the trick?	**Which emotion is it triggering?**
Where can I double-check?	**Who else confirms it?**

Feed bubble

Different forces shape what we see on our feed. Which one is the loudest in your feed?



My Thinking Plan

Leave with one habit — not a perfect system.

MY TRIGGER

I react fastest when I see...

MY CHECK

Before I share, I will ask...

MY SOURCE

A source I trust and why...

Scenario: A Viral Post

A shocking post spreads in your class chat. Everyone is sharing it. It makes you angry — and you want to share it too.

PAUSE
What do you feel right now?

CHECK
Who made it? Where is the original?

CHOOSE
Share, ignore or report?

Don’t believe everything.

Pause. Check. Choose.

What is one habit you will try this week?