

# The SIFT Method

## A CRITICAL THINKING APPROACH



### STOP

Check your emotion. Strong reaction? Be careful. Also, check what biases you may have allowed in, such as confirmation bias (favoring information that confirms what you believe true).



### QUESTIONS TO ASK

- What is my initial reaction to the headline?
- What do I already know about the topic?
- What do I know about the source?

**Pro Tip: Leave the website to research and learn more about it and see what others have to say.**

### INVESTIGATE

Look into the author of the claims, the publisher, or information source. Assess what biases they may have to get a better understanding of their credibility.



### QUESTIONS TO ASK

- Who is the author?
- What is the mission of the source?
- Are there any potential biases?

**Pro Tip: Google the author to learn more about them, including their education and profession.**

### FIND

Look around and find other corroborating or contradicting reports from other sources, such as websites, recognized experts in the field, and more. Consider using AI to assist with finding other contradictory sources.



### QUESTIONS TO ASK

- Are other reputable sources reporting on this?
- Do fact-checkers support the claims made?

**Pro Tip: Look up the topic in the library or on the web to find additional coverage.**

### TRACE

Trace claims, quotes, and media to their original context. Have they been taken out of context in some way? Were they really meant to apply to this claim?



### QUESTIONS TO ASK

- Can the original studies or announcements be found?
- Is the information presented in its true context?

**Pro Tip: Google a quote used in the source to see where it came from and where else it appeared.**