

■ ▲ ● Osher Lifelong Learning
Institute

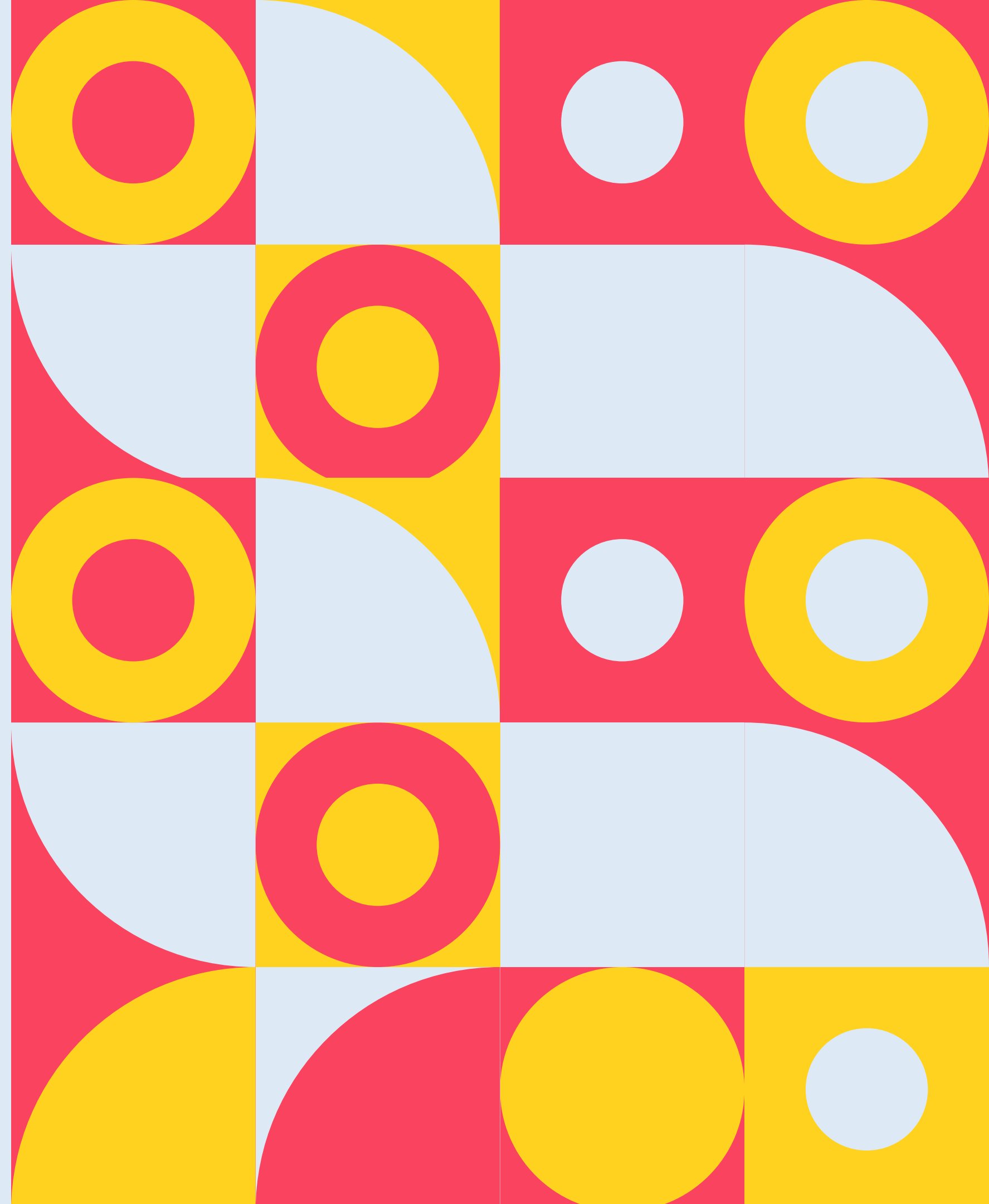
Media Mindfulness: Maintaining Media Mindfulness



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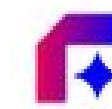
Un-mute or share in chat:

- **Who did you talk with about AI?**
 - **Do they use actively use AI? If not, what do they know about it?**
 - **How do they feel about AI in everyday life?**



AI and Election 2024

[Axios: New Effort to "Innoculate" Voters Against AI Misinformation](#)



The Future US

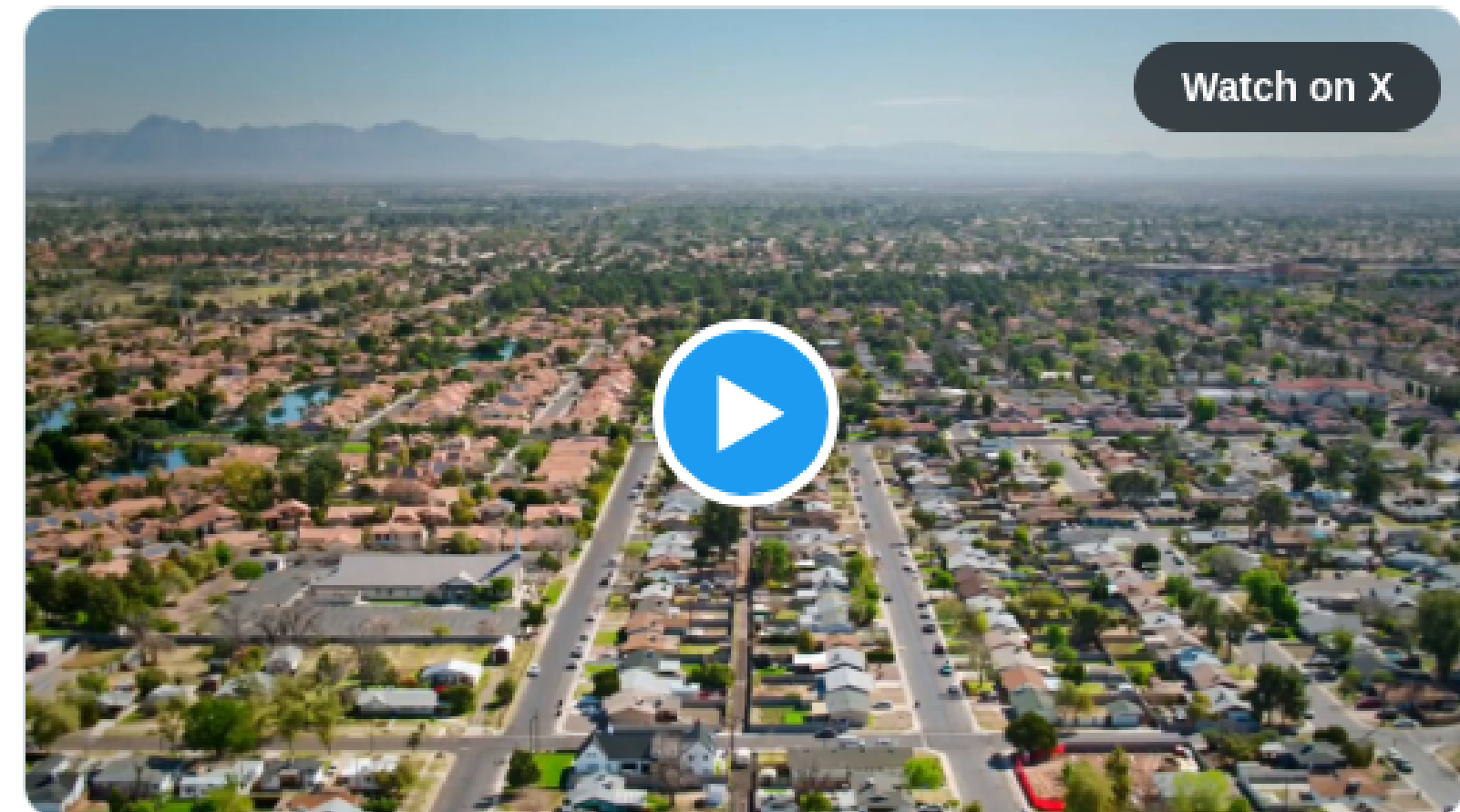
@seeTheFutureUS · [Follow](#)



We made this video to show what could happen on Election Day.

Don't fall for the deepfakes.

Raise awareness now.



11:57 PM · Apr 7, 2024



62



Reply



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Today's Learning Goals

- Reflect on the key concepts and skills learned throughout the course.
- Develop a personal media consumption plan based on mindfulness principles.
- Discuss strategies for managing digital overwhelm and information overload.
- Contemplate building resilience against manipulation and persuasion tactics in media.





Course Topics

Understanding Media Messages

Fact-checking, Myths, Misinformation, & Conspiracy
Theories

Digital Privacy and Security

AI Literacies

Maintaining Media Mindfulness (**today!**)

Navigating Information

Upsides

- Information access
- Communication & community building

Downsides

- Spread of misinformation
- Filter bubbles/polarization

Five Critical Questions of Media Literacy

KEY QUESTIONS OF MEDIA LITERACY

1 Who is the author and what is the purpose?

2 What techniques are used to attract and hold your attention?

3 What lifestyles, values and points of view are represented?

4 How might different people interpret the message?

5 What is omitted from the message?

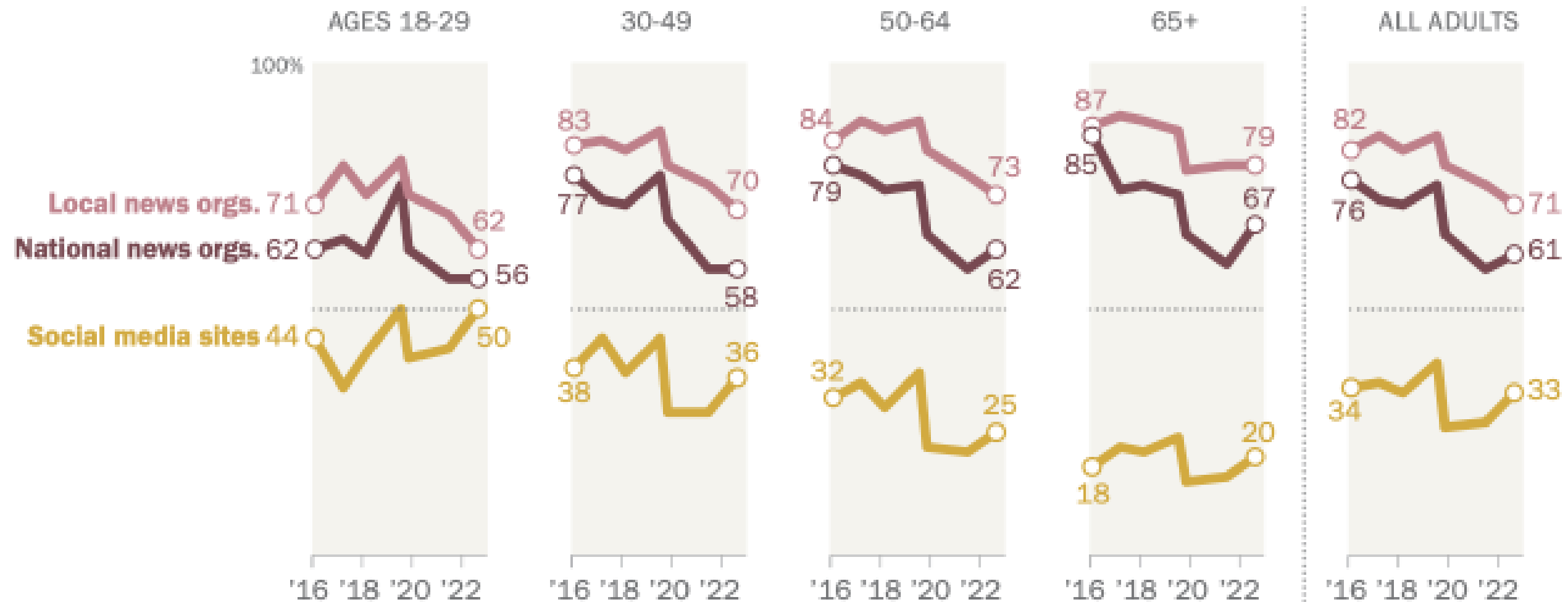


Media Education Lab

www.mediaeducationlab.com

U.S. adults under 30 are now almost as likely to trust information on social media sites as information from national news outlets

% of U.S. adults who say they have some or a lot of trust in the information they get from ...



Note: In 2016, trust of information from social media was only asked of and based on internet-using U.S. adults. In the question on trust in the information from social media sites, the examples used have changed over time; for more detail on the specific wording, see the topline. Source: Survey of U.S. adults conducted July 18-Aug. 21, 2022. For dates of other surveys, see the topline.

PEW RESEARCH CENTER

Mindfully Engaging

- Choose your news sources carefully.
 - Allsides
 - Ad Fontes Media Bias Chart
- Practice critical thinking with the five key questions.
- Reflection: In what ways do you find yourself being more mindful about your media use?



Fact-Checking and Misinformation

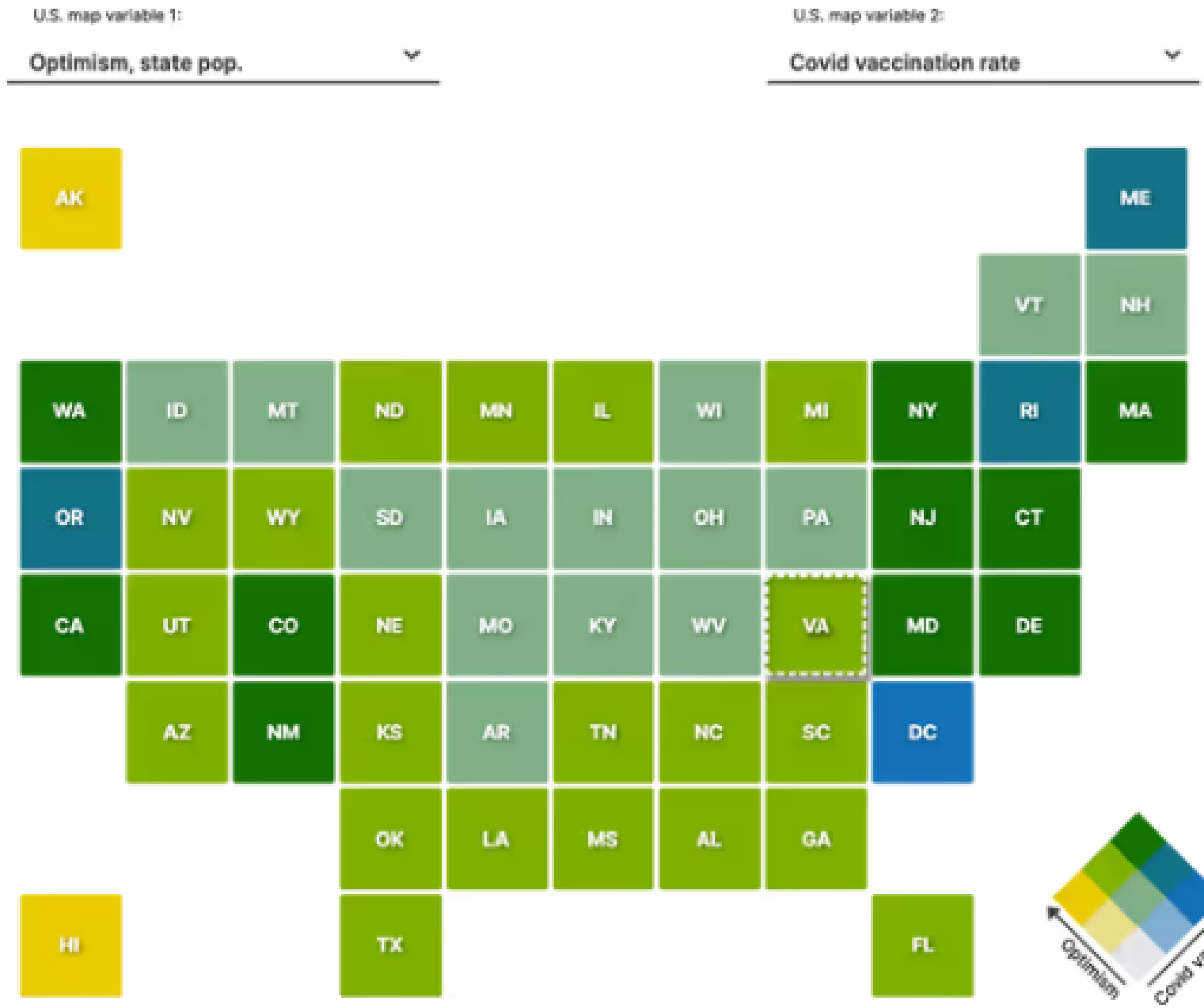
Upsides

- Doing your part to stop the spread of misinformation!
- SIFT

Downsides

- Time consuming
- Need to examine fact-checking sites
- Sometimes our biases get in the way

Despair and vulnerability to misinformation: an interactive tool



Despair and vulnerability to misinformation: an interactive tool

Norman Eisen, Nicol Turner Lee, Samara Angel

[Brookings](#) / Jul. 13, 2023

Mindfully Engaging

- Practice SIFT Method of fact-checking
- Avoid sharing before confirming
- Be mindful of how your own biases play a role in the information you seek
- Reflection: What responsibility do social media platforms have in battling misinformation?



Digital Privacy

Upsides

- Awareness of who gets your data and when
- Contributing to a more ethical and safe social media environment for others

Downsides

- Algorithmic biases
- Policy doesn't always keep up

Stay Informed



[US State Privacy Legislation Tracker](#)

[National Conference of State Legislatures - Consumer Data Privacy](#)

[EPIC Collection of U.S. Privacy Laws](#)

Mindfully Engaging

- Practice algorithmic bias detection.
- Regularly check your device security settings.
- Vote!
- Reflection: Where in your 'digital life' do you think you might be most vulnerable?



AI Literacies

Upsides

- Accelerated scientific discovery
- Streamlined work (maybe)

Downsides

- Ethical considerations
- Job loss?
- Worker exploitation

Table. Descriptive Statistics of Clinical Reasoning Outcomes Stratified by Respondent Type

Outcome	Respondents, No. (%)			
	All (N = 232) ^{a,b}	Chatbot (n = 80)	Attending physician (n = 80) ^a	Resident (n = 72)
R-IDEA score				
Median (IQR)	9 (7-10)	10 (9-10)	9 (6-10)	8 (4-9)
Score group				
Low: 0-7	90 (38.8)	4 (5.0)	29 (36.3)	33 (45.8)
High: 8-10	142 (61.2)	76 (95.0)	51 (63.8)	39 (54.9)
Correct clinical reasoning instances	222 (95.7)	80 (100)	79 (98.8)	63 (87.5)
Incorrect clinical reasoning instances	23 (9.9)	11 (13.8)	10 (12.5)	2 (2.8)
Diagnostic accuracy				
Median (IQR)	100 (100-100)	100 (100-100)	100 (100-100)	100 (100-100)
Score group				
Low: <75%	32 (13.8)	8 (10.0)	14 (17.5)	10 (13.9)
High: 75%-100%	200 (86.2)	72 (90.0)	66 (82.5)	62 (86.1)
Cannot-miss diagnoses included, median (IQR), % ^b	66.7 (33.3-100)	66.7 (50.0-100)	50.0 (27.1-100)	66.7 (33.3-81.2)

Abbreviation: R-IDEA, Revised IDEA.

^a There was 1 instance in which 2 attending physicians provided responses for the same case. Means of section scores were calculated prior to analysis.

^b For the cannot-miss diagnoses outcome, which reflects the percentage of

cannot-miss diagnoses included in the initial differential (first section of each case), the sample size for all respondents was 52, with 18 responses each from chatbot and attending physicians and 16 responses from residents. Two cases without identified cannot-miss diagnoses were excluded.

Clinical Reasoning of a Generative AI Model Compared With Physicians

This cross-sectional study assesses the ability of a large language model to process medical data and display clinical reasoning compared with the ability of attending physicians and residents.

 JAMAInternalMed

Research shows:

“that LLMs are capable of mimicking some of the powerful processes that we use to make diagnoses — processes that, until basically last year, we physicians thought were unique to us.”

<https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2817046>

Mindfully Engaging

- Think critically about information in all mediums.
- Be diligent about not sharing questionable information.
- Be mindful of biases present in AI and algorithms.
- Reflection: In what ways do you think AI might be beneficial?
Harmful?





Why the 'attention economy' demands active resistance...



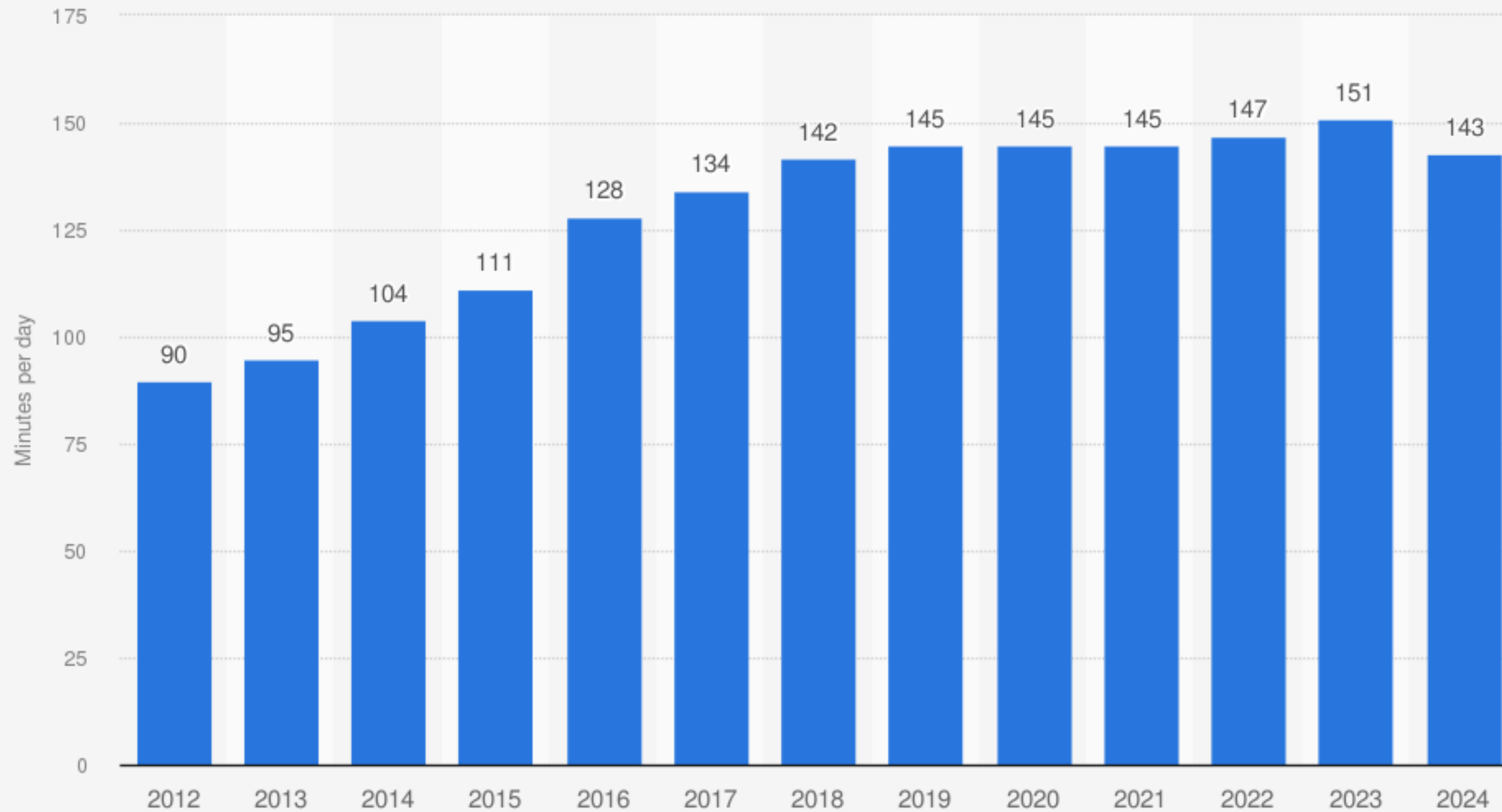
Share



aeon
VIDEO

Watch on YouTube

Daily time spent on social networking by internet users worldwide from 2012 to 2024 (in minutes)



Sources

GWI; We Are Social; DataReportal; Hootsuite
© Statista 2024

Additional Information:

Worldwide; GWI; DataReportal; 2012 to 2024; 16-64 years; social media and messaging; Online survey



Love, Hate or Fear It: TikTok Has Changed America

Nineteen ways the app rewired our culture.

 The New York Times / 02:12 PM



Maintaining Digital Wellbeing





“a state where subjective well-being is maintained in an environment characterized by digital communication overabundance.”

Gui, Fassoli, & Carradore (2017)

Digital Wellbeing 'Skills'

Attentional

Strategic

Metacognitive

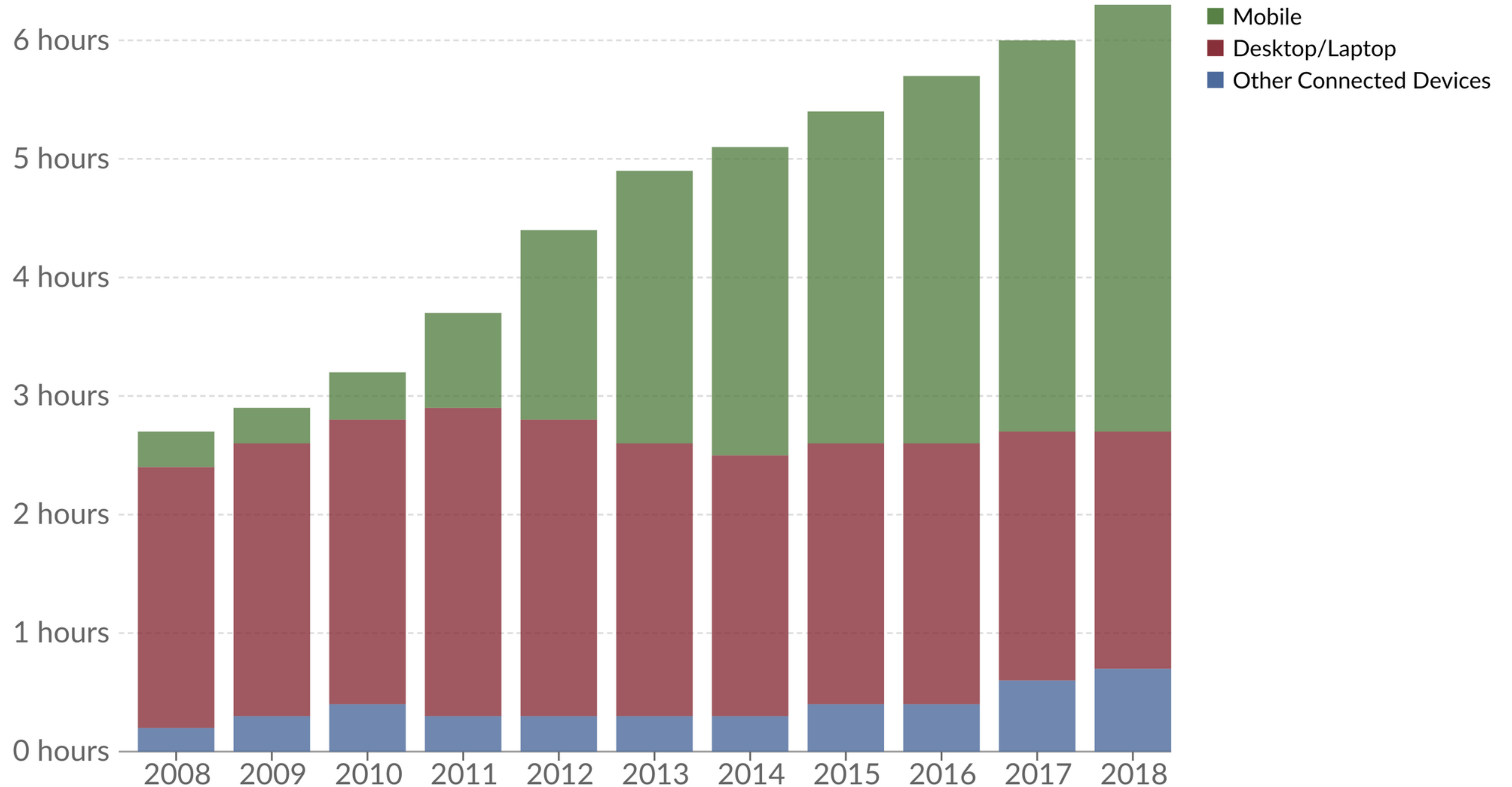
Technical

Me



Daily hours spent with digital media, United States, 2008 to 2018

Average hours per day spent engaging with digital media (e.g. digital images and videos, web pages, social media apps, etc.) The data for 'other connected devices' includes game consoles. Mobile includes smartphones & tablets. All data includes both home & work usage for people 18+.



JAN
2024

DAILY TIME SPENT WITH MEDIA

THE AVERAGE AMOUNT OF TIME EACH DAY THAT INTERNET USERS AGED 16 TO 64 SPEND WITH DIFFERENT KINDS OF MEDIA AND DEVICES



THE UNITED STATES
OF AMERICA

TIME SPENT USING
THE INTERNET



7H 03M

YEAR-ON-YEAR CHANGE
+1.0% (+4 MINS)

GWI.

TIME SPENT WATCHING TELEVISION
(BROADCAST AND STREAMING)



4H 39M

YEAR-ON-YEAR CHANGE
-1.1% (-3 MINS)



TIME SPENT USING
SOCIAL MEDIA



2H 18M

YEAR-ON-YEAR CHANGE
+1.0% (+1 MIN)

GWI.

TIME SPENT READING PRESS MEDIA
(ONLINE AND PHYSICAL PRINT)



1H 19M

YEAR-ON-YEAR CHANGE
-27.3% (-29 MINS)

TIME SPENT LISTENING TO
MUSIC STREAMING SERVICES



1H 58M

YEAR-ON-YEAR CHANGE
-1.1% (-1 MIN)



TIME SPENT LISTENING
TO BROADCAST RADIO



1H 02M

YEAR-ON-YEAR CHANGE
-11.0% (-7 MINS)

GWI.

TIME SPENT LISTENING
TO PODCASTS



0H 54M

YEAR-ON-YEAR CHANGE
-12.7% (-7 MINS)



TIME SPENT USING
A GAMES CONSOLE



1H 19M

YEAR-ON-YEAR CHANGE
-7.1% (-6 MINS)

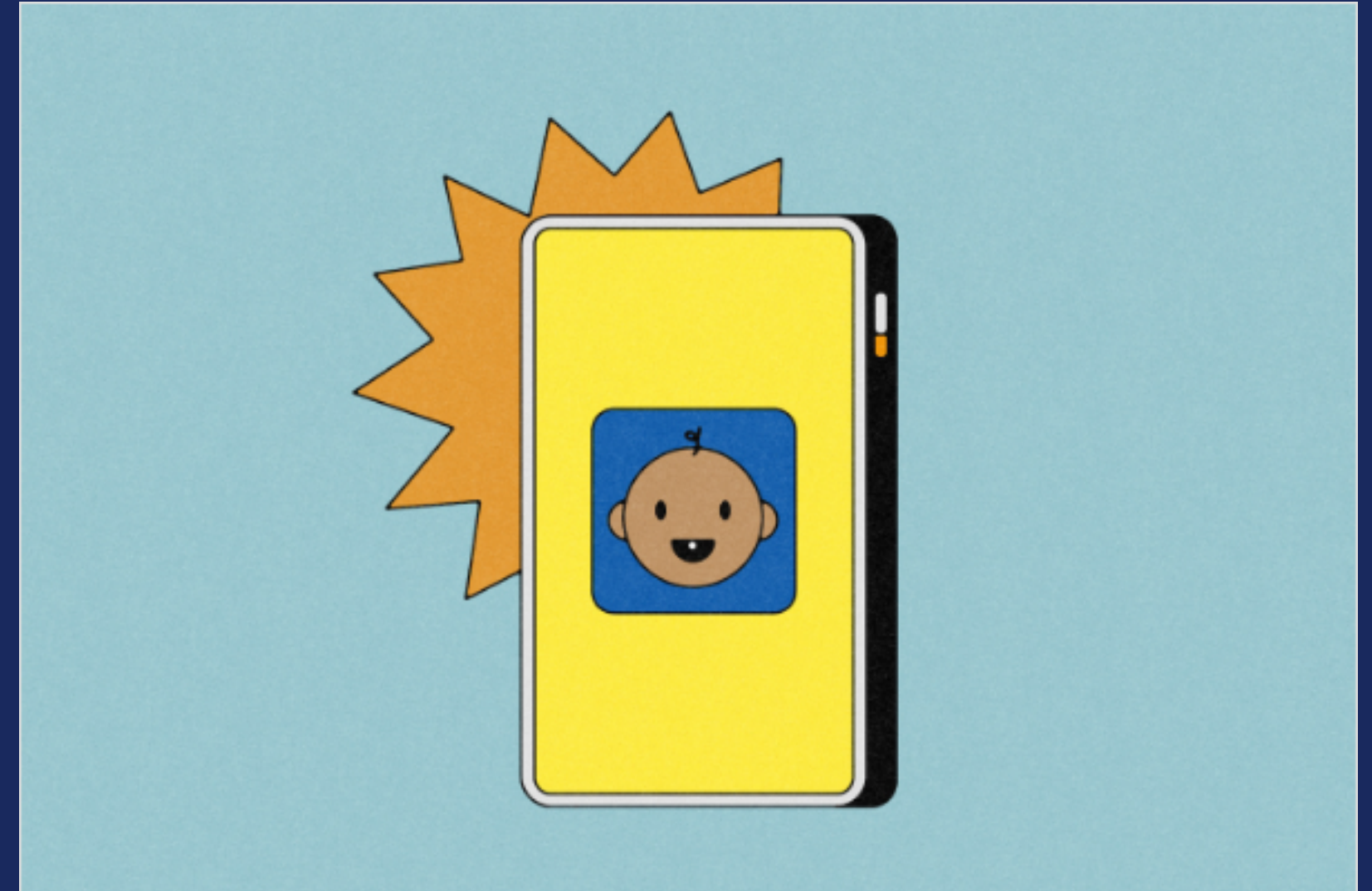
Reduce Distraction



Minimize technology distractions | Digital Wellbeing | Google

Explore four tips to learn how you can reduce technology distractions from your screens, manage your notifications, and live in the moment.

[Google Digital Wellbeing](#)



How to turn your iPhone into a bare-bones device

An accessibility feature on iPhones for people with cognitive disabilities has a number of other uses. We tested it as an iPod, a kid's phone and a home phone.

[wup](#) [Washington Post](#) / Apr 3



Media Fast

1. For 5 days, remove one form of media (favorite app, streaming TV, or movies, etc.) from your life.
2. Use the time you'd normally spend on this form of media and instead spend it doing something that is productive (reading, better relationships, serving others).
3. Reflect on what you noticed about yourself, your relationships, and what kind of changes you might make in their lives.

YOUR DIGITAL WELLBEING MATTERS



Avoid looking at your phone for the first hour of the day



Mute or unfollow people that bring you down



Set realistic timers and keep to them



Keep your phone in a drawer when you're not using it

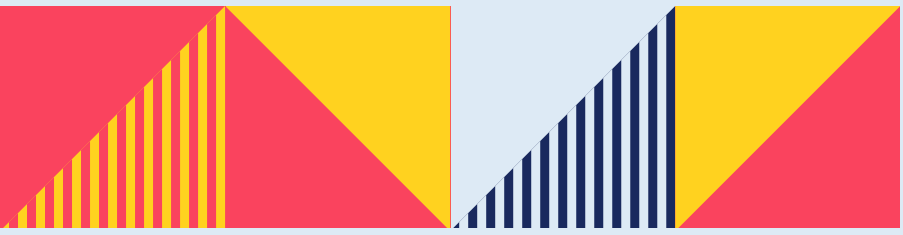


Take a day off. Enjoy nature and get some exercise



Do more of the bits you love, and get help with the bits you loathe

What other suggestions do you have?



Final (optional!) Homework



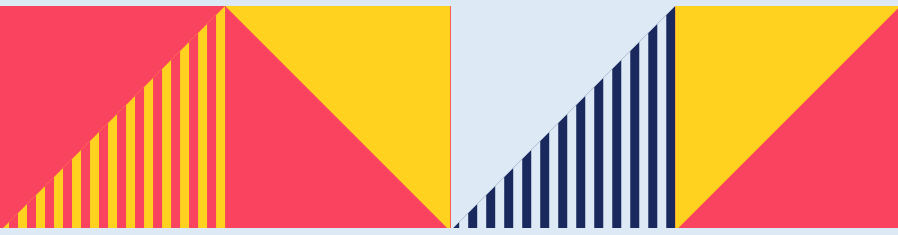
What's one habit you're going to ...

adopt

change

let go of

based on the course?



We'd
appreciate your
feedback!



<https://forms.gle/SqZUv6V2XoXJmNj56>



Questions?

References and Resources

[News Literacy Foundation Free Webinars](#)

[Love, Hate, or Fear It TikTok has Changed America](#)

[Digital Wellness Infographic](#)

[Gui M., Fasoli M., Carradore R. \(2017\) "“Digital Well-Being”. Developing a New Theoretical Tool For Media Literacy Research " Italian Journal of Sociology of Education, 9\(1\), 155-173.](#)

[Blocksite](#) - browser extension that blocks access to social media sites

References and Resources

[How to turn your iPhone into a bare-bones device](#)

[Minimize distractions on an Android phone](#)

[Google's Digital Wellbeing guide](#)

[Paying attention: The attention economy](#)

[Brady, William J., et al. "Emotion shapes the diffusion of moralized content in social networks." Proceedings of the National Academy of Sciences 114.28 \(2017\): 7313-7318.](#)

References and Resources

[IAAP US State Privacy Legislation Tracker](#)

[National Conference of State Legislatures - Consumer Data Privacy](#)

[EPIC Collection of U.S. Privacy Laws](#)

Cabral S, Restrepo D, Kanjee Z, et al. Clinical Reasoning of a Generative Artificial Intelligence Model Compared With Physicians. JAMA Intern Med. Published online April 01, 2024. doi:10.1001/jamainternmed.2024.0295

[Brooking Institute Despair and Vulnerability to Misinformation Interactive Tool](#)

Resources Shared During Class

[Fake robocall in New Hampshire tells Dems not to vote in primary.](#)
(article)

[Street Epistemology](#) (tool for civil conversations)

[Read more about the 'Fairness Doctrine'](#)

[In the Future, Our Attention Will Be Sold](#)