Am I too gullible? How to Spot Truth and Avoid Traps

Overview/Description:

Every day we are exposed to an overwhelming amount of information. We read news headlines, social media posts, emails, advertisements, and online reviews, often making quick judgments about what is true and what is not. While most of us like to believe we are rational thinkers, the reality is that everyone is susceptible to misinformation, cognitive biases, emotional persuasion, and faulty assumptions.

This session is about developing practical critical-thinking skills that help us evaluate claims more carefully, recognize common traps, and make better-informed decisions. By understanding how our minds process information and how misinformation spreads, we can become more thoughtful consumers of information and more effective decision-makers in both our personal and professional lives.

Workshop Objectives:

At the end of this workshop, you will be able to:

- Understand why intelligent people can still be misled
- Recognize common cognitive biases and thinking shortcuts
- Evaluate information sources more effectively
- Identify persuasive tactics used to manipulate opinions
- Apply practical tools for fact-checking and critical analysis
- Make more informed decisions when faced with uncertain or conflicting information

TARGET AUDIENCE:
ANYONE INTERESTED IN THINKING MORE CRITICALLY AND MAKING BETTER-INFORMED DECISIONS

EXPECTED DURATION:
45–60 MINUTES



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