



Training Solutions, Delivered!

THE ART OF COMMON SENSE & CRITICAL THINKING: DISCERNING FACT FROM FICTION

**Leader's Guide, Fact Sheet
& Quiz**

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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

5229 THE ART OF COMMON SENSE & CRITICAL THINKING: DISCERNING FACT FROM FICTION FACT SHEET

LENGTH: 10 MINUTES

PROGRAM SYNOPSIS:

Critical thinking, common sense and common courtesy are essential tools that will make your life and the lives around you more comfortable. Think for yourself or others will think for you. This program includes humor, riddles, and famous quotes to start the thinking process. A “fact or fiction” quiz and some commonsense trivia facts are also displayed. Improved critical thinking helps individuals make good decisions in the workplace and at home.

Topics include how listening is part of common sense and how critical thinking and asking questions can help determine if something is fact or fiction.

PROGRAM OBJECTIVES:

After watching the program, the participant will be able to explain the following:

- The art of listening;
- How asking questions can help determine fact from fiction;
- How common sense and critical thinking factor into fact and fiction.

INSTRUCTIONAL CONTENT:

BACKGROUND

- Sometimes good people are in a toxic culture. It is in those times critical thinking, common sense and common courtesy are even more important.
- True strength lies in your ability to use them, no matter the environment.
- Life is not always organized and predictable. Some moments will flow smoothly, others may be abrupt.
- Here’s a special reminder! Take a look.
- Thinking relies on numbers and words.

THE ART OF LISTENING

- The average person hears 20,000 to 30,000 words in a 24-hour period. People speak from 125 to 175 words per minute. People are able to listen to 450 words per minute.
- People can remember about 17% to 25% of the words they hear.
- Men use half their brain to listen, while women engage both lobes.
- Our words convey about 7% of what we’re trying to say. The other 93% is conveyed through facial expressions and tone of voice.
- Listening to complaining for thirty minutes or more can cause damage to the part of the brain that handles problem-solving skills.
- Great! Support yourself every day to: Concentrate. Actively listen. Convey clearly. Thank You!
- One last thing about communication: Truth enlightens. Lies destroy. Choose wisely.

CRITICAL THINKING & COMMON SENSE

- As you can see, critical thinking, common sense and common courtesy are essential tools that will make your life and the lives around you more comfortable.
- Think for yourself or others will think for you.
- Think of all the rules and regulations that affect your life and the lives of others.
- Question which ones need change and give voice to that effort.
- You make a difference. The planet Earth is counting on it.
- Why do psychics have to ask for your name?
- If winning isn’t everything, why do they keep score?
- If you keep your feet firmly on the ground, you’ll have trouble putting on your pants.
- Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

COMMON SENSE TEST

- This test does not require a pen, paper or calculator. Think.
- Riddle 1: A rooster lays an egg on the south side of the barn roof with southwesterly winds. Which way will it roll? - Roosters can’t lay eggs!
- Riddle 2: If a plane crashes on the border of the United States and Mexico, where would the survivors be buried? – Nowhere. You don’t bury survivors.

- Riddle 3: A monkey, a squirrel and a bird are racing to the top of a coconut tree. Who will get the banana first? – None of them. You can't get a banana from a coconut tree.
- Riddle 4: If you throw a red stone into a blue sea, what will it become? – wet.
- Riddle 5: If you only had one match and entered a dark room containing an oil lamp, some newspaper and some kindling wood, which would you light first? – The match.
- Think. Over the centuries there have been many great thinkers. Quotes are a wonderful way to inspire thinking.
- "Time given to thought is the greatest time saver of all." – Norman Cousins
- "Common sense is seeing things as they are and doing things as they ought to be done." – Harriet Beecher Stowe
- "Seek advice but use your own common sense." – Yiddish proverb
- "Believe nothing, no matter where you read it, or who said it, no matter if I had said it, unless it agrees with your own reason and your own common sense." – Buddha
- "The truth, in the long run, is only common sense clarified." – Thomas H. Huxley
- "The most confused you will ever get is when you try to convince your heart and spirit of something your mind knows is a lie." – Shannon L. Adler
- "He who asks a question is a fool for five minutes; he who does not ask a question remains a fool forever." – Chinese proverb
- "Too often we enjoy the comfort of opinion without the discomfort of thought." – John F. Kennedy

FACT OR FICTION

- Common sense and critical thinking help us determine if things are fact or fiction.
- Are these facts or fiction?
- Today's humans have larger brains than Neanderthals. Fiction: the brains of Neanderthals were probably slightly larger than ours.
- The world is a dangerous place and children need protection 24/7. Both: being overprotective could do more harm than good. Teach them how to be aware.
- In a relationship, love is enough. Fiction: while love is essential, it is only a component.
- If we're upset about something, we should quickly put it out of our minds. Fiction: thought suppression often increases the chance of its reoccurrence.
- One human year equals seven dog years. Fact (partly): it depends on the size and breed of the dog.
- Fortune cookies are a Chinese tradition. Fiction: they were invented in the United States by Japanese Americans.
- The capital of Australia is Sydney. Fiction: the capital of Australia is Canberra.
- White people are a race. Fiction: there are no races or breeds. The only race is the species Homo Sapiens.
- Some people are just born with confidence. Fiction: no one is born confident. One acquires confidence by pushing their boundaries.
- You have to be successful to be confident. Fiction: actually, it's the other way around. You have to be confident before you reach success.
- Knowledge is the key!

DID YOU KNOW?

- There are some interesting facts about things we use in everyday life that you may have not even stopped to think about.
- The cotton candy machine was invented by a dentist.
- Your favorite song is usually associated with an emotional event.
- Music impacts your perspective, so listen to positive music for happiness.
- Wearing headphones for just an hour will increase bacteria in your ear by 700 times.
- We judge ourselves by our intentions and others by their behavior.
- A 20 second hug releases chemicals in the body that help you trust the one you're hugging.
- In the English language, there are more than 400 words assigned to emotions and sentiments.
- Roughly speaking, losing something makes you twice as miserable as gaining the same thing makes you happy.
- Did you know? Now you can say you do!
- Here's a reminder! In every waking moment, you choose to be aware, unaware or not care. Choose wisely and your life will be more enjoying, satisfying and fulfilling.

THE ART OF COMMON SENSE: DISCERNING FACT FROM FICTION

ANSWERS TO THE REVIEW QUIZ

1. b
2. c
3. b
4. a
5. b
6. a
7. a
8. c
9. a
10. b

THE ART OF COMMON SENSE: DISCERNING FACT FROM FICTION
REVIEW QUIZ

The following questions are provided to determine how well you understand the information presented in this program.

Name _____ Date _____

1. Life is always organized and predictable.
 - a. True
 - b. False

2. People can remember _____ of the words they hear.
 - a. 10% to 45%
 - b. 5% to 15%
 - c. 17% to 25%
 - d. 50% to 80%

3. You should always believe what others tell you is right.
 - a. True
 - b. False

4. By using critical thinking and common sense, you can make a difference.
 - a. True
 - b. False

5. Roosters can lay eggs.
 - a. True
 - b. False

6. Bananas do not grow on coconut trees.
 - a. True
 - b. False

7. Critical thinking concentrates on data instead of emotion.
 - a. True
 - b. False

8. Which of the following is fact and not fiction?
 - a. Love is enough in a relationship
 - b. Fortune cookies are a Chinese tradition
 - c. One human year equals seven dog years
 - d. Sydney is the capital of Australia

9. The cotton candy machine was invented by a dentist.
 - a. True
 - b. False

10. We judge ourselves by our behavior and others based on their intentions.
 - a. True
 - b. False