🧪 Science & Critical Thinking

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Curated links and references for identifying outdated or unsupported scientific claims.

Use this page when a headline, blog, or video makes a "science-y" claim that feels too neat, too absolute, or too good to be true.

✅ Science & Evidence-Based Fact-Checking

SciCheck (FactCheck.org) — Science & health claim fact-checks with sources you can read. ✓IFCN-Verified

🌐 https://www.factcheck.org/scicheck/ ↗

Science Feedback / Climate Feedback — Expert scientists review popular media articles on science topics and rate their accuracy, with clear citations. ✓IFCN-Verified

🌐 https://sciencefeedback.co/ ↗

Cochrane Library — Gold-standard evidence reviews that summarize what the best studies show (many have plain-language summaries). 🌐 https://www.cochranelibrary.com/ ↗

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NIH Office of Dietary Supplements — Fact Sheets — What the research actually says about vitamins and supplements, in plain English.

🌐 https://ods.od.nih.gov/factsheets/list-all/ ↗

Retraction Watch — Tracks retracted and corrected studies so you can spot when viral claims rely on withdrawn evidence.

🌐 https://retractionwatch.com/ ↗

🧠 Scientific Literacy & Critical Thinking Skills

National Academies (U.S.) — Nonpartisan consensus reports and accessible explainers on science topics across medicine, engineering, and public policy.

🌐 https://www.nationalacademies.org/ ↗

NIH News in Health — Monthly health news from the National Institutes of Health, written for the public and grounded in current research. 🌐 https://newsinhealth.nih.gov/ ↗

Sense About Science — Practical guides that help the public interpret claims and understand what counts as good evidence.

🌐 https://senseaboutscience.org/ ↗

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NASA Climate — Up-to-date data dashboards and explainers for climate indicators, with methods and sources shown.

🌐 https://climate.nasa.gov/ ↗

PubMed — Search the biomedical literature; check study size, recency, and limitations before trusting a single headline.

🌐 https://pubmed.ncbi.nlm.nih.gov/ ↗

📌 Sam's Tips

Check the date. Old studies and outdated guidance often get recycled as "new." Fresh, high-quality evidence matters.

Prefer summaries over single studies. Systematic reviews (e.g., Cochrane) beat one small study or a blog post every time.

Look for the data, not just the claim. If a source won't show methods, sample size, or links to studies, treat it as unproven.

Extraordinary claims need extraordinary evidence. Big promises require strong, converging proof from multiple independent sources.

Be cautious with miracle language. "Cure," "detox," "secret," or "they don't want you to know" are classic red flags.

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