Critical Thinking L2

For the Post School Learner

IYF

What is Critical Thinking?

- Critical thinking - the ability to think clearly and rationally about what to do or what to believe

- It is the ability to engage in reflective and independent thinking

- Connect different ideas, to solve problems in a systematic manner and to constructively argue different ideas

- Critical thinking - know how to focus on what is relevant

- Thoughts create desirable / undesirable outcomes

Learning Objectives

- Define and understand critical thinking

- Define and understand creative thinking

- Define and understand analytical thinking

- Identify and understand different worldviews

- Develop contextual awareness of your life

- Identify and use different thinking modes

- Define and understand systems thinking

- Define and solve problems using critical thinking

- Making decisions using critical thinking

Benefits of Critical Thinking

- Global Competitiveness

- Creativity

- Awareness

- Communication

- Democracy

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Elements of Body Language

1. How close do they stand to me?

2. Eyes are looking down?

3. Restless hands?

4. Clenched hands?

5. Touching ?

6. Arms Crossed?

7. Closing your eyes?

8. Rubbing your eyes can send mixed messages?
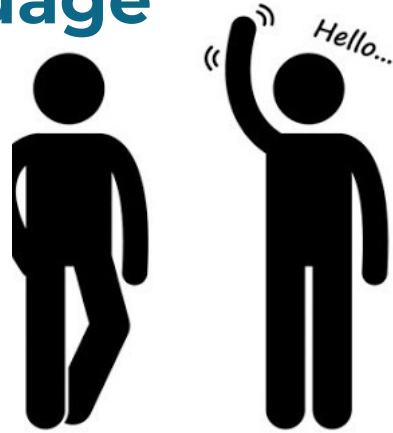
Self Awareness

- What does it mean to be self-aware?

- Conscious of your own thoughts, both good and bad?

- Knowing that you have this unending stream of thoughts, emanating from you, but yet, the thoughts are not you?

- Are you aware of your own fears?

- Do you know what you are afraid of?

[self-awareness]

"The ability to take an honest look at your life without attachment to it being right or wrong."

- Debbie Ford

Analytical Thinking

Analytical thinking is the way of thinking where we break facts down. We analyse it to determine its strengths and weaknesses. It means to take a problem and break it down into smaller 'chunks.' Analytical thinking is handy when one has to solve a mathematical equation, for example.

Worldviews

- A **worldview** is a theory of the world, used for living in the world. A world view is a mental model of reality — a framework of ideas & attitudes about the world, ourselves, and life, a comprehensive system of beliefs — with answers for a wide range of questions.

- What are humans, why we are here, and what is our purpose in life? What are your goals for life? When you make decisions about using time — it's the stuff life is made of.

- What are your values and priorities?

- What can we know, and how? And with how much certainty?

- Does reality include only matter/energy, or is there more?

Ideology

An **ideology** is a set of beliefs that affects your outlook on the world. It is the most closely held set of values and feelings. It is the lens through which we see everything and everybody. In fact, these beliefs are often so close to us that we do not realise that they are there. We simply think that our beliefs are natural and obviously true. Religion is one type of ideology, and religious belief affects a person's views.

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Contextual Awareness

Have you ever stopped and asked yourself "why am I here? " I Bet you got no good answers? Do you think you are just here by coincidence? What about the other, more than 6 billion people on the planet? Are we all here by some big coincidence? Ever stopped and wondered, what is it that you are meant to do?

Think about Thinking

When you think about thinking, it means you become aware of what you are thinking. Are you spending your days worrying? Do you think about people that you hate? Do you think about people that made you angry, stood in your way, did not help you, abused you etc.? If you are, you had better stop it. Yes, stop it, you are wasting time.

Define the Problem

First of all you have to decide if a problem is really a problem. You need to consider that, maybe the problem is only a problem in your mind. If it is a problem, the first step is to be absolutely clear about what the specific problem is. You need to define the problem in writing.

Prioriatise

In real life, we are encountering many problems at the same time. It is therefore important to prioritise which problem needs your attention first. Do the biggest tasks first and getting it out of the way
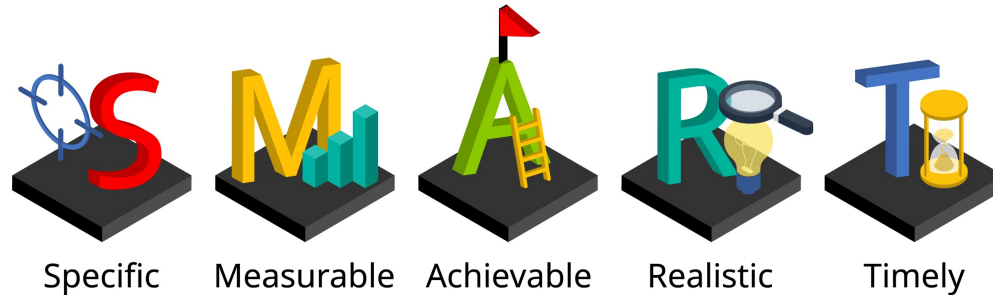
Prioritise

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Smart Goals

Set goals for yourself to achieve the ideal situation once you have looked at the problem from different perspectives. **S.M.A.R.T.** goals are defined as specific, measurable, achievable, results-focused, and time- bound.

| Specific | Measurable | Achievable | Realistic | Timely |

Implement

The last step is to implement the solution you have chosen. The important part of this step involves the on-going monitoring of the effectiveness of the solution. Did it solve the problem, has it cause other consequences, etc. If the problem has not been solved, then you start the process again.

Innovation

Innovation is a new idea, more effective device or process. Innovation can be viewed as the application of better solutions that meet new requirements, unarticulated needs, or existing market needs. This is accomplished through more effective **products, processes, services, technologies**, or **ideas** that are readily available to **markets, governments** and **society**.

Success

Success is achieving personal, financial or career goals. It can also be seen as an individual that has more objects (money or any other desirable item) relative to another individual. Success, however, means that an objective was set, and the same objective was reached.
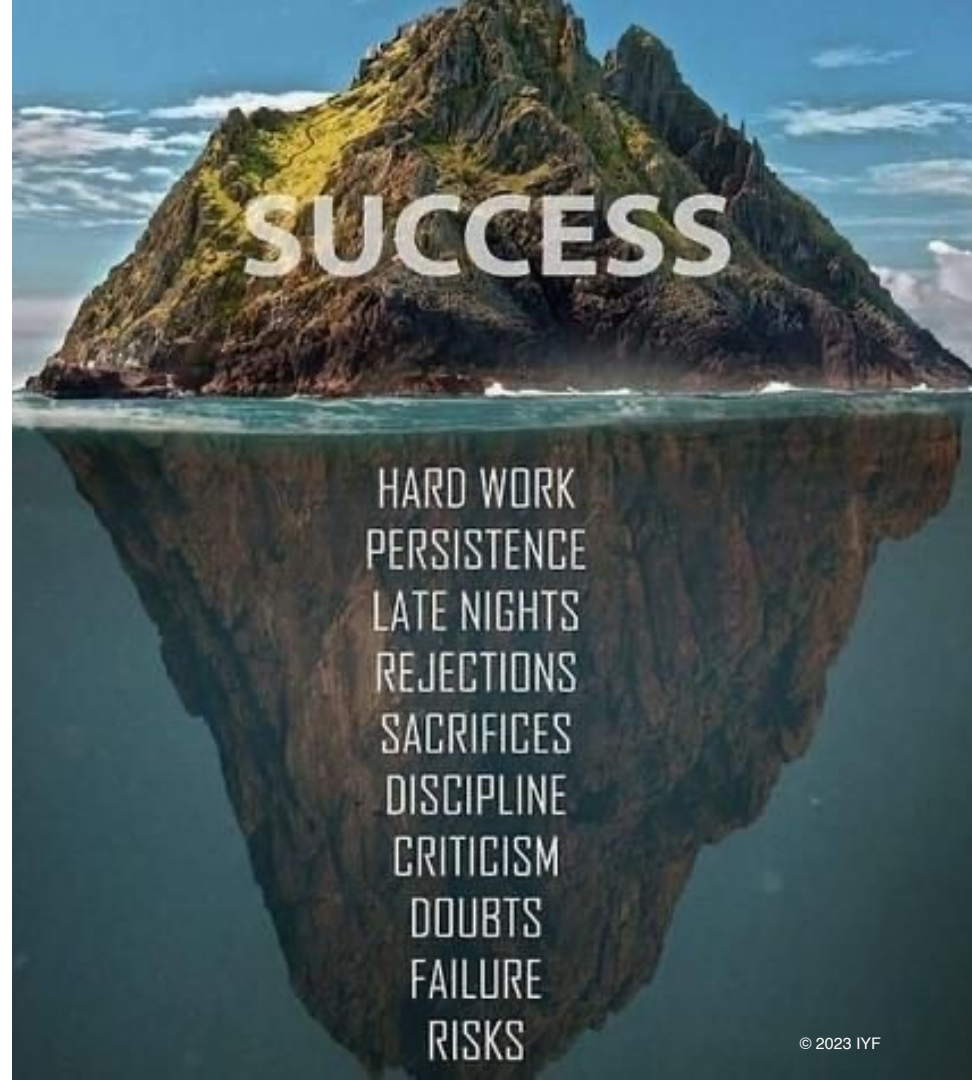
Habits of Successful People

- Rise early - Successful people wake up early to be able to accomplish more in a day

- Plan – Successful people plan, have goals, monitor, adjust goals, achieve their goals

- Plan is written down

- Healthy body, healthy mind – Successful people exercise daily

- Don't procrastinate – Do what you set out to do

- Don't accept everything that is being 'fed' to you, learn to question things

- Balance – work hard, but play hard. Reward yourself for the hard work

- Believe in yourself – Think success, don't think failure

Thank
You