Critical Thinking

Critical thinking is the mental process of analyzing or evaluating information.

Why do we need to think critically?

In order to assess our role in, and the consequences of any actions we take, we must be able to evaluate and determine what is taking place in a given situation. This requires us to organize our thinking, integrate the information at hand, distinguish between what is fact and what is opinion, and then weigh potential outcomes.

By thinking critically, instead of reacting emotionally to a problem, we employ strategies which:

- Help us learn from an experience
- Help prevent it from occurring again
- Result in a reasonable, effective solution

The quality of life we experience is in direct proportion to the quality of our thinking. Critical thinking is self-disciplined, self-monitored and problem solving thinking. It promotes open-mindedness, putting things in perspective, and a positive attitude. When we don't reason or think critically we subject ourselves to fleeting, erratic or unpredictable emotions. Of course, this does not mean we should deny or suppress our emotions, for indeed, they are a vital and significant element of who we are. Instead, we must learn how to make them work for us, not against us. Critical thinking helps us balance our emotions, which in turn leads to good judgment and making informed, good decisions.

Source: http://www.essentiallifeskills.net/criticalthinking.html

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"I can't step up to the plate if I'm trying to get all of my ducks in a row, unless we increase our budget to buy or lease trained ducks who've learned how to step up to the plate with me. But if you insist that I look at the big picture, I might accidentally step on one of the ducks and delay the completion of the project."

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