

CRITICAL THINKING

Critical Thinking

- Creative generation of ideas combined with the critical evaluation of ideas.
- Critical thinking is self-guided, self-disciplined.
- People who think critically try to live rationally, reasonably, empathically.

Thinking Independently

- **Principle:** Critical thinking is independent thinking, thinking for oneself.
- Critical thinkers use critical skills and insights to reveal and reject beliefs that are irrational.

Critical Thinking

- In forming new beliefs
 - Do not passively accept the beliefs of others
 - Try to figure things out for themselves
- Form principles of thought and action
 - Do not mindlessly accept those presented to them.
 - Do not overly swayed by the language of another.

Critical Thinking

- If one set of ideas and reasoning is more appropriate than another, use it.
- Are not limited by accepted ways of doing things.
 - Evaluate goals and how to achieve them.
 - Do not accept as true, or reject as false, beliefs not understood.
- They are not easily manipulated.

Critical Thinking

- **Independent thinkers** strive to:
 - Incorporate all known relevant knowledge and insight into their thought and behavior.
 - Strive to determine for themselves when information is relevant
 - Are self-monitoring: they catch their own mistakes

- Thinking Critically UBC Learning Commons



- Strategy List: 35 Dimensions for Critical Thinking

Assess Relevant Evidence

- Ask questions; be willing to wonder.
 - Why is this the way it is?
 - Don't approach your studies as received wisdom; ask questions about theories and finding presented.

Assess Relevant Evidence

- Define your terms.
- What is meant by___? The definition can make all the difference.
- Examine the evidence
 - “That’s my opinion.” A sign of lazy thinking.

Assess Relevant Evidence

- Analyze assumptions and biases.
 - Assumptions are beliefs taken for granted.
 - When an assumption keeps us from considering or ignore the evidence it becomes a bias.
- Avoid emotional reasoning

Assess Relevant Evidence

- Don't oversimplify
- Tolerate uncertainty
 - “I don't know” & “It depends”
- Consider other interpretations
 - Occam's Razor

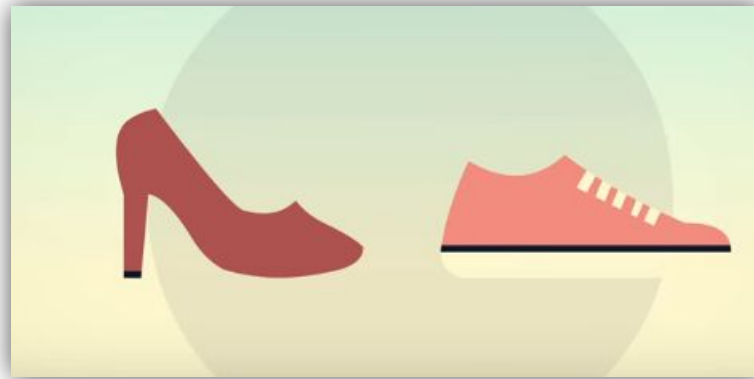
Critical Assessment in Practice

Incorporate the patient's situation and needs

- “We assess with each treatment
 - Reflect on the fact that we expect the patient to be improving or changing.
 - We modify our treatment to reflect the patient’s response to the treatment” (Magee).

Critical thinking Everyday Life

- [5 tips to improve your critical thinking - Samantha Agoos](#)



Lifestyle Strategies

- Identify Factors that may influence ineffective thinking
- Identify strategies to enhance effectiveness
- Integrate strategies

Manage Personal Stress

- Identify areas of personal stress
- Identify available resources and strategies
- Develop personal stress management strategies
- Integrate strategies into practice

Stress' Impact on Critical Thinking

- [How to stay calm when you know you'll be stressed | Daniel Levitin](#)



References

● Slide 2:

<http://www.criticalthinking.org/pages/strategy-list-35-dimensions-of-critical-thought/466#s27>