



CRITICAL THINKING



Objectives

- Definition of critical thinking
- History of critical thinking
- Why critical thinking is important
- Value in the workplace
- Self esteem and critical thinking
- Questions, questions, questions
- Best practices
- Work and home applications

Definition

Critical thinking is the "...awareness of a set of interrelated critical questions, the ability to ask and answer critical questions at appropriate times; and the desire to actively use the critical questions."

- Browne and Keeley, 2010

"Critical thinking is reasonable, reflective thinking that is focused on deciding what to believe or do."

- Robert H. Ennis

History of Critical Thinking

- Dates back to the time of Socrates
- Focus was to seek evidence and complete understanding
- Moved on to the Renaissance Era and focused on art, society and human nature
- Continues today, where we use critical thinking to question everything

Why is Critical Thinking Important?

- Increase your knowledge
- Become a self-learner
- Problem solve
- Others...?

Value in the Workplace

- Fair thinking
- Open communications
- Broad perspective
- Leads to creative solutions



Self-Esteem & Critical Thinking

- Trust your curiosity
- Have a healthy self esteem
- Desire to get to the next level
- Teaches responsibility

Questions

- Obtain the most information
- Uncover assumptions and biases

Types of questions

- Probing
- Hypothetical
- Direct
- Open-ended
- Tough questions

Questioning Your Questions

Ask: Did you ask the right type of question?

- Encourage feedback and argument by asking a different kind of question the second time
- Dig deeper
- Evaluate

“What If” Questions

- Question options and choices
- Analyze
- Test logic



Best Practices

- Check your objectivity often
- Encourage input – listen to what other say
- Cultivate curiosity
- Don't be defensive
- Make a decision

Making a Choice: How to Plan a Vacation

Work

- What is the best choice for your vacation?
 - When to go
 - Impact of others
 - What kind of vacation do you need

Home

- What is the best choice for your vacation?
 - Where to go
 - What is your budget
 - What appeals to the family/yourself

Homework

- Ask questions
- Try new techniques
- Learn
- Determine what you do not know

Your Kepro EAP

- EAP Services available to employees, any household members and dependents
- Confidential
- EAP Counselors available 24/7/365 via 833-539-7285
- Up to 6 in person counseling sessions, per issue, per year, per household member
- Management Consultations
- Financial/Legal Consultation and Referral Service
- Work/Life & Convenience Services
- <https://sowi.mylifeexpert.com> Company code: SOWI

**Please complete a
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Thank you!



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Questions & Answer

Critical Thinking