

THE STARS
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Processing ideas and thoughts

THE basics of critical thinking is a decision-making process used to solve problems. There are two aspects that define critical thinking: Critical thinking is based on evidence and logical reasoning. Emotions and memorisation are not a part of logical thinking.

Critical thinking requires evaluating and improving one's own thought processes.

As the Foundation for Critical Thinking explains, critical thinking relies on universal intellectual values like clarity, relevance, and consistency.

How critical thinking skills help

Logical reasoning and critical thinking techniques have many positive effects. They include improvement and development of cognitive skills, logical decision-making processes even in stressful situations and academic and professional achievement.

> **Critical thinking forces intellectual self-improvement:** Focusing on evidence over emotion or ego allows you to think critically and consider hard facts as you assess your performance.

At its core, critical thinking is inward-focused. The goal is to maximise your ability to think rationally. This type of critical reflection is key to improving your cognitive skills. In turn, it leads to increased overall intelligence and improved test performance.

> **Critical thinking allows you to become a better team player:** There can be multiple answers to the same problem, and this realisation is important to become a critical thinker. It allows you to be a better listener

and collaborator when you are working as part of a group, as well as to become more flexible in your problem solving. Plus, focusing on logical reasoning rather than on emotion or interpersonal team dynamics helps you check your ego at the door.

That way, you can more easily be a valuable part of a team.

> **Critical thinking leads to a more creative mindset:** According to Linda Elder and Richard Paul, of the Foundation for Critical Thinking's Critical Thinking Community, experienced critical thinkers will naturally make more connections across subjects. Interdisciplinary logical thinking leads to professional and academic success.

> **Critical thinking helps you stay calm and rational under stress:**

Even in very stressful situations, critical thinkers can rely on their logical decision-making skills to make sound decisions.

When preparing for standardised tests, using logic to help you sort through challenges in life, can be helpful.

Think about the impact critical thinking skills can have in context.

Whether as part of a group project in school or in the workplace, being an attentive listener who can identify connections that might otherwise go unnoticed gives interdisciplinary logical thinking, more academic value.

■ Reference: getcollegecredit.com/blog/article/critical_thinking_what_is_it_and_why_is_it_so_important

For more information, look out for the advertisement in this *StarSpecial*.



Games that promote logical reasoning and critical thinking techniques have many positive effects, including the improvement and development of cognitive skills.