

CRITICAL THINKING

Here are five ways to build your critical thinking abilities.



1.

QUESTION YOUR ASSUMPTIONS.

We make a lot of assumptions throughout our day - it's how our brain processes information. Make it a habit to question all your assumptions. This will help you question the root of problems and arrive at the right solutions.

2.

MAINTAIN A JOURNAL.

Keep a track of everything you do, and observe them through your journal entries. At the end of each week, go through these entries and see if you could have done anything differently or even better. This will reduce your chances of missing out on important details.

3.

SOLVE A PROBLEM.

Solve a math problem or puzzle every day. Once you solve it, try finding another method to do it. Look at the problem from different aspects and try to find different ways to solve it. A great way to practice this is with a Rubik's cube.

4.

HAVE PRODUCTIVE DEBATES.

Take part in healthy debates. A great way to promote your critical thinking is to argue for a side you're against. This requires a lot more thought and improves your critical thinking.

5.

DO THINGS ON YOUR OWN.

When you come across a problem you don't know the answer to, don't immediately ask someone for help. Try to figure out the answer yourself. The more independent you are, the better your critical thinking will be.