

FACEWORK SKILLS CHALLENGE



THINKING CRITICALLY



WHAT IS THIS SKILL?

Imagine there is a problem at work and the manager tells the team to think of solutions. Do you:

- A. Hide behind a pillar hoping someone else will volunteer?
- B. Rush to think of something so you're the first to have an answer?
- C. Reflect on things slowly, analyse the problem, gather and review as much information as possible, and agree to asking different people involved on their opinion?

If you chose C.), congratulations! This is when you can say you are thinking critically as you consider different options, consult others, test each option before making your final judgement.

Increasingly this is a vital skill for both your personal and professional life and in this challenge we'll show you how you can begin to master this skill. **But first, rate yourself as to how good you are as a critical thinker.**

"If I had an hour to solve a problem, I would spend 55 minutes thinking about the problem and 5 minutes thinking about the solutions."

Albert Einstein



Critical thinking is the ability to analyse ideas and your own thinking, instead of just accepting the information or your own personal reasoning without questioning it.

In short:

Deciding what's true and what you should do.



PROBLEM SOLVING

Rate yourself



1

Not great



2

Need help



3

OK



4

Improving



5

Mastering



Thinking critically

ARE YOU UP FOR THE CHALLENGE TO DEVELOP CRITICAL THINKING?





WHY THIS SKILL IS VITAL FOR WORK

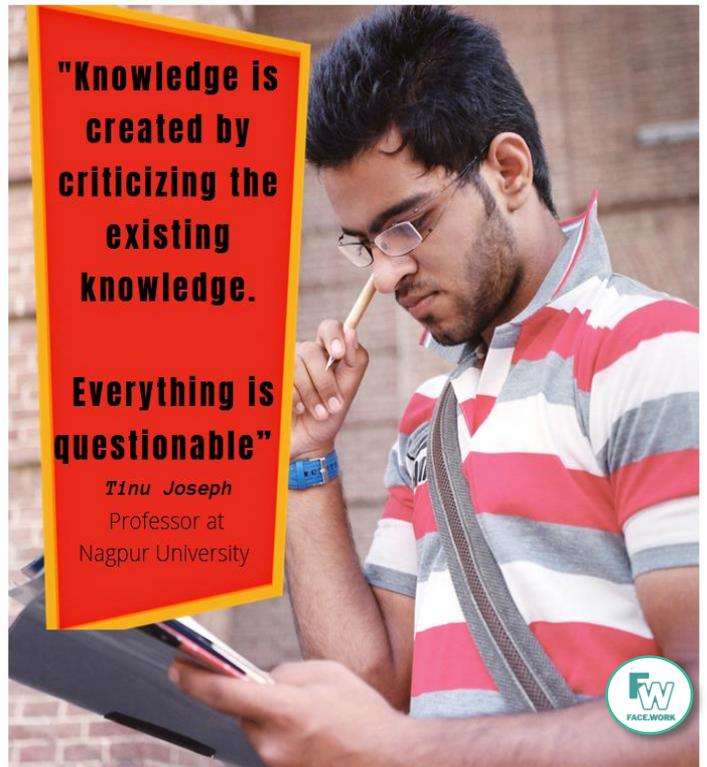
Thinking critically is one of the skills that employers look for the most. Whatever job you're applying for, critical thinking skills will be in-demand.

Companies value critical thinkers because they are able to bring new ideas that advance the business. This is because they question what's already in place and can offer better alternatives.

Critical thinking is behind all the great inventions and developments in technology, science and society.

*And it's never been more
IMPORTANT:*

The World Economic Forum has identified critical thinking as one of the key skills for our times. Now more than ever because the Covid-19 pandemic has forced companies to rethink all strategies and policies, which requires fresh critical thinking to solve these new problems. This is why **thinking critically is a business skill that organisations are looking for more than ever before.**



Did you know...?



Many commentators believe that critical thinking is one of the most lacking features of the Indian education system. Students are usually assessed by how well they can remember and explain things rather than using their knowledge to solve problems by thinking critically and questioning perceived wisdom.

So let's work on this!



Instead of:

“Define”

“Describe

“Explain”



THINK and USE:

“What?”

“Why?”

“How?”



Critical thinking is just as important to your personal life as for work and education!

It's a skill that really builds you as a person and helps you with everyday problems, decisions and more!



"If there was one life skill everyone on the planet needed, it was the ability to think with critical objectivity"

-
Josh Lanyon

Here are some of the reasons why it's so important in your personal life:

You show your creativity

Since critical thinking requires the evaluation of new ideas and then selecting the best, you become more creative in coming up with original ideas.

You make better decisions

If you're really thinking critically about different options and which one is best, you are likely to make better decisions.

You gain independence

Rather than depending on instructions and guidance from others, a critical thinker will be able to make their own decisions and solve problems through good analysis.

You identify your unconscious bias

When you begin to think critically you see things from different perspectives which can reveal your own unconscious bias!



You get better at solving real problems

The more you use critical thinking, the better you become at addressing real problems.

You become good at self-reflection

If you're thinking critically about information or when solving a problem, you will use critical thinking about yourself and in your personal life too. Therefore, you will improve your life through reflecting on your values and decisions.



How can I master this skill?

Although thinking critically is a skill that you will develop over time, here are some very effective steps to take for critical thinking:



1 Starting point: Questioning! Be curious and start by questioning things. Do this by not accepting all assumptions and statements.



2 Gather Information. Read different sources of information: facts, data and theories. Then you'll have different viewpoints to compare and analyse, which is thinking critically!



3 Focus on critical thinking for things that matter. If you used critical thinking for every decision you would be exhausted by the time you got to work. So save it for important decisions or ones that you care about.



4 Make decisions when you are at your best. Whether you think you work better in the evening or at night, it's scientifically proven that most people perform better earlier in the day. Don't make critical decisions when you are tired.

When you're thinking critically do these 3 things:

Take a step back – Acknowledging you have limited knowledge and realizing how this can affect your decision-making process is key to critical thinking. By taking a step back and taking more time to think about the situation or problem, you make better decisions.

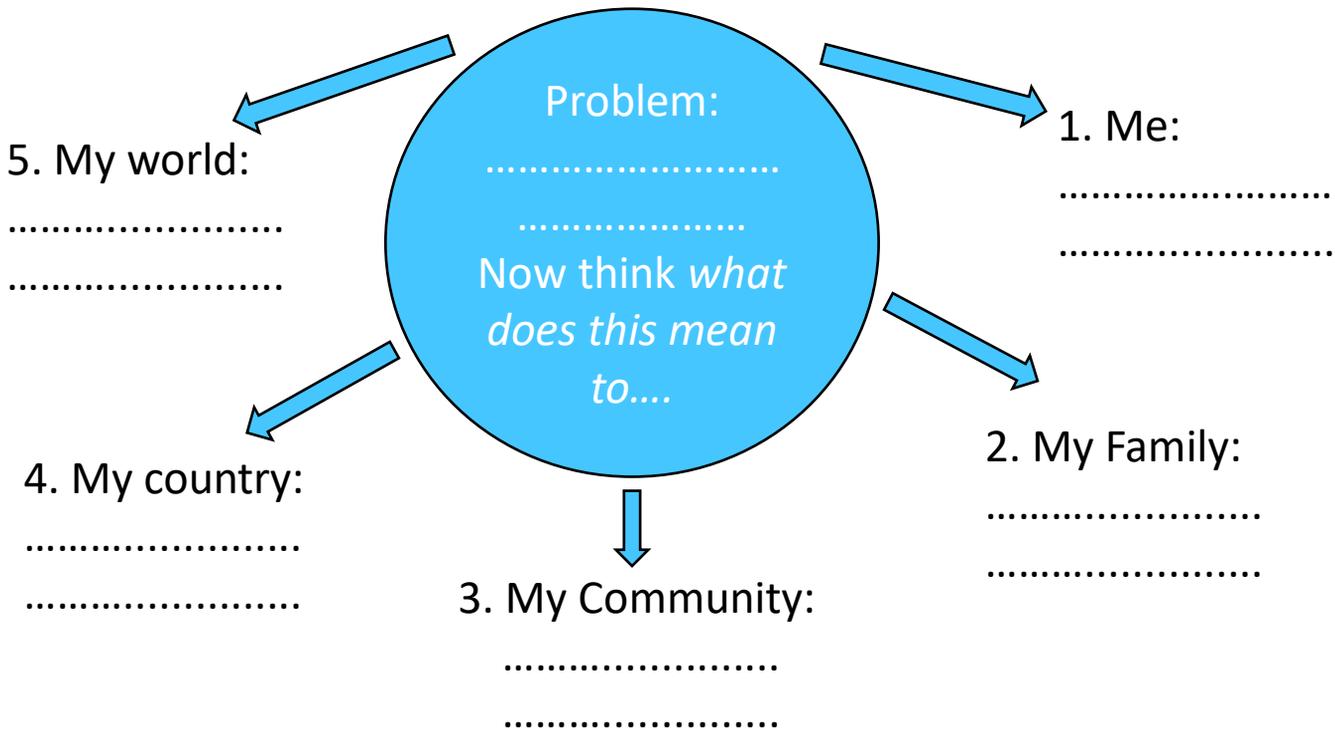
Remove your emotions – To think critically we must remove our principles, attitude, arrogances, views, beliefs and experiences otherwise our emotions influence our thinking.

Put yourself in other people's shoes – You have to turn off your gut feeling when thinking critically. If you think about other possibilities and views, then you can analyse the situation more accurately, without your personal judgements.



In this challenge we will use a powerful critical thinking exercise for understanding ourselves, the world around us and for finding good solutions in life - **So let's get started!**

Think about a problem and write it in the circle.



Now **THINK** of and **ANALYSE** different ideas of **HOW** you can change this for the better:

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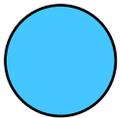
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Ask your family and community for their opinions!



What do you think is the best solution and **WHY**?

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Now think of someone who needs some help in making an important decision – can you share what you have learnt about critical thinking with them?

- How would you go about introducing the topic?
- How would you help them understand the steps they need to take in thinking critically?
- How could you help them if they were scared of making a decision or anxious that what they decided was unpopular?



We hope that by thinking critically in this challenge, not only have you used problem-solving skills but also creative thinking, empathy, self-awareness, citizenship and compared and analysed information? How would you now rate your skills in Thinking Critically?

 PROBLEM SOLVING Rate yourself						
	1 Not great	2 Need help	3 OK	4 Improving	5 Mastering	
Thinking critically	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

For more ways to improve your critical thinking, watch this short Ted talk:

<https://youtu.be/dItUGF8GdTw>



LEARNING BY DOING



1. To continue being better at Thinking Critically what am I going to



stop doing?

continue doing?

start doing?

2. Who is going to help me keep on track?

.....

3. How will I see the difference?

one week

one month

one year.....



4. Who will I share my knowledge of this skill with?



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5. Which Character Strengths will I need? Highlight them below!

Appreciating Others	Bravery	Creativity	Curiosity	Fairness	Forgiveness	Gratitude	Honesty
Hope	Humility	Humour	Judgement	Kindness	Leadership	Love	Love of Learning
Perseverance	Perspective	Prudence	Self Regulation	Social Intelligence	Spirituality	Teamwork	Zest

Learn more about Character Strengths at www.facework.online

6. What would you change, add or remove to improve this worksheet ?

send suggestions to info@facework.online