



Critical Thinking

Critical thinking involves an intentional judgement, in the sense of reflecting on what one should believe or how one should react to a scrutiny, to an experience, to an oral or textual manifestation, and even to others' propositions.



Media literacy helps us to analyse information from a variety of viewpoints. With so many sources of information today, critical thinking skills can help people identify reliable sources and filter through the noise to get at the truth.

How to develop critical thinking

1 Distribute your attention wisely

- Disable non-essential notifications and set specific times of day to check messages or attend meetings;
- Keep other hours free for focused work on a single topic or for activities that lend themselves to creative problem solving;
- Don't make multitasking an end in itself.

2 Pass on meaningful, actionable information

Pass on information with a context, in a meaningful way and in manageable amounts.

3 Explain yourself

Incorporate the principle of explicitly setting out arguments and evidence, rather than relying on evidence-free assertions and unproven assumptions.

4 Genuinely test your ideas

What could prove me wrong?
What do I need to know if I want to find out if an idea really makes sense?

5 Make room for iteration

Adopt principles of iteration, retrospective analysis and evidence-based adaptations.

6 Prioritise by importance and urgency

One of the most useful things about critical thinking is clearer prioritisation of your workload. What is important? And what is genuinely urgent?

7 Challenge the status quo

What matters most?
Why it matters?
Which ways the best evidence supports?