Goskills

Enhancing Your Critical Thinking Skills

GoSkills online course syllabus

Skill level
Beginner

Lessons
21

Pre-requisites
No prior experience needed

Video duration
1h 1m

Estimated study time
1h 1m

Instructor
Eugene Choi

Introduction

1 Introduction
Your critical thinking skills have a significant impact on your career and life.

Successful Decision Making

2 The two brain states
There is a simple explanation on how the brain operates based on neuroscience.

3 Fighting back
When you respond by being combative and abrasive, this can have a negative impact on the perception others have of you.

4 Responding with flight
If you choose to remove yourself from situations that feel uncomfortable or triggering, you're likely to have more challenges when working to get things done.

5 Freezing up
Responding by shutting down or freezing can be detrimental to relationships and to your ability to complete tasks.

6 Building awareness
Building awareness around your brain's behavior is necessary to turn on your best critical thinking skills.

Activating Optimized Critical Thinking

7 Labeling your emotions
There are tons of emotions that turn OFF your critical thinking skills.

8 Impacts on the body

When your body is in its survival state, your brain is no longer thinking clearly.

9 Non-verbal language

You have the ability to feel what other people are feeling even though you aren't going through their experience yourself.

10 Curiosity vs Concern

Your brain can easily get triggered to shut off its critical thinking skills from conversations with others.

The Decision Making Process

11 Solving the right problem

Your critical thinking skills are only useful if you leverage them.

12 Identifying the root cause

The biggest waste of time, energy, and money comes if the wrong issue is addressed from the start.

13 Coming up with ideas

When you know the true problem you face, you're ready to develop potential solutions.

14 Evaluating the ideas

Even with possible solutions outlined, the choice for which route to choose is never cut and dry.

15 Finding the best idea

When vetting a potential solution, there's an extra step beyond understanding the implications of all options.

Critical Thinking with Others

16 Critical thinking with teams

Just as you think critically on your own, you'll also want to aid those around you in doing so.

17 Sitting with problems

Rushing to make decisions more often than not leads to undesirable results.

18 Asking the right questions

When working in a team setting, it often gets difficult to reach a unanimous decision.

19 Making the group decision

Getting a group to an agreement around which decision to make can often be a long and arduous process.

20 Recognizing direction

When it comes to leading a team to make decisions together, it's often a case by case basis on how to get the team to a decision in the best way possible.

Conclusion

21 Conclusion

This course provided you with methods to recognize your critical thinking skills, overcome their inhibitors, and make more effective decisions.

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