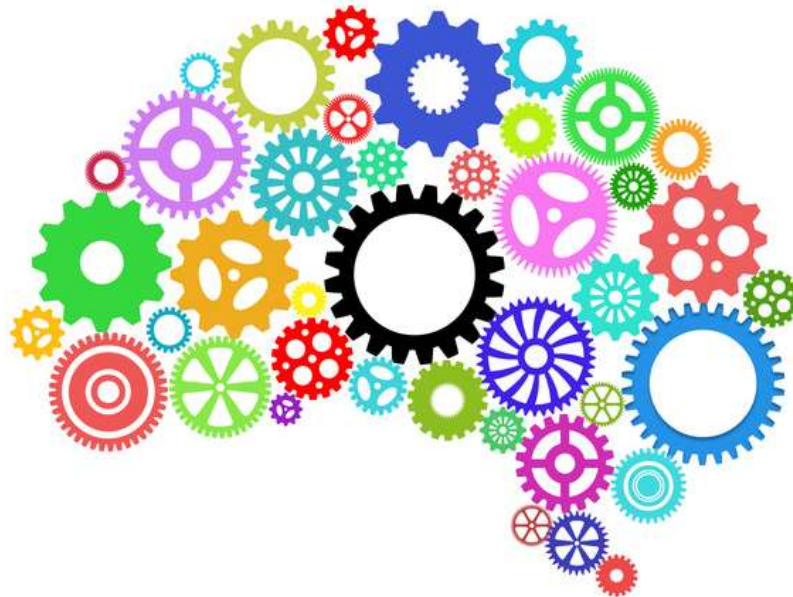


4 ways to fast-track your critical thinking skills



Try these as soon as you can to fast track your critical thinking skills:

1. Read more. Reading improves focus, imagination and vocabulary which results in heightened thinking skills. Choose what you read carefully. You may decide to focus on a particular genre or learn something new through what you read. List here some books you will start reading in the next few weeks and schedule in time to do so – much better than late night scrolling!

2. Think of a current issue you are facing. As [Edward De Bono](#), the lateral thinking psychologist suggests, use the GBI technique, in which you list the good, bad and interesting points of a position.

The good: _____

The bad: _____

The interesting: _____

3. Question assumptions more – both your own and those of others. Get into the habit of looking at the big picture and out of the habit of accepting ideas at face value.

When do I make assumptions?

When do I believe others' assumptions?

4. Limit – really and truly limit your use of social media. Identify how much you are using it at present. You'll know if its too much or has become a default behaviour for you. Then decide when you will use it and how you will use it. One of the most effective strategies for this is simply getting rid of notifications or, one step further, taking the social media application off your mobile device completely.

