Supporting CommUnity

Analyzing, Problem Solving, and Critical Thinking
Critical thinking has been the subject of much debate and thought since the time of early Greek philosophers such as Plato and Socrates and has continued to be a subject of discussion into the modern age. What skills do we need that help us be critical thinkers? Do we create an environment where critical thinking is not only encouraged but allowed? Critical thinking is the ability to think clearly and rationally, understanding the logical connection between ideas, and in this session, we'll outline the various steps we can take to practice critical thinking, even in the most stressful of situations. We will discuss the importance of emotional intelligence and how it supports being an independent thinker while also urging others to be problem solvers.