Using Questions to Poster Critical thinking & Curiosity

In what are the benefits of asking better questions
helps foster critical thinking skills boosts self-confidence enhances creativity improves problem-solving
boosts self-contidence
enhances creativity
Inproves problem-solving
Asking good question to 101

Asking good questions demonstrates humility to the other person & helps you gain emportly through better understanding of another person's view

Questioning is the ability to organize our thinking around what we don't know

Four domains of questioning

, wellnoss: totality of your health

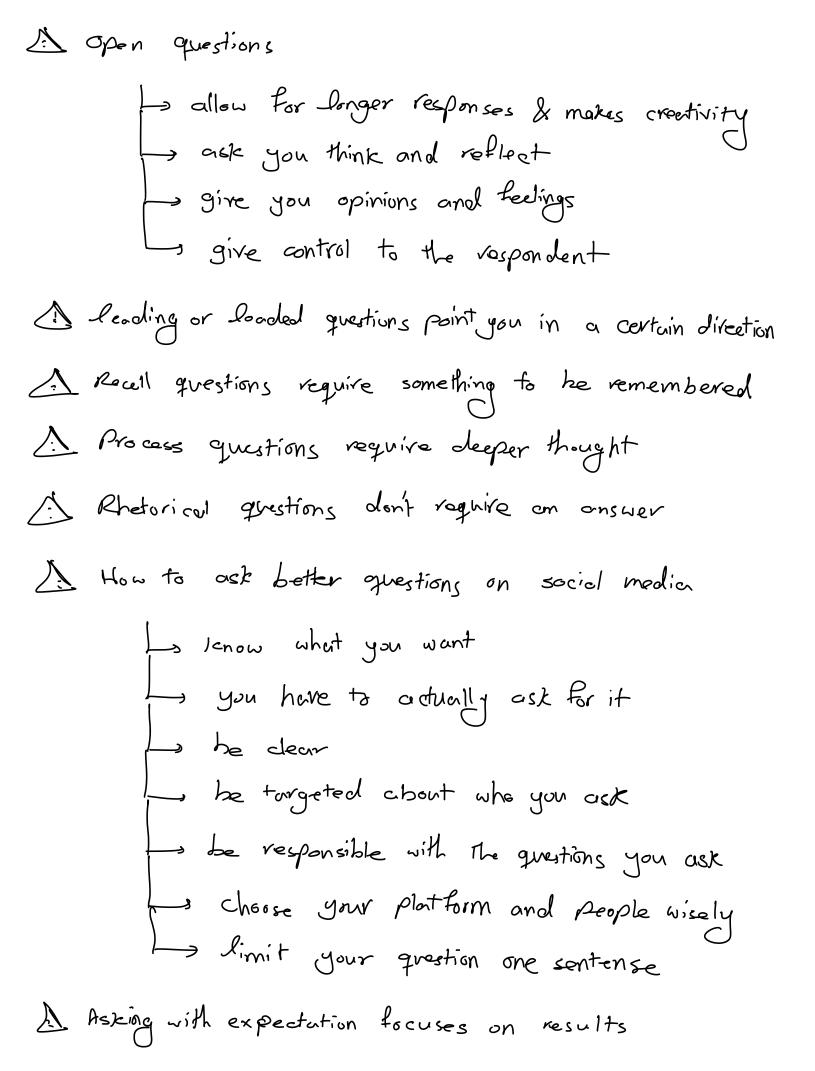
finances: money management

relationships: connection with yourself & others

coreer: occupation or professional Path

A Questions provide information that can improve your life
A When you ack a question, Know what information you're
Seeking
Don't ask yes/no questions
L, instead, ask openended questions
Always consider using follow-up questions
Curiosity links to psychological, emotional social, and health benefits
A Benefits of curiosity
increases learning increases retension helps us survive!
boosts achievement
increases happiness
= expands our empathy
s helps strengthen relationships
Les increases productivity

À	Assumptions stunt your growth and development
	Assumptions hinder your creativity
<u>√</u>	Assumptions stop you from taking responsibility
	We make assumptions to roduce stress on the brain
	How do you liqure out whether an assumption is true?
	Is identify what you believe some your heliefs against objectivity ask yourself: How do I know This?
<u> </u>	types of questions
	Joseph open Sleading or loaded Jeculi and process Thetorical
<u> </u>	closed questions
	Jes/no questions or requires a choice give you facts easy) quick to answer s provide control



Asking with intention focu	ises on Procosses
How to answer guestions	
Jespond	involve
always clarify instead of	