

Using Questions to Foster Critical thinking & Curiosity

△ what are the benefits of asking better questions

- ↳ helps foster critical thinking skills
- ↳ boosts self-confidence
- ↳ enhances creativity
- ↳ improves problem-solving

△ Asking good questions demonstrates humility to the other person & helps you gain empathy 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

- ↳ wellness : totality of your health
- ↳ finances : money management
- ↳ relationships : connection with yourself & others
- ↳ career : occupation or professional path

⚠ Questions provide information that can improve your life

⚠ When you ask a question, know what information you're seeking

⚠ Don't ask yes/no questions

↳ instead, ask open-ended questions

⚠ Always consider using follow-up questions

⚠ Curiosity links to psychological, emotional, social, and health benefits

⚠ Benefits of curiosity

- ↳ increases learning
- ↳ increases retention
- ↳ helps us survive!
- ↳ boosts achievement
- ↳ increases happiness
- ↳ expands our empathy
- ↳ helps strengthen relationships
- ↳ increases productivity

⚠ Assumptions stunt your growth and development

⚠ Assumptions hinder your creativity

⚠ Assumptions stop you from taking responsibility

⚠ We make assumptions to reduce stress on the brain

⚠ How do you figure out whether an assumption is true?

- ↳ identify what you believe
- ↳ examine your beliefs against objectivity
- ↳ ask yourself: How do I know this?

⚠ types of questions

- ↳ closed
- ↳ open
- ↳ leading or loaded
- ↳ recall and process
- ↳ rhetorical

⚠ closed questions

- ↳ yes/no questions or requires a choice
- ↳ give you facts
- ↳ easy / quick to answer
- ↳ provide control

⚠ open questions

- ↳ allow for longer responses & makes creativity
- ↳ ask you think and reflect
- ↳ give you opinions and feelings
- ↳ give control to the respondent

⚠ leading or loaded questions point you in a certain direction

⚠ Recall questions require something to be remembered

⚠ Process questions require deeper thought

⚠ Rhetorical questions don't require an answer

⚠ How to ask better questions on social media

- ↳ know what you want
- ↳ you have to actually ask for it
- ↳ be clear
- ↳ be targeted about who you ask
- ↳ be responsible with the questions you ask
- ↳ choose your platform and people wisely
- ↳ limit your question one sentence

⚠ Asking with expectation focuses on results

△ Asking with intention focuses on processes

△ How to answer questions

- └→ listen
- └→ understand
- └→ communicate and involve
- └→ respond

△ always clarify instead of responding immediately