

Critical Thinking:

To convert a for loop to a while loop, we must use the following steps:

1. Initialize a variable before the while loop. Write the 'initialization statement' of the for loop before the while loop.
2. The 'condition expression' from the for loop can be written inside the parentheses of the while loop.
3. The 'update' expression of the for loop should be updated somewhere in the block (or body from the for loop) of code within the while loop, usually at the end.

This will end up looking like:

```
initialization statement;  
while (condition expression)  
{  
    body;  
    update expression;  
}
```