Critical thinking steps and processes

Critical thinking is the process of questioning, analyzing, interpreting, evaluating, and forming an opinion about what you read, hear, say, or write. The term critical is derived from the Greek word kritikos, which means "able to judge or discern." Making reliable decisions based on reliable information is what critical thinking is all about.

Using critical thinking does not imply observing with a negative connotation or focusing on flaws. It means being able to clarify your thinking in order to break down a problem or piece of information, interpret it, and use that interpretation to make an informed decision or judgment.

People that use and apply critical thinking regularly are said to have a critical thinking mindset,

But critical thinking is a learned trait, not something a person is born with, and this can be improved and honed through practice and application.

Critical thinking is most commonly associated with arguments in academic context. To become a better critical thinker you need to learn how to:

1. Clarify the purpose and context of your thinking
2. Examine and question your sources of information
3. Recognize arguments
4. Understand and study sources and arguments
5. Examine other peoples arguments
6. Construct your own arguments