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“Let our teaching be full of ideas, hitherto it has been stuffed only with facts.”

— Anatole France

SHERLOCK HOLMES, I PRESUME

STUDENTS DISCUSS AND DEFINE "CRITICAL THINKING".

OBJECTIVE *The students will*
understand nine skills of critical thinking.

**ACTIVITY/
DISCUSSION** Write the words "critical thinking" on the board and invite students to define what critical thinking is. Guide the discussion to the concept that critical thinking is *not* finding fault with something. After the topic has been thoroughly discussed, write the following elements of critical thinking (from *Critical Thinking* by Anita Harnadek, Midwest Publications) on the board.

A CRITICAL THINKER:

1. Is open-minded about new ideas.
2. Does not argue about something when s/he knows nothing about it.
3. Knows when more information is needed.
4. Knows the difference between a conclusion which *might* be true and one which *must* be true.
5. Knows that people have different ideas about the meanings of words.
6. Avoids common mistakes in one's own reasoning.
7. Questions everything which doesn't make sense.
8. Tries to separate emotional thinking from logical thinking.
9. Tries to build up a vocabulary so that s/he can make his/her own ideas clear to other people.

TYING TOGETHER THE MENTAL, EMOTIONAL, & PHYSICAL

STUDENTS DISCUSS THE INTERRELATIONSHIPS BETWEEN THE MENTAL, EMOTIONAL, AND PHYSICAL ASPECTS OF HUMAN BEINGS.

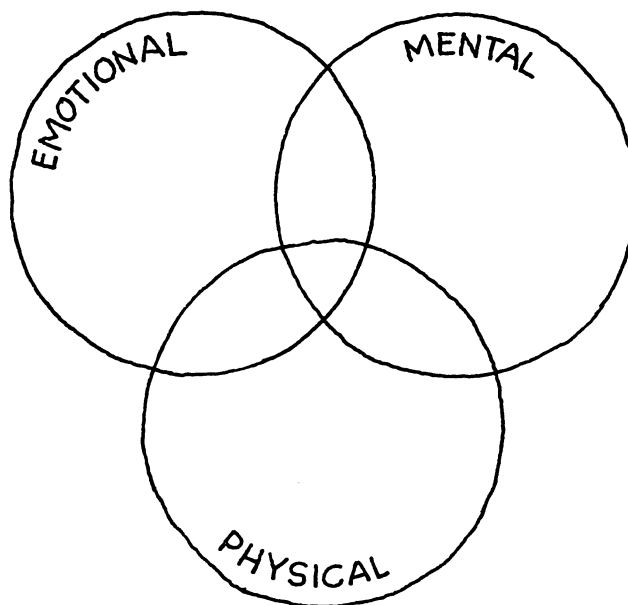
OBJECTIVE

The students will

understand how the mental, emotional, and physical aspects of being are related.

ACTIVITY/ DISCUSSION

Discuss the effects of food, stress, sugar, self-talk, and moods on a person's well being. Extract the interrelationship of physical, emotional, and mental aspects by asking students what happens when they physically do not feel well. How does sickness affect mental and emotional feelings? When you are emotionally down, how does it affect your physical and mental state of being?



"Certainly, the growing seed is gathering nourishment from its environment, but the process is no mere sticking together of the nutritive elements, for it absorbs and transforms them, and one sees nothing like this in the manufacture of an electric motor or computer." — Alan Watts