THINKING SKILLS

Contrary to popular belief, thinking just doesn’t come naturally…there are specific methods of improving your ability to:

* Judge
* Evaluate
* Decide

Factors like heredity, nutrition, and environment play an important role in brain environment. But scientific advances prove that, like any skill, thinking can be:

* Taught
* Learned
* Practiced
* Improved

through slow, careful work, analysis, and a step-by-step approach.

LEARN TO ANALYZE THE PROBLEM

You often realize that there must be some way to understand a problem but you have been unable to do it. What’s needed is ANALYSIS, the breaking down of a problem into smaller, more easy to grasp pieces. It is a process similar to that which you use to do a crossword puzzle--you concentrate on a particular section or a partial solution in the hope of building toward a more complete solution.

But remember, thinking just doesn't come naturally--upgrading your thinking skills, as with any skill--needs hard work and patience.

TAKE AN ACTIVE APPROACH TO THINKING

1. Draw sketches and diagrams—it gives shape to your problems and solutions.

2. Avoid daydreaming and guesswork —sit down and actively approach a problem.