



Techniques for stimulating critical thinking to combat discrimination

Definition of critical thinking

Critical thinking is the ability to analyze, synthesize, evaluate, and apply information gathered through observation, experience, and reflection in order to solve problems. Critical thinking is meaningful, deliberative thinking aimed at deciding what to believe or how to act. The main moments of critical thinking in its definition are:

- Critical thinking is independent - we must be able to form our own opinion based on already acquired knowledge;
- Information is the starting point, not the end point, of critical thinking;
- It starts with asking questions and is oriented towards solving problems;

- Seeks persuasive arguments, as there may be more than one solution and must demonstrate why the preferred statement is logical and practical;
- It is necessary to discuss and challenge ideas in order to improve one's position.

If we have to summarize, a person with critical thinking steps on information, asks questions in order to solve the problem, brings arguments and discusses them and on this basis forms his own opinion. This is how the methods for building and forming critical thinking can be grouped.

Anti-discrimination critical thinking is the ability to analyze and evaluate thinking with a view to improving it. A well-trained critical thinker is able to:

- Asks important and correct questions and problems by formulating them clearly and precisely;
- Collects and evaluates relevant information about discrimination using abstract ideas for its effective interpretation;
- Reaches well-founded conclusions and decisions and verifies them by applying appropriate criteria and standards;

- Thinks open-mindedly, applies alternative thought systems by distinguishing and evaluating, if necessary, their assumptions, indirect and practical consequences;
- Communicates effectively with others to find solutions to complex problems.
- Does not accept any different behavior towards itself as discriminatory;

The methods of building and forming critical thinking to combat discrimination are based on the basic skills that are built through the experience of the individual. It includes the skills that build critical thinking. And they are:

1. Method of interpretation as a skill.
2. Method of analysis as a skill.
3. Evaluation method.
4. Method of forming conclusions as a skill.
5. Method of explanation.
6. Method of self-regulation.

1. Method of interpretation as a skill. Interpretation is interpreting, understanding and expressing the meaning of various data, events, opinions, ideas, experiences, rules, procedures or criteria. Mastering this skill in the process of building critical thinking towards discrimination helps to build analytical thinking and correctly assess the possibilities in different choices. Placed under the sign of discrimination, interpretation as a critical thinking skill changes the direction of decision-making and accepting the behavior of others as discriminatory or not.

2. Method of analysis as a skill. To critically analyze information or behavior is not to submit to doubt and disbelief. It means to check its quality and its origin. This method and skill is especially important to correctly determine the behavior of others as discriminatory or not. Analysis is important in combating discrimination, and the right analysis defines behavior as discriminatory.

3. Evaluation method. This method and skill allows to make a correct and not subjective assessment of facts and events, people and information. A correct and accurate assessment guarantees the correct course of subsequent events and the choices that a person will make in his communication with others. The assessment may be an assessment of discriminatory behavior and a decision to address it.

4. Method of forming conclusions. Conclusions are formed on the basis of already made assessments and decisions. When a person has come to the conclusion that he is being discriminated against and lacks the ability to think critically, he assumes that he is indeed being discriminated against. When critical thinking is present, discriminating behavior may be misunderstood behavior.

5. Method of explanation. It is a method that promotes the correct and accurate transmission of information without being subjectively distorted by emotions or personal views. In the fight against discrimination, correctly communicated information prevents misinterpretation of the behavior of others. Critical thinking in the fight against discrimination and in specifics, passive acceptance and transmission of information, allows to avoid discriminatory practices.

6. Method of self-regulation. This is a finishing method that gives a person the ability to regulate his own choices, decisions, evaluations and actions based on the acquired information. Without the learned critical thinking skill, self-regulation can get in the way of truly evaluating the behavior of others. Discriminatory behavior is not always such, and a lack of critical thinking can predispose to the construction of actual such behavior.

What are critical thinking skills?

In terms of discrimination, critical thinking skills include: analysis, communication, creativity, openness and problem solving.

Analysis: An important part of critical thinking is examining and analyzing events and facts. This can include written text, actual data, or a problem that is presented. Some ways to analyze include research, asking questions, interpreting and applying patterns.

Communication: People communicate with each other and thus exchange important information for them. The ability to work with other people and communicate effectively with them is a key element of critical thinking. Active listening, presentation and explanation are an important element here.

Openness: This critical thinking skill allows a person to be able to accept criticism, participate without prejudice in discussions. Solving a problem Perhaps the most important skill of a critical thinker is the ability to solve problems. This includes understanding the problem, constructing and implementing a solution, and evaluating the outcome. Mastering this skill enables decision making, clarification, attention to detail, and problem and fact evaluation.