

Toolkit 1 - Learning Unit 2

Pre-Intervention

Activity 1 - Critical Thinking



Training

Activity 1: Critical Thinking

Critical thinking focuses primarily on improving work with information, on assessing and evaluating the quality of information. Furthermore, it enhances the ability to verify the quality of sources, which implies having good media literacy, the ability to argue, to think rationally, in order to increase our resistance to manipulative techniques that can often occur in the media.

Critical thinking can also be measured. This uses the so-called rational quotient, for which the abbreviation RQ is used. Rational quotient, but it has nothing to do with IQ. We prefer to point this out because there could be a premise that if I have a high RQ it means that I have a high IQ as well, but this connection has not been confirmed. Likewise, the possibility of a high IQ does not correlate with a high RQ. The advantage of a rational quotient, however, is that, unlike IQ, we can influence it relatively easily. We can train it for a long time and constantly improve it. Critical thinking could therefore be compared to any activity that can be learned, such as playing a musical instrument or some physical activity such as sports. It is necessary to have at least some basic knowledge and lifelong improvement in order to be really good at the activity.

Think of at least 5 more examples of how you can increase your RQ.

1. _____
2. _____
3. _____
4. _____
5. _____

