

APPENDIX A

TYPES OF THINKING

TYPE OF THINKING	DESCRIPTION	WHY IT IS IMPORTANT
Independent thinking	Forming one's own ideas based on experience, beliefs, and knowledge	<ul style="list-style-type: none">• Leads to academic and job success• Expands your understanding• Increases ability to navigate the important decisions in learning and in life• Less likely to be manipulated and make shortsighted decisions
Creative thinking	Thinking “outside of the box” by developing innovative ideas	<ul style="list-style-type: none">• Develops habits of mind• Encourages intellectual risk-taking• Values seeking alternatives• Opens up endless possibilities• Develops a hopeful outlook
Problem-solving thinking	Addressing challenges by developing possible solutions	<ul style="list-style-type: none">• Values the process• Normalizes struggle• Supports a growth mindset• Positions students as contributors• Develops metacognition
Empathetic thinking	Seeking to understand others' experiences, feelings, and beliefs	<ul style="list-style-type: none">• Develops compassion• Supports a nuanced view of the world• Humanizes others• Leads to less polarization• Opens up one's mind and heart