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 | 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 | 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 | 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 | Develops compassion Supports a nuanced view of the world Humanizes others Leads to less polarization Opens up one's mind and heart |

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