

6 Crucial critical thinking skills (and how you can improve them)

While there's no universal standard for what skills are included in the critical thinking process, we've boiled it down to the following six. Focusing on these can put you on the path to becoming an exceptional critical thinker.

1. Identification

The first step in the critical thinking process is to identify the situation or problem as well as the factors that may influence it. Once you have a clear picture of the situation and the people, groups or factors that may be influenced, you can then begin to dive deeper into an issue and its potential solutions.

How to improve: When facing any new situation, question or scenario, stop to take a mental inventory of the state of affairs and ask the following questions:

- Who is doing what?
- What seems to be the reason for this happening?
- What are the end results, and how could they change?

2. Research

When comparing arguments about an issue, independent research ability is key. Arguments are meant to be persuasive—that means the facts and figures presented in their favor might be lacking in context or come from questionable sources. The best way to combat this is independent verification; find the source of the information and evaluate.

How to improve: It can be helpful to develop an eye for unsourced claims. Does the person posing the argument offer where they got this information from? If you ask or try to find it yourself and there's no clear answer, that should be considered a red flag. It's also important to know that not all sources are equally valid—take the time to learn the difference between [popular and scholarly articles](#).

3. Identifying biases

This skill can be exceedingly difficult, as even the smartest among us can fail to recognize biases. Strong critical thinkers do their best to evaluate information objectively. Think of yourself as a judge in that you want to evaluate the claims of both sides of an argument, but you'll also need to keep in mind the biases each side may possess.

It is equally important—and arguably more difficult—to learn how to set aside your own personal biases that may cloud your judgement. “Have the courage to debate and argue with your own thoughts and assumptions,” Potrafka encourages. “This is essential for learning to see things from different viewpoints.”

How to improve: “Challenge yourself to identify the evidence that forms your beliefs, and assess whether or not your sources are credible,” offers Ruth Wilson, director of development at [Brightmont Academy](#).

First and foremost, you must be aware that bias exists. When evaluating information or an argument, ask yourself the following:

- Who does this benefit?
- Does the source of this information appear to have an agenda?

- Is the source overlooking, ignoring or leaving out information that doesn't support its beliefs or claims?
- Is this source using unnecessary language to sway an audience's perception of a fact?

4. Inference

The ability to infer and draw conclusions based on the information presented to you is another important skill for mastering critical thinking. Information doesn't always come with a summary that spells out what it means. You'll often need to assess the information given and draw conclusions based upon raw data.

The ability to infer allows you to extrapolate and discover potential outcomes when assessing a scenario. It is also important to note that not all inferences will be correct. For example, if you read that someone weighs 260 pounds, you might infer they are overweight or unhealthy. Other data points like height and body composition, however, may alter that conclusion.

How to improve: An inference is an educated guess, and your ability to infer correctly can be polished by making a conscious effort to gather as much information as possible before jumping to conclusions. When faced with a new scenario or situation to evaluate, first try skimming for clues—things like headlines, images and prominently featured statistics—and then make a point to ask yourself what you think is going on.

5. Determining relevance

One of the most challenging parts of thinking critically during a challenging scenario is figuring out what information is the most important for your consideration. In many scenarios, you'll be presented with information that may seem important, but it may pan out to be only a minor data point to consider.

How to improve: The best way to get better at determining relevance is by establishing a clear direction in what you're trying to figure out. Are you tasked with finding a solution? Should you be identifying a trend? If you figure out your end goal, you can use this to inform your judgement of what is relevant.

Even with a clear objective, however, it can still be difficult to determine what information is truly relevant. One strategy for combating this is to make a physical list of data points ranked in order of relevance. When you parse it out this way, you'll likely end up with a list that includes a couple of obviously relevant pieces of information at the top of your list, in addition to some points at the bottom that you can likely disregard. From there, you can narrow your focus on the less clear-cut topics that reside in the middle of your list for further evaluation.

6. Curiosity

It's incredibly easy to sit back and take everything presented to you at face value, but that can also be also a recipe for disaster when faced with a scenario that requires critical thinking. It's true that we're all naturally curious—just ask any parent who has faced an onslaught of “Why?” questions from their child. As we get older, it can be easier to get in the habit of keeping that impulse to ask questions at bay. But that's not a winning approach for critical thinking.

How to improve: While it might seem like a curious mind is just something you're born with, you can still train yourself to foster that curiosity productively. All it takes is a conscious effort to ask open-ended questions about the things you see in your everyday life, and you can then invest the time to follow up on these questions.

“Being able to ask open-ended questions is an important skill to develop—and bonus points for being able to probe,” Potrafka says.

Become a better critical thinker

Thinking critically is vital for anyone looking to have a successful college career and a fruitful professional life upon graduation. Your ability to objectively analyze and evaluate complex subjects and situations will always be useful. Unlock your potential by practicing and refining the six critical thinking skills above.

Most professionals credit their time in college as having been crucial in the development of their critical thinking abilities. If you’re looking to improve your skills in a way that can impact your life and career moving forward, higher education is a fantastic venue through which to achieve that. For some of the surefire signs you’re ready to take the next step in

In nursing, critical thinkers need to be:

- Precise
- Complete
- Logical
- Accurate
- Clear
- Fair

All of these attributes must be true, whether the nurse is talking, speaking or acting. You also need to do these things when you are reading, writing and talking. Always keep these critical thinking attributes in mind in nursing!

Nurses have to get rid of inconsistent, irrelevant and illogical thinking as they think about patient care. Nurses need to use language that will clearly communicate a lot of information that is key to good nursing care. It is important to note that nurses are never focused in irrelevant or trivial information.

Key Critical Thinking Skills

Some skills are more important than others when it comes to critical thinking. Some of these skills are applied in patient care, via the framework known as the Nursing Process. The skills that are most important are:

- **Interpreting** – Understanding and explaining the meaning of information, or a particular event.
- **Analyzing** – Investigating a course of action, that is based upon data that is objective and subjective.
- **Evaluating** – This is how you assess the value of the information that you got. Is the information relevant, reliable and credible? This skill is also needed to determine if outcomes have been fully reached.

Based upon those three skills, the nurse can then use clinical reasoning to determine what the problem is. These decisions have to be based upon sound reasoning:

- - **Explaining** – Clearly and concisely explaining your conclusions. The nurse needs to be able to give a sound rationale for her answers.

- **Self regulating** – You have to monitor your own thinking processes. This means that you must reflect on the process that lead to the conclusion. You should self correct in this process as needed. Be on alert for bias and improper assumptions.

Critical Thinking Pitfalls

Errors that occur in critical thinking in nursing can cause incorrect conclusions. This is particularly dangerous in nursing, because an incorrect conclusion can lead to incorrect clinical actions.

Illogical Processes

Critical thinking can fail when logic is improperly used. One common fallacy is when one uses a circular argument. A nurse could write a nursing diagnosis that reads 'Coping is ineffective, as can be seen by the inability to cope.' This just makes the problem into a circle and does not solve it.

Another common illogical thought process is known as 'appeal to tradition.' This is what people are doing when they say 'it's always been done like this.' Creative, new approaches are not tried because of tradition.

Logic errors also can happen when a thinking makes generalizations and does not think about the evidence.

Bias

All people have biases. Critical thinkers are able to look at their biases and do not let them compromise their thinking processes.

Biases can complicate patient care. If you think that someone who is alcoholic is a manipulator, you might ignore their complaint that they are anxious or in pain, and miss the signs of delirium tremens.

Closed Minded

Being closed-minded in nursing is dangerous because it ignores other points of view. Also ignored is essential input from other experts, as well as patients and families. This means that fewer clinical options are explored and fewer innovative ideas are used.

So, no matter if you are a [public health nurse](#) or a nurse practitioner, you should always keep in mind the importance of critical thinking in the nursing field.