

Fralick Chapters 11&12

Chapter 11 of Fralick book College & Career Success deals with Thinking Critically and Creatively. What is Critical Thinking. According to the book "Critical thinking involves questioning established ideas, creating new ideas, and using information to solve problems. In critical thinking, reasoning is used in the pursuit of truth"

If a person can think critically that person will have the freedom to be creative and generate new ideas. Also, to think critically "you need to be able to recognize fallacies in reasoning" What is fallacies? Fallacies are patterns of incorrect reasoning.

What is some incorrect reasoning?, not all

- . Appeal to authority- It is best to make decisions by reviewing the information and arguments and reaching our own conclusions

- . Jumping to conclusion- When we jump to conclusions, we make hasty generalizations

- . Making generalizations- We make generalization when we say that all members of a group are the same

- . Attacking the person rather than discussing the issues- To distract attention from the issues

- . Two wrong- In this fallacy, it is assumed that it is acceptable to do something because other people are doing something just as bad

- . Wishful thinking- In wishful thinking, wishing for an extremely positive outcome

- . Appeal to fear or scare tactics- Sometime people appeal to fear as a way of blocking rational thinking

- . Appeal to pity- In an appeal to pity, emotion is used to replace logic

- . Appeal to loyalty- Human being are social creatures who enjoy being attached to a group

- . Appeal to prejudice- A prejudice is judging a group of people or things positively or negatively

- . Cult behavior- Cults and doomsday forecasters spread unorthodox and sometimes harmful beliefs with great fervor

Critical thinking and Moral Reasoning, "Beyond recognizing fallacies in reasoning, critical thinking involves rationally deciding what to believe, how to act, and what is right or wrong. It involves assessing personal views and the views of others to make good decisions about living your life in an ethical manner"

In chapter 12 of the book *College & Career Success*, deals with Maintaining a Healthy Lifestyle

Getting a college education is an investment in the quality of your life in the future. Enjoying this increased quality of life depends on maintaining your good health.

How long can you expect to live in the new millennium? It will depend on some variable and they are

- . Balance Nutrition and exercise for good health
- . Be physically active each day
- . Eat healthy
- . Maintain your weight
- . Avoiding addictions to smoking, alcohol, and other drugs
- . Protecting yourself from HIV/Aids and other Sexually Transmitted infection
- . Getting enough sleep
- . Practice stress and Relaxation

Make those changes and you might live to be 100, “you will want to be healthy and capable of enjoying your life.