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Psychology integration

Chapter 14 questions 1-14

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Critical Thinking Inventory In addition to the foregoing questions, numerous questions are suggested by the previous thirteen chapters. The following questions will help you take inventory of the habits and attitudes that affect your thinking:

1. Exactly what influences have shaped my identity? How have they done so? How has my self-image been affected? In what situations am I less an individual because of these influences?

My Granny has been the most positive influence in my life. Although she was not my biological grandmother, she raised me as her own. My mother died when I was a baby and I was sent to live with my Aunt in the New York. My aunt was a provider, but she was never maternal and as I got older our relationship became toxic. My granny was the one that I could always depend on for love and advice, she knew all my secrets. My aunt was a workaholic and she was never home, so we never had a bond or relationship when she was home she was strict. I was never allowed to express my feeling without being made to feel like I was rude and ungrateful. On the days that my mother was home she would be busy with church activities and I never felt like I was a priority. I spent a good portion of my life fighting for her to acknowledge me and to show me affection. As I grew older learned that most Caribbean parents struggle with showing affection. How has My self-image been affected? I struggle with letting people into to my personal space even as an adult I struggle with expressing how I feel. At times I do still struggle with not being good enough. In what situation am I less an Individual because of these influences? I am guarded I have a hard time putting my guards down, I try not to put myself in a situation when I be disappointed or hurt by people.

2. In what ways am I like the good thinker (as outlined in Chapter 2)? In what ways like the poor thinker? What kinds of situations seem to bring out my best and worst qualities?

I am a good thinker because I can acknowledge that I do not know about a topic. I do not have a problem with asking for clarification or doing my own research to learn more on the topic. Reapplying for school has been challenging because I am learning so many new topics at once. It brings out the best in because it is challenging me to move from my comfort level.

3. To what extent has my perspective on truth been reasonable? (Refer to Chapter 3 if necessary.)

I try to make sure that my perspective is supported by facts. I try my best to take time to understand why I feel the way that I do. Making sure I am not reacting out of an emotional place.

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4. How careful am I about separating hearsay and rumor from fact? About distinguishing the known from assumptions or guesses? How difficult is it for me to say, "I don't know"?

I try not to believe everything that I hear. I do my best to speak on things that I know are facts and if I do not know I am ok with admitting that I do not know rather than saying something that will make me look foolish.

5. How consistent am I in taking the trouble to make my opinions informed?

I am constantly working on making sure that my opinions are formed. I make sure that I am expressing my thoughts clearly with details that will support my thinking.

6. To what extent do I think that "mine is better" (not only the personal "mine" but the ethnocentric "mine" as well)? In what ways has this kind of thinking affected my view of personal problems and public issues? To what extent does it affect my ability to listen to those who disagree with me? My ability to control my emotions. My willingness to change my mind and revise a judgment?

Growing up in a West Indian household "Mine is better" is very prevalent in how we are raised. Even though we are black there is this notion that we are different from the African Americans, we have different values and work ethics. This makes me work harder so that my kids can aspire to be more as well. Looking at the way we are viewed in society I do not want to be a static. The pressure is always that we must work harder. It is hard to listen to those that do not share my view because most of them do not experience the same hardships. I have revised my perspective on African Americans versus West Indian blacks. We all share the struggle whether we are successful or not we are viewed the same by society so, why add the division amongst ourselves.

7. In what matters am I inclined to assume too much, take too much for granted? When it comes to making friends, I do not trust people enough to get to know the real me. I often take for granted the efforts that people put into getting to know me. I am extremely guarded.

8. To what degree do I tend to have the either/or outlook, expecting that the right answer will always be extreme and never moderate?

9. To what or to whom do I feel the strongest urge to conform? In what situations has this conformist tendency interfered with my judgment?

I am currently working improving my relationship with God. I want to be able to apply what I read in the bible to my life but the things I experience at work makes me question God a lot. My work challenges the way that I think about God and his purpose for us. Witnessing kids dying as a result of being abused, babies suffering from cancer is harsh and sometime the decisions that the parents have to make do not align with my spiritual beliefs. At work I have to remain neutral, but it challenges my walk with god because I do not understand why he allows certain situations to happen.

10. Do I tend to be an absolutist, demanding that truth be neat and simple, or a relativist, claiming that everyone creates his or her own truth? In what ways has my characteristic tendency hindered my development as a critical thinker? I am not an absolutist; I know that not every situation will have a simple yes and not answer sometimes things are more complex. I do not think I am relativist because I do not agree with everything that they believe. I just think that I cannot judge a decision that someone makes without understand what lead them to their decision. I think in order to be a critical thinker you cannot be one-sided; we must be able to look at things with new perspectives and have an open mind.

11. In what matters am I most biased toward change? Am I overly accepting of change or overly resistant to it? What is the cause of this tendency and how can I best control it?

I was biased towards change in my personal life, I do not like not having control or feeling uncomfortable. I would hesitate when it came to decide doing something that is out of comfort zone. I changed that by challenging myself with new goals every year. The more I accomplished my goals the better I felt about myself. Now, I am overly accepting to change.

12. In what situations do I seek to confirm my biases rather than control them? In what situations do I interpret evidence in a way that flatters my bias?

I am able to control my bias. I listen to other people's perspective and I try to form my idea on the facts. I try my best to keep an open mind so that I can learn something new.

13. How often do I approach issues with a double standard, overlooking flaws in arguments that agree with mine and nitpicking those that disagree?

In my parenting skills. I spend more times with my kids, so they have a routine but when my husband is how he never enforce the routine or rules. Although, I may slack at times, but I always treat it as a big deal when my husband does not adhere to the rules that I set for the kids. I overlook the times that I slack on enforcing the rule. I do not give him the same grace.

14. To what extent do I tend to jump to conclusions? Do I tend to do so more in certain areas? If so, which? Do I draw my conclusions prematurely purely for the sake of convenience? Am I motivated by the desire to sound authoritative and impress people?

I tend to jump to conclusions when I am acting out of emotions. I tend to react like that when I am around certain members in my family. I always feel things they say usually has a double meaning, so I always feel like I have to defend myself.

15. To what extent do I overgeneralize? What kinds of stereotypes do I most readily accept? Racial? Religious? Ethnic?

With this current administration, it is hard not to compare how the nation would have reacted if a black president had done any of the thing that Trump is currently allowed to do. Its shows the double standard that we live by. So, it makes it hard to not think of race when social issues happen.

16. To what extent do I oversimplify complex matters? Am I simply unwilling to take the trouble to learn the truth in its complexity? Or do I feel threatened by answers that are not neat and tidy? What has made me this way?

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I oversimplify when I feel vulnerable. I have a strong personality and I always fear that people think of me in a bad way. So, when a conversation starts to get personal I switch to a new conversation. My childhood plays a factor in how I view myself. Not being allowed to express my feelings then has led to me avoiding expressing my feeling now.

17. What errors of expression do I most often commit? Reasoning that if B follows A, A must be the cause of B? Shifting the issue to avoid difficult or embarrassing discussions? Contradicting myself? Arguing in a circle? Making meaningless statements? Confusing real with bogus authorities? Making false analogies? Using irrational appeals? I Shift the issue to avoid difficult or embarrassing discussions. I do that because I do like to vulnerable and I do not like confrontations. I do not handle those situations well especially when I think someone is not being truthful.

18. Which of the following errors are most characteristic of my responses to challenges and criticism of my ideas: automatic rejection? shifting the burden of proof? straw man? attacking the critic rather than discussing the issue? Shifting the burden of proof, I think is the best way that respond to challenges to my ideas. If someone disagrees with me then I interested in knowing why.

Using Your Inventory As important as the foregoing questions are, one question is considerably more important: How can you most effectively use your personal inventory to improve your critical thinking performance? The answer is to apply the following strategy:

1. Answer all the questions in the critical thinking inventory honestly and thoroughly, acknowledging not only the pleasant facts about yourself but also the unpleasant ones. (If you ignore the latter, they will influence you no less; in fact, your refusal to face them may intensify the harm they do.)

2. Reflect on your answers, noting the areas in which you are especially vulnerable. Don't expect to be equally vulnerable in all circumstances; it is common for some to be more troublesome than others. Your goal here is to know your intellectual habits so well that you can predict exactly which thinking problem will arise for you in any particular situation.

3. Whenever you address an issue, anticipate what problems are likely to undermine your thinking at each stage of the thinking process and make a conscious effort to resist their influence.