Contents

Preface ix
The Author xv

Part One: Understanding Critical Thinking in Adult Life 1
1. What It Means to Think Critically 3
2. Recognizing Critical Thinking 15
3. Learning to Think Critically in Adult Life 35
4. How Critical Thinking Sustains a Healthy Democracy 51

Part Two: Practical Approaches for Developing Critical Thinkers 69
5. Effective Strategies for Facilitating Critical Thinking 71
6. Helping Others Examine the Assumptions Underlying Their Thoughts and Actions 89

7. Techniques for Developing Alternative Ways of Thinking 111

Part Three: Helping Adults Learn to Think Critically in Different Arenas of Life 133

8. Using the Workplace as a Resource for Thinking and Learning 135

9. Analyzing Political Issues and Commitments 162

10. Developing Critical Judgments About Television Reporting 184

11. Encouraging Active Learning Through Personal Relationships 211

12. Being a Skilled Facilitator of Critical Thinking 228

Epilogue: The Risks and Rewards of Helping Others Learn to Think Critically 242

References 255

Name Index 281

Subject Index 287