Chapter 5 Reflection

Why is emotional intelligence important to critical thinking?

Putting your emotional intelligence towards basic questions can cause a lot of answers. What some people do if they don’t like the subject they shut them out or they will put their experience towards the subject. The best thing to do is not let our emotional intelligence get in the way or learning new things. It’s better to understand someone else’s point of view instead of shutting them down and not knowing why they value the subject.

When I eat new things I’m very cautious and don’t want to try it, in the end I form an opinion because I opened myself up to it and I can decided if I liked it or not. I try to learn new things but I base them off of their appearance, if I don’t like the way it looks, I won’t try it. It’s time that I open myself to trying new things and not judging them by their looks.

What are false arguments?

A false argument is words that are joined together by many forms. They try to persuade you into thinking that it is the truth and that there are no other ways to prove them wrong. Some of the false arguments are known as propaganda. The people behind false arguments try to make it seem like it’s the right or natural thing to do. They try to make you think that everything that you’re doing is wrong and that their way is the way of life. In reality it’s all around us and we don’t know it because they are doing their job. Many false arguments come from advertisements showing pretty or handsome figures and making us want to live the lifestyle that is shown.

What is the relationship between the amygdala and emotional restraint?

A simple subject can easily trigger a conversation or end it, the amygdala is part of the brain that helps decided whether or not we like it based on our experience. What is the relationship between the amygdala and emotional restraint? They both have emotions; amygdala is the background knowledge we have from previous experience. The emotional restraint helps up from talking overboard about a subject or shutting ourselves down from listening to others. We need both so we can consider the things that we should listen to, if we already know the subject, then it’s okay to zone out here and there. If we don’t know it and don’t want to listen to it, then it’s best to try to listen because you always learn something new everyday.

I try not to judge things, but if it’s something that I tried listening to, I don’t want to hear it again. I need to consider that there are some benefits to listening to other opinions to help increase my opinion.

Why is asking questions so important to critical thinking?
If you don’t understand something or need their ideas to be clarified, that’s when it is a good time to ask questions. Not only asking questions allows you to understand but it also allows the other person know that you’re engaged in the conversation and that their idea matters to you. It also helps narrow down their idea so you can fully comprehend.

Most of the time when people give me instructs or talk about something, I try to listen to every detail they say and create a mental image of what they’re talking about. Along the way I may get lost and I’ll have to ask questions. It helps clarify things and I can comprehend what they are saying.

What is the difference between a symptom and a problem?

Symptoms are little things that contribute to the problem. Symptoms might not be the problem but they can help make it massive. A lot of people tend to think that symptoms are the major problem, when in reality they don’t think of the whole problem.

I need to look at all of the symptoms that are making problems and try to break them down. Also making independent decisions, I need to look at the whole problem and break down the symptoms to make an effective decision.

Define fact and opinion and give an example of each.

A fact is something that you can provide evidence for and an opinion is a statement that doesn’t have strong evidence.

Fact: The color of my bedroom is purple.
Opinion: The color of my bedroom wall is a pretty shade of purple.