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PSL Programme — Personal, Social and Learning-to-Learn Competences

Positive self-talk should be realistic and supportive. It helps you focus on possibilities rather than limitations.

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C. Reading Material

Reading: Critical Thinking & Problem-Solving

Critical thinking means:

- thinking carefully,
- asking questions,
- analysing information,
- and making informed decisions.

Critical thinking helps people:

- solve problems,
- recognise reliable information,
- understand different perspectives,
- and respond more confidently to challenges.

People receive information from many sources, including:

- social media,
- websites,

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- television,
- friends,
- and advertisements.

Not all information is reliable or accurate.

Critical thinking involves:

- asking questions,
- checking sources,
- reflecting before reacting,
- and considering different viewpoints.

Decision-making is part of everyday life.
Good decision-making includes:

- reflection,
- problem-solving,
- considering consequences,
- and identifying positive solutions.

Critical thinking skills can support:

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- confidence,
- wellbeing,
- education,
- employability,
- and participation in society.

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