Co-funded by the European Union

Erasmus+ Small-scale partnerships in vocational education and training

Bridge4Mothers

2025-1-DE02-KA210-VET-000359232

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.

Bridge4Mothers © 2026 by *Bridge4Mothers Erasmus+ VET KA210* is licensed under *Creative Commons Attribution 4.0 International*

G. Guidance Resource

Strengthening Critical Thinking & Decision-Making

Critical Thinking Can Help People:

- solve problems,
- make informed choices,
- avoid misinformation,
- and feel more confident in decision-making.

Good Decision-Making Includes:

- reflection,
- gathering information,
- considering consequences,
- and identifying possible solutions.

Everyone develops critical thinking skills gradually through:

- practice,
- reflection,

Bridge4Mothers © 2026 by Bridge4Mothers Erasmus+ VET KA210 is licensed under Creative Commons Attribution 4.0 International

2025-1-DE02-KA210-VET-000359232

- and learning experiences.

Bridge4Mothers © 2026 by Bridge4Mothers Erasmus+ VET KA210 is licensed under Creative Commons Attribution 4.0 International

2025-1-DE02-KA210-VET-000359232