



THE ART OF THINKING & QUESTIONING COURSE & WORKBOOK

*Learn the tools and strategies necessary
to become successful Critical Thinkers
and powerful Questioners.*

Second Edition

BY CHRISTINE K. MILLER & DANIEL FIKES

THE ART OF THINKING & QUESTIONING WORKBOOK

- 03 Dr. Seuss Quote
- 04 About the Authors
- 05 Introduction
- 07 Building Your Competitive Edge
- 08 The Value of Critical Thought

10 MODULE 01 - FOUNDATION

- 12 Bloom's Taxonomy
- 15 Navigating Personal Life
- 17 Studio Thinking
- 18 The 8 Studio Habits of Mind

20 MODULE 02 - THINKING

- 21 Metacognition
- 23 ↳The KWL Worksheet Exercise
- 25 Divergent Thinking
- 27 ↳Things Made Of A Paperclip Exercise
- 28 Convergent Thinking
- 31 Lateral Thinking
- 33 ↳The Floating Piers Example
- 35 ↳Lateral Thinking Process
- 36 ↳Workplace Skills Mind Map Example
- 38 The Venn Diagram
- 39 ↳Knitting vs. Weaving When Traveling Example

40 MODULE 03 - QUESTIONING

- 42 Essential Questions
- 43 ↳Why Are Textiles Important? Example
- 45 Guiding Questions
- 47 ↳Art Investigation Example
- 49 Reflective Questions
- 51 ↳Your Reflective Questions Exercise

- 52 Notes
- 54 References & Web Links
- 57 Supplementary Resources
- 58 Thank You!

“ THINK LEFT AND THINK
RIGHT AND THINK LOW
AND THINK HIGH. OH! THE
THINGS YOU CAN THINK UP
IF ONLY YOU TRY! ”

—DR. SEUSS



ABOUT THE AUTHORS

Christine K. Miller is an award-winning visual artist and nationally-recognized visual arts educator. With a lifelong passion for fiber arts and extensive teaching experience, Christine has mastered her skills in critical thinking and inquiry, which she has imparted to both high school and adult students.

See the “Life Example” sections to read about how Christine’s life experiences relate to each concept presented to you in this workbook.



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Daniel Fikes is a first-time author who brings a unique perspective to this workbook with his background in technical writing and syntax models. His eye for detail and visual design complements his co-author’s experience in education and the visual arts.

Refer to pages 07-09 for his discussions on the practical value of critical thinking and inquiry in the job market and business settings. Daniel’s skills include leadership & management, sales & marketing, and communication. He is pursuing a degree in Business from the University of North Texas.

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INTRODUCTION

Break free of passive consumption of information!

Ancient Wisdom

Even in the Digital Age, Socrates continues to be honored and acknowledged as one of the greatest questioners. Often answering a question with a question, he understood that deep, reflective thinking required going beyond the first ideas that come to a person's mind. Known as the Socratic Method of Questioning, this questioning method laid the groundwork for Western logic and philosophy.

"The unexamined life is not worth living." – Socrates

Is it Fact or Opinion?

The speed and ease of information presented to us can be intense. It is so fast and constant, that we barely have time to think critically about what is flowing into our minds, and we can't always be sure about the truth of what is being presented to us. Strengthening your range and deepening your practices of critical thought and questioning can help us feel more in control in this rapidly-changing world. It can help soothe our nervous system from all the noise and chatter and can help us live more consciously.

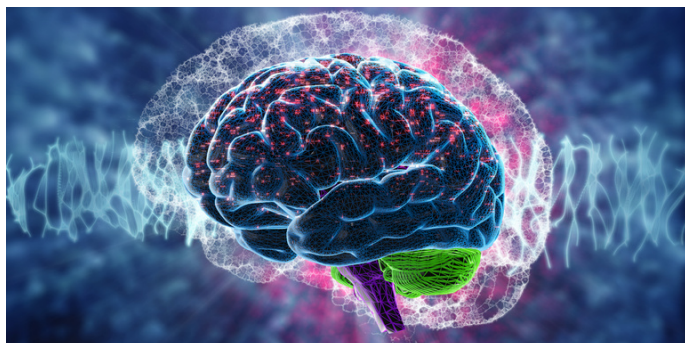
Strengthen Your Brain

Applying thinking and questioning strategies will also expand neural pathways. Neuroscience is unlocking more understanding about how the brain functions. These focused skill sets support us throughout life. Enhancing critical thinking skills can

- Help in problem-solving.
- Improve decision-making.
- Develop curiosity.
- Strengthen creativity.



Are you hurtling through the spacetime continuum? Slow down to think, question, and nurture the growth of your wisdom and intellect.



Who can benefit from strengthening these skills?

The answer to this question is: everyone! Your brain is the operating system of your body and is in charge of your survival. It is an incredibly sophisticated and complex biological system with exceptional cognitive abilities. Its efficiency is SO powerful, it knows how to prioritize your thinking, and builds neural pathways to ensure that you move through the world with ease.

We can all relate to how difficult it can be to change our thinking about something; we can feel stuck. It takes a lot of conscious effort on our part to build new paths in our brains to change even *some* of our thought patterns. And, the world around us is **CONSTANTLY** changing! Our brain must stay flexible to adapt to the changes we experience on a daily basis. The thinking and questioning practices in this workbook can help you chart your course for higher success in life.

This workbook is intended for

- **Artists** - “The greatest art questions the world around us.”
 - Use questions to drive your creativity.
- **Teachers** - Consider how to effectively engage your students by utilizing critical inquiry tools and approaches.
 - Sharpen your teaching practice through regular reflection and the use of critical thought techniques like convergent and divergent thinking, as well as lateral thinking, among others.
- **Students** - Take charge of your learning to have the most successful future.
 - Strengthen your learning by navigating your educational path with focused thinking and questioning practices that YOU drive.
- **YOU!** - No matter who you are or what you do in life.
 - Navigate at your own pace, practice the concepts introduced here, and then apply them in your own life. Control your Destiny!