

Chapter One: Thinking

Multiple Choice Questions

1. Langer refers to a life in which we use our affective, responsive, and perceptive faculties as _____.
 - a. creative
 - b. mindful
 - c. mindless
 - d. intuitive
2. Research suggests that people typically achieve their highest creative point _____.
 - a. at birth
 - b. as young children
 - c. as adolescents
 - d. in midlife
3. Our VOC refers to our _____.
 - a. value of creativity
 - b. varying of choice
 - c. voice of criticism
 - d. very ordinary choices
4. Routinized conformity and passive learning are what Langer calls _____.
 - a. reflexive behavior
 - b. categorization
 - c. mindlessness
 - d. compulsivity
5. A step in cultivating your creative garden is _____.
 - a. absorb yourself in the task
 - b. allow time for ideas to incubate
 - c. seize on the ideas when they emerge and follow them through
 - d. all of these
6. One of the more effective methods of achieving short term goals is to
 - a. identify the short-term goals.
 - b. rank the goals in order of importance.
 - c. select the most important goal(s) to focus on.
 - d. all of the above
7. A common thinking error in seeking our goals is:
 - a. explicitly identifying important goals.
 - b. failure to compile a mental summary sheet.
 - c. concentrating on less important goals first, leaving insufficient time to work on more important ones.
 - d. planning the steps in our schedule.
8. When identifying your most important long term goals, you need to look at
 - a. your talents.
 - b. your interests.

- c. those things that stimulate you and bring you satisfaction.
 - d. all of the above.
9. Each chapter of *Thinking Critically* includes a feature that challenges you to apply new thinking strategies to pairs of images that provoke the viewer into finding connections, confronting beliefs, and questioning evidence. This feature is called _____.
- a. "Image Pairs"
 - b. "Thinking Critically About Visuals"
 - c. "Changing Beliefs"
 - d. "Viewer Connections"
10. To eliminate the negative voice of criticism within ourselves we must become aware of it, restate the judgments in a more accurate constructive way, get tough with the voice of criticism, use other people for positive confirmation and _____.
- a. create positive voices and visualizations
 - b. deny your inner negative judgments
 - c. disregard the assessments of others
 - d. reexamine our motives
11. We are able to think critically because of our natural human ability to "reflect." To reflect means to
- a. look at ourselves in a mirror.
 - b. think back on what we are thinking, doing, or feeling.
 - c. go through our thought processes.
 - d. criticize our decisions.
12. Once the process of identifying and ranking your goals is complete, you should
- a. explicitly define the important ones.
 - b. rearrange them.
 - c. summarize what you've done.
 - d. focus on devising effective plans and strategies to achieve them.
13. When we fail to achieve our short-term goals, it is because we
- a. skip one or more of the steps in the process.
 - b. consult with others.
 - c. look at long-term goals as short-term goals.
 - d. all of the above.
14. In the method for making decisions, the text lists five steps. The last step is
- a. to select the choice that seems best to meet the needs of the situation.
 - b. to implement a plan of action, monitor and adjust.
 - c. to gather all the relevant information and evaluate the pros and cons of each possible choice.
 - d. to create a schedule of implementation.
15. When we restate a judgment in a more accurate or constructive way, we
- a. question our creativity.
 - b. translate reality inaccurately.
 - c. help eliminate our voice of criticism.
 - d. wonder what went wrong.

Chapter One

True/False Questions

1. The Greek philosopher Socrates told the citizens of Athens “the unexamined life is not worth living.”
a. True b. False
2. Long-term goals are fairly simple to identify.
a. True b. False
3. In step 5 of the Method for Making Decisions, the author says to implement a plan of action, monitor the results, and stick to the plan to the end.
a. True b. False
4. According to Dean Simonton, there is a strong correlation between creativity and IQ.
a. True b. False
5. Research reveals high achieving people are able to envision a detailed picture of their future with goals and aspirations clearly inscribed and low achievers live in the present and the past.
a. True b. False
6. Creativity involves going beyond the information given to create or reveal something new.
a. True b. False
7. When the mind exercises its creative muscle, it also generates a sense of pleasure.
a. True b. False
8. For much of the twentieth century, Rollo May writes, researchers perceived creativity as unscientific.
a. True b. False
9. Creative thinking teaches us that there are many different ways of experiencing and communicating information.
a. True b. False
10. You do not need to develop and make full use of your thinking potential in order to create a richly fulfilling life.
a. True b. False

Chapter One

Fill-in-the-Blank Questions

Fill in the correct word or words to complete each statement.

1. Achieving the goal of becoming an educated thinker involves two core processes, thinking critically and _____.
2. When we are _____, we avoid rigid, reflexive behavior in favor of a more improvisational and intuitive response to life.
3. The intuitive understanding that a single thing is, or could be, many things according to how you look at it is at the heart of the attitude Langer calls _____.
4. As a critical thinker, you must pay attention to the ways in which images can _____ your beliefs and goals.
5. An important part of becoming an educated thinker is learning to make _____.
6. Using our thinking process to develop ideas that are unique, useful and worthy of further elaboration is _____.
7. As you grow and mature your goals _____.
8. The impulse to “go beyond” to a new idea is not the preserve of genius, according to David Henry Feldman; transforming our inner and outer world is the _____.
9. Living your life creatively means bringing your unique _____ to all dimensions of your life.
10. One myth about creativity is that it is restricted to those who are _____.

Chapter One

Essay Questions

1. According to the author of the textbook, examining critical thinking and creative thinking is a rich and complex enterprise. These two dimensions of the thinking process are so tightly interwoven that both must be addressed together in order to understand them individually. In your own words, explain what the author means by this statement. Why do you think this statement might be true? What evidence do you have that this is true?
2. “Almost invariably, when the mind exercises its creative muscle, it also generates a sense of pleasure.” Do you think this statement is correct? Explain why you think it is or isn’t correct. What evidence do you have to support your explanation?
3. A prevalent myth about creativity is that it is restricted to those who are “geniuses”; that is, people with inordinately high IQs. What does David Simonton think of this concept? Do you agree with Professor Simonton? Why or why not?
4. The biggest threat to our creativity lies within ourselves in the form of the negative “Voice of Criticism.” This VOC can undermine your confidence in every area of your life. Where does the VOC originate? How and why do we develop a VOC?
5. Goals play extremely important functions in your life by organizing your thinking and giving your life order and direction. Do you agree with this statement? In your own words, explain how goals can organize your thinking and give your life order and direction.

Chapter One

Answer Key

Multiple Choice Questions

1. Answer: B Ref: p. 39
2. Answer: B Ref: p. 27
3. Answer: C Ref: p. 30
4. Answer: C Ref: p. 39
5. Answer: D Ref: p. 29
6. Answer: D Ref: p. 12
7. Answer: C Ref: p. 12
8. Answer: D Ref: p. 13
9. Answer: B Ref: p. 14
10. Answer: A Ref: p. 31
11. Answer: B Ref: p. 4
12. Answer: D Ref: p. 12
13. Answer: A Ref: p. 12
14. Answer: B Ref: p. 24
15. Answer: C Ref: pp. 30–31

True/False Questions

1. Answer: T Ref: p. 4
2. Answer: F Ref: p. 13
3. Answer: F Ref: p. 24
4. Answer: F Ref: p. 39
5. Answer: T Ref: p. 13
6. Answer: T Ref: p. 41
7. Answer: T Ref: p. 41
8. Answer: T Ref: p. 41
9. Answer: T Ref: p. 15
10. Answer: F Ref: p. 8

Fill-in-the-Blank Questions

1. Answer: thinking creatively Ref: p. 4
2. Answer: mindful Ref: pp. 39–40
3. Answer: mindfulness Ref: p. 40
4. Answer: inspire, support, and reflect Ref: p. 14
5. Answer: effective decisions Ref: p. 20
6. Answer: thinking creatively Ref: p. 4 Green Box
7. Answer: change and evolve as well Ref: p. 13
8. Answer: transformational imperative Ref: p. 37
9. Answer: perspective and creative talents Ref: p. 26
10. Answer: geniuses Ref: p. 38