**#5 Element of Reasoning**

**Purpose or Goal**

a. I would briefly define purpose as the reason for the thinking or idea, end goal or motivation.

b. In other words why am I pursuing this or expressing this thought?

c. For example, I exercise to stay physically fit. I am taking this course to be able to apply critical thinking and make better decisions.

**Question or Issue**

a. I would briefly define question as the problem or issue that I am trying to figure out.

b. In other words, what or how I need to approach something to bring it to a state of resolution or success. So if purpose is the why, the question is the what or how to figure out how to accomplish the purpose.

c. For example: To know how to stay physically fit, I need to figure out if exercise helps and if so, how to perform the right exercise with the right intensity, etc to reach my goal (purpose).

**Information**

a. I would briefly define Data, information, and evidence as any data or details that provide context or evidence to address the question or issue.

b. In other words what do I know that will inform the question that applies to my purpose?

c. For example, I might look up or ask around to gain data to inform me on how to solve the problem or address the issue. All of the data collected is information.

**Interpretation, Inferences, Conclusions**

a. I would briefly define inferences or interpretations and drawing conclusions as sorting through the data and making logical connections and deductions.

b. In other words, how I am analyzing the information and organizing it as it relates to solving the problem.

c. For example, I may collect and compare several pieces of data (like the examples below and deduce that weight training is an essential part of getting physically fit:

* muscle mass increases the metabolism
* when performed effectively, weight training can increase muscle mass, produce a cardiovascular workout, and yield an afterburn of calorie expenditure as the muscles repair themselves
* stronger muscles reduce injury in physical activities by protecting joints and providing more stability
* …

**Concepts, Ideas, Theories**

a. I would briefly define concepts and ideas as expressions of thoughts about information that help make sense of an object.

b. In other words, they are basic elements of thought (drawn from conclusions or inferences) that we need to understand or solve the problem.

c. For example, my concept of burning calories is an expression of information I have encountered about how our body uses/expends energy. It is a concept that I use to understand to solve the problem of how to get/stay physically fit through diet and exercise.

**Assumptions**

a. I would briefly define assumptions as my initial sense about something.

b. In other words they are the things I take for granted when I interpret or make conclusions about something, usually based on the evidence or circumstances.

c. For example, I might assume that to get in shape I should do lots of cardio because it burns calories and works out the cardiovascular system. (Especially if Sally runs every day and she is in great shape). If I make this assumption without considering the benefits of weight training or cross training, I would miss out on a better more well-rounded approach to physical fitness.

**Implications and Consequences**

a. I would briefly define implications and consequences as the results of a line of thinking.

b. In other words, the outcomes that would follow a decision or approach to solving a problem.

c. For example, if I concluded that diet, as long as I consumed a determined number of calories, did not matter, and ate ice cream and pancakes every day as part of my fitness routine, I would not experience physical fitness, stamina, or even feelings of wellbeing. If I chose to consume lean protein, vegetables, and whole grains, the consequences would be different.

**Point of View or Frame of Reference**

a. I would briefly define point of view as someone’s train of thought or perspective.

b. In other words what a person is focusing on, using their context, and how are they perceiving it based on their unique experiences.

c. For example, if I asked Sally the runner how to stay physically fit, she may refer me to her running routine and specialized diet. This is her perspective, based on her research, experience, coaching, etc. It is her point of view on the topic, but it is not the only way of approaching it, thinking about it, and is not necessarily the best approach for everyone.

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