

# Tools to Improve Your Thinking

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

17

**Pre-requisites**

No prior experience needed

**Video duration**

1h 6m

**Estimated study time**

1h 6m

**Instructor**

Michael Shermer, PhD

## Introduction

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### 1 Give your thinking skills a booster

## Understanding Thoughts

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### 2 Curiosity, the beginning of infinity

Good thinking starts with hard questions, but curiosity doesn't always come naturally.

### 3 I am, therefore I think

Once you get the hang of asking questions about everyday things, it's time to go a level deeper.

### 4 The exquisite balance

When you start thinking critically, it can become easy to dismiss any new ideas right away, but openness to new ideas is an important part of growing.

## Improving Thinking Habits

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### 5 Do as Darwin does

Charles Darwin isn't just one of the most famous scientists in history, he's also an excellent role model for critical thinking.

### 6 Intuition pumps

Daniel Dennett is one of the foremost philosophers in the world.

### 7 Mental models

It can be hard to feel like you've got an entire idea under control; maybe it's tough to hold all the pieces in your head at once.

## 8 Bayesian reasoning

You probably like to think of yourself as an alright thinker and mathematician, but take a turn through Bayesian reasoning and you might have to revise your self-conception.

## 9 Thinking about thinking

Even if you get the hang of thinking through important ideas, there's still another important tool to assess: yourself!

## 10 How to be a superforecaster

None of us can really predict the future; the problem is with those who feel certain they can.

## 11 Thought experiments

It may seem like a waste of time to think about what might happen, instead of what did.

## 12 How to think like a scientist

A lot of us are easily swayed by scientific-sounding language, just because we don't really know how to assess the data ourselves.

## 13 Critical thinking traps

Being a good critical thinker can, believe it or not, get you into trouble.

## 14 The Availability Heuristic

We use heuristics all the time to help us think faster, but that doesn't mean they're all correct.

## 15 Negative thinking

If you feel like nothing's going your way, it's not just you.

## 16 Improving your capacity to think

Thinking is a skill you can get better at over time, but it also needs to be supplemented by a good life.

## Conclusion

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## 17 Resources for brighter thinking

[Go to GoSkills.com](https://www.goskills.com)