

Spring 6-10-2019

Exploring Critical And Creative Thinking Tools As A Means To Support Self-Sustainability

Azra Caus

Follow this and additional works at: https://scholarworks.umb.edu/cct_capstone



Part of the [Adult and Continuing Education Commons](#)

Recommended Citation

Caus, Azra, "Exploring Critical And Creative Thinking Tools As A Means To Support Self-Sustainability" (2019). *Critical and Creative Thinking Capstones Collection*. 377.

https://scholarworks.umb.edu/cct_capstone/377

This Open Access Capstone is brought to you for free and open access by the Critical and Creative Thinking Program at ScholarWorks at UMass Boston. It has been accepted for inclusion in Critical and Creative Thinking Capstones Collection by an authorized administrator of ScholarWorks at UMass Boston. For more information, please contact library.uasc@umb.edu.

Exploring Critical and Creative Thinking Tools as a Means to Support Self-Sustainability

Azra Caus

University of Massachusetts Boston

Abstract: In this paper, I adapt and explore a model of sustainability supplemented by critical and creative tools, whereby I seek to enhance methods for self-guidance throughout my life journey, and ultimately, place myself in a position to better lead others. The sustainability model and the critical and creative thinking tools selected represent a starting point for an ongoing reflective practice where I seek to utilize critical thinking to evaluate what's working well and what's not, and "hold ideas in tension with alternatives", and creative thinking to generate said alternatives as needed. Through the lens of the adapted self-sustainability model, I seek to address two issues in particular: (1) how to avoid depleting resources such as time, money, and energy/health, and, (2) how to increase well-being based on various parameters for well-being which I consider as being most crucial in an immediate sense. The questions to be explored in this ongoing practice are: (How) will a practice of supporting a typically intuitive life-approach with a set of tools which enable me to recognize and evaluate events, experiences, observations, patterns, etc., using rational or reflective methodology, result in decision-making which works to improve self-sustainability, i.e., fewer depleted resources, and increased well-being? The critical and creative thinking tools to be adopted and adapted should, primarily, serve to help address issues from a variety of perspectives, evaluate or foresee consequences, and generate qualitative alternative ideas and viewpoints. Finally, I consider possible next steps for continuing my inquiry.

Full text can be requested from the author, azracaus@gmail.com.