Critical Thinking Skills with Mindfulness



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Fall II 2026

Today’s Agenda



- First things
- An example
- Definitions
- Architecture
- Practice:
  - Pet peeves
  - Johari window

First Things



- Introductions
- Class logistics
- Philosophy
  - Critical thinking is not an answer, but an ongoing process.
  - More balanced thinking, not just more thinking.
  - Continual, recurring, progressive spiral.

An Example




PICKLES
by BRIAN CRANE
GRAMMA, ROSCOE STOLE MY COOKIE!
OH, THAT'S TOO BAD, NELSON.
BUT ACTUALLY DOGS CAN'T REALLY STEAL, THEY DON'T HAVE A MORAL CODE LIKE WE DO.
THEY DON'T RECOGNIZE THE CONCEPT OF PRIVATE PROPERTY,
© 2022 Brian Crane Dist. by WPNG
pickles@comic.com
AND HE ALSO ATE PART OF THE CAKE YOU MADE FOR YOUR LADIES CLUB.
6/5
YOU ROTTEN LITTLE THIEF!

Reflecting



- Is the dog “good” or “bad?”
- Which side of Gramma is “objective?”
- Which Gramma is “right?”
- What is common to both Grammas?

Familiar Definitions of Critical Thinking



"Critical thinking involves the use of cognitive skills and strategies that increase the probability of a desirable outcome."

-- psychologist Diane Halpern

"Critical thinking involves analyzing and evaluating thinking in order to improve it."

-- psychologists Richard Paul and Linda Elder

…acceptable but incomplete.

Our Approach



- A radically democratic approach to critical thinking.
- Shared input leads to improved outcomes, in:
  - Conflicts/disputes
  - Decision making
  - Personal understanding
  - Interpersonal relationships.

“Whatever the issue, our goal has always been the same: to listen carefully, respond to community needs, and build lasting relationships grounded in open communication, mutual respect, and trust.”

-- David Hart, University of Maine, 10/5/26

An Evolving Process



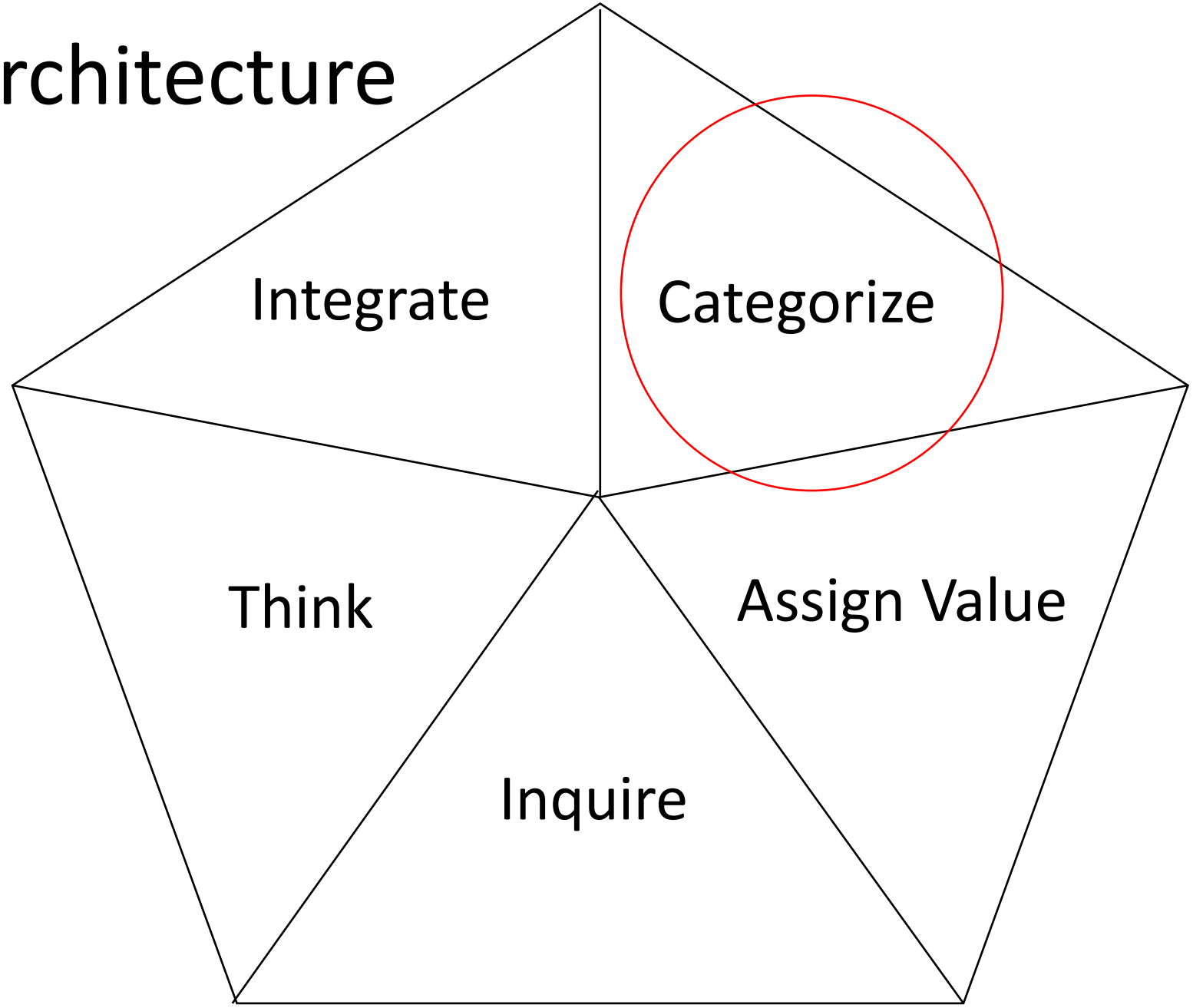
Reflecting



- Is the dog “good” or “bad?”
- Which side of Gramma is “objective?”
- Which Gramma is “right?”
- What is common to both Grammas?
  - Creates dualisms: “othering”
  - Categorizes observations into one side or another
  - Identifies with one’s own side and rejects the other

Course Architecture





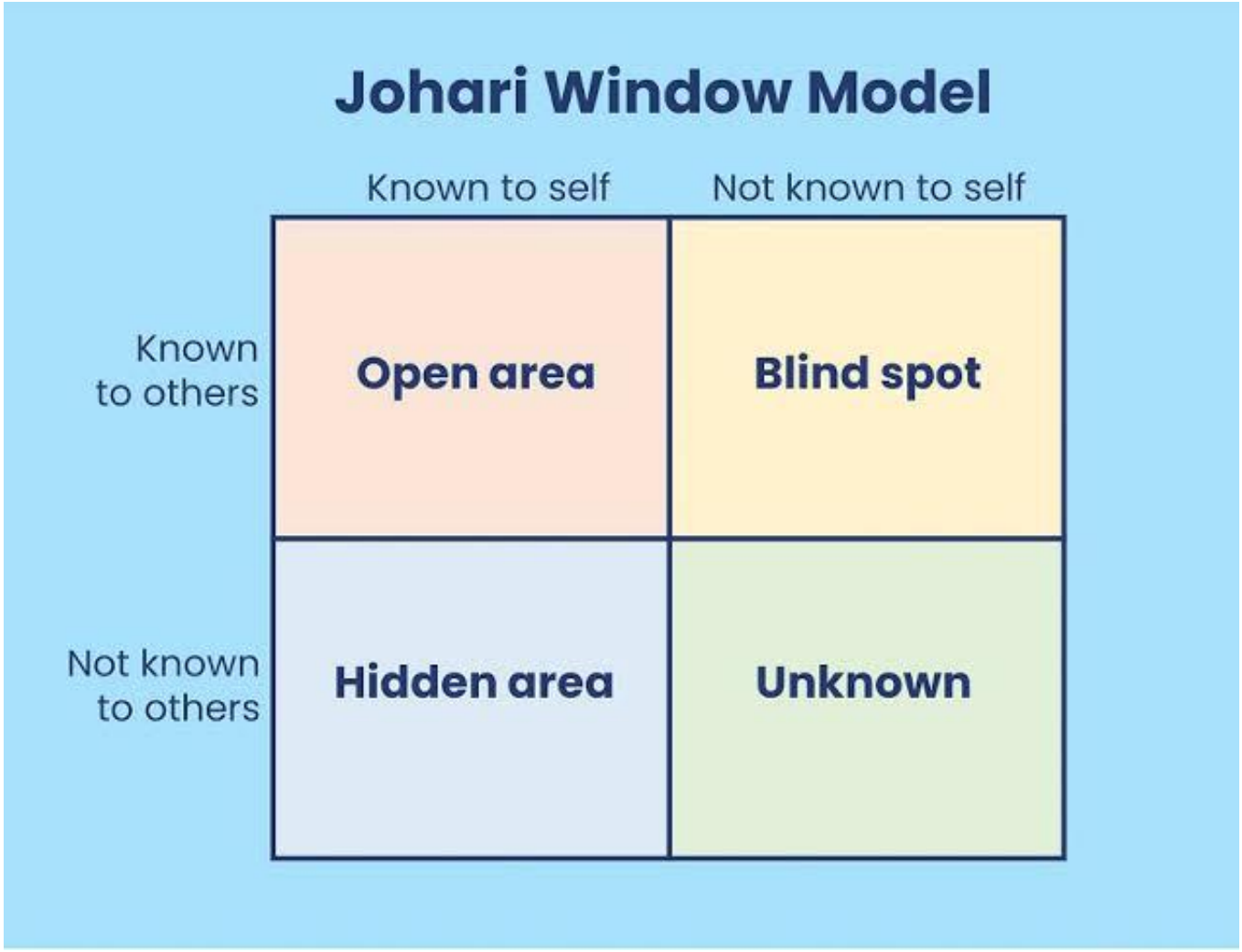
Example: Pet Peeves





Johari Window





What are some of your pet peeves?



In this Class



- We’ll slow down the action.
- Take things apart, then reassemble.
- Move gently, holding judgment aside.
- Make friends with our own thinking.