Thinking Skills, Creativity, Research Planning and Time Management

Prepared Presented by: Raghad Aburuzaizah

التجمع الصحي
مكة المكرمة
Makkah Healthcare Cluster

مدينة الملك عبدالله الطبية
King Abdullah Medical City

Agenda:

- Thinking Skills.

- Creativity.

- Research Planning.

- Time Management.

Thinking Skills

What is Thinking?

It is one of the important mental processes whose activity varies from person to person due to level of experience or knowledge in order to reach a goal, and that goal may be understanding, decision-making, planning, problem-solving, or judgment…. Etc.

قال تعالى: ﴿لَوْ أَنزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَّرَأَيْتَهُ خَاشِعاً مُّتَصَدِّعاً مِّنْ خَشْيَةِ اللَّهِ وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ﴾

سورة الحشر الآية ٢١

Thinking: Categories of Thinking Skills

Basic Thinking Skills :
- Memorizing.
- Observing.
- Comparing.
- Classifying

Advanced Thinking Skills:
- Problems Solving.
- Decisions Making.
- Critical Thinking.
- Creative Thinking.

Creativity

- Creativity is defined as the tendency to generate or recognize ideas, alternatives, or possibilities that may be useful in solving problems, communicating with others, and entertaining ourselves and others.

- Creative Thinking is thinking outside of the box

Characteristics of Creative Person

- Curious
- Open Minded
- Flexible
- Playful
- Sensitive

- Independent
- Risk Taker
- Intuitive
- Ambitious
- Energetic

Creativity Most Important Tools

- Brain Storming

- Negative Brain Storming

- Seven Thinking Hats

- Mind Mapping

- Five W's and one H

CREATIVITY
LOADING...
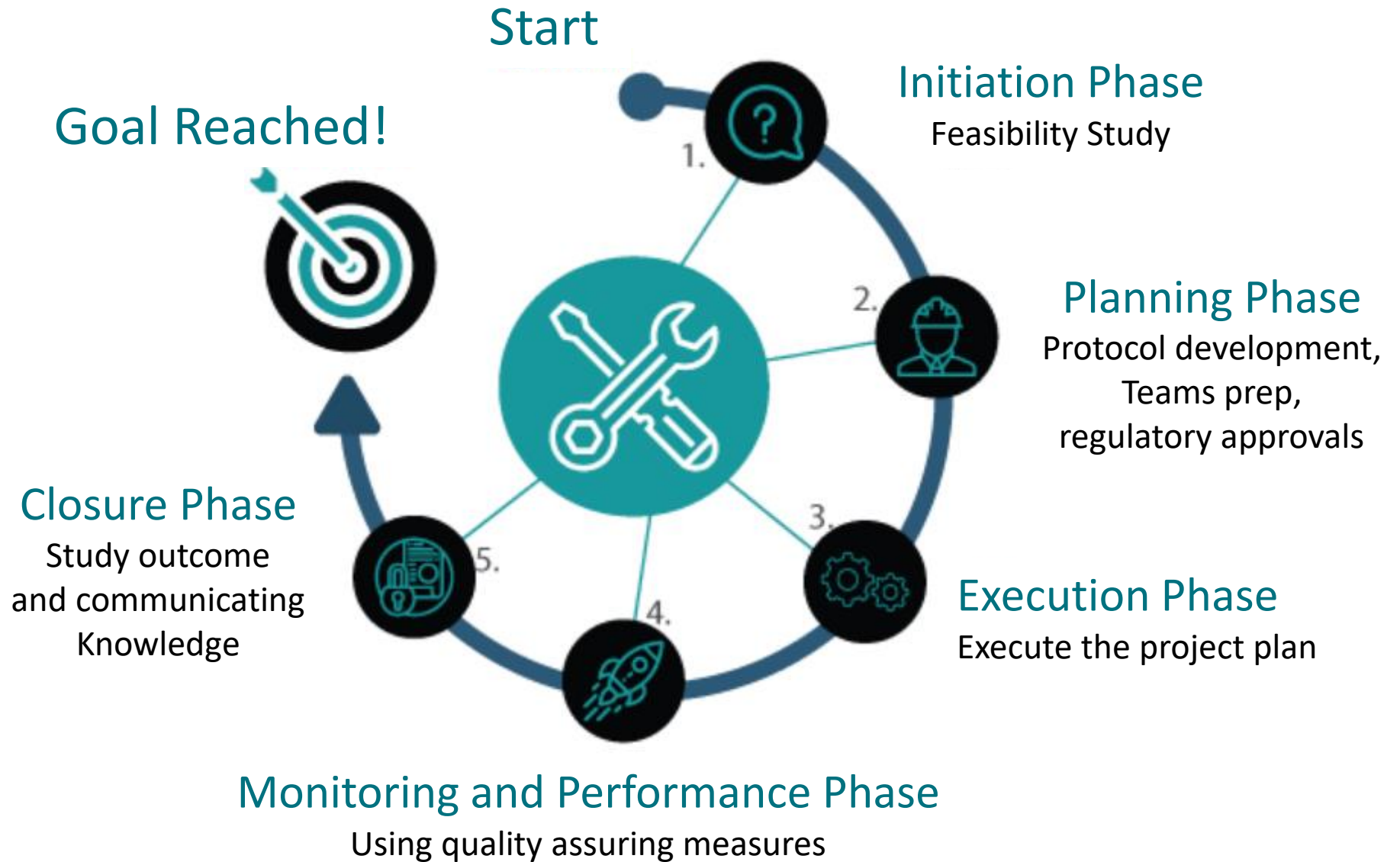
Creativity Test:

Time Management

Time Management Tips

- Plan in Advance
- Check your time regularly
- Organize your tasks
- Avoid multi-tasking
- Set Priorities

- Assign Break Time
- Set correct goal
- Remove distractions
- Medidata and exercise
- Delegate

Poor Time Management

- Unclear goal
- No scheduling
- Random tasks sequence
- Tasks overlapping
- Poor Prioritization

- Work continuously
- Environmental distractions
- Personal life stress
- Unable to say "NO"
- Poor Delegation

تقييم المدربة أ. رغد أبورزيزه