Simran

**Critical Thinking Processes and their examples**

**Applied Reasoning**  
Applied reasoning is when someone looks at a situation from different angles and tries to think deeply before making a decision. For example, if someone is unsure about staying in a relationship, they might think about their emotional needs, long-term goals, and how the relationship is affecting their mental well-being. This kind of thinking helps people make more thoughtful and balanced decisions.

**Hypothetical-Deductive Reasoning**  
This process involves coming up with possible solutions to a problem and testing them to see which one works best. For example, a student who is struggling in a class might try studying more regularly and attending tutoring sessions. After some time, they can look at their grades to see if their plan is helping. This type of thinking is useful for problem-solving in everyday life.

**Reflective Judgment**  
Reflective judgment means thinking carefully about whether information is true and makes sense. For instance, if someone hears different stories about a situation, they take time to look at the facts, check the sources, and decide what’s most reasonable. This process helps people avoid jumping to conclusions and make fair decisions.

**Dualistic Thinking**  
Dualistic thinking is when people see things in black-and-white terms, like all good or all bad. For example, a student who just transferred to a new school might think, “This place isn’t right for me” after one bad day. But this kind of thinking doesn’t leave room for growth or change. Real-life situations are often more complicated than they seem at first.