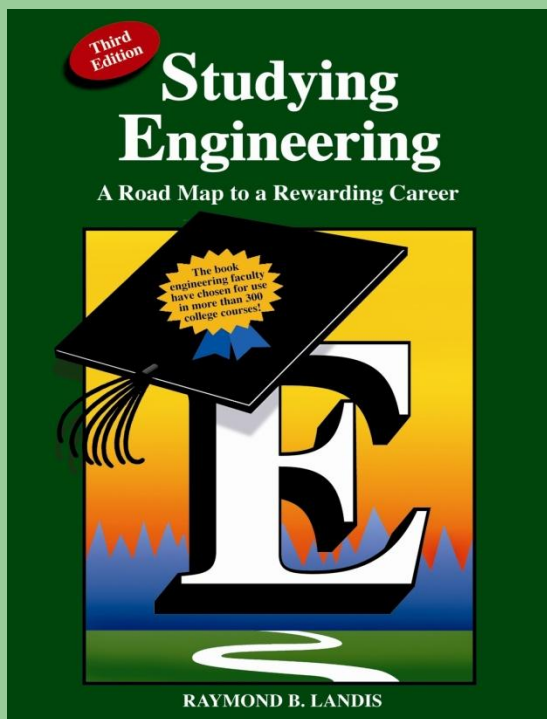


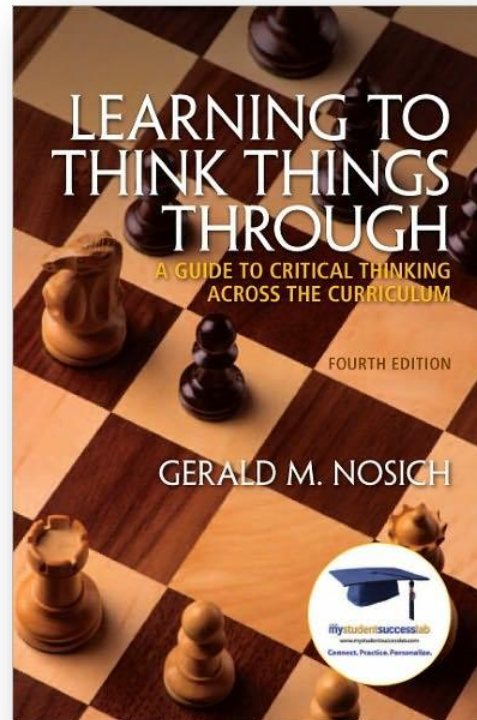
Chapter 5



Critical Reading

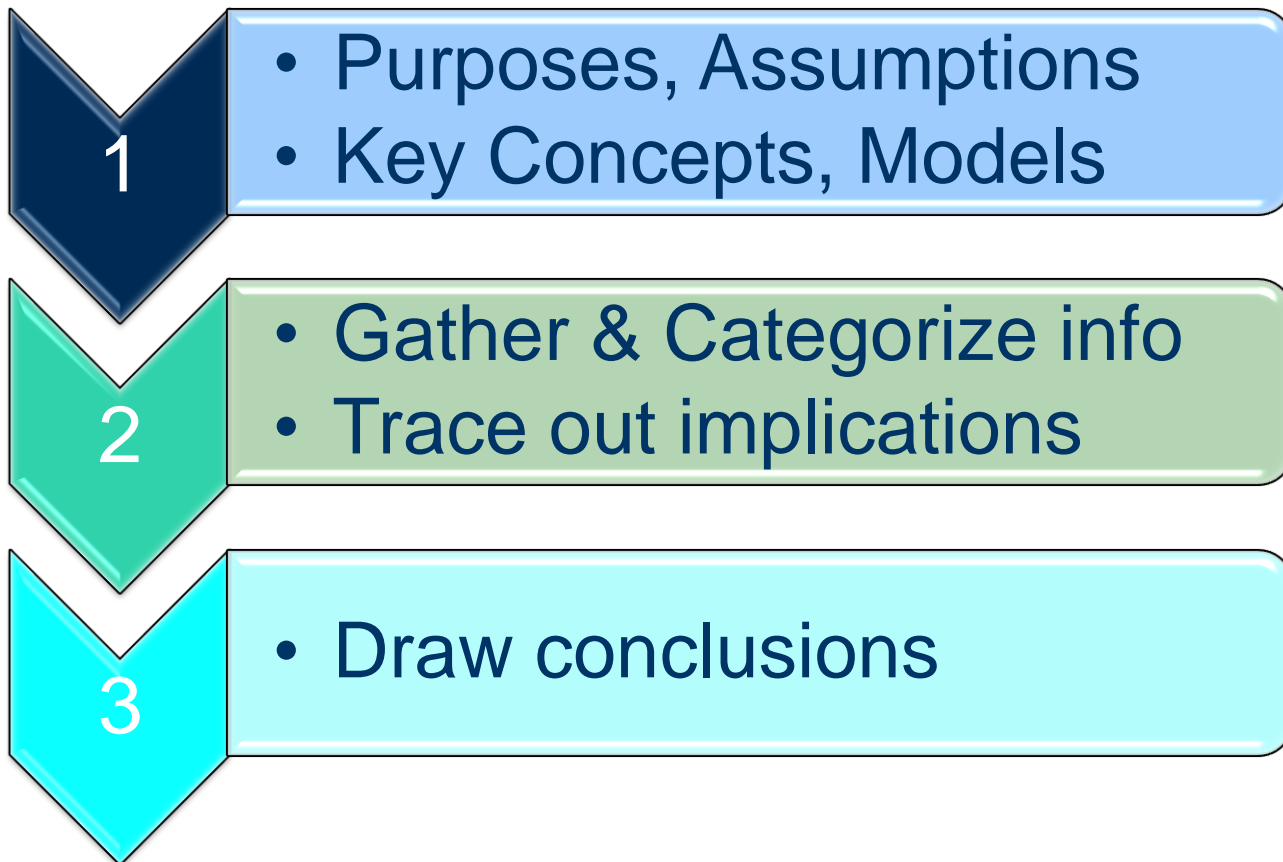
Lecture Overview

- Logic of the discipline
- Reading for Comprehension
- Critical Reading



Logic of the Discipline

A discipline embodies a distinctive range of problems and questions



Logic of the Discipline

Reasoning within a Discipline using 8 elements is called the logic of the Discipline

- Reading in the Discipline
- Writing in the Discipline
- Doing research
- Theories, Arguments, Strategies



Reading in the Discipline

- How to read effectively?
- Are there different approaches to reading dependent on a discipline?

Reading in the Discipline

Math, Physics:

- Memorize vocabulary
- Understand definitions in depth
- Identify and learn fundamental and powerful concepts
- Practice application of concepts and definitions in solving problems

Reading in the Discipline

Biology, Chemistry:

- Memorize vocabulary
- Identify and learn fundamental and powerful concepts
- Elaborate rehearsal: think about the meaning and make associations

Literature, History, Philosophy:

● Critical reading

- Reflective analysis on 8 elements
- Synthesis: identify the logic of writing, i.e. how different elements are brought together to reach the purpose
- Evaluation: apply the standards of critical thinking to writing

Critical Reading

Identify 8 elements

Purpose

Assumptions

Questions

Implications

Information

Concepts

Point of View

Conclusions

The slogan “Life Is a Drag and Then You Die” is a perfect expression of the core belief system of a victim. It also contains the key to why victimized thinking always leads to fatigue and low performance, and why victims are only victims of their own defeated thinking.

Let’s say that the first half of it is true. But if that is so, why is it so bad that “then you die”? That’s the contradiction. It would be just like saying “I hate to be a student, and what’s worse is that they might expel me.”

The human brain is a magical biocomputer. It sends us energy when we sent it something clearly inspiring. But it slows us up when we feed it something that is self-contradictory.

Critical Reading

Identify 8 elements

Purpose

Whatever it is, begin it. Just begin. Don't think about doing the whole thing. You don't have to do the whole thing.

Assumptions

Most people don't begin because they are thinking of the whole thing. But the very thought of the whole project soon becomes overwhelming, and they decide that they can't start this now.

Questions

Concepts

I have spent years and years pining away in cowardice for a shot of being a fiction writer. I always wanted that, but here I was sixty years having passed and still I had not begun. One day something told me, "Just begin." So I called my friend Sam Beckford and he and I started brainstorming the plot for a short business novel called *The Small Business Millionaire*. Of all the books I have written, it is my very favorite.

Information

Implications

Point of View

Our society encourages us to hang back and seek safety and comfort. And yet, only challenges rocks the soul. Every challenge we face is an opportunity to create a more skillful, powerful self. And how do we face a challenge? We begin.

Conclusions

Shift your mind. Steve Chandler.

Critical Reading

Identify 8 elements

Purpose

How many times did you simply not get to the airport on time to be on the flight you had a ticket for? For most people the answer would be, “Never. Not once did I miss my flight.”

Assumptions

I am the same. I don't miss flights either. It's because I always put the flight into a different part of my brain. I put it in that little circle called the *committed place*. Commitment is that place you access when the building is burning down and you *are going to find a way out*.

Questions

Concepts

Maybe you think you would like to lose a little bit of weight. You tell me, “I'm interested in losing weight. I've always been trying to lose a little weight.” I hear no commitment at all in that. So I say, “What if Donald Trump came here with cameras and said ‘*I'm going to give you 10mln dollars if you lose 20 pounds in four months.*’ Are you willing to take up that challenge? I bet you would say yes of course.

Information

“Do you think you will lose the weight?”

Implications

“Well, it's done. Yes. No chance I wouldn't do it.”

Point of View

Can you hear the commitment in that voice? Most people place only basic survival or social dignity commitments into that sacred place. But you can put anything there. And when you do, you can succeed at virtually any project you are engaged in.

Conclusions

Shift your mind. Steve Chandler.

Critical Reading

Identify 8 elements

Purpose

Malcom Gladwell's intriguing book, *Outliers*, talks about how many hours the Beatles played together before they became famous. Much more than other bands of their time. By the time they had their first burst of success in 1964, they had performed live an estimated 1,200 times, which is extraordinary. Most bands today don't perform 1,200 times in their entire careers.

Assumptions

Questions

Concepts

Consider taking possession of the most powerful secret weapon in the world. That secret weapon is called practice. Pick it up and you'll give yourself what feels like an unfair advantage over everyone else you know.

Information

Malcom Gladwell's book cites case after case where people who we thought simply had amazing talent, actually, like the Beatles, had *practiced* more than anyone else.

Implications

Point of View

It may turn out that one of my favorite sayings is truer than we realized: *Only the disciplined are free*. It's only when I am undisciplined that all my time gets wasted. And there's no freedom in that. Freedom arises from practicing my favorite discipline.

Conclusions

Critical Reading

Identify 8 elements

Purpose

Assumptions

Questions

Concepts

Information

Implications

Point of View

Conclusions

Every experience we've had in our lives has become a building block in our inner world, governing our reactions to everything and every person we encounter. When we "learn" something, the experience is physically stored within networks of brain cells called "neurons". These networks actually form our unconscious mind, determining how our brain interprets the world around us and governing how we feel from moment to moment. These memories include experiences that took place years ago, and our conscious mind is often unaware that they have any impact on us at all.

Through an understanding of how experiences lay the physical groundwork for our emotional and physical reactions, we can determine how our knee-jerk mental responses came about and what to do about them.

Getting Past Your Past. Francine Shapiro, PhD.