

CRITICAL THINKING SOLUTIONS > PROBLEMS

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. AFTER HEARING MIKE'S INITIAL PERSPECTIVE, THINK ABOUT HOW YOUR SOCIAL MEDIA FEED TYPICALLY LOOKS AND SOUNDS.

Would you say the content in your feed is mostly negative or mostly positive?
Now think about your own posts on social media – are they typically negative or positive? Why?

2. THROUGHOUT THIS EPISODE, MIKE SUGGESTS THAT MOST PEOPLE ARE EITHER PROBLEM-FOCUSED OR SOLUTION-FOCUSED.

Do you agree that most people fall into one group or the other? Why or why not?
If not, how would you describe those people who don't typically fit in either group?

3. ONE ACTIVITY MIKE SUGGESTS IN THIS EPISODE IS TO CREATE A TALLY SHEET OF ALL THE TIMES YOU COMPLAIN, GOSSIP, OR EXPRESS YOUR FRUSTRATION THROUGHOUT A DAY.

Take out a piece of notebook paper and try Mike's activity for the remainder of the school day.
What were your results? How do you feel about your results? How does your tally sheet compare with that of a classmate?
If you're not satisfied with your results, how can you become more positive or solution-focused?

4. MIKE BELIEVES, "IT TAKES VERY LITTLE TALENT AND IS NOT IMPRESSIVE TO ANYONE [IF YOU'RE] TALKING ABOUT WHAT'S BROKEN OR WHAT YOU DON'T LIKE. NOBODY'S LOOKING FOR THAT SKILL SET IN A PERSON."

Think about a job you can see yourself doing in the future. How is problem solving or coming up with solutions a part of that job? If you were to apply for that job, how would you demonstrate that you're an effective problem solver?

5. MIKE SAYS THAT COMPLAINERS, PESSIMISTS, AND THOSE WHO ARE PROBLEM-FOCUSED ARE NOT DESTINED FOR GREATNESS; HE WARNS THAT, ". . . [Y]OUR MENTALITY WILL LIMIT YOU WAY MORE THAN YOUR ABILITY."

What does he mean by this? Do you agree or disagree? If you're realizing that you complain a lot, how can you train yourself to complain less? How do you think a more positive mentality could benefit your skills and abilities?



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