

Title	Duration (minutes)	Author	Course Description
<ul style="list-style-type: none"> 3 Steps to Critical Thinking 	30	7 Dimensions	Critical thinking is in hot demand, but unfortunately in short supply. Some people are critical thinkers but most people tend to think uncritically. Eve Ash asks Peter Quarry to explain how critical thinking is learned and developed. Peter explains that recognizing and switching off emotions is the first step. This entails understanding how we feel and considering alternative responses. Also, it's important not to jump to conclusions. Focus on the facts and seek more evidence before responding.
<ul style="list-style-type: none"> 4 Ways to Develop Your Critical Thinking 	40	7 Dimensions	In this course, psychologists Peter Quarry and Eve Ash provide practical strategies to collect and use data effectively, minimize your own biases, constructively and respectfully assess information and opinions, and avoid being manipulated or falling into groupthink.
<ul style="list-style-type: none"> JOLT: Jump Out of Lazy Thinking 	15	7 Dimensions	JOLT: Jump Out of Lazy Thinking is a course to help people get motivated right now. We all feel lazy at times, sometimes unwilling to make an effort or to expend energy. It is a form of procrastination and it's generally the symptom and not the problem. When people get stuck in lazy thinking it may be because they feel overwhelmed and possibly stretched too thin – by time constraints, by expectations and by the pressure they put on themselves.
<ul style="list-style-type: none"> Solve Problems in 4 Steps 	15	7 Dimensions	Solve Problems in 4 Steps is a step by step, easily-remembered program providing learners with essential problem-solving skills. In this course, behavioral expert Peter Quarry shows you how to solve problems effectively. Solve Problems in 4 Steps is a course showing that no matter how complex a problem appears, breaking it into four steps very often presents you with a solution, or a huge step that's close to the solution!
<ul style="list-style-type: none"> 4 Ways to Boost Creativity 	30	7 Dimensions	The digital economy is opening up ways for everyone to be creative. It doesn't just mean being artistic – it's more about ideas, solutions, alternatives, incremental improvements. Peter Quarry and Eve Ash discuss ways that mental capacity can be developed, perspectives changed, group power leveraged and making things actually happen.
<ul style="list-style-type: none"> Be a Forward Thinker: Develop Strategic Foresight 	15	7 Dimensions	Being a forward thinker and developing strategic foresight is your key to thriving in both business and life. Forward thinkers break away from the natural tendency to play it safe or cling to past habits. They focus on the future, moving ahead with vision and conviction, while systematically assessing change and potential outcomes. Research shows that forward thinking is a learned skill. In this course, psychologist Peter Quarry explores how you can develop the ability to recognize trends, think critically, and envision likely scenarios.