

# Discuss "Great Mindset for Critical Thinking" with Agung Motivator Fatwa

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**HumasUPNVJ** - Saturday, October 24 2020, the third week of implementing the Stimulus, Learning, Ethics, Collaboration, Creativity Program (PROSPEKTIV 2020) with Agung Fatwa, an energetic and attractive motivator who is able to touch and inspire each participant to change their mindset. Apart from that, he is also a book author. with the theme of life inspiration, has produced 3 books entitled The Akhlak Revolution, The Symphony of Life Breaking The Habits.

This implementation, which is still being carried out online, Agung adopted the theme " *Critical Thinking* " which was given to all participants which included new students at UPN Veteran Jakarta, UPN Veteran East Java, UPN Veteran Yogyakarta, University of Palangkaraya and University of Nusa Cendana.

As the opening act the vice chancellor for student affairs and cooperation dr. Ria Maria Theresa, provided motivation for the participants to remain enthusiastic about participating in a useful debriefing with competent speakers to motivate new students to be equipped to undergo the lecture process to face the industrial world.



In an attractive manner, Agung Fatwa started the activity by doing simple body stretches to revive the participants' enthusiasm and increase their concentration.

*Great Mindset for Critical Thinking* , in this discussion Agung wants provision to make students able to

have an open and useful personality.

"I am the king of my thoughts" what Agung said which was directed to all participants to give them the strength of the mind to be able to change their mindset and always think positively.

"Happy people always have energy that makes people around them happy, starting from what we think."

Agung invites students to hone their mentality and competence together so they can have priorities and accept the reality of what they have. With this, you can understand and know your own strengths and weaknesses.

"Panic comes from outside but panic comes from within"

Agung said to stop complaining, blaming, now start feeling and listening to what we want.



"One year ago I didn't expect to be motivating so much with thousands of people online. Indeed, intelligence is the ability to adapt to changing situations. Prioritize being a person who can adapt in any environment"

Agung explained that the definition of critical thinking is the ability to think clearly and rationally. By thinking critically, you can unleash your inner potential, with your ability to solve the problems you face.

The need for critical thinking must be accompanied by traits, behaviors, words so that everything can be balanced and go well together. Building a GREAT Mindset in supporting critical thinking for students.

G for Goals or goals, if we have goals then we can know what we are targeting by not forgetting to enjoy the process.

The second R is for Realistic, the mindset to be proportional is not excessive nor lacking. This will be a trigger towards someone being able to think critically.

"Being realistic in this era of change will encourage transformation. This must be emphasized because even now there are people who act unrealistically, for example people who are still in crowds, who are still not responsive to current conditions."

Often if we don't think realistically in acting then we will fail to understand. Use communication skills by asking this will open up what yourself and others think.

Besides that, there is the E for Emphaty mindset to always have a sense of empathy for the surrounding situation so that with it the urge to think critically about something that is contradictory is built up. This is a psychological process for an individual to dissolve in the feelings of other people, both joy and sorrow, and as if they feel or experience what that person feels or experiences.

The third A for Enthusiasm is a mindset to always be enthusiastic and enthusiastic in any situation. with enthusiasm can produce speed in action, reliability in fulfilling promises, acting immediately, accurately and satisfactorily as well as fast response.

The last is T for Totalism, the mindset to always do something thoroughly and completely, not half measures because critical thinking will be present if a person has totality within.

A two-way activity where the participants could ask anything to the speakers, one of the questioners was Bima, a student at UPN Veterans Jakarta with the question being the main factor of happiness that affects productivity, is happiness a must?

Agung said that being sad and happy is a choice, if we are down, how can we get carried away with the sadness that exists. This is not easy and is not a must, but the feelings and decisions are up to you. This ability can be taken when we become kings of our minds, we have the choice to keep our happiness.

"The location of happiness is within us, we determine it, happiness does not lie outside within us. One of them with gratitude. We can cultivate gratitude to create a feeling of happiness within us," said Agung.

Agung hopes that the students will not only focus on one problem, because that will reduce our focus on the strengths we have.

At the end of the activity, Agung closed with relaxation together to stimulate the participants to create a sense of gratitude, a sense of making those we love happy and motivating ourselves to achieve what we want to make the people we love happy in our hearts.



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