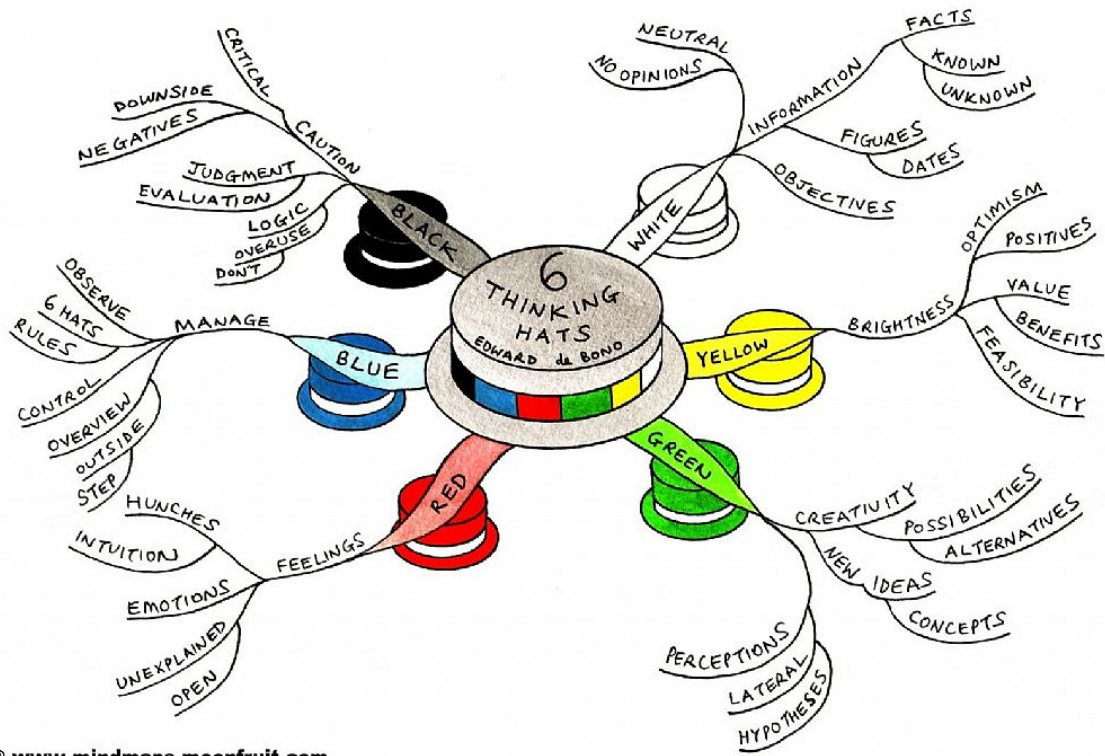


# Six Thinking Hats



Six Thinking Hats is a strategy devised by Edward de Bono which requires students (and teachers), to extend their way of thinking about a topic by wearing a range of different 'thinking' hats:

- White hat thinking focuses on the information available and needed.
- Black hat thinking examines the difficulties and problems associated with a topic.
- Yellow hat thinking focuses on benefits and values.
- Red hat thinking looks at a topic from the point of view of emotions, feelings and hunches.
- Green hat thinking requires imaginative, creative and lateral thinking about a topic.
- Blue hat thinking focuses on reflection, metacognition (thinking about the thinking that is required), and the need to manage the thinking process.

The colours help students to visualise six separate modes of thinking and to convey something of the meaning of that thinking, for example, red as pertaining to matters of the heart, white as neutral and objective.

Students learn to reflect on their thinking and to recognise that different thinking is required in different learning situations.

## References:

Six Thinking Hats, [http://en.wikipedia.org/wiki/Six\\_Thinking\\_Hats](http://en.wikipedia.org/wiki/Six_Thinking_Hats)

Six Thinking Hats, [http://www.mindtools.com/pages/article/newTED\\_07.htm](http://www.mindtools.com/pages/article/newTED_07.htm)

## 六頂思考帽(Six Thinking Hats)

六頂思考帽(Six Thinking Hats)代表六種思考型態及方向，是由愛德華·波諾(Edward de Bono)創用之思考訓練方法，期望藉由此一方法，提升思考能力、集中精神、減除自我防衛心理、拓廣思考技巧、進而增進對事務的瞭解。六種方面的思考帽子是簡單有力的工具來改變人們的思考方式。它建立一討論結構，6個思考方式來取代單一方向的思考，以宣傳創新及創造改變。帽子有六種顏色，每種顏色代表一種思維方式。

白帽 (中立、客觀，提出資料和事實)；Information that is needed (facts) (identify and formulate the problem)

紅帽 (生氣、情感，表達情緒，自由表達直覺、情緒、感覺)；Emotional, "gut" feel about idea (emotions) (analyze the problem)

黑帽 (陰暗、負面，批評、評判，解釋事務的原因)；What is wrong with this idea? (negative judgment) (evaluation/selection)

黃帽 (陽光、正向，表達樂觀，找出肯定方面及可能的好處)；What is good about this idea? (positive speculation) (several possible solutions)

綠帽 (植物、生長，創造及想出新方法)；Propose ideas, free thinking (creativity) (many solutions from other fields)

藍帽 (天空、冷靜，控制、組織、督導討論及考慮想法)；Meeting process, thinking process (control of thinking) (implementability)

六頂思考帽的原則: 主觀(紅帽)vs 客觀(白帽)；樂觀(黃)vs 悲觀否定(黑帽)；收斂(藍帽-)vs 發散(綠帽)

實施步驟:

進行思考的過程中，想像自己戴上不同顏色的帽子，每次都透過不同的觀點來審視問題

白帽：搜集證據、數字、訊息等事實與數字為焦點

紅帽：思考過程中的情感、感覺、印象、直覺、預感等心靈感受

黑帽：思考過程中反思事實與判斷是否與證據相符，考慮風險、困難、和潛在問題等負面因素，以探究「真不真實」、「適不適合」、「合不合法」等邏輯為探究焦點

黃帽：思考過程中的樂觀及建設性思考，研究利益所在，可取之處等問題，以找出「為何會成功」「利益及價值何在」為焦點

綠帽：思考過程中的探索、提案、建議、新觀念、以及可行性的多樣化這些問題，以尋求變通之道、創新突破為焦點

藍帽：思考過程的控制與組織，冷靜地管理思考程序及步驟、瞭解需求、總結與決策，以監控及指揮其他五頂帽子的應用為焦點