



Dr. J. Murray Adams • Developmental Optometrist • Associate Member of the COVD • WWW.COVD.ORG

Socratic Method

The philosopher, Socrates, nurtured his students through sensitive and directed questioning. He questioned his students in a way that would lead to self-discovery of the answers. This nurtured critical and independent thinking skills.

The ability to “self discover” through ones own thinking and experiences results in true knowledge and understanding. When one is given the opportunity to expand on their own knowledge and understanding, pride and confidence are developed.

The Socratic Method provides several benefits:

1. The individual will be lead to the answers through their own thinking.
2. Data or facts acquired are truly learned and more completely understood as a result of the individual’s own thinking process leading to the answers.
3. Strategies for thinking and problem solving are developed.
4. Self-esteem is increased because the individual realizes their own ability to think.

Method:

The teacher asks questions that lead one to the answers they are seeking. It is important that the questions are sequential, logical, and can be answered by the student. Answers are much more readily remembered because they discover the answer to their own question!

You are teaching a sequential method of thinking in which self-esteem is also being developed. The individual discovers that they are a successful thinker and problem-solver. One becomes less dependent and may need less assistance in completing tasks.

◆Please try to employ this technique at home when doing the home therapy.