

What makes a critical thinker?

Maria D'Angelo

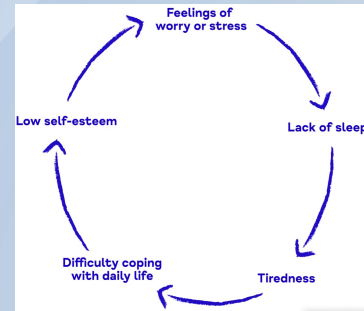
2203679

Module code: ECGE4005P

Introduction

According to the father of critical thinking Mr John Dewey (1910), critical thinking is another term for an educational goal. Critical thinking originates from the finding and the effort of solving a problem. This form of thinking is a cognitive thinking that is linked to using our minds.

"We can have facts without thinking but we cannot have thinking without facts."
- John Dewey (1916)



(Source: Mind charity, 2022)

C·R·E·A·M

C·R·E·A·M stands for:

- C - Creative**
Have the confidence to apply imagination to your learning and problem-solving.
- R - Reflective**
Be able to sit with your experience, analyse and evaluate your own performance, and draw lessons from it.
- E - Effective**
Organise your time, space, priorities, state of mind, resources, and use of technology to maximum benefit.
- A - Active**
Be personally engaged physically and mentally, in making sense of what you learn.
- M - Motivated**
Be clear about the outcomes you want to achieve, the steps you need to take to achieve these, and what you will do to build and maintain your engagement and enthusiasm.

Skill 1- Creativity.

According to the work of Stella Cottrell (2011), C in the C.R.E.A.M strategy stands for 'Creative'. This means that you are able to confidently apply imagination to, not only your problem solving techniques but also your learning. By being creative you will the ability to find new ways to research as apposed to simply scrolling through a website or opening a book, which in turn helps you generate new and unique ideas for your projects and assignments. Michael Boyles (2022) suggests that creativity increases your productivity and overcomes deflation in schools or work places.

(Source: 5th edition, The study skills hand-book, 2019)

Skill 2- Self-care.

The NHS's (2022) definition of self-help is ensuring you look after your physical health and also nurturing your emotional and mental well-being. Examples of this could be taking time for yourself. According to The Student Minds charity (n.d) eating a well-balanced diet and ensuring you get enough exercise can have a positive effect on your mental and physical health. They suggest that being mindful about spending time in nature and ensuring you get enough fresh air is important to improve your mental health. The charity Mind (2022) says that a lack of sleep may cause you to have the inability to make decisions and plans, and also have trouble concentrating. Their sleep diagram shows the cycle that lack of sleep can have on your mental health. It is also important that you balance life, study and work so that you can manage your stress levels and learn to take time for yourself and your family.

Skill 3- Open mindedness.

The Cambridge dictionary (n.d) describes open-mindedness as having the ability and willingness to consider the ideas and the opinions of others that are different to your own. William Hare (1979) suggests that open-mindedness is an attitude of our mind, he believes that an open-minded person has the ability to change their own views and opinions, based on newly found evidence. He once said he was grateful to a colleague for criticizing every part of his book as this helped him to be open to change. He suggests that you should be able to have your ideas challenged without becoming offended or defensive. Hare suggests that you can identify and open-minded person as they value the fact that some people may disagree with their concept or ideas.

Skill 4- Time management.

In the Cambridge dictionary (n.d) it says that time management is having the ability to utilize your available time productively and effectively. The open university (2021) suggests that time-management is an essential skill to become a successful learner, and there for ensuring you find the best strategies to suit you is vital. There are many ways you can manage your time. For example, when looking at the week ahead, you could timetable your to-do list staring with the most important. Cottrell (2019) suggests that there are 10 steps to follow for effective time management and the more effectively you spend your time. The more effectively you spend your time, the more effectively you are able to work.

Referencing list.

Boyles, M. (2022) “*The importance of creativity in the workplace*”. Available at: <https://online.hbs.edu/blog/post/importance-of-creativity-in-business> (Accessed: 22nd September 2022)

Cambridge dictionary (n.d) Available at: <https://dictionary.cambridge.org/dictionary/english/open-minded> (Accessed: 17th September 2022)

Cambridge dictionary (n.d) Available at: <https://dictionary.cambridge.org/dictionary/english/time-management> (Accessed: 17th September 2022)

Cenage learning (n.d) “*Qualities of a critical thinker*” Available at: https://college.cengage.com/masterstudent/shared/content/articles/qualities_critical_thinker.html (Accessed: 11th September 2022)

Cottrell, S. (2011), “*Critical thinking skills. Developing effective analysis and argument.*” 2nd Ed, Basingstoke: Palgrave Macmillan.

Cottrell, S. (2019) “*The study skills handbook*” 5th Ed, London: Bloomsbury publishing. Available at: <https://ebookcentral.proquest.com/lib/trinity/reader.action?docID=6234945> [Digital image] (Accessed: 12th September 2022)

Cottrell, S. (2019) “*The study skills handbook*” 5th Ed, London: Bloomsbury publishing

Cottrell,S. (2012) “*What is the C.R.E.A.M strategy for learning?*” Available at: <https://www.youtube.com/watch?v=HlIMfuAPhI8> (Accessed: 17th September 2022)

Dewey, J. (1910) Available at: <https://www.quotemaster.org/qcd222ecfdc2fea3fcb356d959f05ecf8> (Accessed: 11th September 2022)

Edward M. Glaser, (1942) “*An Experiment in the Development of Critical Thinking.*” Available at: <https://journals.sagepub.com/doi/abs/10.1177/016146814204300507> (Accessed: 11th September 2022)

Hitchcock, D. (2022) “*Critical Thinking, The Stanford Encyclopedia of Philosophy*” Available at: <https://plato.stanford.edu/archives/fall2020/entries/critical-thinking/>>. (Accessed: 11th September 2022)

LDC Development Programme (n.d) Available at: <https://www.liverpool.ac.uk/pgr-development/themes/creativity/> (Accessed: 16th September 2022)

Mind charity (2022) “*How does sleep relate to mental health*”, Available at: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/> [Digital image] (Accessed: 25th September 2022)

NHS England “*What does self-care mean to you?*” (2022) Available at: <https://nshcs.hee.nhs.uk/training-support/healthcare-science-self-care-handbook/what-does-self-care-mean-to-you/> (Accessed: 16th September 2022)

Riggs,W. (2010) “*Open-mindedness*”, Available at: <https://doi.org/10.1111/j.1467-9973.2009.01625.x> (Accessed: 12th September 2022)

Scriven,M, Paul,R. (2003) “*What is critical thinking*” Available at: <https://louisville.edu/ideastoaction/about/criticalthinking/whatt> (Accessed 12th September 2022)

Student minds charity (n.d) “*Looking after your mental health*” Available at: <https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html> (Accessed: 25th September 2002)

The open university (2021) “*Time management skills*” Available at: <https://help.open.ac.uk/time-management-skills> (Accessed: 22nd September 2022)

Hare, W. (1979) “*Open-mindedness and education*” Canada: McGill-Queen’s University Press.