

What is critical thinking?

Critical thinking is a way of determining if a statement can be true, false, or partly true or partly false. Providing evidence and statement's from a third party and resource links. According to Cottrell, (2017) critical thinking means putting surface appearances under close scrutiny in order to understand more fully why things are as they are. Critical thinking is when individuals question what they hear, finding information and reliable sources on the topic that has been in question and making a decision on it. According to Monash university (2020) critical thinking seeks to identify reliable information and make reliable judgments. It encompasses mindset and skills, both of which can be developed through understanding of key concepts.



Time management

Time management is a massive skill that plays a part in critical thinking. Prioritising tasks, monitoring your progress and setting goals. Time management comes into everyday planning, such as days out, work commitments, home commitments and family commitments. Time management is more than balancing your time its maximising it, you become more efficient and set more goals. According to Shah,(2016) Good time management is essential if you are to handle a heavy workload without excessive stress. Time management helps you to reduce long-term stress by giving you direction when you have too much work to do.

Reflection

Reflection learning allows individuals to develop critical thinking skills. According to Lindon, Trodd. (2016) A useful reflective approach is to consider how thinking skills can evolve over childhood and adolescence. Reflection benefits individuals in the sense of it encourages themselves to become aware of the skills they have developed. According to Webb (2018) Kolb's learning cycle proposes that the opportunity to reflect on our experiences is vital to the learning process. By encouraging learners to reflect on the activities they have participated in, they are no longer just focused on the how of their task or activity but also exploring why they are doing it.



Google search reflection

Goal setting.

According to Ferzallo (2017) Research and the practical experience of many educators, suggest that encouraging students to set their own goals can assist academic achievement and student engagement. Goal setting is important to not only education factors but also in personal life. Setting goals allows others to see what they can achieve with hard work and allows them to push themselves forward. In personal life many can set personal goals for their day, outlining what they need to do and when.

Creative thinking

Creative thinking is a skill individuals used to look at a topic or issue from a different preceptive and angel to determine a plan. According to Ho (No date) Creative thinking is our ability to look at ideas presented or a scenario, and find new alternatives that solve the problem. There are many skills individuals can use in creative thinking such as; Brain storming, the main goal of this is that it can be used in a small or large creative solution. Another skill that can be used is mind mapping. Mind mapping is ideas individuals can use that normally wouldn't be connected but can be combined together to reach a solution. According to Desailly (2012) individuals have the skills to learn effectively. They can plan, research and critically evaluate, using reasoned arguments to support conclusions.

Conclusion

To conclude this presentation, I believe time management, reflection, goal setting and creative thinking are all very important skills that combine into being a critical thinker, these skills are used academically but also in everyday life for every individual. Using these skills combined will help individuals make progress in their academic studies and also build confidence.

References

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