

What is critical thinking?

The university of Edinburgh (2021) suggests , "Being critical does not just mean finding fault. It means assessing evidence from a variety of sources and making reasoned conclusions". As a result of their analysis, you may decide that a particular piece of evidence is not robust, or that you disagree with the conclusion, but you should be able to state why you have come to this view and incorporate this into a bigger picture of the literature.

Being critical goes beyond describing what you have heard in lectures or what you have read. It involves synthesizing, analyzing and evaluating what you have learned to develop your own argument or position.

Critical thinking is important in all subjects and disciplines – in science and engineering, as well as the arts and humanities. The types of evidence used to develop arguments may be very different, but the processes and techniques are similar. Critical thinking is required for both undergraduate and postgraduate levels of study.

Time management techniques

Flanagan,H (2020) suggests that; There are many different techniques to manage your time, but research suggests that we should not get too focused on the technique itself.

Organizing and prioritizing is important. but we need to remain flexible, sensitive to our energy levels and needs, and consider time management as a choice rather than an imposition. Otherwise, these techniques may cause strain in themselves, which is counterproductive.

Awe is an emotion elicited by perceptions of vastness (either size or significance). At certain moments in your life, you may have had the feeling that time stood still. Maybe it was the first time you saw the Grand Canyon, a solar eclipse, or the moment you first held your baby. These experiences are often those of awe.

Engendering a sense of awe can lead to expanded time perceptions which, in turn, can lead to increased perceived life satisfaction.

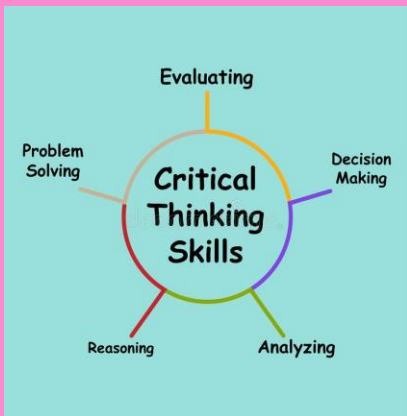
One way to feel like we have all the time in the world (even if we don't) is to actively look for things that inspire awe. It is easy to get caught up in the routines of everyday life and miss out on potentially wondrous experiences, some of which may be right under our noses. The mere fact of our existence, for one, can be enough to inspire awe.

Critical, analytical writing.

Cottrell (2017 , p. 147) suggests that critical writing draws together other aspects of critical thinking in order to present a forceful case to readers. This means that it must continue the process of selecting and forming judgements about their evidence. However, the writing must be produced with its eventual readers in mind.

Critical reflection

Cottrell (2017, p. 187) "suggests that It is easy that we are caught up in everyday routine such that we lose sight of the reasons for thinking , feeling , believing and acting as we do. Diverse aspects of our experiences and our emotional responses- and our interpretations of these- can become entangles in ways that may not be apparent to us. This can distort our perspective and block understanding, which isn't helpful to us in the long term".



References:

Cottrell, S. (2017) *Critical thinking skills effective analysis, argument and reflection*. 3rd edn. London: Red globe press.

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Dreamstime (2021) Personal image. [digital photograph]

Flanagan, H. (2020) *How time management techniques and a sense of awe can increase our well being*. Available at: <https://civilservicelocal.blog.gov.uk/2020/10/13/how-time-management-techniques-and-a-sense-of-awe-can-increase-our-well-being> . (Accessed 13/10/21)

The university of Edinburgh (2021). *Critical thinking - Advice and resources to help you develop your critical voice*. Available at: <https://www.ed.ac.uk/institute-academic-development/study-hub/learning-resources/critical>. (Accessed 12/10/21)