

1. Note taking

According to Blackburn (2022) "note taking is a precious life skill". Effective note taking will help you achieve your target. Note taking keeps your brain stay active, supports your memory, improves your comprehension and is a great resource when coming to write your assignments. (Day, 2018, p.81) points out " the best notes can be transformative, involving capturing aspects of the original material and shaping them into something of greater value". Note taking during lectures are vital as you will never miss a point, increases your attention, improves organisation skills, encourages active learning and condenses information.

2. Time management

Cottrell (2011) suggests the more time you put into the several pieces of reading materials, the logic of the subject, arrange and fine tune your piece of work the more likely you are to succeed in your studies. Having good time management skills will have a huge impact on you becoming a successful student. To have good time management skills there are lot of things you need to consider, you need to have a structure, discover what you need to do, illuminate what is most important, agree to a time schedule and stick at it, prioritise what needs to be down first, set a plan of action and most importantly manage distractions as best as possible. Time management is valuable to achieving my goals, as much as skills and knowledge is a big part of success time also plays an important part, being conscious of your time and having the potential to manage it will help you develop more qualities.

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What is critical thinking?

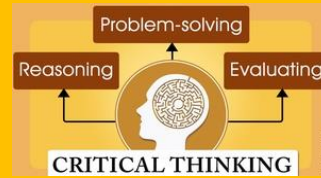


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Critical thinking is having the ability to think clearly and understand the reasoning relationship between ideas. It gives you a better understanding of your motivations and goals, being able to focus on the most important things and apply it to your personal life will impact your situation and promote personal growth and success.

4. Referencing

(Harvard reference guide, 2022,p.3) states "refencing is acknowledging your original source in your assignment and connecting your "citations to your reference list". Reference in writing is creating a reference list of the sources you have used in your academic writing to back up what you have read, written and included in your assignment. Referencing is a valuable tool for students during their academic studies.

There are many different ways of refencing and how to use it. Any piece of information you have used from any source such as books, journals, articles, discussions, websites and ted talks needs to be cited and referenced.

It is vital you reference every piece of your writing to ensure you are paraphrasing correctly and not claiming other authors work as your own. you need to cite every piece of material you have used such as books, graphs, data, journals, websites, theories, images and quotations. By doing so your academic writing will become more authentic.

Referencing strengthens the presentation of your work and proves your writing is well established and enlightened by relevant academic reading.

During my studies I will be using the Harvard refence style. There are 2 parts of referencing citing and creating a reference list. According to Day,T (2018, p.145) " citing is the use of a note in the text to reference the reader to the source of information". By creating a reference list it will help the reader to locate the original source.

My refence list will be in alphabetical order, back up any sources and any quotations I have included in my academic writing.



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3. Reflection is a powerful skill that supports your growth mindset and encourages you to see the importance of your learning journey, identify what went well and what may need changing.

Reflection gives you the opportunity to decide on solutions and strategies to improve your studies. According to David Kolb learning theory there are four stages of learning cycle.

"concrete experience, reflective observation, abstract conceptualisation and active experiment" (Kolb,2022) Kolb believes as we gain an understanding of something we go through an educational rotation to recognise what is required from the involvement and strive to approach a theory or model of what is discovered (Carlton, 2013) points out "reflection authorizes students to participate in critical and reflective thinking.

Conclusion

Critical thinking is a way of thinking of how you cross examine, inspect, explain , assess and make good sense of what you have read, researched and composed in your writing.

Critical thinking is a way of approaching a situation, being able to think carefully and deconstruct to help make the best decision.



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(Cottrell, S.2019, pg. 127-128)

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