

Introduction

According to (Cottrell, 2019) critical thinking is continuously looking further and deeper into things, instead of taking them as what they first may appear on the surface. Consequently, this helps people to gain a better understanding as to why things are a certain way. It is generally considered today that an educational priority is to create more critical thinkers and to provide them with an environment that will allow them to thrive. Notably this shows the importance of critical thinking in today's society according to (Haber, 2020). To begin with critical thinking allows us to look at problems from different perspectives. Through questioning things and challenging approaches, we develop our own understanding and personal knowledge. Within critical thinking (Eales-Reynolds, L.-J. et al., 2013) argue that there is major importance on having a challenging approach to others knowledge and perceived wisdom. Secondly the skill of critical thinking is useful to us in many aspects of our day to day lives. For instance, giving us a better understanding of the world around us. In addition to this, it can help us when making decisions and enable us to predict things with more accuracy. It is a well-known fact that being able to analyse, assess and reconstruct are skills that we gain and develop through thinking critical. In order to think critically an individual will direct their thoughts, be disciplined, monitor their thinking and be able to correct themselves.

Digital literacy

It is often said that with the rapid growth of the internet, and in today's digital age it is no surprise that digital literacy is of the upmost importance. The internet has given people the opportunity to share their knowledge, and it could be argued that it has provided us with easier access to information.

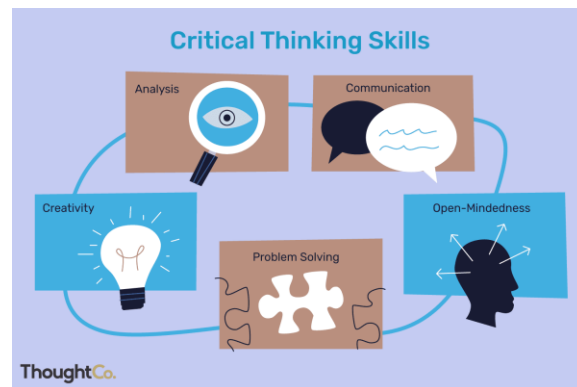
(Facione, 2015) claims that digital literacy is essential to critical thinking. The skills we use when searching, managing and organising information allow us to practice and develop skills that are essential for critical thinking. Additionally digital literacy gives us opportunities to use skills such as sourcing information and coming to conclusions as to whether the information we find is valid and reliable, through analysing the data and interpreting it. There is so much information available to us on the internet, we use our skills to manage and organise the information. Furthermore, it is important that we use the information in an ethical way in order to avoid plagiarism.

Time management

(Cottrell, 2019) suggests that two factors can contribute to someone's success as a student, these are; how much time is spent studying, and how well this time is used. Time management can help us to have more confidence and to feel more in control of things. In our very busy lives, it can be hard to juggle things such as social life, family life and education, but using our time more effectively can lead to having more time for other things such as personal interests etc.

To begin with we can manage our time more effectively by scheduling and planning. This is done by setting out what amount of time you are putting aside for certain things/tasks and what you are planning to get done within that time. Secondly effective time management involves being and working systematically. The use of a diary or planner can be useful for organisation and give us something visual that we can keep referring to.

It is often said that prioritising work is essential for time management. To put it simply it is impossible to do everything all at once, therefore decisions need to be made as to what needs to be done and when. Prioritising includes putting things in order of deadlines of what needs to be completed first, or the importance of the tasks. Furthermore, when focusing on a particular task it is important to organise our space and to remove any possible distractions (phone, t.v etc), in order to use our time for effectively.



(Doyle, Alison; 2021)

Collaborative learning

To begin with collaborative learning includes achieving a goal by working with other students as a team or students working with other individuals such as professionals, and everyone putting their intellectual efforts together.

Firstly, through collaborative learning we can develop and enhance skills that are useful in employment for instance interpersonal skills. Moreover, collaborative learning is a way for students to learn from each other through sharing knowledge.

Following this one of the benefits of this type of learning includes promoting diversity in regard to viewpoints. Additionally, individuals thinking is stretched, ideas can be more refined and group member can gain sources of support. In addition to this working with others can also lead us to gaining knowledge of our own strengths and being able to make the most of them.

Finally for collaborative learning to work effectively each individual needs good self-awareness and be able to take responsibility for things. Moreover, everyone must contribute to the success of the group.

Reflective learning

The first aspect to note is that reflection is intimately related to learning. Through reflection we can create deeper and better-quality meanings. Furthermore, reflective learning enables us to take what we learn into the cognitive structure of our brain through relating it to previous knowledge.

(Moon, 2013) points out that when we are reflective learning, we are looking back at past events, and then we reprocess and reorganise information in order to improve future performance. During reflective learning we reorganise perceptions, form new perceptions and then influence future thoughts and actions. This allows individuals to make meaning of past experiences and learn from them.

Reflective learning requires an individual to examine and explain themselves, and skills such as analysis, evaluation and creativity are also used. Moreover, this type of learning focuses on learning through seeing and experiencing things alongside subject knowledge. This brings experience and reflection together.

Reflection is something many of us use every day, for example reading the paper or watching the news. When we think reflectively, we inevitably are thinking about how we think ourselves and take changes to the way we think into consideration.

(Dwyer, 2017) says that as a component of critical thinking reflection allows us to recognise that our assumptions of our knowledge are essential when it comes to recognising and judging situations. Reflection and critical thinking are also connected through how successful everyone applies each critical thinking skill.

Conclusion

According to (Cottrell, 2017) one reason as to why critical thinking is so important is that it sharpens our minds. Mainly this is because it causes us to slow down and better assess our processes and actions.

In our professional and academic lives critical thinking is important when putting what we already know into practice, moreover we develop better analysis skills as to what sources are reliable and good. Additionally, we are better able to make connections between things which gives us better understanding.

In brief when looking at ourselves, we can better understand our own strengths whilst being more realistic and accurate. This is helpful when making decisions and looking at the things we need to focus on.

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