Student number: 2107834; Module code: ECGE4003P/C

Skills and qualities that influence the development of critical thinking

Critical Thinking

According to Cottrell (2005), critical thinking is a mental activity. Furthermore, to develop a critical and evaluative mindset, cognitive processes such as attention, categorisation, selection, and judgement are required. Cottrell (2005) suggests that when it comes to critical thinking, nobody is a complete novice. Daily tasks require using some of the fundamental abilities associated with critical thinking, such as determining the probability of something being true or participating in a conversation.

(Source: Medium, 2020)

Time Management

In agreement with Tracy (2014), the ability to manage time determines success or failure. Everything takes time, and the better it is used, the greater the achievements and rewards. Correspondingly, time management is essential for maximum health and personal effectiveness. Furthermore, a website called Week Plan (2021) sustains that self-discipline and a clear sense of purpose are essential in mastering time management without spending too many hours or energy. Additionally, it influences physical, social, and mental well-being. In accordance, Auld (2021) includes goal setting, prioritisation, organisation, and managing stress as the essential skills that help students to manage time effectively.

Similarly, Jackson (2009) suggests that the following are the critical steps for effective time management: establish reasonable objectives, get organised, rest, recharge, and avoid feeling guilty. At the same time, procrastination, multitasking, and perfectionism are significant time-management obstacles. Postponing activities (which are often unpleasant) increases anxiety, further delaying work. Jackson (2009) also mentioned that making a list of daily activities provides time organisation and prioritisation. It is critical to do this daily or weekly because priorities change over time. Overall, The University of Edinburgh (2020) claims two ways to prioritize: understand what it needs to do and when by using diaries, calendars, wall planners, week planners, organizers, timetables, versions in electronic format, or a mixture, altogether sort out what is essential and what is urgent.

Research

Cottrell (2019) claims that research is something that everyone practices regularly. Furthermore, for academic research, the researchers are expected to draw on sources other than personal opinions. In practice, this requires a range of critical skills, such as reading a greater volume of specialised literature, experimenting, and developing a unique collection of information using different methods.

In addition, indeed.com (2021) suggests that it may need various sources and methods to rich these skills, including interviews, books from the library, articles and magazines, and internet research. Utilizing more sources of information may help ensure the validity of the material.

Likewise, Ginhoven & Funk (2016) says that interpreting information is a significant challenge for researchers. Still, as a result of critical thinking, it will be possible to achieve the skills necessary to complete those difficult tasks while also increasing the professionalism and ability in creating and expressing clear opinions and concepts. Similarly, the University of Westminster (2021) advises that these abilities not only help people produce better research papers, but also educate them how to solve problems in real life.

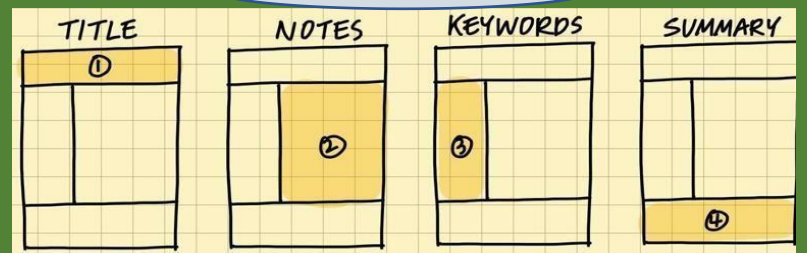
Note Taking

As Dronen (2021) said, the capacity to study well is critical for academic achievement. Not only that, but after a young adult enters the workforce, taking excellent notes will almost certainly continue to be beneficial. Furthermore, effective note-taking abilities may improve the capacity to absorb information and support in the collecting data of critical activities and deadlines. In the same way, when it comes to assignments, students often take notes for two purposes: to aid in their general comprehension of the subject and to record particular facts to support an argument. Moreover, the notes may take on a variety of formats, including bullet points, spider diagrams, or lists, depends on what works better for the student (University of Reading, 2016).

The Cornell Method is an example of taking notes. In other words, it is a method for taking, structuring, and evaluating notes. The method requires students to separate their paper into four sections. In view of this, it needs little preparation, making it perfect for taking notes in a lecture or during a meeting. (Sridharan, 2021)

Moreover, the University of Reading (2016) considers that excellent notes prevent accidental plagiarism, assist in focusing on the essential aspects of what is read or heard, understand and remember the material and make connections. It also provides a personal record of questions and ideas and a structure for assignments and research.

Cornell Method



(Source: Flexcil:2020)

In Conclusion, the development of transferable skills such as time management, research, and make notes help to create meaningful learning skills, lead to less stress, improve life and professional horizons. This range of skills, working together, “just like physical exercise” (The University of Sheffield, 2021), will help develop critical thinking in every situation.

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