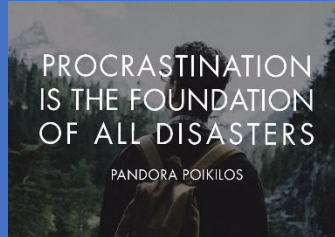


Carla Thompson 2316611

(Komleva, 2017)



(Altshuler M, 2017)



(Poikilos P, 2017)



(Penn W, 2017)

Managing time behind the eyes of a Student/Mum

6:15 wake up just for that chance of laying there for an extra 15 minutes before starting the day and the eyes wake of that little bundle of joy. Sometimes it is a battle I win, and then unfortunately it is a battle I do not win. With juggling work, family, uni, social life, learning to drive and the never-ending housework, who am I? Where is the time going? What do I do with my days?

When looking at all of the things in which I do on a day to day basis or week to week basis I have a tight schedule and was struggling to get it all done and it all done smoothly. Do you ask yourself the same question I do... Am I not good enough? Am I doing something wrong? Or say the same statement of 'they are better than me'. Well, I have learnt that according to Tony Robbins (2023) this is something called self-limiting beliefs. Robbins had said that they are "the stories we tell ourselves about who we are that hold us back from becoming who we are meant to be. These beliefs limit us from reaching our full potential". It is a mindset that sets us back from achieving our goals and allowing is to believe in ourselves.



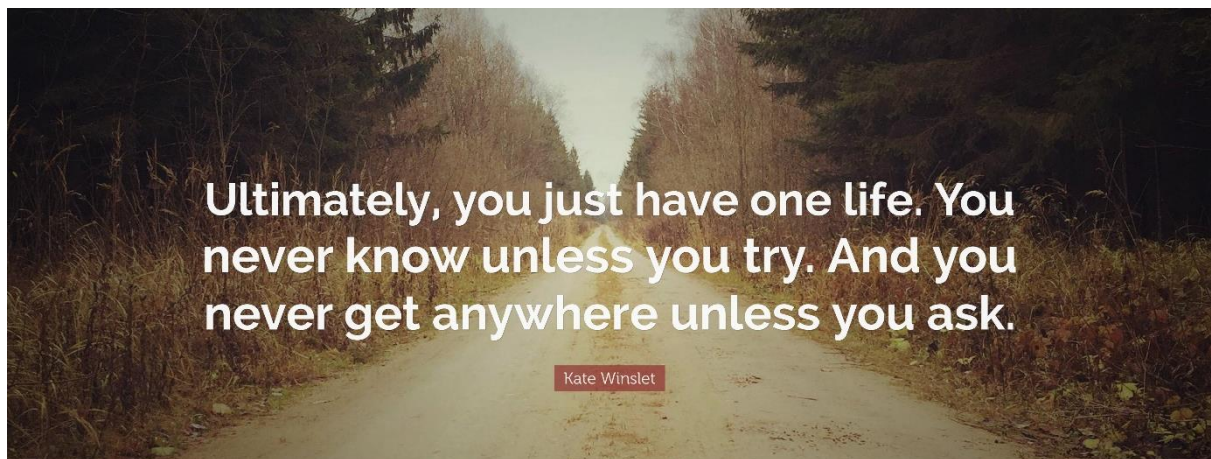
This is me on the daily, anyone else?

(EZYFIX Tapware, 2021)

I wanted this to stop, I wanted to have a more positive mindset and get myself more organised. When doing some research as to how I could become more positive about the way I look at certain aspects of things, I came across a lady called Carol Dweck who came up with the Growth and Fixed mindset. Dweck (2006) says that your mindset "strongly affect what we want and whether we succeed in getting it," continuing onto say that "changing people's beliefs- even the simplest beliefs- can have profound effects. Fixed mindsets believe their intelligence or personality cannot change. They are more likely to focus on performing well on familiar tasks, to shy away from challenge and to be less resilient in the face of failure. By contrast, those with a growth mindset believe their intelligence or personality is malleable. They see challenge as an avenue to improvement and are better prepared to learn."

I then decided to come up with a plan to try and find a way in which I can become a someone with a more growth mindset and manage my time. Time Management helped me solve this with all of the methods which you can manage your time and ensure you are getting the upmost advantage of your day. I found Jory Mackays' blog very informative and particularly liked the beating procrastination by telling yourself 'I will only do 5 minutes of work' and then in most cases it would go onto lasting longer than this, giving yourself that time to become motivated. Go check out Mackays blog, go on, it might be the best decision you have made all day.

Well, hay there is no harm in giving this weekly/ daily plan ago plan ago as it sure sounds like it will really help me. I feel by seeing what it is I have to do in the day and what time from I have to do it in will keep me motived and will make me keep on track. I think you should give it ago with me. Take a look at some of the people I have mentioned, get yourself educated on the methods of time management that might work for you and go for it. Have you ever heard the saying...



(Winslet, 2023)

Come on, give it a go with me 😊



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What is Critical Thinking?

"Critical thinking is the art of making clear, reasoned judgements based on interpreting, understanding, applying and synthesising evidence gathered from observation, reading and experimentation."

(Burns, Sinfield, 2016)



(Ullman, 2023)

How to become the best you can be at thinking critically:

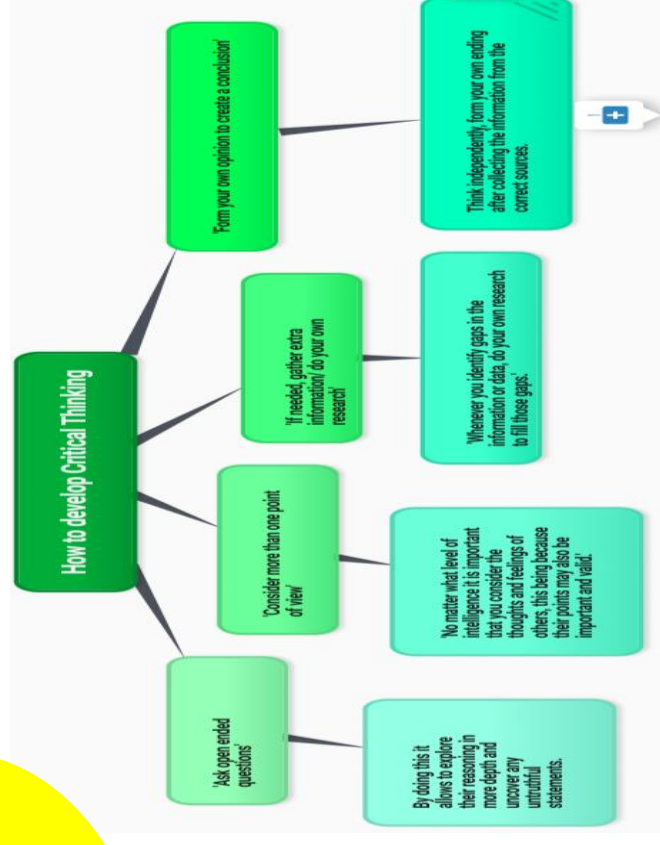
- "Be aware of Confirmation bias
- Embrace Nuance Complexity
- Practice Intellectual humility
- Check your sources
- Avoid Fallacies."

(BBC Ideas, 2021).

Key part to Critical Thinking

Evaluate the arguments to see if their good or bad, this meaning whether or not their arguments support their conclusion.

(Marr. 2022)



However

When both arguments are good and true, we need to follow a certain process.

(Extraordinary Brain Facts, 2020)



(TSCFM, 2023)



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