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1. Introduction

This report will discuss the importance of critical thinking in personal life and professional careers. According to Meyer (2023, p. 7), easy access to information facilitated by technology has become a prevalent aspect of contemporary life, aiding daily decision-making processes. However, while this accessibility may enhance our knowledge on various subjects, it causes laziness and decreases our critical thinking ability when processing the information we encounter.

Cottrell, S. (2019, p. 253) emphasizes that critical thinking is an indispensable skill for all individuals, as it enables us to understand how things function and understand the reasons why things work in various ways. This report will evaluate how critical thinking allows us to understand individuals surrounding us, predict situations that might happen in the future, and solve problems creatively (Karzunina et al., 2017). By improving our critical thinking abilities, we equip ourselves with the tools to navigate personal and professional pursuits effectively.

2. Summary of Critical Thinking

“Our brains have a tendency to look for shortcuts and easy answers, and are quite easy to fool unless we use systematic methods to analyse information, situations and even our own thought processes” (Cottrell, 2019, p. 253). As individuals, we possess diverse perspectives. Developing critical thinking skills enables us to broaden our knowledge across various fields. According to Cottrell (2019), cultivating a detective-like mindset is achievable. This entails identifying the line of reasoning when reading, being clear on positions clearly when writing, and constructing arguments supported by evidence to reach conclusions. Additionally, spoken communication involves checking for consistency in what is said and observing body language, speed, and tone of voice to discern the speaker’s integrity and credibility.

The researcher believes that people can only rely on the answer found or heard if they give valid evidence, and it is essential to be critical in various situations. Keep questioning and asking why, leading people to find the most accurate answers or even get more knowledge on the field where people keep looking for more answers. Cottrell (2019) points out that questioning everything helps to find the proper answer that people are looking for. “The sample must be large enough to be a fair representative of the population – if not, claims about proportions or rising or falling trends will be unreliable” (Cottrell, 2019).

3. Importance of Critical Thinking

The researcher believes that critical thinking skills can help achieve goals in personal life and professional career. Being objective and using analytical skills are vital aspects of critical thinking as they lead us to make health decisions with awareness (Meyer, 2023, pp. 137-140). An important aspect to consider is how to transfer knowledge effectively. Transferring knowledge effectively as a critical thinker in personal life and professional career involves a strategic approach emphasizing conveying information and fostering analytical skills and deep understanding.

3.1 *Future personal development*

The researcher believes that deficiency in critical thinking causes misunderstandings. By cultivating analytical and critical thinking skills, individuals can comprehend the words of others by examining them from various perspectives rather than solely relying on their viewpoints. Meyer (2023) explained that having the ability to understand others' points of view might improve our relations as our communication skills get better.

Moreover, critical thinking is an invaluable skill in personal finance. It can be applied to various activities and decisions. When you consider whether you are about to buy a need or a want, you use critical thinking in personal finance (Meyer, 2023, pp. 137-140). This skill can significantly impact financial decisions and help save money effectively.

Health decisions can positively affect our lives. Knowledge about a given topic can reduce decision-related stress. The critical thinking process empowers individuals to make informed decisions and gain knowledge. It leads people to solve problems and understand how to transfer knowledge to new scenarios (Meyer, 2023, pp. 137-140).

According to Haber (2020, p. 125), a key goal of critical thinking in education is enabling students to use knowledge and skills acquired in one subject and apply them to another or to adapt them to real-world situations beyond the school. Developing this ability facilitates interdisciplinary learning and equips people with the capacity to apply their knowledge in their personal lives and future professional careers rather than continually expanding the construct of critical thinking, an alternative approach could involve integrating critical thinking as a foundational component of broader skill sets.

3.2 *Future professional development*

Future professional development of critical thinking skills fosters creativity and enhances problem-solving abilities in various fields. According to research conducted by Halpern (2014), critical thinking plays a pivotal role in promoting creativity by encouraging individuals to explore different perspectives and possibilities (Halpern, 2014). This involves delving deeper into subjects, asking questions, and seeking knowledge to generate innovative solutions.

Moreover, critical thinking is instrumental in identifying and defining complex problems, enabling individuals to employ analytical reasoning and logical deduction to develop effective solutions (Paul and Elder, 2012). By refining their critical thinking skill, individuals can effectively analyse intricate issues, break them into manageable components, and devise creative strategies to address them.

Furthermore, the skill of inference involves drawing conclusions based on available evidence and patterns of thought rather than solely relying on direct evidence. Developing this enables individuals to make well-informed decisions and judgments by synthesizing information from diverse sources and evaluating its relevance and reliability (Hughes, 2004).

Additionally, critical thinking plays a crucial role in evaluating the credibility of information. By engaging in critical evaluation, individuals can assess the quality of information and make informed choices, contributing to effective decision-making processes (Facione and Gittens, 2016).

Finally, critical thinking enhances communication skills by facilitating the exchange of ideas, exploring various viewpoints, and considering additional evidence (Davies & Barnet, 2015). Recent studies have demonstrated that individuals who engage in critical thinking exercises develop the ability to express themselves effectively, articulate their ideas clearly, and interpret complex information accurately.

The future professional development of critical thinking skills is essential for promoting creativity, enhancing problem-solving abilities, and improving communication skills in diverse professional settings.

4. Conclusion

In conclusion, this report underscores the importance of critical thinking in personal development and professional development. With the advent of technology, as noted by Meyer (2023) and Cottrell (2019), the influx of information has made critical thinking more imperative than ever. By dissecting the essence of critical thinking and its practical applications in everyday life, it becomes apparent that this skill enriches our comprehension across diverse subjects and empowers us to tackle challenges with cleverness, predict future scenarios, and articulate ideas effectively. Furthermore, critical thinking serves as a fundamental pillar for both individual advancement and the success of organizations, facilitating the seamless transfer of knowledge across different domains and enabling individuals to excel in dynamic environments. Integrating critical thinking into broader skill sets fosters a culture of innovation and adaptability, which are essential for navigating the complexities of an ever-changing world. Therefore, cultivating critical thinking is necessary for personal development is crucial in driving societal progress, paving the way for a future characterized by endless possibilities and discoveries.

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