

Critical Thinking

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What is Critical Thinking?

Critical thinking is a very important skill to have as a student as it allows you to examine and evaluate a matter to form an understanding of the situation. It allows you to analyse outcomes, compare ideas and combine separate elements to form a whole. (Chatfield 2020) suggests that it is not about sounding intelligent or criticizing people it is simply not letting others think for you. Critical thinking identifies 6 important steps involving learning and thinking within education. As stated by Cottrell, (2019) to extend your chances of early success always set targets you know you can meet.

Time management

Time management is the skill of organising your tasks and objectives into your daily schedule. It gives you a guide to the amount of time you should be spending on each task and to see how productive you are being with your time. Time management is necessary as by controlling your time cuts out non-essential activities and can help you achieve more. It can also make your learning time more enjoyable and rewarding (jobs.ac.uk, 1998).

There are lots of different theories for time management one of them is called the ABC method which was developed by Alan Lakein it is a way to prioritise the tasks on your to do list. The ABC is a simple yet a successful way to improve your task and time management skills (Badgular, V 2022).



Source: sereneapp.com

Reflective learning

According to Cottrell, (2008) as a student in higher education you as a student are responsible for your own learning and progress. Reflective learning involves looking back at work and critically analysing doing this helps the student to identify their weakness in their learning as Baldwin (2000) suggests structured reflection is key to learning from experience.

The advantage of becoming a reflective learner is seeing the advantages of what you are putting into learning and what you are getting out of it. (Carroll, K and Gray, L. 2022)

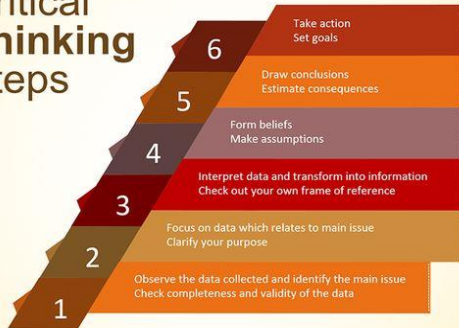
Goal setting

Setting goals can make you achieve where you want to go in life. It gives you a clear understanding of what you want to achieve and when you want to achieve it. As Cottrell (2019) points out to extend the possibility of early success set goals that will be achievable to you. Goal setting should be set within a time frame in mind which suits the individual. Goal setting helps you keep perspective and makes it easier to track your progress. (Academic positions 2019) Goal setting can assist in activating new behaviours and guides your focus to help sustain that momentum in life. (Riopel, L. 2019)

Conclusion

To draw my poster to a conclusion I believe that time management, goal setting and reflective learning are equally important and will develop further skills in becoming a critical thinker. I think that all these skills will help during students studying time and make them become a more effective learner. All these abilities will make you be able to recognise your own strengths and weaknesses and move forward with your progress.

Critical Thinking Steps



Source: Pinterest.com

24point

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