

What is critical thinking ?

Critical thinking is taking information and evidence, looking at it carefully to gain an understanding that allows for you to think logically and be rational. According to Wireless Philosophy (2014) critical thinking is ensuring we have separated our good reasons for our beliefs from the bad. Our good reasons make it more probable. From this we can understand that critical thinking is looking at our information and evidence to analyse and make sure it is not a variable quality. (Aveyard, Sharp and Wooliams, 2015, p.7) Meaning the information or evidence needs to be the truth and not based off of biased opinions.

Time Management

According to Levin (2007, p9) people who are skillful time managers are strategic thinkers. These people are able to make the best use out of their time and use it to the fullest. Individuals who are time managers are able to plan in advance, set themselves goals as they are aware of meeting deadlines. A practical tip for good time management is for individuals to know a time that is best for them where they know they can concentrate fully at the task at hand. They can do this by investing in diaries and planners to schedule their time practically and be realistic with the time they have spare. (Mcmillan and Weyers, p46) According to Cotrell.S (2019) there are 10 steps to follow in order to be a good time manager. Some of these steps include being systematic in your time management, planning, prioritising and managing distractions.

Critical Thinking

Note Taking

Taking notes is a key in an individuals learning. It allows for learnings to keep a record of information that has been discussed and keep record of the sources they gave used when doing research in order for them to reference. For some individuals taking notes allows for them to help with the writing process as it allows for them to plan ahead what information they are going to include. (Pritchard, 2008, p47)

Tony buzan is the creator of mindmaps. For some individuals mind maps are a great way of taking notes. Mind maps are a visual aid tool, they creatively draw out ideas from individuals by extending or adding new branches to the map. As opposed to conventional note taking which could be bullet points or chunks of information written down. This is know as linear note taking, where as mind mapping is non-linear.

(Source: <https://icons.com/illustrations/innovative>, 2019)



Reflection

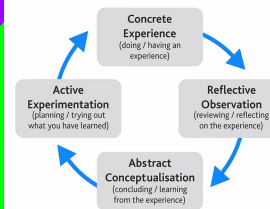
According to Joris, J et al (2016) reflection is an important study skill for learners to have. It allows for them to identify what areas they are excelling in and where they may be struggling and therefore need to further develop and improve in a particular area.

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Eales-Reynolds, L-J et al (2013, pg 70) state to develop critical thinking skills it is important to analyse your own work. Being able to analyse is a part of the reflection process. Reflection within written work involves students relating their own individual experiences and ideas.

Kolbs learning cycle consists of four stages. Stage 1: experiencing an event taken place. Stage 2: reflect. This includes analysing experiences and knowledge relating to the event. Stage 3: conceptualization is the stage where there may be discussions about the event, ideas form and draw conclusions. The finale stage is stage 4: plan. In this stage the draw conclusions can be put into a plan on how individuals can change and adapt.

The Experiential Learning Cycle



(Source: <https://www.skillshub.com/what-are-kolbs-learning-styles/>, 2017)

Conclusion

To conclude this presentation to be a critical thinker there are many different aspects that are incorporated, each important to becoming a critical thinker. They allow for us to develop our skills to look at things with a deeper perspective by analysing and reflecting. We can become more efficient and strategic.

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