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Critical Thinking in Education

What is Critical Thinking

Questioning, analysing, evaluating and making judgment about what you read, say or write are the way a critical thinker thinks. Being able to make reliable judgments based on reliable information makes a good critical thinker (Skillseyouneed, 2011). Not all of us think critically all of the time but one of the most important aspects of critical thinking is to decide what you are aiming to achieve and then make a decision based on analysing and evaluating the range of possibilities. (Skillseyouneed, 2011)

Reflective Learning

Students' ability to take a break from the lesson and think about what they learned is crucial to their learning. Through the internal process of analysing strengths and identifying potential areas for improvement, reflective learning aims to help the development of critical-thinking abilities (London Business School, 2022) If you're studying for a test, for instance, you can practise reflective learning by assessing your understanding of each of the topics you're covering and determining which ones you need to spend more time on. (shatz, 2022) Reflective learning has been shown to be beneficial, as seen by the writings of Dewey (1938) and Schon (1983), where the act of reflecting challenges preconceptions and clarifies matters. (London Business School, 2022)

Goal Setting

A powerful motivator is a great way to describe the meaning of goal setting. Goal setting is the process by which we achieve these goals. According to Locke (2019) "every person's life depends on the process of choosing goals to pursue; if you remain passive you are not going to thrive as a human being". (Robbins, 2017) Goal setting is a navigation of where you want to go and what you want to achieve in life. Effective goal setting lets you measure progress, overcome your procrastination and helps visualize your end goal. (Houston, 2019) Think '**SMART**', **Specific**- what exactly do I want to achieve? **Measurable**- how will I know when I'm reaching my goal? **Actionable**- What actions will I take to achieve my goal? **Realistic**- Why is my goal important? **Timely**- When will I reach my goal (Osuba, 2018)

Time Management tips



(Khatobook, 2022)

Carrying out research

- Radio
- Books
- Journals
- Television
- People; for example lecturers
- Newspapers
- Articles
- Question Air
- Surveys
- Websites

Above is a list of resources that can be used to carry out research.

What is research?

Research is an inquiry process that includes data gathering, documentation of important information, analysis, and interpretation of that data and information in accordance with appropriate procedures established by particular academic and professional people.

(universalteacher.com, 2022)

Curiosity is one of the main reasons we as people and students research. To be able to explore new topics, discover new information and for students to be able to gather new information to explore the topic we are learning about.

(universalteacher.com, 2022)

Time Managment

Prioritizing the most important tasks and accomplishing them in less time whilst still maintaining high quality work is an effective time management strategy. Students that have good time management abilities can prioritise their responsibilities and finish their assignments on time. Planning ahead helps students make better use of their time by allocating the necessary amount of time for projects and assignments. (GradePower Learning Centers, 2019) (Juneja, 2019) Creating a to-do list is always so helpful as it gives a clear understanding of what needs to be done where and when. Minimizing any distractions but to also acknowledge how you work best, what strategies help you to keep focused on the task (Juneja, 2019). To be able to acknowledge and understand why you procrastinate is an important strategy to use. By understanding how you procrastinate gives you a good starting line of what not to do for example having your phone near. Remove any distractions from your work space to be able to work effectively.

To Conclude

After researching and learning about critical thinking and the many different methods used to manage time, set goals, planning and researching will now strengthen my ability as a student to be able to complete tasks effectively and also as a person in after my studies. One thing I was surprised to discover was the many different resources where information can be found and also my personal eagerness and excitement of discovering and analysing new information.

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