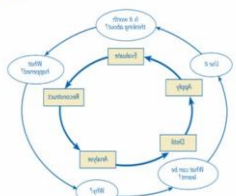


Critical reflection

To reflect on your own practice you need the ability to think back over your own experiences and be willing to be critical about them and ourselves. You need to be able to analyse your own actions, learning from them and make the necessary changes for the future. (Cottrell,201,p.187)

States using insights to affect changes gives you a new understanding to do things differently. This will therefore not just benefit the person reflecting but others around them. According to (Cottrell,2011,p.223) The core model of reflection consists of five stages. These encourage you to think about what has happened, analyse why it has happened, asking can anything be learnt from it, before using this information to move forward.

Cottrell,S. (2011) *Critical thinking skills Developing effective analysis and argument.* Hampshire: Palgrave, p.223, illus



Critical Thinking Hayley Sims (210963) ECGE4003

Introduction

Critical thinking is a process where you actively question, the information you are reading or hearing. According to (Cohen,2015, p.13) It is being able to have the skills to analyse, evaluate the information with confidence and without judgement. Critical thinking allows you to justify the argument and pulling all the pieces apart before putting them back together again. Analysing all information and evidence.

Academic writing

Academic writing is a clear concise formal style of writing which includes an introduction, discussion/argument then a conclusion. It is also evidence to support what is written and referenced correctly. It develops good skills in reading comprehension and grammar.

(Day, 2013, p.5) states that 'This based on political debates during ancient times in Greece and Rome. You tell the audience what you are going to talk about, talk about it and then tell them what you have talked about.' This has obviously been successful as its still being used many years later. According to Planning tank, (2020) developing your academic skills helps communication, improves critical thinking, knowledge and language skills. This then giving you a better understanding on what you have researched. Academic writing could be a better option for those who may struggle to talk in front of people and more confident in writing.

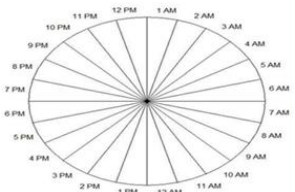
Time management

Theory suggests good time management skills allows you to use your time more effectively. It can enable us to have a healthy balance of work, study, home and leisure time. (Cottrell,2019,p.6) suggests that it can reduce stress or pressure. Planning ahead can be the difference between success or failure. It can also be a vital skill to possess in all aspects of life.

The positive effects of good time management allows us to get more done in our busy lives, less mistakes and achieve better. This therefore leaves us feeling in control, more successful, and happier.

Not planning your time correctly can cause major difficulties such as stress, lack of sleep/rest, missing deadlines and rushing which would have an effect on well being, eating habits and punctuality. One great way of managing time is using a time circle as shown below

Cottrell, S. (2008) *The study skills handbook,* London : Palgrave, p76, illus



Conclusion

All of this information points to the conclusion that everyone has the ability to be a great critical thinker. All skills needed can be improved with experience over time if a conscientious effort is made. Each individual skill is transferable for many life situations and so therefore good to have.

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