

SEN-SRN Conversion Course
March 2003

Study Skills Module

Critical Thinking & Remembering



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Lecture Overview

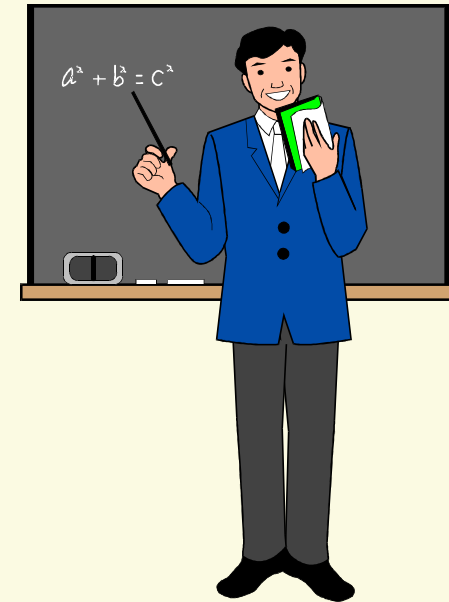
Critical Thinking:

- Definition
- The Process: Questions to answer
- Why writing every thought?

Remembering:

- Recognising
- Recalling
- Techniques for Concentration and Remembering
- Memory Improvement tools

Conclusion



What is Critical Thinking?

Definition: Critical thinking is the process of examining underlying assumptions about current evidence and interpreting and evaluating arguments for the purpose of reaching a conclusion from a new perspective.

Therefore:

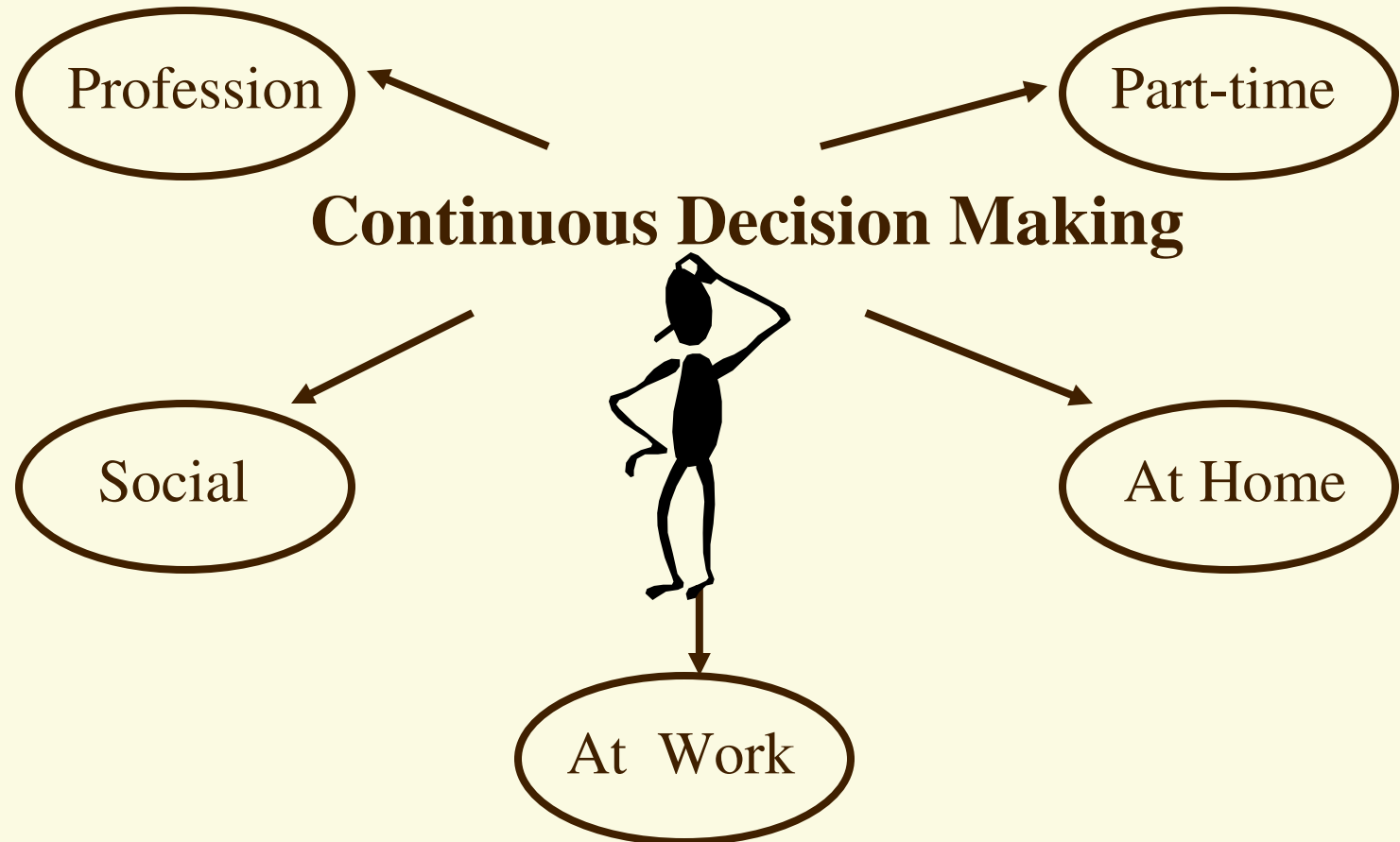
Critical Thinking Outcome = Conclusion

Process includes: Creativity

Problem solving

Decision-making

Every day life....



Questions to answer.....

1. What are the underlying assumptions?

- Are the perceptions grounded in reality?


2. How is evidence interpreted?

- Is evidence clear and are facts substantiated?
- Is information emotional or biased?
- Are there errors in reasoning?

3. How are arguments evaluated?

- Is there objective evidence supporting the arguments?
- Have all value preferences been determined?
- Is there a good chance that arguments are accepted?
- Are there enough persons to support it?

Don't just think: Write

 **Write down every thought**

 **Re-organise the material into categories or grouping**


 **Anything not fitting the topic - remove it**


Why write??



- 📄 You do not forget what you thought
- 📄 Can retrace the steps you took to get an idea
(can re-use process to solve future problems)
- 📄 Collection of raw material with which to work
- 📄 Writing down ideas will encourage you to think more
- 📄 **The above help you to get started. If you get stuck, do not hesitate to seek help**

Remembering.... Principles

 **Recognising:** Focus is on material not on your response (as in multiple choice)

 **Recalling:** What you are able to do in response to the item

 ***You must learn something before remembering it!***

- May need to rephrase or reword ideas and concepts
- Discuss what learned with colleagues or study group

 ***Recognition and recalling improves with practice***

 ***Accuracy + Speed = Fluency***

- With fluency comes retention, endurance, and ability to apply concepts, understanding and confidence

Techniques for Concentration and Remembering

- 📄 Enhance the ability to concentrate on the material you are reading
- 📄 Intense concentration means more time
- 📄 Avoid passivity but keep concentration
- 📄 Keep focus in one direction with no distractions



Ways to improve Concentration and Remembering

Improve your attitude

- Maintain a positive attitude to less interesting subjects
- Avoid negative influences and people

Attend to the task

- Concentrate, avoid distractions, keep ‘distraction list’
- Break periodically for 10 minutes - do something physical


Establish a purpose


- Will establish a reason for thinking
- Write questions you need to answer in the text you read

Eliminate emotional stress

- Rid yourself of impulsive and avoidance behaviour due to stress
- If symptoms of emotional upheaval, do non-mind taxing activity

Memory Improvement Tools

 **Visualise:** Organise information into vivid, clear, mental picture e.g. to remember necessary elements of a novel, visualise picture with style of the period, doing something representative of a character etc.

 **Acronyms:** Form a word from the first letter of each word in the series e.g. SMART for Objectives:

Specific, Measurable, Attainable, Related, Time bound

Conclusion

- 📄 *Ensure regular review of material learnt*
- 📄 *Use regularly the information learnt*
- 📄 *Avoid single marathon study session*
- 📄 *Plan frequent study sessions*
- 📄 *Always include previous learned information as well as new information*

