

## What is critical thinking? – Transcript

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- Do you sometimes take things at face value?
- What makes you look deeper into a subject?
- What makes you believe in the information that is presented to you?

Critical thinking can be thought of as a process of deliberation, which includes a wide range of skills and attitudes, in the analysis, evaluation and presentation of information.

Although some people are more naturally sceptical than others, thinking critically is a conscious and methodical act.

It enables you to use doubt constructively to evaluate information and reflect on issues in a reasoned way.

To think critically means:

- Being aware of the reasons that underpin what you believe and do
- Being able to challenge and adapt your own beliefs against new information
- Being able to present the reasons for your beliefs against the views of others

Critical thinking is not necessarily negative or the same as criticism. The aim is to form objective judgements.

As you develop your critical thinking skills, you move towards greater engagement and scrutiny of the information available to you, which will enable you to interpret material more accurately.