

GUIDELINES FOR SELF-REFLECTION AND CRITICAL THINKING

“Beware of inert ideas-ideas that are merely received into the mind without being utilized, or tested, or thrown into fresh combinations” Alfred North Whitehead (1929)

Self-Reflective Statement: A self-reflective statement is a statement about something you have thought about or experienced. It is not documenting an activity or repeating something you have read or heard. It is the process of examining the impact of your personal values, beliefs, styles of communication, and experiences. A self-reflective statement is a method to document your personal responses to experiences, activities, etc. and enables self-awareness, personal, and professional growth. It can help to make meaning of complex situations and enable learning from experience.

Examples:

- What did I learn? What will I change? What do I need to know more about?
- What have I learned about myself? (My abilities, strength/weaknesses)
- Were my values challenged or changed in any way as a result of this article/activity/experience?
- What have I learned about ethics and social responsibility from this article/activity/experience?
- What have been the experiences and events that created my most important learning opportunities?
- How is this article/activity/experience relevant (or not relevant) to my discipline.
- I have increased my knowledge of _____ from reading this article in this way _____.
- Does this article challenge me in any way? In what way?

Critical Thinking: Critical thinking is the ability to identify an issue, dilemma, or problem; frame it as a specific question; explore and evaluate information relevant to the question; and integrate the information into development of a resolution. Critical thinking is evidence-based practice --- the conscientious, explicit, and judicious use of current best evidence about practice, the creation of policy, and the conduct of research.

Examples:

- What is the purpose of this study? What are the main findings? What is your interpretation of the data? What is the author’s interpretation of the data? Do they differ, and if so, is one interpretation more reasonable than the other?
- List at least one way that you could apply the findings of this study to your practice and describe how would you determine if it was evidence-based?
- The author’s main point is _____. The evidence provided to support the author’s view is _____. What additional evidence is needed?