



Social Media Use and Critical Thinking

Summary of Galindo-Domínguez et al (2025)

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Academic Insights

This research studied how university students' social media use relates to critical thinking and found that the strongest predictor was not social media itself, but students' competence in learning to learn. Social media functions linked to information use, content creation, and problem solving were associated with stronger learning-to-learn skills and higher critical thinking, yet these effects were limited on their own. For students with lower self-regulation, interaction with friends, family, teachers, or peers through social media supported critical thinking more. For students with stronger learning-to-learn competence, using social media to solve academic problems was more beneficial. The big takeaway is that tools matter less than how thoughtfully students use them.

Apply This Now

Use social media for guided academic tasks rather than assuming casual use builds critical thinking.

Add This in Your Lesson

Create activities where students verify information, discuss ideas, and solve study problems online.

Avoid This Mistake

Do not expect digital platforms alone to improve thinking without self-regulation and clear learning goals.

Keywords

social media, critical thinking, learning to learn, self-regulation, higher education

Reference

Galindo-Domínguez, H., Bezanilla, M. J., & Campo, L. (2025). Relationship between social media use and critical thinking in university students. *Education and Information Technologies*, 30, 6641–6665. <https://doi.org/10.1007/s10639-024-12953-z>

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