



Learning Critical Thinking

Summary of Indrašienė et al. (2023)

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Academic Insights

This qualitative study explored how students reflect on their experiences of learning critical thinking in higher education. The findings show that critical reflection is not just about understanding ideas, but about connecting personal experience, theoretical knowledge, practice, and interaction with others. Students emphasized reflection on themselves as thinkers, on their relationships with others, and on how teachers model the practical use of theory. The article argues that critical reflection helps move learning beyond technique into deeper awareness, meaning, and change. The main insight is that critical thinking becomes more powerful when students are encouraged to examine their own assumptions and connect learning with lived experience.

Apply This Now

Build in moments where students reflect on how their thinking changed during learning.

Add This in Your Lesson

Ask learners to connect a concept with personal experience and explain how it reshaped their view.

Avoid This Mistake

Do not reduce reflection to summary writing; it should involve questioning beliefs and assumptions.

Keywords

critical reflection, critical thinking, higher education, self-awareness, reflective learning

Reference

Indrašienė, V., Jegelevičienė, V., Merfeldaitė, O., Penkauskienė, D., Pivorienė, J., Railienė, A., & Sadauskas, J. (2023). Critical reflection in students' critical thinking teaching and learning experiences. *Sustainability*, 15, 13500. <https://doi.org/10.3390/su151813500>

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