

# Research on Critical Thinking and its Cultivation Strategies in Teaching

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**Abstract:** Critical thinking refers to the individual judgment of the authenticity, process, theory, method, background, evidence and evaluation of the learned knowledge through active thinking, so as to make reasonable decisions about what to do and what to believe. Critical thinking is the most basic of evaluation, exploration and development activities. It is the general and indirect reflection of human brain on the essential attributes and laws of objective things to cultivate students' scientific spirit, exploration ability and problem-solving thinking, and belongs to human cognition activities. Critical thinking includes the process of insight, analysis and evaluation in the thinking process. Critical thinking is an important part of one's scientific quality. It includes processes of thought, which may be visible or invisible, in order to arrive at a positive judgment, and to reconcile scientific grounds with common sense. The basic elements of critical thinking are assertion, thesis and argument.

**Keywords:** Critical thinking; Thinking skills; Teaching research strategies

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## Introduction:

Critical thinking is a kind of thinking ability mainly characterized by questioning, exploring, analyzing and solving problems, and it is also the basic quality necessary for innovative talents. Cultivating critical thinking is of great significance for promoting students' all-round development and improving teachers' professional ability. To cultivate students' critical thinking in teaching, we need to adopt some strategies: creating teaching situation, carrying out project-based learning, constructing reasonable evaluation system and strengthening teachers' critical thinking training.

## 1. Critical thinking

### 1.1 The basic concept of critical thinking concept

People's Daily logical thinking ability is actually a kind of logical thinking ability that is relatively independent of various specialized knowledge, including logical specialized knowledge, that is, critical thinking ability. When we think critically, we identify problems, examine facts, analyze hypotheses, consider other factors, and ultimately determine reasons for or against an idea. Think critically. You have to enter a state of mind that includes objectivity, prudence, a willingness to challenge the views of others, and a willingness to put your deeply held beliefs under close scrutiny. The goal of critical thinking theory is to find effective ways to train this ability, reveal the differences in this ability, and select high-quality subjects in this area.

### 1.2 The basic characteristics of the critical thinking concept

Critical thinking is purposeful, self-calibrated judgment. This judgment leads to interpretation, analysis, evaluation, inference, and a description of the evidence, concepts, methods, criteria, or context on which the judgment is based. Critical thinking not only reflects the level of thinking skills, but also highlights the modern humanistic spirit. It is an indispensable tool of inquiry, a liberating force of education, and a powerful resource for people's private and public lives. Critical thinking is the foundation of individual autonomy. An autonomous person is self-managing or self-directed. Autonomy makes a person less dependent on and therefore less subject to the dictates, directions, and influences of others. There is also a misconception that critical thinking does not include or encourage creativity. Creativity, on the other hand, often involves a lot of rule-following. An original insight requires knowing exactly how to interpret and apply rules in a given situation. Intelligence is the balance of analytical, creative, and practical information processing.

## **2. The cultivation of critical thinking**

Critical thinking is very important in modern society. Critical thinking is comprehensively discussed to help us fully understand and grasp the basic principles, rules, requirements, skills and training methods of reasonable and correct thinking. As we all know, in the information society, information is the primary resource, however, with the continuous growth of information, we are faced with an information ocean. This information may not be very meaningful or valuable to all of us, and our time is limited. In the face of incoming information, alternative solutions to problems, and different opinions of others, we must make appropriate evaluations. It is no wonder that critical thinking is listed as one of the five skills that citizens of the future society must have, so it is extremely important to cultivate students' critical thinking in primary and secondary schools.

## **3. The cultivation of critical thinking**

Critical thinking is not born, it needs to be cultivated and practiced. From the perspective of learning content, critical thinking training mainly includes: language expression ability, thinking ability, cognitive ability; From the perspective of learning style, critical thinking mainly includes: problem solving learning, collaborative learning and so on. Therefore, teachers should adopt appropriate ways and methods to cultivate critical thinking according to the teaching content. Teaching is an important way to cultivate students' critical thinking. In the teaching process, teachers can stimulate students' desire to explore problems by creating a good situation, carrying out project-based learning and constructing a reasonable evaluation system, so as to find, analyze and solve problems in their thinking, and then form critical thinking.

### **3.1 Encourage students to break the rules and be unconventional.**

Many great inventions have been made because they dared to break the rules and not follow the rules. Advocate students to question, develop the ability to ask questions. Not blindly follow, not superstitious, independent, not stubborn, is a person's good confidence. Primary and secondary school students should be encouraged to be suspicious, dare to deny predecessors, not blindly superstitious books, and dare to question. The courage to ask questions is a valuable spirit of exploration and knowledge, and it is also the bud of creation. We should not simply accept and believe in the existing theories and authoritative and popular explanations, but hold a critical and skeptical attitude, and only by questioning and seeking differences can we find a new path, break through traditional concepts and boldly create new theories. Advocate equal teacher-student relations. In the teaching process, it is necessary to emphasize the equal exchange of views between teachers and students and between students, and encourage students to raise questions and solve problems. While giving play to the leading role of teachers in the teaching process, they respect students' subjective consciousness, encourage students to raise questions and explore problems, support students' critical thinking and differentiated thinking, and provide a good space for students' individual development. Actively develop students' right brain.

### **3.2 Change the traditional education concept**

The traditional educational concept is not conducive to the cultivation of critical thinking of primary and secondary school students. Traditional education is a kind of possessive education, which is characterized by the view of teacher's subjectivity. As the master of educational activities, teachers are the possessor and imparts knowledge, and they believe that the knowledge in textbooks is correct. This kind of concept eventually represses the development of students' personality, and makes them become one-way people who blindly obey, lack critical spirit and creative spirit. Therefore, in order to cultivate the critical thinking of primary and secondary school students, the first thing should be the transformation of the educational concept of educators, especially educational leaders. Only when they realize the drawbacks of traditional educational concepts, realize that a new educational concept should be established, and formulate corresponding policies, actively promote, and pay close attention to implementation, can they effectively adapt to the characteristics of critical thinking and achieve the purpose of cultivating critical thinking of primary and secondary school students. Courses are offered to develop students' critical thinking. Primary and secondary school students themselves should also recognize the significance of critical thinking and make efforts for the cultivation of critical thinking. The space for communication is a public sphere full of freedom, democracy and vitality, instead of passively accepting knowledge but actively participating in it. Doing more critical reading is conducive to the cultivation of critical thinking of primary and secondary school students. The shaping of critical thinking and ability is the expectation of Chinese education in the age of information and knowledge economy.

### **3.3 Create teaching situations to stimulate students' interest in learning**

The cultivation of critical thinking needs certain conditions, mainly through the guidance and encouragement of teachers in classroom teaching, so that students can actively think and find problems, put forward problems, analyze problems and solve problems, and cultivate students' critical thinking in this process. Of course, teachers should have a good grasp of the creation of teaching

situations when guiding students to explore. Creating reasonable situations for students in teaching can stimulate students' interest in learning and make them actively participate in learning activities. In the creation of teaching situation, we should pay attention to the following points: First, teachers should fully explore the teaching situation in the textbook; Second, teachers should design a reasonable teaching situation according to the content of the textbook and the actual situation of students. Thirdly, teachers should consider the development and utilization of curriculum resources when designing teaching situations. Fourth, teachers should train students to actively participate in classroom activities.

### **3.4 Carry out project-based learning to cultivate students' inquiry ability**

Project-based learning is student-centered, in which students conduct independent research around one or more topics, solve problems, and learn through communication, cooperation, inquiry and other ways in the learning process. Project-based learning can guide students to think deeply, stimulate their interest and curiosity, encourage students to actively participate in learning, and cultivate their ability of inquiry. Project-based learning not only requires students to learn to analyze and solve problems, but also to have the ability to discover, analyze and solve problems. To carry out project-based learning in teaching, we should make full use of various teaching resources and stimulate students' desire for inquiry.

### **3.5 Establish a reasonable evaluation system to stimulate students' learning motivation**

The construction of critical thinking evaluation system is not only conducive to teachers' teaching guidance for students, but also helps students to form good learning habits and improve learning results. A reasonable evaluation system should include the following aspects: diversification of evaluation subjects; The evaluation content is comprehensive; Evaluation criteria materialized.

## **Conclusion**

In today's society, it is difficult for individuals to get better development if they do not have the ability of critical thinking, and do not play the role of questioning, comparing, choosing and interpreting critical thinking ability. However, under the influence of traditional Chinese culture, there are still some stubborn problems in cultivating students' critical thinking in our country at this stage, which requires more educators to carry out targeted teaching in the future practical work.

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