Critical Thinking

During my time at Chico State I was given the opportunity to demonstrate and understand critical thinking and scientific methods of thinking to issues regarding children’s and family’s well being. The two courses that helped me gain the knowledge are Methods of Inquiry and Professional Seminar in Child Development. In Methods of Inquiry I focused on research about the importance of childhood obesity. In the Professional Seminar course we were assigned to groups and assigned two books about children’s development and how the community and professional impact children’s development.

 I felt that I have learned how to enhanced my critical thinking and scientific methods of thinking from past discussions with my classmates and research papers. My classmates and I was formed in groups and was assigned two books to read. The books focused on political and cultural influences of professional in the Child Development field. The readings helped me understand childhood risk and resilience. I learned that it is very important to provide facts to help prove the importance of issues children are experiencing. I created a discussion map with the information from the book. The discussion map was to help me guide my group and I through our discussions. I relate current worldwide issues to the information in the book. For example, one of the current issue is children that are experiencing difficulties with learning. With the information given in the book, we relate it to how mentors can help these children. The research paper took a very long process, but it really helped me enhance my computer skills and find reasons to support my statements about childhood obesity.

 What I have struggled in this area is trying to understand more in depth why parents will put their children at risk. I feel that parents should be responsible for providing the best and a safe environment for their children. I also feel that parents should provide a nurturing relation for their children because parents are the first relationship attachment that children first experience. I also struggled with writing empirical research.

 As a member of the child development profession, I can help provide knowledge to parents about the benefits of providing a safe environment and the benefits of building a nurturing relationship for their children. As a profession I can also offer to be a volunteer for programs involving children and parents. I will like to be a mentor for children at risk and be a resourceful source for parents.

 In the course Methods of Inquiry I have done research papers that focused on children’s development. One of the research papers that I felt really helped my knowledge and application of critical thinking skills is my research paper on childhood obesity. I found a research article that really focused on how obesity affects children’s development and how family factors are the cause of childhood obesity.

 The course Professional Seminar in Child Development, the assignment that really helped me applied critical thinking is being a discussion leader in my assigned group. After reading, I was assigned to be responsible to lead a discussion among my group and create a map that helps with guiding the discussion. The discussion guide included questions to ask my classmates and what I felt was important about the chapter. The discussion guide also included sharing something new that I have learned about.