

# How to reflect critically on your own views?

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Even before starting your main research it is possible to think critically about the topics and themes you aim to investigate. The advice and suggested tasks given below can be used very early on in the EE process but also returned to later on when you have made more progress. Remember regular questioning of your method, research and conclusions will improve Criterion C that of critical thinking.

Taken from A. Williams (81-82)

Here is a good preparatory exercise to reflect on your 'uninformed' opinion in relation to your essay questions. Ask yourself...

1. What is my 'position' on the question?
2. What are my reasons for holding this opinion?
3. On what evidence have I based my reasoning?
4. What assumptions have I made?

Once you have clarified your views, you can then begin to think more critically about them by asking yourself further questions such as...

- Are my assumptions in fact true?
- How solid is my evidence?
- How sound is my reasoning?
- Is it possible that my position is biased in some way?

This process of self-reflection should open your mind to considering the research question from alternative points of view.

*The next page has an easy to print handout if you wish to put your thoughts on paper. You may even make a copy of this doc and type your ideas.*

## **EE HACK**

Did you know the tasks given here are very helpful for your EE reflections? It's worth taking a bit of extra time to make and organise your notes on the summary conclusions made here because it can help to enhance the quality of your 500 word reflection (Criterion E: engagement)

Current Research Question:	
What is my 'position' on the question?	What are my reasons for holding this opinion?
On what evidence have I based my reasoning?	What assumptions have I made?
Are my assumptions in fact true?	How solid is my evidence?
How sound is my reasoning?	Is it possible that my position is biased in some way?