Research on the Impact of Critical Thinking on Student Management

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Abstract: Critical thinking is a thought pattern that focuses on independently and judiciously evaluating and judging information and opinions, rather than blind conformity or rejection. A person with critical thinking often synthesizes various opinions and arguments, then conducts in-depth analysis and evaluation to determine their correctness and value. This paper discusses university student management strategies oriented towards critical thinking from three aspects: personalized guidance, comprehensive development opportunities, and creating a conducive learning environment. Universities are committed to providing comprehensive support for students' growth, including developing individual development plans, constructing critical thinking tracking systems, and conducting periodic evaluations and adjustments; promoting their progress academically, professionally, and personally. This course emphasizes comprehensive learning for students at different levels to promote their development. Through continuous evaluation and adjustment, universities can better adapt to the changing landscape of critical thinking, thereby fostering the overall development of university students.

1. Introduction

In many fields such as scientific research, law, medicine, politics, and business, critical thinking plays an extremely important role. In scientific research, critical thinking aids in the evaluation and comparison of various theories and experimental results, thereby leading to more accurate conclusions. In legal research, critical thinking helps lawyers assess the facts of cases. In business activities, critical thinking enables managers to make correct decisions, avoiding being misled by incorrect information or one-sided views. In modern university education, a critical thinking orientation has become an important component of university educational philosophy. The article proposes personalized guidance for new university students, providing them with diverse development opportunities and a positive learning environment through research on management strategies under critical thinking guidance for new university students. Faced with the continuous development needs of society and an increasingly diverse university student population, university education must adopt more flexible and comprehensive methods of guidance. Through the study of theories in developmental theory, psychology, and education, corresponding strategic suggestions are proposed to help establish a university management system that adapts to different student characteristics[1].

2. Theoretical Foundations of Critical Thinking Orientation

2.1. Application of Development Theory in College Student Management

One of the theoretical foundations of critical thinking orientation is the relevant theory from developmental psychology, which focuses on the psychological, emotional, and cognitive changes of individuals at different stages of their life cycle. This theory is widely applied in college student management. By understanding the developmental stages of students during their college years, educators can better formulate personalized support plans to promote comprehensive growth of students.

2.2. Contributions of Psychology and Education to Critical Thinking

Psychology and education provide profound theoretical support for critical thinking orientation. Cognitive development theory in psychology helps us understand the evolution of students in thinking and academic aspects, while emotional development theory focuses on the emotional changes of individuals. Education, through the study of learning theories and educational methods, provides effective educational strategies for colleges, helping students become independent and confident individuals.

3. The Importance of Critical Thinking for University Faculty

In the context of college English classes, especially during the process of emotional education, one often encounters unexpected problems. A significant driving force behind the reform of basic education in China is to combine new concepts with new educational realities. However, given the circumstances at the time, we can neither deny the existence of new ideas nor blame them on external systemic constraints. What we must do is to analyze the problems objectively and continuously explore their essence. From the analysis above, it is evident that criticism and emotional education are interdependent and dialectical, with emotional education serving as the intellectual tool for both. However, due to historical factors, people's understanding of it is not comprehensive. Without intellectual tools, various emotional teaching methods would become bland and uninteresting[2-3].

3.1. Without Critical Thinking as Guidance, Activities Lose Their Rationale

Detaching from scientific research methods inevitably leads to ideological confusion and procedural arbitrariness. The resulting outcomes lose their objectivity and cannot be adequately supported, inevitably leading to a one-sidedness. This mode of learning cannot achieve ultimate satisfaction. Meanwhile, diversified science education also instills necessary abilities in college students and cultivates their critical thinking skills. What is missing is that teachers need to have their own viewpoints and guide students to appropriately use technology to solve problems.

3.2. Without Critical Thinking as Guidance, Activities Lose Their Controllability

In the teaching process, the role of teachers evolves from being purely singular to complex. To scientifically guide and supervise the entire educational process, teachers themselves need to be critical thinkers. Teachers must not only impart knowledge to their students but also instill concepts in them. In this context, teachers' ways of thinking can not only establish trust and efficient communication among students but also maintain good interaction and coordination in class, thereby enhancing students' control over the entire teaching process. Without the guidance of critical thinking, it would be impossible to interact with students, participate in class together, or effectively control the learning process inside and outside the classroom. Once the defensive relationship between the two is recognized, university teachers can timely understand its essence and truly become leaders in teaching, avoiding serious obstacles in practice. Genuine emotional education can be quickly integrated into our educational system[4].

4. A Framework for College Student Management Under the Guidance of Critical Thinking

4.1. Formulating a Vision and Goals Oriented Towards Critical Thinking

The first step in the framework for college student management under the guidance of critical thinking is to formulate a clear vision and goals. The vision should reflect the college's pursuit of comprehensive student growth, emphasizing a balance between individual development, social participation, and career preparation. Well-defined goals provide guidance for developing specific management strategies, including improving academic achievements, cultivating leadership, and fostering a sense of social responsibility.

4.2. Establishing a Management System to Support Comprehensive Student Development

The establishment of a college student management system should focus on integrating various resources to form a comprehensive system supporting critical thinking. This includes, but is not limited to, academic guidance, mental health services, career development guidance, and other diversified support measures, ensuring students achieve balanced development academically, emotionally, and professionally. Additionally, the management system should emphasize personalized care by regularly tracking students' development status and adjusting support plans as needed to better meet the needs of different students.

By formulating clear visions and goals, as well as establishing a comprehensive management system, colleges can more effectively guide students towards comprehensive development. This framework aims to provide students with all-round support, ensuring their full development and growth during their college years[5].

5. Challenges Faced in Strengthening Self-Management Skills of Contemporary College Students from a Student Management Perspective

5.1. Insufficient Self-Awareness and Weak Self-Management Consciousness

Before entering university life, students live in an environment with high academic pressure and strict management by teachers and parents, whereas university life requires self-arrangement. The transition from a "dependent" to an "independent" mode often leads to conflicts between self-awareness and pre-existing perceptions. This is mainly because the ideological maturity of university students does not keep up with their actual age. They have great dreams, but their practical abilities and knowledge are insufficient to support their "dream pursuit." When assessing themselves, students often face conflicts and discrepancies between the "ideal self" and the "real self," leading to misunderstandings about their own issues. Secondly, limitations of the current education system play a role. Our university education often overly focuses on intellectual development and cultural education, lacking in independent personality education, neglecting emotional education, and comprehensive quality education. This results in many students chasing ideals unrealistically, overestimating themselves, underestimating difficulties, and thus having skewed expectations about themselves and society[6-7].

5.2. Unclear Self-Planning and Ambiguous Future Goals

The educational purpose of universities is to help students understand themselves and adapt to society, but many students lack a clear goal for their studies and life. While university students have good planning abilities and regular lives and studies, they often lack reasonable time management. They tend to follow trends without setting clear goals, acting on whims. Some students are not interested in their study plans, dislike reading regularly, cram for exams, and procrastinate; they fail to plan their lives properly[8].

5.3. Poor Self-Discipline with Overly Positive Self-Perception

Some students play with their phones in class, being distracted. Many are late or absent from classes due to lack of sleep. This shows that modern university students lack self-control and discipline, often procrastinating due to laziness or carelessness, rendering their study and life plans meaningless. In self-evaluation, very few students practice daily reflection, objectively assess their recent achievements, seek opinions from teachers or friends, or share their feelings and seek advice after failures.

6. University Student Management Strategies Under Critical Thinking Orientation

6.1. Personalized Guidance and Coaching

Universities provide in-depth, personalized guidance and mentor-style teaching to foster critical thinking. This involves regular face-to-face discussions, developing personal development plans

based on their interests, goals, and issues. Through close communication, the school can better understand each student's needs and provide more care. Such individualized guidance can fully unleash their potential and offer solutions to various challenges in life. Hence, universities can better guide student development through personalized care and guidance, ensuring every student receives targeted support at different stages of their university life[9].

6.2. Providing Comprehensive Development Opportunities

Creating conditions for the holistic development of university students is a key strategy to enhance their overall quality. While focusing on academic achievements, colleges also encourage participation in various social practices, such as internships and volunteer work, to improve their leadership, teamwork, and social responsibility. These comprehensive development opportunities not only provide students with more professional experiences but also broaden their horizons and improve their overall capabilities. Through diverse opportunities, students can gain more social experiences and prepare for future employment, ensuring comprehensive development and progress during their university education.

6.3. Creating a Positive Learning Environment

To promote student development, schools work hard to create a positive learning atmosphere. We aim to foster an environment that encourages critical thinking and active research, provides advanced teaching resources and equipment, and cultivates a supportive academic community. This positive learning atmosphere can motivate students and train their critical thinking and problem-solving skills. The college strives to create a challenging and opportunity-rich academic environment. The goal is to ensure students develop comprehensively in a vibrant learning atmosphere, becoming lifelong learners with thinking and innovation skills[10].

By offering personalized coaching, comprehensive development opportunities, and fostering a positive learning environment, universities can better meet the diverse needs of students, promoting their academic, personal development, and social participation.

7. Implementation Methods for University Student Management Under the Guidance of Critical Thinking

7.1. Formulate and Implement Personalized Development Plans

To achieve university student work guided by critical thinking, it is essential to establish and implement individualized development plans. This approach requires colleges and students to maintain close contact, with a comprehensive understanding of each student's interests, talents, academic level, and future development direction. By formulating personalized development plans together with students, identifying the purposes and methods of development, and providing targeted assistance and guidance, we can better adapt to their individuality and needs. Critical thinking enables students to make comprehensive judgments and evaluations when facing problems, thereby making correct decisions. For example, when choosing courses, participating in extracurricular activities, or selecting a career path, they can use their judgment to evaluate the pros and cons of different options and then make the best decision.

7.2. Establish Critical Thinking Files and Tracking Mechanisms

Colleges should establish comprehensive critical thinking files and tracking mechanisms to fully understand the development status of students and make timely adjustments. The critical thinking file should include comprehensive information such as academic achievements, activity participation, and internship experiences. By establishing such files, schools can better grasp the overall development trajectory of students. Meanwhile, establishing a tracking mechanism allows for periodic progress evaluations and feedback, promptly identifying students' issues and potential needs, providing data support for personalized assistance.

7.3. Regularly Assess and Adjust Management Strategies

Managing university students under the guidance of critical thinking requires regular evaluations and adjustments to ensure its continuity and effectiveness. Through periodic assessments, the development trends and characteristics of students' critical thinking can be understood, and adjustments can be made in time to address shortcomings in management strategies. This process is a continuous optimization cycle, ensuring that the school's policies closely align with students' developmental needs, thereby achieving personalized and comprehensive development.

By implementing individual development plans, establishing records and tracking systems for critical thinking, and periodically evaluating and adjusting these systems, universities can more comprehensively and systematically promote student growth. Through the above measures, university students are ensured to receive individualized care and assistance during their university years, preparing them adequately for future work and life.

7.4. Conduct Mental Health Education

Enhancing self-management capabilities is beneficial for psychological health development, and psychological health is conducive to cultivating self-management skills. The two are mutually supportive and complementary. Universities need to fully recognize the importance of constantly focusing on students' psychological health development and providing appropriate assistance in study activities and daily life. Firstly, special courses can be introduced in the curriculum, where teachers systematically introduce the importance of psychological health to students and provide positive development measures, empathetically and patiently addressing students' questions. Secondly, professional psychological counseling centers can be established within schools to address students' confusions and problems more professionally. Counselors should respect students, adopt a positive attitude and patient care for those seeking consultation, ensure confidentiality of students' privacy to avoid secondary harm. Lastly, student interactions should maintain normal and friendly relations, actively communicate with others, and keep a positive and open mindset.

7.5. Teamwork

Collaborating with groups is a common scenario, and critical thinking helps students integrate better into the group. For example, using critical thinking methods to analyze team goals, contributions of team members, and the effectiveness of strategies, and providing constructive suggestions. Critical thinking enhances students' perceptions of others and improves communication skills. For instance, when addressing conflicts or discussing a significant issue, they can use critical thinking methods to analyze the strengths and weaknesses of various arguments and present their insights and opinions.

7.6. Time Management

Time management is an essential skill for students, and critical thinking can help them manage their time more effectively. For example, they can use critical thinking to assess the priority and time requirements of tasks, develop reasonable plans, and efficiently allocate time.

8. Conclusion

In summary, within the framework of university student management guided by critical thinking, we have emphasized strategies such as personalized guidance, comprehensive development opportunities, and a positive learning environment. This comprehensive framework aims to unlock students' potential and cultivate their holistic competencies, laying a solid foundation for their future. Through personalized development plans, student record management, and regular assessments, universities can better understand student needs and provide targeted support. This student-oriented management philosophy focuses not only on academic achievement but also on individual growth. On the path to holistic development of students, we believe these implementation methods will guide students towards a more fulfilling and successful future.

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