Critical thinking is taught at all universities, often put forward by lecturers as the key skill that can most dramatically improve a student’s understanding of a course and transform their writing. It pervades research methods teaching, critical psychology, and a range of other core curriculum elements, in exactly the same way that critical thinking pervades any discipline, and indeed, life generally. But what is it, exactly, and how can we apply it specifically to the field of psychology? In his relaxed and accessible style, Mark Forshaw takes modern real-world examples from psychology and everyday life to lighten the learning of critical thinking, explaining what it entails, why it is important, and how it can be applied to this fascinating field of study.

ABOUT THE AUTHOR

Mark Forshaw is a Principal Lecturer in Psychology and Deputy Director of the Centre for Health Psychology at Staffordshire University. He is Chair of the BPS Qualifications Standards Committee and the winner of the BPS Division of Health Psychology Award for Outstanding Contribution to the Advancement of Health Psychology 2011. He the author of many books, including Your Undergraduate Psychology Project: A Student Guide (Wiley, 2012).
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