

Good critical thinking might be seen as the foundation of science and a liberal democratic society. Science requires the critical use of reason in experimentation and theory confirmation. The proper functioning of a liberal democracy requires social workers who can think critically about social issues to inform their judgments about proper governance and to overcome biases and prejudice.

Social workers help people with a wide range of issues, including psychological, financial, health, relationship and substance abuse problems and they bring along their own set of values when dealing with these individuals. Critical thinking is crucial for self-reflection. In order to live a meaningful life and to structure our lives accordingly, we need to justify and reflect on our values and decisions. Critical thinking provides the tools for this process of self-evaluation. Social workers must be able to put aside their values or religious beliefs when counseling a client.

One of the social workers core competencies is to engage in policy practice to advance social and economic well-being and to deliver effective social work services. They will be required to employ evidence-based interventions, evaluate their own practice, and use research findings to improve practice, policy, and social service delivery. Social workers comprehend quantitative and qualitative research and understand scientific and ethical approaches to building knowledge.

Some steps I may take to become an effective lifelong learner right now would be to regularly take time after class to read through and review my notes. Write down any questions I have and seek the answers. I have written a reflective blog where I have made connections between what I learned in class and things I have learned in other classes. This has caused me to

connect these ideas with my own life, and discover why I should care about issues that at one time I never even gave a second thought to. I have also found myself learning new things from my peers here in school and the social workers where I am conducting my practicum at. Since everyone has different experiences and perspectives on life talking to and learning from these individuals will help me grow and acknowledge different barriers individuals from different backgrounds face.