

Learning Journal

A learning journal is a tool to help you make your learning experience more meaningful. It allows you the opportunity reflect on your learning both during and after the class.

A journal is a conversation with yourself about your learning experience. You can include your impressions of what you saw and experienced, and your interpretations in class. You might ask yourself questions such as:

- What happened in this session?
- How do I feel about it?
- What did I learn?
- How does this relate to my personal learning goals? To my work? To other areas of my life?
- What new questions or issues did this learning raise? Do I want to investigate further?
- What is important about what I learned? How will this affect me?
- What happens next?
- What is my action plan?

A journal might also provide a record of what activities help you to learn best or why something or some activities didn't work for you.

Date: _____

Name: _____

1. What happened in the session?

2. How do you feel about it?

3. What did I learn?

4. How does this relate to my personal goals? To other areas of my life?

5. What new questions or issues did this learning raise? Do I want to investigate further?

6. What is important about what I learned? How will this affect me?

7. What happens next?

8. What is my action plan?