

Realising the Ambition- Being Me Book Group



Reflective Learning Journal

Guidelines for completing your Learning Journal

Studies have shown that reflection on your learning is an important and helpful part of the experience. Although it's optional, we would encourage you to keep reflective journals as part of your professional development. This document contains 10 separate journal sections. Please complete the appropriate section in the days following each session. If you want to write more or less please feel free to copy the format as much as you wish.

How long will it take?

As a rough guide, each journal entry should take approximately 5-10 minutes. You may take more or less time depending upon your time constraints and the amount of detailed information you wish to include.

What should I write?

Focus on your experiences and thoughts during and after the workshops.

Don't worry if you discover your answers overlap or if you feel one question has already been answered in response to another. Try to write something, no matter how brief your response may be to each question. If you find that you have nothing to comment on in certain sections leave it blank. But could this be telling you something important about your learning and application of your learning?

You are not limited to space provided in the template, each section expands to accommodate different amounts of information.

When do I submit them?

If you wish to submit your Learning Journal please email it to your facilitator within one week of the session. You can email the whole journal or just select the new page.

Confidentiality

All information completed in your Learning Journals is strictly confidential. It is used only by the facilitators to help us plan and improve the Book Group sessions.

If you have any questions or concerns about your Learning Journal, please don't hesitate to discuss this with one of the course facilitators.

Session 2

What was the highlight of the session?

What aspect caused you the most difficulty or did you struggle with?

Was there any aspect that surprised or particularly pleased you?

Please share three key things you learned from this workshop.

1.

2.

3.

Following on from this session, please share what you will:-

Carry on doing...

Stop doing...

Start doing...

Session 3

What was the highlight of the session?

What aspect caused you the most difficulty or did you struggle with?

Was there any aspect that surprised or particularly pleased you?

Please share three key things you learned from this workshop.

1.

2.

3.

Following on from this session, please share what you will:-

Carry on doing...

Stop doing...

Start doing...

Session 4

What was the highlight of the session?

What aspect caused you the most difficulty or did you struggle with?

Was there any aspect that surprised or particularly pleased you?

Please share three key things you learned from this workshop.

1.

2.

3.

Following on from this session, please share what you will:-

Carry on doing...

Stop doing...

Start doing...

Session 5

What was the highlight of the session?

What aspect caused you the most difficulty or did you struggle with?

Was there any aspect that surprised or particularly pleased you?

Please share three key things you learned from this workshop.

1.

2.

3.

Following on from this session, please share what you will:-

Carry on doing...

Stop doing...

Start doing...

Session 6

What was the highlight of the session?

What aspect caused you the most difficulty or did you struggle with?

Was there any aspect that surprised or particularly pleased you?

Please share three key things you learned from this workshop.

1.

2.

3.

Following on from this session, please share what you will:-

Carry on doing...

Stop doing...

Start doing...

Session 7

What was the highlight of the session?

What aspect caused you the most difficulty or did you struggle with?

Was there any aspect that surprised or particularly pleased you?

Please share three key things you learned from this workshop.

1.

2.

3.

Following on from this session, please share what you will:-

Carry on doing...

Stop doing...

Start doing...

Session 8

What was the highlight of the session?

What aspect caused you the most difficulty or did you struggle with?

Was there any aspect that surprised or particularly pleased you?

Please share three key things you learned from this workshop.

1.

2.

3.

Following on from this session, please share what you will:-

Carry on doing...

Stop doing...

Start doing...

Session 9

What was the highlight of the session?

What aspect caused you the most difficulty or did you struggle with?

Was there any aspect that surprised or particularly pleased you?

Please share three key things you learned from this workshop.

1.

2.

3.

Following on from this session, please share what you will:-

Carry on doing...

Stop doing...

Start doing...

Session 10

What was the highlight of the session?

What aspect caused you the most difficulty or did you struggle with?

Was there any aspect that surprised or particularly pleased you?

Please share three key things you learned from this workshop.

1.

2.

3.

Following on from this session, please share what you will:-

Carry on doing...

Stop doing...

Start doing...

Session 11

What was the highlight of the session?

What aspect caused you the most difficulty or did you struggle with?

Was there any aspect that surprised or particularly pleased you?

Please share three key things you learned from this workshop.

1.

2.

3.

Following on from this session, please share what you will:-

Carry on doing...

Stop doing...

Start doing...

Session 12

What was the highlight of the session?

What aspect caused you the most difficulty or did you struggle with?

Was there any aspect that surprised or particularly pleased you?

Please share three key things you learned from this workshop.

1.

2.

3.

Following on from this session, please share what you will:-

Carry on doing...

Stop doing...

Start doing...