

Reflective Journal Format Template

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What	Make brief notes of what you did: the lecture or seminar that you attended, the reading that you have done.
Why	Make brief analytical notes: why did you do it? How was it useful? What learning outcomes did it cover? What part of the assignment question is it helping you with? <i>Knowing why you are doing something helps you move from being a passive to an active learner.</i>
Reaction	Make brief notes on your emotional response to the activity: notice the affective dimension to your learning. It allows you to build a picture of yourself as a learner and as a student. NB: This reflection allows you to notice what and how you like to learn: the subjects and topics that you enjoy – and the ones that you do not like so much; whether you like lectures or reading, whether you enjoy group work or independent study. This means that you can choose modules, teaching, and learning strategies that suit you.

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Learned	Make brief notes on all that you think that you learned from the lecture, class or read -ing. These notes are where you make your learning conscious, which improves both the quantity and quality of your learning. When we do not do this, we are in danger of leaving the learning behind as we walk away from that lecture or close that book. You can make this section of your review as detailed and/or concise as you wish.

Goal setting	Make brief notes about what you will do next... nothing will ever give you 'all you need to know' on a subject. Therefore, you should always be thinking: What next?

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