**Reflective Learning Diary**

**What?**

Make brief notes of what you did; the lecture or seminar that you attended, the reading that you have done.

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**Why?**

Why did you do it? How was it useful? What learning outcomes did it cover? What part of the assessment is it helping you with?

Knowing why you are doing something helps you move from being a passive to an active learner.

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**Reaction**

Make some notes on your emotional response to the activity. Noting the affective dimension to your learning allows you to build a better picture of yourself as a learner and a student.

This reflection should help you 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. This will help you choose modules and teaching and learning strategies that suit you.

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**Learned**

What do you think you learned from the lecture, class or reading?

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**Goal setting**

Make brief notes about what you will do next, using the things you have reflected on above.

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