

## Helping yourself to reflect

### Keeping a reflective learning journal

You may want to consider keeping a learning journal, as a form of informal, regular reflection. Below is an example of one way of approaching it.

### Example entry in a learning journal

<i>Event</i>	<i>Attended first ever seminar</i>
<i>What did I learn?</i>	<i>Discussing ideas made me realise there are many ways of reading a piece of literature. I was surprised by other people's interpretations, but the ones who convinced me were those who linked their interpretations to specific parts of the text.</i>
<i>What went well?</i>	<i>Made some contributions. They were mainly responses to other people's ideas but I was glad I took part and it made me think more deeply about the novel.</i>
<i>What could I have done better?</i>	<i>Could have been braver in forming own interpretations. Had a preconception that there was a right or wrong way to read the text. In future I want to open my mind more.</i>
<i>Long-term implications</i>	<ul style="list-style-type: none"> <li><i>* Now realise that there are many ways of reading a text - and if you can find evidence, you can convince people of your perspective</i></li> <li><i>* Useful for essays - putting forward a unique viewpoint is possible as long as you have persuasive reasoning.</i></li> </ul>

# Example Of Reflective Journal Writing

**J Spring**



**Example Of Reflective Journal Writing:**

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