

# Template for personal or reflective journals

Summary of the activity/readings (don’t describe everything, be selective)

Please feel free to add more if you need to.

**New Learning**

## What did I learn that was new to me?

## What insights did this new knowledge give to me?

## - did it help me see something in a new light/gave me new perspective?

## - did it help me understand something that I didn’t understand before?

How do I think this might be useful (in practice- in my work, in my life)?

**Personal reaction/impressions**

In this section we would like you to reflect on your personal thoughts about the, contact day, course material, context and its impact on you. What we are interested in reading about is things like – what did you like/dislike and why, was it easy/difficult/challenging to understand and why; did it provide you with some insights into your own practice or understanding of the context in which you may be operating; **AND** anything else you would like to share with us.

**Action to be taken**

How will I put my new learning into practice?

Are there any specific actions that I will need to take to improve my current practice?

Have I identified any gaps in my knowledge? If yes, how will I go about plugging those gaps?

Do I need to find out more or research further to improve my current practice?