

# Learning Log Instructions

## 1. WHAT IS A LEARNING LOG?

A Learning Log is a journal which evidences your own learning and skills development. It is not just a diary or record of "What you have done", but a record of what you have learned, tried and critically reflected upon. It is a personal record of your own learning. As such it is a document which is unique to you and cannot be 'right' or 'wrong'. A Learning Log helps you to record, structure, think about, reflect upon, plan, develop and evidence your own learning

A Learning Log contains **your** record of **your** experiences, thoughts, feelings and reflections.

One of the most important things it contains is your conclusions about how what you have learnt is relevant to you and how you will use the new information / knowledge / skill / technique in the future.

A Learning Log is a personal document. Its content may be very loosely structured and only of relevance to you. Once you have commenced a Learning Log you will find it a valuable and useful 'tool' to help your learning and to help you to think about and structure your own learning.

## 2. HOW DO I 'DO' A LEARNING LOG?

Try to write something down after every new learning experience. You can use the questions below as headings in your Learning Log or use your own preferred structure.

The types of things that you might put into your learning log:

- What you did
- How you reacted to the lecture topic
- What kind of questions popped into your head
- How you related to the information presented and what things you agreed or disagreed with from the material presented
- The new knowledge that you gained from the material presented

**Max. length: 2 pages**

## 3. SUBMITTING YOUR LEARNING LOG

*Please submit a Learning Log each week for the previous week's lecture.*

***First learning log is due 15.03.2023 for Lecture 2. No learning log is required for Lecture 1.***

***Deadline: Wednesday at 23:59.***

***Submit your document via MyCourses.***

Use MS word .docx or pdf file formats.

The file name should be in the form: *Lecture [Number] - [Familyname] - [Firstname] - [Student Number].docx*

For example, the student John Doe should return their learning diary using the file name

MS Word: *Lecture 2 - Doe - John - 1234567.docx* or PDF: *Lecture 2 - Doe - John - 1234567.pdf*

## 4. GRADING

Each Learning Log will receive a Pass (1) / Fail (0) grade.

### *0 - Fail*

Not submitted, or the learning log includes one or more of the following issues below:

- very scarce contents
- simply a summary of lectures/ lecture materials
- based on general knowledge (connection to lectures/lecture materials is unclear)
- contains significant inaccuracies

### *1 – Pass*

Submitted and at least of satisfactory quality as defined below. You will get more out of the course if you aim for a higher standard, but you should consider your own workload and personal objectives.

#### *Satisfactory*

The log includes relevant aspects from lectures/lecture materials but the contents are still somewhat scarce. In addition to summarizing and memorizing, the log demonstrates an overall understanding of the relevant ideas and phenomena. Connections between theory and examples are lacking.

#### *Good*

The log covers several relevant aspects from lectures/lecture materials. It demonstrates that the writer can present and discuss the relevant ideas and phenomena, draw logical connections between concepts and give clarifying examples. The text is logical and coherent. It shows that the writer has a good overall understanding of the relevant phenomena and is able to demonstrate and apply their knowledge well.

#### *Very good*

In addition to the previous, the log is very structured, precise and refined. A comparative and integrative approach throughout the text.

#### *Excellent*

In addition to the previous, the text discusses concepts and different viewpoints in depth (but still in a concise and structured manner). A comparative and evaluative approach throughout the text. The relevance of the chosen concepts is clearly explained and the viewpoint justified. The linguistic form and style are excellent

**Tip:** At the end of each Learning Log you should grade yourself based on the criteria / levels of understanding shown above – how well have you done?

## REFERENCES

The Knowledge Network, 2018. *Learning Log Instructions*.

[http://www.knowledge.scot.nhs.uk/media/6877765/lf%20learning%20log.doc?fbclid=IwAR0HCN7bPp7Dx6vUugmVe3KVVvqhPtsO3FjqrW8nuvyfygb86zl\\_yzMtBJf4](http://www.knowledge.scot.nhs.uk/media/6877765/lf%20learning%20log.doc?fbclid=IwAR0HCN7bPp7Dx6vUugmVe3KVVvqhPtsO3FjqrW8nuvyfygb86zl_yzMtBJf4)

University of Jyväskylä, 2019. *Writing a Learning Log*.

<https://www.jyu.fi/edupsy/fi/laitokset/psykologia/en/studies/instructions-for-studying/learning-log>