

## Tips for creating your Learning Diary

A learning diary is a written record of each day's learning and can boost your achievement in several ways. For example, keeping a learning diary is a simple but effective way to ensure you get the most out of each lesson.

### How to keep a learning diary

- Choose how you'd like to record your diary. You can use pen and paper in a notebook. You can create your own blog with notes. You can also use an online journal application.
- Make sure you record your thoughts straight after the lesson (or lecture) so your memories are still fresh
- When you write your diary you should try to capture the most important things discussed in your lesson. To help you get started you can consider these questions:
  - What was covered in the lecture or presentation?
  - How does it link to other lessons?
  - How did you experience the lesson like? Was it easy to understand?
  - Was the terminology used difficult? Why? Any feedback for the presenter/teacher?
  - What did you learn?
  - How can you use what you learned in your work?

### Why keep a learning diary?

Your learning diary should allow you to review your lessons, reminding you of the new concepts and vocabulary you've focused on. Writing key ideas, concepts and terminology presented in a session will help them stay in your long-term memory. You will also start to see links and connections with concepts you already know that have been discussed in past lessons. It can be easy to miss these links during the lesson, so taking the time to write down what you've learnt can help you make connections and build your understanding.

You will have access to your own personalised revision tool. You might find it useful to review your previous lesson before your next lesson to make sure you're familiar with the content, ensuring you're ready to build on that knowledge. Your learning diary can also help you form the basis of any in-depth revision you need to undertake for a test or exam. The diary can help you take responsibility for your learning and personal growth.

There is no standard way to write an academic learning diary. You can organise it as you wish. Still, the following things are useful to include:

1. The background: describing what thoughts came into your mind as you started listening to the lecture or reading the book or journal.
2. The source of knowledge: where did you find a specific concept, or sentence or idea? Cite the book, page, or the lecturer and title of lecture.

3. Further considerations: write everything that comes to your mind (thematic issues, questions, your point of view and the connections to other approaches or literature).
4. Last and obviously, include a date for each entry.

You can arrange it chronologically according to date or thematically, by subject area.

Note that the information included here has been gathered from different sources. Here we include some of them.

Times Higher Education

<https://www.timeshighereducation.com/student/advice/student-blog-using-academic-learning-diary>

ECT Toolkit

[https://www.etctoolkit.org.uk/media/1055/learning\\_diary-guidance-finland-example.pdf](https://www.etctoolkit.org.uk/media/1055/learning_diary-guidance-finland-example.pdf)

Aarhus University

<https://educate.au.dk/en/teaching-cases/teaching-strategies-of-studying/learning-diary>

University College Dublin

[https://www.ucd.ie/teaching/t4media/learning\\_journals\\_logs.pdf](https://www.ucd.ie/teaching/t4media/learning_journals_logs.pdf)