

## What is a Learning Log? (Adapted from the Knowledge Network, 2018)

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.

## How do I ‘do’ a Learning Log?

Try to write something down after every new learning experience.

<ul style="list-style-type: none"><li>• What you did</li><li>• How well (or badly) it went</li></ul>	<ul style="list-style-type: none"><li>• Your thoughts</li><li>• What you learned</li></ul>	<ul style="list-style-type: none"><li>• Your feelings</li><li>• What you will do differently next time.</li></ul>
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Every week review what you have written and reflect upon this. Be honest with yourself. Ask yourself questions such as:

- What progress have I made
- How does what I studied lead to me becoming better at a skill?
- How can I use this to plan for the future?
- How can I use this to plan new learning?
- Experiences?

***Please submit your learning logs every Sunday (starting from 11.9.2022); deadline every Sunday at 23:59). Submit you document (with your own format) via My-courses. If there is any question please contact the course assistant Ahmad Bahoo-Torody, [ahmad.bahootorody@aalto.fi](mailto:ahmad.bahootorody@aalto.fi)***

*Reference:*

The Knowledge Newtwork, 2018. Learning Log Instructions. <http://www.knowledge.scot.nhs.uk/home.aspx>