Tips for Writing a Reflective Learning Log for an Assignment

What is a reflective log?

This kind of log is a record of your learning experiences, thoughts, feelings and reflections.

It is not just a diary of what you have done, but a critical assessment of how you have progressed.

It is less formal than other kinds of assignments - for example you should write in the first person.

To be truly reflective you need to ask yourself some questions:

- What have I achieved?
- Have I made progress?
- Have I developed new skills?
- How might I use these skills in the future (at university or in the workplace)?
- How have I changed my learning style?
- What would happen if I continued to practice this new skill?

Think about the last assignment you did....

- Were you satisfied with the result?
- How could you improve the process of planning, research or writing?
- How could you improve your marks?
- What new things did you try?
- How did you overcome any difficulties?

The advantages of being a reflective learner

Students who successfully keep learning logs often notice changes associated with reflection
Accepting becomes **questioning**

Intolerant becomes **tolerant**

Doing becomes **thinking**

Descriptive becomes **analytical**

Impulsive becomes **diplomatic**

Reserved becomes **open**

Unassertive becomes **assertive**

Unskilled communicators become

Reactive becomes **reflective**

Concrete thinkers become **abstract thinkers**

Lacking self awareness become **self aware** (Miller, 1994 cited in Hull, 2011)

Information for this handout and presentation was taken from:

Pulman, A. (2009) **Blogs wikis podcasts and more.** Basingstoke: Palgrave Macmillan

Murphy, S. (2011)**Wiki etiquette for students** [online] Available at: http://education.pbworks.com/w/page/ 18697893/Wiki%20%Etiquette%20%for%20students (accessed 21 Nov 2011).

Hull University (2011) **Learning log or learning journals** [online] Available at: www.hull.ac.uk/php/cesagh/documents/ LEARNINGLOG.doc (accessed 21 Nov 2011).

Most reflective logs are done through blogs or wikis

Blogs - Online journal/diary where posts are arranged chronologically

Wikis - Group of web pages that lets users add and edit content. Posts are organised by theme

Good Netiquette

- Acknowledge when someone else has made a good point
- Be positive in your criticism of others
- Be truthful
- Acknowledge if you have got information from somewhere else (plagiarism still applies)
- Be brief, to the point and logical
- Follow the instructions for the assignment
- Try not to get too emotional or upset about comments from other people

Bad Netiquette

- **Shouting** – writing in capitals can look aggressive
- **Flaming** – a flame is an aggressive or controversial post that is designed to upset someone and provoke a response
- **Trolling** – trolls are people who want to annoy and disrupt the discussion
- **Scrolling** – this is when someone posts the same letter over and over again to fill up the discussion in an unproductive way

Remember – always be civil when writing on Moodle blogs or wikis, try not to take any criticism too personally but DO NOT reply to any offensive posts rather report your concerns to your tutor