

How to Use a Learning Log

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.

For example, if in your Learning Log you include details of what you did or how you did something then consider asking yourself questions such as:

- Did it go well? Why? What did you learn?
- Did it go badly? Why? What did you learn?
- How can you improve for next time?

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.*

It may contain:

- Details of problems you have encountered and solved (or not solved).
- Examples of where you have started to try out and practice a new skill and examples of your own formal and informal learning

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 to Complete a Learning Log

Write something down after every new learning experience. Include the following things:

- Date of event
- What was the development activity?
- What was I expecting to learn?
- What have I learned?

How will I apply this learning?