The Learning Journal is a tool for self-reflection on the learning process. In addition to completing directed tasks, you should use the Learning Journal to document your activities, record problems you may have encountered and to draft answers for Discussion Forums and Assignments. The Learning Journal should be updated regularly (on a weekly basis), as the learning journals will be assessed by your instructor as part of your Final Grade.

Your learning journal entry must be a reflective statement that considers the following questions:

1. Describe what you did. This does not mean that you copy and paste from what you have posted or the assignments you have prepared. You need to describe what you did and how you did it.

2. Describe your reactions to what you did.

3. Describe any feedback you received or any specific interactions you had. Discuss how they were helpful.

4. Describe your feelings and attitudes.

5. Describe what you learned.

Another set of questions to consider in your learning journal statement include:

1. What surprised me or caused me to wonder?

2. What happened that felt particularly challenging? Why was it challenging to me?

3. What skills and knowledge do I recognize that I am gaining?

4. What am I realizing about myself as a learner?

5. In what ways am I able to apply the ideas and concepts gained to my own experience?

Finally, describe one important thing that you are thinking about in relation to the activity.

Your Learning Journal should be a minimum of 500 words.