

## THE LEARNING DIARY

*The practitioner allows himself to experience surprise, puzzlement, or confusion in a situation which he finds uncertain or unique. He reflects on the phenomenon before him, and on the prior understandings which have been implicit in his behaviour. He carries out an experiment which serves to generate both a new understanding of the phenomenon and a change in the situation. Donald Schön*

### What is a learning diary good for?

- To explore a topic
- To order thoughts and to make sense of a situation or of information
- To record experience
- To facilitate learning from experience
- To enhance creativity
- To generate ideas
- To connect ideas with others
- To develop critical thinking or the development of a questioning attitude
- To increase ability in reflection and thinking
- To enhance problem solving skills
- To improve writing
- To support planning and progress in research or a project

### What to write in a learning diary?

- Weekly balances (*What have I done? What have I found? What should I do next week?*)
- Questions, problems
- Thoughts, observations
- Brainstorms, clusters, mind maps about a topic
- Brief texts - related (or not) to your topic
- Outlines
- Title projects
- Ideas for introduction and conclusion
- Ideas for the first sentence of the introduction

### How to reflect?

Reflection is an important aspect of research. Take time out to reflect on how things have gone well and what could have been handled differently. The 'Reflection' section of the log book helps you to think about how you handled a situation. In this section you can record:

- What you did.
- When you did it.
- Techniques that you learned about.
- Techniques that you used.
- What you learned.
- What you did well.
- What could you do differently next time.
- Any support you need