# Common Questions Used for Reflective Journalling

* In your view, what were the most important points in the readings, videoclips, or discussions with your fellow students and tutors?
* What information did you already know?
* What new knowledge, ideas, or perspectives have you gained?
* What information was easy to remember or learn? Why?
* What concepts did you find more difficult? Why?
* How can you apply this knowledge to your work or current experience?
* How has this knowledge helped you to make sense of your current or previous experience?
* Has your understanding of a personal or work-related situation changed after studying these concepts?
* Did you agree or disagree with any of the material? If yes, how did you react and why?
* If you could have the opportunity to engage in further learning, what would it be?
* What further questions would like to ask the author of your readings?
* What other articles, books or discussions would be of interest?