# Reflective Learning Log guide (to be read in conjunction with the template doc.)

You are required to reflect on your learning from both the formal study sessions and your personal reading and (if any) work experience. You should acknowledge any limitations of the experience and the consequences of your learning for the coursework assessment and future professional practice.

Logs should be critical in as much as personal performance is critiqued; also, a critique of theory and practice should be included, drawing upon examples of best practice gained through observation, application and reading. Unlike other types of assessment, e.g. management reports, you may write reflective logs in the first person (I, we).

# Relationship to the Kolb learning cycle

By encouraging reflection upon what you do as a student and practitioner, you can identify what is successful and what is not and adapt strategies and behaviour to improve performance in the future.

This is a very powerful and effective way of learning and has been captured by David Kolb in the experiential learning cycle (see study skills on Moodle).

This module provides the opportunity for structured reflection as part of the module assignment. The template below should be used for each of 10 learning sessions, with a minimum of 8 appended/submitted with your final assessment.

It can be undertaken as a series of blogs and shared with your cohort, for continuous feedback.