

# Learning journal prompts

## Purpose

This assignment emphasizes the significance of reflection in the learning process.

Reflection (thinking again about past experiences) is a natural aspect of learning that often occurs spontaneously through discussion and collaboration.

The brain's initial experience of an event may not accurately perceive it, as various factors such as perspective, mindset, and emotions influence the interpretation. Think of the last time you watching a movie for the second time, and how your perception of the movie and what you took away from it differed from the first viewing.

Repeated exposure can lead to different perceptions of the same story, emphasizing the dynamic nature of learning and understanding.

The following prompts come from this TeachThought article, and are designed specifically help you reflect on your *learning*.

## Instructions

You will complete this work in your Learning Journal. You are expected to reflect on one question every two weeks, for a total of 8 questions (of your choice) throughout the semester.

## Prompts

1. Do I see patterns in what I did?
2. Were the strategies and skills I used effective for this assignment?
3. How did my mindset affect how I approached my work?
4. Did I do an effective job of communicating with others before, during, or after learning?
5. What have I learned about my strengths and my areas in need of improvement?
6. How am I progressing as a learner?
7. What can/should I do next?
8. How can I best use my strengths to learn?
9. What steps should I take or resources should I use to meet my challenges?
10. How can my learning environment be improved?