**Weekly learning journal**

As part of our ongoing commitment to fostering a reflective learning environment, we invite you to submit your weekly learning journals detailing your activities and experiences. Your submissions will be evaluated based on various criteria, emphasizing the quality of your document, the activities you engaged in, and your self-directed learning process.

**Grading Criteria:**

1. **Document Quality:**
   * Clear and organized presentation.
   * Proper grammar, spelling, and punctuation.
   * Use of headings, bullet points, or other formatting to enhance readability.
2. **Activities Conducted:**
   * Thorough description of activities undertaken during the week.
   * Alignment with the learning objectives and course content.
   * Insightful reflection on the relevance and impact of the activities.
3. **Self-Learning Process:**
   * Demonstrated engagement with the learning materials.
   * Evidence of critical thinking and analysis.
   * Identification of challenges faced and strategies employed for self-directed learning.
4. **Self-Critique and Adjustment:**
   * Reflection on personal strengths and areas for improvement.
   * Identification of adjustments made based on past experiences.
   * Demonstration of a growth mindset through a willingness to adapt and learn.
5. **Readiness and Willingness to Study:**
   * Demonstrated commitment to the learning process.
   * Timely submission of the learning journal.
   * Active participation in class discussions and related activities.