

Skill Enhancement Course-Education

B.A Programme Semester-4

Paper: Reflective Learning

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# Let's revise

- Tools for Reflective Learning-
- Journal writing
- Diaries
- Blogs
- Audio-Visual
- Dialogue
- Human inquiry
- Action Research
- Personal Development Planning

# Diaries vs. Journal

- A diary is mainly used to write things you would like to remember - daily activities, how the day was spent, what was done, the daily routine and anything that needs to get done.
- personal journal is a record of significant experiences. It is much more personal than a diary. It contains feelings, emotions, problems, and self-assurances and can be used to evaluate one's life. For a journal, one does not just record one's experiences but also thoughts, feelings and reflections.
- Diary writing is a daily activity but one can write in a journal whenever there is a desire to write about significant experiences.

## The core elements of academic reflective writing to write reflection

- develop a perspective or line of reasoning
- develop a link between your experience or practice and existing knowledge (theoretical or personal)
- show understanding and appreciation of different perspectives to your own
- show recognition that your own understanding is likely incomplete and situations are rarely clear-cut and simplistic
- show learning resulting from the reflection (either by discovering something new or confirming existing knowledge) and how you plan to use it
- be written in an appropriate style with language relevant to your academic discipline
- sometimes, but not always, use theoretical literature to inform your understanding.

**QUESTIONS?**

**COMMENTS?**

**CONCERNS?**

