

Learning journals or Reflection diaries

Metacognitive skill targeted: Self-monitoring, reflection, strategising and reviewing the learning process, emotion management, confidence building

Age group

9+ year

Duration

Approximately 20-30 minutes; As soon as this reflective exercise concerns a personal reflection **and writing about** one's learning and emotional processes (e.g. at the end of a school day), **the duration depends on the students' personal needs** about metacognitive reflection.

Materials needed

For this reflective exercise you will only need **a pencil** and **some photocopies of the attached template**. As this template works like a learning journal/reflective diary, you can also choose your own **folder** in which you can attach each photocopy. In this way, you can keep your reflective exercises all together and create your personal journal/diary.

Alternatively, you can choose your own **notepad/notebook** that you shall use as a learning journal/reflective diary. You can print the template once, glue its three pages at the beginning/on the first pages of your notebook; in this way you can refer back to the template's guiding questions each time you want to reflect on and write about your learning process and/or your emotional situation before/during/after this process.

Activity Description

In these journals/diaries, **the purpose is to document each learning session, noting strategies used, what worked well, and what didn't, but also reflect on the emotional difficulties that came up before/during/after a learning process** (e.g. anxiety during a writing task). You shall note down your reflections on your learning content and process by answering the journal's/diary's questions and adding any other thoughts you had about your learning and your learning-oriented emotions.

This consistent practice of reflection will help you track patterns in your strategies and outcomes, document your learning process, speculate your development over a period of time, and raise your metacognitive awareness.

Instructions

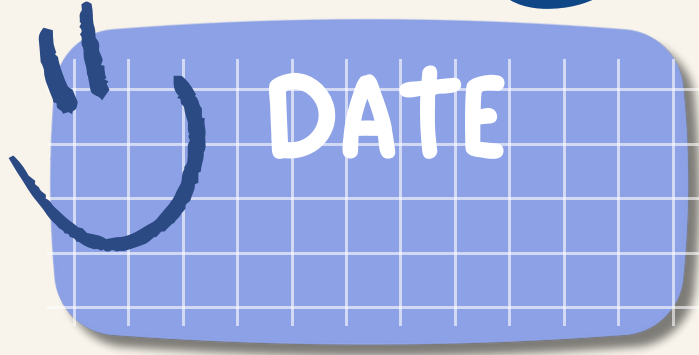
- Follow the questions of the template;
- Don't hurry and be honest to yourself;
- Feel free at the end to add any personal thoughts;
- Return and re-read your learning journal/reflective diary after two days, one week, or one month.

Useful Tips

- You can reflect on your learning process at the end of the school day, at home, or even make notes during the lessons.
- Remember that this is your personal reflective exercise; There are no right or wrong answers! You just need to be honest to yourself and to your own learning processes. So, write down your own thoughts exactly as they come up in your mind, as there is no correct or wrong way of keeping a diary; the answers are important for your own learning process.

- Ask your teacher to give instructions on how to keep a learning journal/reflective diary, to model this metacognitive exercise and to have a practical example through a team-reflection in class, either like a teamwork on the board or/and like a writing task which is assigned to all and is accompanied by personal feedback after its completion.
- Follow the reflecting way that suits you better and create your own learning journal/reflective diary; Don't hesitate to use this metacognitive exercise by tailoring it to your own needs and preferences. That means that you can adapt this reflective exercise and create the journal/diary that you prefer.
For example, you can have your own learning journal on a paper notepad or on an electronic one; or you can create your own journal by attaching photocopies of the attached template in a folder, either a handmade one or a purchased one.

My Reflection Diary



DATE



 Which were the goals for today's class?

 What did I learn/understand or did not learn/understand?

 How can I use what I learned today?

 How would I grade my activity and effort today?

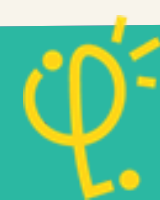
1 5 10

the lowest

the highest



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My Reflection Diary



Was there an emotionally difficult moment? (e.g., a highly stressful moment)



What happened, how did this make me feel and why?



How did I react?

How did I deal with this difficulty?

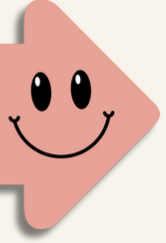


Was there something I could have done to be prepared for this? Was there an alternative and better way of reacting?



What can I try differently next time?





Write down here any other personal thought about your learning;



Try to write a positive feedback or a positive comment about yourself and your today's effort;

