Worksheet · Student Wyckoff · My Day

# Keep a personal learning log

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For independent study, save the resource, stopping point, what you could explain without help and an open question. Across several entries, look for a recurring obstacle and test one way to reduce it.

A personal learning log is different from a required placement or training record. If an institution requires a particular form, use its instructions; the flexible table below does not replace that form.

Name / project: _____

Fill the blank rows with your own examples.

| Date and event | Observed result | My explanation | Next experiment |
|---|---|---|---|
| Monday, study | Two examples without hints | The third type is still unclear | Work through one similar example |
| Tuesday, project | A draft diagram | An outline helped | Ask someone to check the connections |
| Friday, review | Three short sessions | Starting is easier in the morning | Keep that time available next week |
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## Sources


- The Open University - Reflective learning
  https://help.open.ac.uk/strategic-study-techniques/reflective-learning
- UC Berkeley Greater Good in Action - Gratitude Journal
  https://ggia.berkeley.edu/practice/gratitude_journal
- APA Dictionary of Psychology - Self-reflection
  https://dictionary.apa.org/self-reflection
- The Open University - What is reflection?
  https://www.open.edu/openlearn/education-development/learning-how-learn/content-section-9.2
- И. Н. Семенов, К. С. Серегин - Рефлексивность личности и мышления субъекта, НИУ ВШЭ
  https://publications.hse.ru/chapters/751517696