

Tool 15 – Keeping a reflective learning log

Why you should use this tool

You should have a permanent record of your learning to keep in your portfolio. It can be extracted at a later date if evidence of your learning activities is required for supervision, appraisal or accreditation. It will help you reflect on your experiences at work and apply what you have learnt more effectively.

When to use this tool

You could use this technique over the first 3–6 months that you learn about and try to support self care among patients. Then discuss or review what you have written with a mentor, manager or supervisor.

What to do

The purpose of the learning log is for you to pick out the most personally significant experiences on a particular day or days and record what you learnt from the experiences. This will involve you reflecting on:

- what was most significant
- why this was personally significant
- what you learnt
- any actions you propose to take as a result.

You need not restrict yourself to one event. You can also use the log to record other thoughts, ideas, insights and feelings. You might also record what worked for you and what did not – and the reasons for that. Other observations might include the relevance of the learning to your work or personal life.

Time: set aside time on a regular basis to complete the logbook at the end of a day or an event. The time you spend emphasises the importance you place on the task you are focusing on.



How it works

It helps you to reflect on the significance to you of what and how you are learning. You will become more aware of what and how you are learning as a result.

What to do next

Look at your learning style, and decide whether other ways of learning and working might suit you better.

For more information on this tool, please click on [Tool 15](#).



Working in Partnership
Programme

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self care • •
...because health matters •

Example of a learning log

What was most significant?

Why was this personally significant?

What did you learn?

What actions do you propose to take as a result?