

PURPOSE

For adults learning is a voluntary activity that can take place continuously as part of life experiences as well as at formal learning events. Learning can be easier when it builds on the learners existing experience and when the learning opportunity is seen as relevant to the immediate work needs or personal development needs and aspirations.

Keeping a learning log encourages the learner to build in reflection time, so that new learning can be recognised, weighed up and integrated into practice.

Successful learning is only achieved when the learner is able to apply new learning to everyday activities. Key questions in reflecting on learning opportunities are: “What happened?” “Why did it happen?” and “How can I use this learning in the future?”. Learning logs can help learners to answer these questions.

SUGGESTED USE

During the three parts of the EoT course - distance learning, workshop and project, you will encounter frequent opportunities to learn. Keeping a learning log will help you to recall your thoughts, experiences, reactions and ideas - which may lead to further development. You can also present this as evidence of your learning experiences and include your learning log, along with your project report, for assessment. Suggestions for possible inclusion in the log:

1. Key points of interest from your learning experiences
2. Conclusions reached
3. Actions taken or planned that put the learning into action
4. Further learning / development needs
5. Personal achievements in terms of knowledge and skill gain
6. Personal reflections on the experience
7. Actions planned to apply, consolidate and integrate learning
8. Potential opportunities for further professional development, in respect to EoT

Learning Log	Name:	Date:
Learning Event / Situation / Experience		
What happened		
What I learned / concluded		
How I can use this learning		
Action planned and when		

LEARNING LOG	
Name:	
Date:	
Event /Topic:	
Learning points (What I have learned)	
Application of Learning (How can I use what I have learnt?)	