# Reflecting on your learning

Getting into the habit of keeping a learning journal can help to record experiences and facilitate learning by actively observing and reflecting. It can help to develop your critical thinking and problem-solving skills by asking questions. Regular journal writing and reflection can also help to increase active involvement in your learning and assist you to become a reflective practitioner.

## How to keep a learning journal

* Use a notebook specifically for this purpose.
* A learning journal is personal and will reflect the personality of the writer.
* Be as creative as you like.
* Just write it! Don’t worry about spelling, grammar or structure at this stage.

## **DIEP strategy**

There are lots of different ways you can keep a learning journal. Here is one method based on the DIEP strategy (***Describe, Interpret, Evaluate and Plan***) which can help you to structure your reflections.

## Date and title of reflection: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **D - Describe** **objectively what happened*** What happened?
* Give the details of what occurred.
* What did I do, read, observe, and hear?
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| **I - Interpret the events*** What was the purpose of this activity/new insight?
* What is the connection with what I have learned?
* Explain your learning: new insights, connections with other learning, your feelings, hypotheses and conclusions.
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| **E – Evaluate what you learned*** How was this useful?
* What is my opinion about this experience?
* What is the value of this experience?
* Why do I think this?
* Make judgements connected to observations you have made.
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| **P – Plan how this learning will be applied*** How might this learning apply in my future?
* Comment on its relevance to your course, program, future career and/or life.
* What’s next? Create a “To Do” list.
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Based on: Boud, D, Keogh, R & Walker, D 1985, *Reflection: turning experience into learning*, Routledge, London.