Suggestions for questions for learning diaries:

*When working with learning diaries, it is important to consider questions related to the teaching in which the learning diaries are used. The following questions are general questions which can be used as they are written here or rewritten to suit the needs of the individual course or lesson concerned.*

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| What have I just worked with?  Which task have I just finished?  What new knowledge have I acquired? |  |
| What did I think about my work while doing it?  How did I feel while doing the task?  Did I feel good or bad while doing the task? |  |
| What did I think of saying or doing which I did not actually say or do? |  |
| What did I learn? What have I achieved? |  |
| What will I do differently next time? And how will I do it differently next time? |  |
| What have I learned about myself?  How has my new knowledge made me better? |  |
| How can I use my work and my new knowledge in the future?  And how can I use it in relation to learning new things going forward? |  |
| How do I characterise my own reflections? Please put a mark on the line: | |
| Accepting Questioning  Descriptive Analytical  Spontaneous Strategic  Specific Abstract  Poorly communicated Well communicated  Delimited Open  Not self-conscious Self-conscious | |