

Reflective journal

- Generally, a reflective journal requires you to map the progress and changes in your thinking about a subject or a topic, or about the learning journey in which you are engaged.
- You may be asked to make regular entries in a journal (over a period of time), which would then have to be submitted and assessed.
- You may also be asked to use your reflections built up over a period of time as the basis of an essay or a report.
- If the journal is to be assessed, it should be well structured and clearly expressed for the benefit of your audience, even though it may have elements of personal writing.
- If the journal is for yourself, to be used as the basis of an essay or a report, make sure that your writing makes sense to you when you refer to it to compose your essay or report.
- Consider the following when writing a reflective journal:
 1. Describe the events and your experience – What did I do/hear/see?
 2. Interpret and evaluate the events from your perspective – What do I think about it now? How does it relate to other things that I know? Explain your experience; reveal your new insights, connections with other learning, your hypotheses, and your conclusions.
 3. Reflect on how this information will be useful to you – What questions do I have? Have I changed how I think about the situation? Where do I go from here?
- If you have been given specific questions or tasks to perform, use these as headings to help organise your writing.

Adapted from the following sources:

Morley-Warner, T. 2000, *Academic writing is... A guide to writing in a university context*, Centre for Research and Education in the Arts, Sydney.

Royal Melbourne Institute of Technology 2009, *Study & Learning Centre*, accessed 15 June 2009, <<http://www.dlsweb.rmit.edu.au/lisu/>>

