**The Learner’s Journal**

There are many reasons and purposes for keeping a learner’s journal which include the following among them;

* To record your own experiences as a learner;
* To compare your knowledge and attitudes before, during and after the course programme;
* To facilitate your own learning from your experiences;
* To acknowledge and reflect on your learning journey;
* To enhance and improve your writing skills;
* To encourages learners to take time to review the subject, associated concepts and your understanding of them.

**How does journaling assist learning?**

* The process of writing a journal provides opportunities to create a space to think and reflect on the topic, make sense of it and check your understanding;
* It helps to develop a more personal understanding of the topic and relate it to what you already know;
* There is a strong relationship of writing to learning which forces you, as a learner, to clarify your thoughts, use it as a form of learning feedback, focus attention on what is unclear or where you have a lack of understanding;

**Writing style**

The journal should be written in both first and third person. The first to provide your own reflections on what you are learning, its impact on you, your understanding of it and how you would apply it in your trade union work. The third person should be used when discussing the books, theories or research of authors you discuss in your journal.

The journal should not be a purely descriptive account but communicates your thought process, your understanding of the topic and your changed knowledge and understanding.

The journal should focus on your personal responses, reactions and reflections to new ideas or new ways of thinking about a subject that was covered in that particular week through slides, videos, class discussion, group activities etc.

**Week 1 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

What did I read for this topic, apart from the slides provided?

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What was the most interesting article/book/excerpt I read? Why?

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**Prior to this class,** I thought …..………………………………………………………………………..

which might be due to ………………..…………………………………………………………………..

Having discussed;

(1)…………………………… during class and reflected on it after, I now understand ……………………………………………….………………………………………………………………

(2)…………………………… during class and reflected on it after, I now understand ………………………………………….……………………………………………………………………

As a result of this class, I have improved/changed my understanding/knowledge of (1).…………………………………….…….……………………………………………………………….

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This knowledge is essential to me as a union activist/official because ……………….…………….

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The ‘AHA’ moment was ……………………………………….………………………………………….

What have I changed my mind/opinions/values about, as a result of this topic?

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What am I still unsure about? What would I like to learn more about?

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As a next step, I will now need to

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**Week 2 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

What did I read for this topic, apart from the slides provided?

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What was the most interesting article/book/excerpt I read? Why?

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**Prior to this class,** I thought …..………………………………………………………………………..

which might be due to ………………..…………………………………………………………………..

Having discussed;

(1)…………………………… during class and reflected on it after, I now understand ……………………………………………….………………………………………………………………

(2)…………………………… during class and reflected on it after, I now understand ………………………………………….……………………………………………………………………

As a result of this class, I have improved/changed my understanding/knowledge of (1).…………………………………….…….……………………………………………………………….

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This knowledge is essential to me as a union activist/official because ……………….…………….

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The ‘AHA’ moment was ……………………………………….………………………………………….

What have I changed my mind/opinions/values about, as a result of this topic?

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What am I still unsure about? What would I like to learn more about?

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As a next step, I will now need to

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**Week 3 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

What did I read for this topic, apart from the slides provided?

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What was the most interesting article/book/excerpt I read? Why?

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**Prior to this class,** I thought …..………………………………………………………………………..

which might be due to ………………..…………………………………………………………………..

Having discussed;

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(2)…………………………… during class and reflected on it after, I now understand ………………………………………….……………………………………………………………………

As a result of this class, I have improved/changed my understanding/knowledge of (1).…………………………………….…….……………………………………………………………….

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This knowledge is essential to me as a union activist/official because ……………….…………….

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The ‘AHA’ moment was ……………………………………….………………………………………….

What have I changed my mind/opinions/values about, as a result of this topic?

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What am I still unsure about? What would I like to learn more about?

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As a next step, I will now need to

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**Week 4 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

What did I read for this topic, apart from the slides provided?

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What was the most interesting article/book/excerpt I read? Why?

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**Prior to this class,** I thought …..………………………………………………………………………..

which might be due to ………………..…………………………………………………………………..

Having discussed;

(1)…………………………… during class and reflected on it after, I now understand ……………………………………………….………………………………………………………………

(2)…………………………… during class and reflected on it after, I now understand ………………………………………….……………………………………………………………………

As a result of this class, I have improved/changed my understanding/knowledge of (1).…………………………………….…….……………………………………………………………….

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This knowledge is essential to me as a union activist/official because ……………….…………….

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The ‘AHA’ moment was ……………………………………….………………………………………….

What have I changed my mind/opinions/values about, as a result of this topic?

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What am I still unsure about? What would I like to learn more about?

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As a next step, I will now need to

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**Week 5 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

What did I read for this topic, apart from the slides provided?

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What was the most interesting article/book/excerpt I read? Why?

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**They are important because;**

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**Prior to this class,** I thought …..………………………………………………………………………..

which might be due to ………………..…………………………………………………………………..

Having discussed;

(1)…………………………… during class and reflected on it after, I now understand ……………………………………………….………………………………………………………………

(2)…………………………… during class and reflected on it after, I now understand ………………………………………….……………………………………………………………………

As a result of this class, I have improved/changed my understanding/knowledge of (1).…………………………………….…….……………………………………………………………….

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This knowledge is essential to me as a union activist/official because ……………….…………….

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The ‘AHA’ moment was ……………………………………….………………………………………….

What have I changed my mind/opinions/values about, as a result of this topic?

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What am I still unsure about? What would I like to learn more about?

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As a next step, I will now need to

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**Week 6 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

What did I read for this topic, apart from the slides provided?

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What was the most interesting article/book/excerpt I read? Why?

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**They are important because;**

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**Prior to this class,** I thought …..………………………………………………………………………..

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Having discussed;

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(2)…………………………… during class and reflected on it after, I now understand ………………………………………….……………………………………………………………………

As a result of this class, I have improved/changed my understanding/knowledge of (1).…………………………………….…….……………………………………………………………….

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This knowledge is essential to me as a union activist/official because ……………….…………….

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The ‘AHA’ moment was ……………………………………….………………………………………….

What have I changed my mind/opinions/values about, as a result of this topic?

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What am I still unsure about? What would I like to learn more about?

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As a next step, I will now need to

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**Week 7 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

What did I read for this topic, apart from the slides provided?

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What was the most interesting article/book/excerpt I read? Why?

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As a result of this class, I have improved/changed my understanding/knowledge of (1).…………………………………….…….……………………………………………………………….

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This knowledge is essential to me as a union activist/official because ……………….…………….

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The ‘AHA’ moment was ……………………………………….………………………………………….

What have I changed my mind/opinions/values about, as a result of this topic?

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What am I still unsure about? What would I like to learn more about?

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As a next step, I will now need to

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**Week 8 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

What did I read for this topic, apart from the slides provided?

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What was the most interesting article/book/excerpt I read? Why?

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**Prior to this class,** I thought …..………………………………………………………………………..

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Having discussed;

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(2)…………………………… during class and reflected on it after, I now understand ………………………………………….……………………………………………………………………

As a result of this class, I have improved/changed my understanding/knowledge of (1).…………………………………….…….……………………………………………………………….

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This knowledge is essential to me as a union activist/official because ……………….…………….

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The ‘AHA’ moment was ……………………………………….………………………………………….

What have I changed my mind/opinions/values about, as a result of this topic?

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What am I still unsure about? What would I like to learn more about?

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As a next step, I will now need to

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**Week 9 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

What did I read for this topic, apart from the slides provided?

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What was the most interesting article/book/excerpt I read? Why?

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The ‘AHA’ moment was ……………………………………….………………………………………….

What have I changed my mind/opinions/values about, as a result of this topic?

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What am I still unsure about? What would I like to learn more about?

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**Week 10 Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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What was the most interesting article/book/excerpt I read? Why?

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As a result of this class, I have improved/changed my understanding/knowledge of (1).…………………………………….…….……………………………………………………………….

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This knowledge is essential to me as a union activist/official because ……………….…………….

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The ‘AHA’ moment was ……………………………………….………………………………………….

What have I changed my mind/opinions/values about, as a result of this topic?

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What am I still unsure about? What would I like to learn more about?

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As a next step, I will now need to

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