

## **HOMEWORK ASSIGNMENT: LEARNING JOURNAL**

Learning Outcomes:

- REFLECT on your own learning;
- IDENTIFY challenges;
- DEVELOP strategies to meet these challenges.

### **INSTRUCTIONS:**

Over the course of the next 6-7 weeks, you will keep a **LEARNING JOURNAL** in order to reflect on your learning experience in the class and in the broader context of the university as a whole.

1. Make a **MINIMUM** of **FIVE (5)** entries in your journal;
2. **EACH** entry should be at least one paragraph of a minimum of 100 words;
3. Each entry should focus on a particular learning experience you had that day or that week. Write about such things as the following:

- Something you found frustrating or difficult. Think about what it was specifically that caused you the problem. What did you do about it? Did you give up? Ask for help? Keep trying? Why did you choose the strategy you did? What did this experience tell you about how you best like to learn?
- A breakthrough or positive learning experience. What about the experience specifically worked for you? What was your response? How can you transfer this positive strategy or experience into other learning situations? What did this experience tell you about how you best like to learn?
- An opportunity you had to ask for and receive help from someone else. What moved you to ask for help? How did you go about communicating your needs or your difficulty to this person? What strategies did this person use to help you? What was a successful encounter? What would you do differently? What did this experience tell you about how you best like to learn?
- An opportunity you had to help to teach someone else. What strategies did you use to help this person? How did you identify the problem and choose a solution? What did this experience tell you about how you best like to learn?

You will hand in the following:

A **MINIMUM** of **FIVE (5)** of your journal entries.

They may be hand-written but must be **LEGIBLE** and in **INK**.

Include a COVER PAGE with the appropriate information on it:

Your name

Your student ID #

Course Name

Instructor's Name

Assignment Title

Your Subtitle (where applicable, as on the Remix or Essay Outline and Essay assignments)

Date Submitted

STAPLE your entries together (NO duotangs for folders, please).

