# Journal writing

A journal is a record of your thoughts about your learning within a course or professional setting. It is written regularly over a specified period of time. In journals you draw on lectures and wider reading, describe events, experiences and issues associated with your study or professional placement and also analyse and reflect on them. Your journal will show that you have been thinking about the process of your learning and the development of your understanding. You often explore ideas or issues that are widely debated and discuss the various arguments associated with them.

A journal can be one or more of the following:

- a regularly kept and systematic record of factual information about events, dates and people or a record of notes and ideas about your reading and research linked to a course.
- a more detailed account of events and situations which record observations, anecdotes, conversations, as well as your subjective impressions of these.
- a reflective account of your own observations and interpretations of events that allows
  you to examine your experiences to understand them better.
- an analytical process in which you record your ideas, examine your data, deal with issues or problems that are raised by it and identify alternative solutions

top?

# Why keep a journal?

You may be required to keep a journal as part of the assessment of a course. Journals are useful because they can help you to:

- record your development and progress through a course
- process your learning by focussing on particular readings or issues and recording your insights and questions

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**Victor M. Corman** 

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