

Transitions Skills and Strategies

**Structured journal entry**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Reflecting on my learning experience | First reflection |  | Second reflection |  |
| Name: | Date: | | | |
| **What happened? What learning experience is being reflected on?** | | | | |
|  | | | | |
| **What is most important/interesting/useful / relevant?** | | | | |
|  | | | | |
| **How can it be explained?** | | | | |
|  | | | | |
| **How is it similar to and different from other learning experiences?** | | | | |
|  | | | | |
| **How did you feel when you were learning?** | | | | |
|  | | | | |
| **What have you learned from this?** | | | | |
|  | | | | |
| **What does this mean for your future?** | | | | |
|  | | | | |

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