

Transitions Skills and Strategies

**Less structured journal entry**

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| **Reflecting on my learning experience** | First reflection | Second reflection |
| **Name:** | **Date:** |

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| **What happened? What learning experience is being reflected on?** |
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| **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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