

## Reflective Learning Log

This log is intended to be an 'on-the-go' document that you complete regularly throughout your practice. It is not intended to be a neat or complete 'finished article' (you can use the accompanying Planning Grid to create a more comprehensive, structured account of your experiences). Try to complete this log as your experiences occur; this way, it will capture a more authentic account of your experience.

Date/ Time:	
Who was involved?	
What happened?	
What did you do?	
What are your initial thoughts/feelings?	
What were some strengths about your role in this event?	
What were some weaknesses about your role in this event?	
What can you learn from this?	