Part II - Youthpass tools and methods





A learning journal can have different formats and can be used in a variety of ways. The main idea is to give learners a tool to describe their learning and how they have learnt. The greatest value in writing a journal is the fact that you sit down, think about what you have experienced and give words to it. It helps you become aware of what you have learnt.

Another benefit of keeping track of your learning is that you can refer back to previous experiences and thoughts. It is a good way of remembering your learning. A learning journal can be daily, weekly or related to different events. But it definitely helps to have a rhythm.

The learning journal can be a nice-looking notebook that you give to participants at the beginning of the project. People can carry their journals with them during the activities, make notes and use those notes when talking to their peers.

It is also possible to invite learners to write their journal online, as a personal blog. A blog can be kept strictly personal, or the participants can invite a selected group of readers, or they can share their learning with the whole world (public blog).

Give participants time and space in the project to write in their learning journal. You could, for example, set aside half an hour at the end of each training day to write down learning thoughts. It is important to emphasise the importance of this individual reflection.



Learning journal 9



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Learning journal 9

Hi,

I am your personal learning journal and I am at your service. My purpose is to help you support and document your own learning during this training course/EVS project/ youth exchange/youth initiative.

However, it is up to you to find your own way to use me. You may take notes, doodle and draw, stick interesting pictures in, write your reflections, share thoughts and insights etc.

Experience shows that people might struggle with how to start these reflections and what to write in a learning diary. So, a suggestion would be to finish some of the unfinished sentences below:

- → Today I have discovered...
- → Now I understand...
- → I feel more confident about...
- → The "AHA!" moment was...
- → The new question that appeared was...
- → I need to research more about...

Or perhaps you may wish to reflect on your own learning process and yourself as a learner, using some of the suggestions below:

- \rightarrow The way I prefer to learn is...
- → I am passionate about learning when...
- ightarrow The way I sabotage myself in the learning process is...
- → In my learning process, other people can help me with...
- \rightarrow I support others in their learning processes by...
- → What I have learnt about learning is...

Good luck and have fun!