













INTRODUCTION.

Learning Log.

Keeping a learning log has several benefits. It is a valuable way of developing your knowledge of learning and of looking at yourself as a learner. It is also a helpful way of recording significant material on a course.

It is also an integral process in this course, and the requirement for you to receive the 'Constancia de la Secretaría del Trabajo'. We recommend that you keep your learning log throughout the course. You will find it useful to keep your log during all the sessions, class observations, individual and group work, and other learning experiences. The portfolio tasks draw on learning log material among other evidence of learning.

First of all, create a special place in which to make your learning log —a notebook, binder, on the computer, etc. Spend at least 20 minutes on each entry in order to reflect and have relevant entries. Write about whatever seems most important to you to reflect on your experiences as a learner. You might want to choose just one of these questions to answer if that helps you get started. Alternatively, in order to prompt you in your first few entries, you might want to choose to write responses of few lines to more than one of the following questions.

-  What have I learned about myself as a learner this session?
-  What have I learned about my emotional responses to learning?
-  What were the emotional high points of the week's learning?
-  What were the emotional low points of the week's learning?
-  What learning tasks and activities did I respond to most easily this week?
-  What learning tasks gave me the most difficulty this week?
-  What was the most significant thing that happened to me as a learner this week?
-  What learning activity or emotional response most took me by surprise this week?
-  Of everything I did this week in my learning, what would I do differently if I had to do it again?
-  What do I feel proudest about regarding my learning this week?
-  What do I feel most dissatisfied with regarding my learning activities this week?
-  etc.

We have also found that different individuals have their own working patterns. Some, for example, keep their log on a daily basis. The important thing is to keep the learning log up to date as it is a source of material for review and portfolio tasks.

Set: **At the beginning of the course.**

Hand in: **Ideally before your test day (deadline 12 weeks after your test day)**