

Unit 2.1 Reflective Learning Skills

Kolb Reflective Learning Journal

Use this journal template to write down experiences you have that you think you can improve on. Use the Kolb reflective learning model to think about the experience and how you can do something differently in the future to change the outcome.

Date of Journal Entry:

Experience: What was the situation?

Observation: Think about and review what happened in the situation. What did you do or not do that created the problem situation?

Develop Ideas: What could you do differently next time to avoid repeating the same mistake?

Practice Ideas: practice the ideas that you came up with and then reflect on if the new idea was successful or not. If it was not successful, start the process again by reflecting on the experience.

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