

REFLECTIVE JOURNAL

DEFINITION, OBJECTIVES, BENEFITS, AND STEPS FOR
WRITING

DEFINITION

- A reflective journal is a personal record of thoughts, experiences, and insights. It encourages self-assessment, critical thinking, and a deeper understanding of learning or personal growth.

OBJECTIVES

- • To encourage self-awareness
- • To analyze personal learning experiences
- • To identify strengths and weaknesses
- • To improve critical and reflective thinking
- • To connect theory with practice

BENEFITS

- • Enhances critical thinking and problem-solving
- • Promotes self-awareness and personal growth
- • Improves writing and communication skills
- • Provides a space for emotional expression
- • Strengthens ability to apply knowledge in real-life situations

REFLECTIVE JOURNAL WRITING PATTERN

- **I. Title / Topic**
- Mention the experience, lesson, or event you are reflecting on.
(e.g., “*My First Group Presentation*” or “*How Culture Shapes My English Communication*”)

- **2. Description**

- What happened?

- Who was involved?

- Where and when did it take place?

- Keep it factual (no opinions yet).

- **3. Feelings**

- What were your thoughts and emotions during the experience?
- Did you feel nervous, confident, excited, confused?
- Be honest and personal.

- **4. Evaluation**

- What was positive about the experience?
- What was negative or challenging?
- Did anything surprise you?

- **5. Analysis**

- Why did things happen this way?
- What factors influenced the situation? (your actions, others' reactions, environment)
- Link to any theories, cultural ideas, or learning concepts if needed.

- **6. Conclusion**

- What did you learn from this experience?
- Did it change your perspective or skills?

- **7. Action Plan**

- If a similar situation happens again, what will you do differently?
- How will you apply what you learned to improve in the future?

STEPS FOR WRITING A REFLECTIVE JOURNAL

- 1. Choose an experience or event to reflect on
- 2. Describe the experience clearly
- 3. Analyze your feelings, thoughts, and reactions
- 4. Connect the experience with theories or prior knowledge
- 5. Identify what you learned
- 6. Plan how you will apply this learning in the future

Student Portfolio

- “A portfolio is a purposeful collection of a student’s work that tells a story of effort, progress, or achievement.”
- “A collection of student work that demonstrates achievement or improvement.”

(Stiggins 1994)

- So, it is a;
 - ✓ purposeful and systematic process
 - ✓ collection of student work
 - ✓ attainment of learning target
 - ✓ predetermined criteria for scoring
 - ✓ student self reflection on what has been accomplished
 - ✓ specific & predetermined guidelines for selection of materials

