

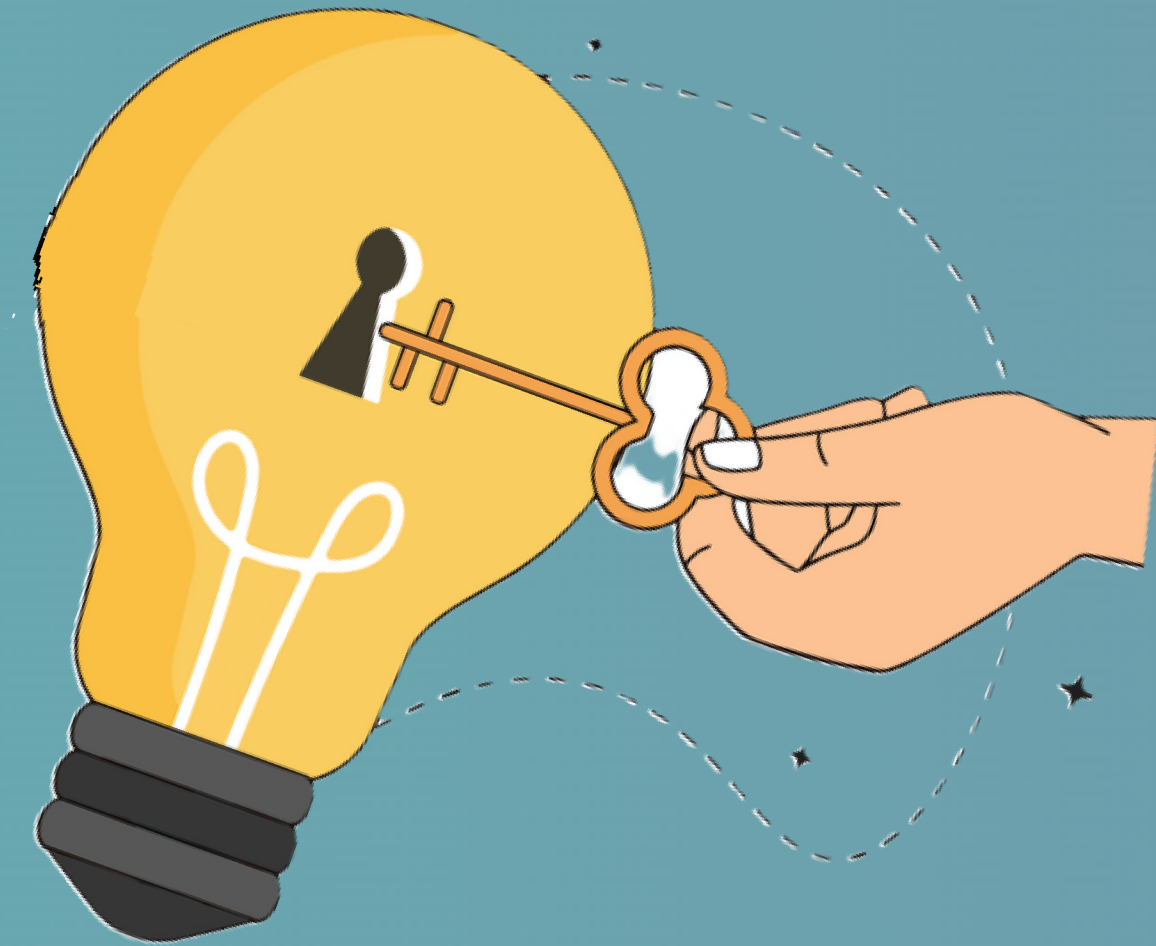


Unlock Your Placement Power

Your placement journal is more than
a diary of events.

It's the key to your future success.

Learn how to make it awesome!!



'Reflecting' is a **Superpower**

“Why Bother Keeping a Placement Journal?”

Thinking about your experiences helps to recognise the valuable skills you can offer to impress future employers and universities.

What's in it for you?

Know Your Skills

Identify and describe the new skills and abilities you're gaining, from technical know-how to teamwork and communication.

Be More Confident

Track your progress and see how you've overcome challenges, giving you a massive confidence boost in the workplace.

Get Better at Learning

The act of reflection is a crucial life skill that helps you learn and understand your ability to adapt in any situation.

Move Towards Goals

Taking the time to visualise your growth and record your progress to achieving goals can be a very powerful motivator.

Steps To A Great Reflection

To make your journal truly reflective, you need the right ingredients.

Use these simple steps to dig deeper into your experiences.

Plan your next steps

Note what you would change

Explain how you felt

Consider what you learnt

Describe what you did

From Boring to Brilliant!

A little reflection transforms a simple list of tasks into a powerful story of growth and learning.

A Basic Entry: "Today I answered phones and did some filing. I also went to a team meeting."

A Reflective Entry:

What Happened? Today I Answered phones, filed some documents, and sat in on a project meeting.

How I Felt: I was Nervous at first, but more confident after a few calls. The meeting was really interesting!

What I Learnt: Clear communication is a vital skill and how different roles collaborate on a single project.

What I Would Change: Next time I could get more involved and contribute to the meeting as I had ideas.

What's Next? I'm going to work on my professional communication and find out about other roles in the team

See the difference?

Stuck For Ideas?

Use these questions to spark your reflection
when you're staring at a blank page

Did you have any problems, how did you deal with them?

What was the most important thing that happened today?

What are three things you learned about yourself?

Did anything surprise you?

How did you help the team?

Did you get any feedback?

What skills are you most proud of using?

What have you done to evidence progression towards your Placement Learning Objective Targets

Has this changed your mind about your career?

Start your reflection journey today. Your future self will thank you.

[Click here to find out how to confirm your Attendance and add your Learning Journal Reflection](#)