

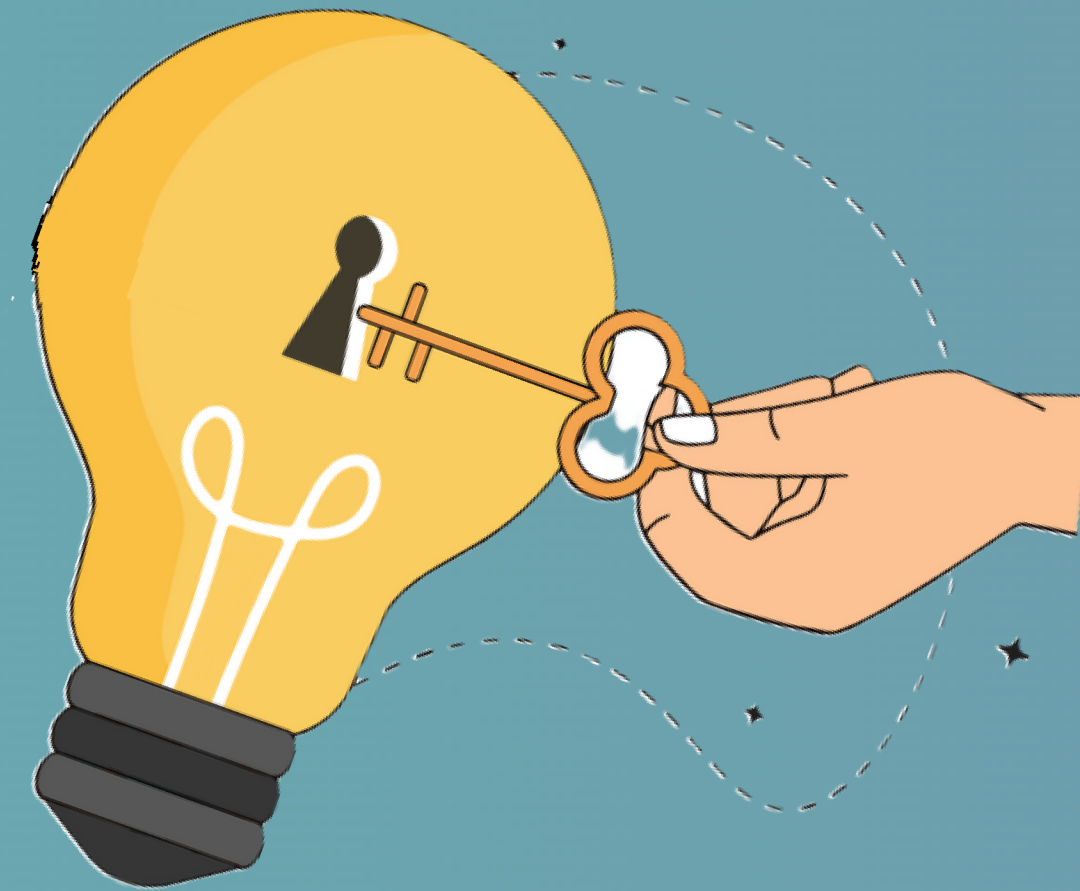


Unlock Your 'Reflection' Power

Your Placement and Activity journals
are more than a diary of the event

They are the key to your future success.

Learn how to make them awesome!!



'Reflecting' is a **Superpower**

“Why Bother writing a Journal?”

Thinking about your experiences helps you 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 to ask yourself the right questions.

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

A Reflective Placement 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?

From Basic to **Bold!**

Every situation provides an opportunity to learn new skills and develop existing ones.

A Basic Activity Entry: "Today an employer came in to speak to us about their company, it was interesting."

A Reflective Activity Entry:

What Happened? An employer came to speak to us about their company and working in the industry.

How I Felt: I didn't know what to expect so wasn't excited about it, but they were really engaging, and I enjoyed it more than I thought I would.

What I Learnt: I learnt a lot about the company including different career paths I could take, but I also learnt to be more positive about opportunities offered to me in the future.

What I Would Change: Next time I will try to be more confident and ask the questions I wanted to.

What's Next? I'm going to do some research on some of the job roles they mentioned to find out more.

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
CLICK HERE TO FIND OUT HOW TO ADD AN ACTIVITY TO YOUR TIMELINE