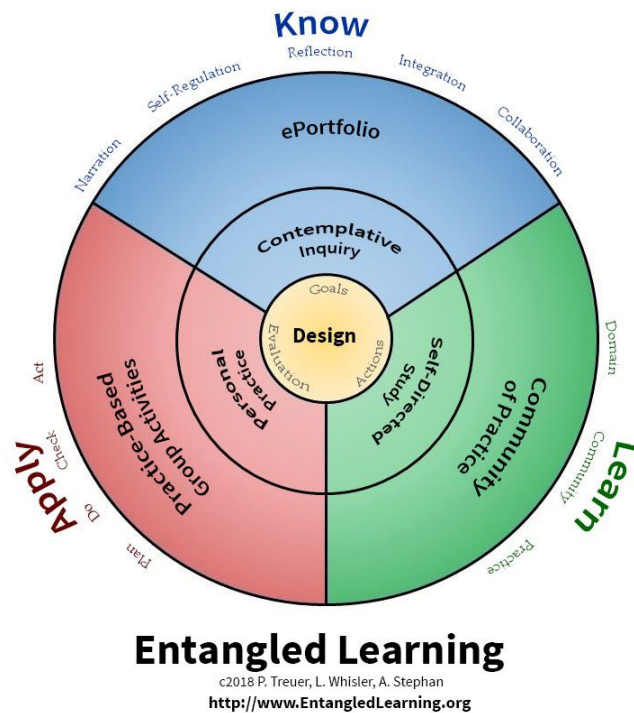


Learning Journal Prompt - Learning Skills

Purpose: The purpose of this activity is to practice using a specific learning skill so that it becomes a familiar and effective tool for you as a learner.

When you are preparing your answer, think about these questions. A great answer includes several sentences for each section.



1. Design - What is your goal?

- What specific learning skill will do you want to add to your toolkit?
- What do you hope to gain from engaging with this skill?
- Why is this skill important to you?
- What resource(s) will you consult?

2. Learn - What did you learn about the skill?

- What does the resource say about the skill?
- What are suggestions for engaging effectively with the skill?
- What are potential outcomes for becoming effective with the skill?
- What are potential pitfalls for not using the skill?

3. Apply - How did you use the skill?

- **Plan:** What is your plan? What actions are you going to take? Be specific - what, when, how. How are you going to track or log your actions?
- **Do:** Discuss how you attempted to accomplish your plan. Provide evidence to demonstrate that you tried this learning skill.
- **Check:** What went well when you used this learning skill? What could have gone better? How did the skill impact your learning?
- **Act:** How can you improve your experience in the future?

4. Know - What is the meaning for you?

- How did this experience help you to better understand yourself or the way that you learn?