# A person sitting at a desk Description automatically generated with medium confidenceLogo Description automatically generated

# Graphical user interface, application Description automatically generated

# Learning Log – Module Name:

Keeping a record of what you have learned and how you put this into practice can help you make the most of your experiences.

**Learning Journal**

|  |  |
| --- | --- |
| **Experience**  What activity / experience are you reflecting on? |  |
| **Reflect & Learn**  What happened / what did you learn? |  |
| **Act**  How will you put your learning into practice? |  |
| **Behaviour**  Think back to prior training. How are you performing in your role now compared to before? |  |

Notes:

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Notes:

If you feel you would benefit by chatting to one of our partners for support with your development, please get in touch by email to [**pdod@ulster.ac.uk**](mailto:pdod@ulster.ac.uk).

**More information is available on the [LearnMore@UU webpage](https://www.ulster.ac.uk/peopleandculture/people-development/learn-more-at-uu)**.**.**