

REFLECTIVE JOURNALS AND ASSIGNMENTS



Your **Reflective Journal** is an opportunity to record your experience of the training days and your participation in the group .

Please include:

- Your personal learning and self awareness.
- Any aspects of the day that were of particular interest to you and why.
- Any challenges or struggles.

Your Reflective Journal is to be handed in to your Personal Tutor in hard copy (2 copies, printed and stapled) each time we meet, by the Friday after the previous weekend.

Word count: Please write between 500 and 1000 words and no more than 1200.

Please include the following information:

- Your first name and surname in the top left hand corner of each page.
- The training day dates in thje top right hand corner of each page.
- Page numbers in the middle at the bottom of each page. (Format x of x).

For the five day non-residential please hand in *one* Reflective Journal of no more than 2500 words reflecting on all five days.

In addition Reflective Journal you will be set one **Assignment** each term.

We will set and explain the first assignment in February and it will be due after the Easter break.