

my reflection log

Did you ever maintain a daily diary? If not, you may have heard about or even read one of the most famous ones such as the Diary of Anne Frank or of Benjamin Franklin or Beethoven. In fact, keeping a diary is not very different from writing a reflection log.



Keeping a reflection log will help you think about something that has happened, an experience for instance, and to give yourself time, space and room for giving this experience some further thought and eventually develop ideas and a better understanding of it.



What should I write in my reflection log?

Write about your personal experience being part of the FoodFactory-4-Us International Student Competition – including both team work and online trainings – your thoughts about the difficulties and challenges and how you are dealing with them, the positive events you are experiencing, the interaction with your team mates, the other students and facilitators, may also be a part of your reflective process.

The three steps of log-writing:

- What, exactly, did I see? What happened? What did I experience?
- What did I feel/think about this?
- What did I learn from this?

How and when should I write my reflection log? And is it private?

Write your log like a personal diary, in the first person like: “today, I experienced...”

Write as often as you can and keep track of the days.

Your reflection log is private and only for you, you will not be asked to submit it and it is not part of the evaluation.

Writing in your reflection log regularly will be a valuable help for later when you are asked to prepare the learner document. But also in other situations, you may find keeping a reflection log a useful tool to gather your thoughts!

Good luck!

