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**Activity Reflection**

**Reflective writing is a good way of logging experiences and activities in a meaningful way.**

These logs allow you to reflect and assess the impact of any given activity or experience, offering the opportunity to better utilise the knowledge or insights gained, as well as understand your progress against any goals set. This information may help you complete assessments, assist you in writing CV’s or application forms, or simply remind you of the skills that you have acquired.

Below is a very simple template that can be used to write down these reflections:

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| --- | --- | --- | --- |
| **Date:**  |  | **Activity:** |  |
| **Description of activity:** |  |
| **What did you learn?**(Evaluation) |  |
| **How will you use this learning?** |  |