

PERSONAL BLOG

Each individual will have a different way of keeping a personal blog. There are, however, some general points:

It should be:

- A record which is useful to you
- A cue to memory
- Honestly written
- Enjoyable to you in its production

It can be used:

- To describe key things you have learned
- To consider whether your method of learning is working effectively
- To evaluate what you have learned
- To consider how this new knowledge and understanding may influence your practice

Getting Started:

- Set aside time for writing (maybe 10-15 per session)
- Allow time for the sifting of thoughts and ideas
- Do not worry about style, presentation
- Remember that the aim is to facilitate reflection on practice
- Find evidence to back-up your thoughts: what evidence do I have for what I have just written?

A final note

- Personal blogs are a private record of experiences throughout your studies and so it is important to use them to report thoughts, feelings and opinions rather than merely the factual points of the learning. Only by reporting personal feelings following learning can experiences be built upon and improved.

- It is important to use the personal blog to record positive experiences and achievements as well as the not so positive ones. A balanced view of what has taken place is essential.

Reflective Questions

The following is a set of questions that could be used to assist your thinking when you are thinking back over an experience and if you choose use it as an aid to discussing it with your work-based supervisor.

Session:

What did I aim to achieve?

What exactly did I do? How would I describe it precisely?

What did I learn that I didn't know before?

How effective was my learning method?

Did I find anything challenging or not enjoyable?

Has this changed the way in which I will do things in the future?