

# Reflective Journal Questions & Prompts

Session Materials

- How can I use this material? What connections can I make between theory, principle, et., and other theories or principles? How can I apply this theory, principle, or skill to an actual situation? What stands in my way, and why?
- What do I really expect from this learning activity? Am I getting it? Are my expectations realistic? If my expectations are not being met, what can I do about it?
- How does this relate, reinforce, or conflict with other material covered?
- Who else needs to know this, and why?
- How did I learn (best, with difficulty, a specific task)?
- What else do I need to learn
- What are things happening as they are? What are [other] possible explanations for what's going on?
- How is my life changing as a result of this learning? What do I want to change about myself as a result of my learning? What would I like to change at work or at home (as a result of this learning), and how can I bring it about? What am I doing differently, if anything?
- What do I need to make this learning more relevant and useful?
- What examples of this have I seen before? How were these situations alike or unlike? How is this learning activity like real life (like work)?
- What don't I like about the learning, and why? Am I resisting anything? Are there ideas I just don't want to accept? What are they and what do I think is causing my resistance?
- How is this learning affecting others in my class? What can I do to help them?
- What would I do differently next time?
- How would/might others describe the situation?
- How would/might others perceive my role in the situation/my contribution to the problem or solution?
- What are your strengths in the subject?
- How will you share your strengths with your teammates?
- What are your weaknesses in this subject?
- What will you do about your weaknesses?
- What influences your thinking about this subject?

