

How I use my learning log

1. To record learning and make it more likely to stick.
2. To prompt actions that were less likely to happen without the effort.
3. To release energy, frustration and irritation.
4. To develop and make tangible thoughts and abstract ideas.
5. As something useful to do when time might otherwise be wasted or used less well.
6. To demonstrate a tangible commitment to my own learning and development.
7. To encourage others to take genuine responsibility for their own learning.
8. To differentiate myself from others with whom I am in competition for work.
9. To trigger and catalyse thoughts and ideas into something with substance.
10. As evidence of CPD.
11. As evidence of reflective practice for competence-based awards.
12. As an excuse for not doing other, more urgent, but (even) less pleasant tasks.
13. As material for published work.
14. For personal target setting.
15. As a regular competence review tool.
16. To develop writing skills – particularly for concisely summarising complex issues.