

# Learning journal

## What is a learning journal?

Learning journals require students to reflect on what they have learnt in a course. Students need to describe how their thinking has changed and what this means for their future studies. The writing can be quite informal.

## What does a learning journal entry look like?

Just like all academic writing, a learning reflection needs a key message that is used to structure the narrative.

The entry should consist of these three parts:

- |                                                                                             |
|---------------------------------------------------------------------------------------------|
| 1. An introduction that includes <b>your key reflection(s)</b>                              |
| 2. A body, that <b>retells</b> the facts and <b>relates</b> it to your prior knowledge      |
| 3. A conclusion, that gives the significance or implications of your key <b>reflections</b> |

Here is a sample learning journal entry, written by a student who took the course in the spring of 2024:

“The first lecture presented well our agenda’s and the topic of the course. I think that taking an even closer look at the SDGs and following the news has made me think more about what sustainability implies. Earlier, I connected sustainability with for example renewable energy or recycling, but now I think of sustainability as committing to take actions that offer long-term solutions and make life better for everyone. A lot of the challenges are related to each other, such as no poverty and zero hunger, and these global challenges are insanely hard to solve without big actions. On one hand I think that my role in addressing these issues feels very small since simply stating what is wrong and learning about sustainability is not enough. On the other hand, I think that people who study business should learn more about sustainability in order to change the way sustainability is viewed in businesses.” (Alexandra Joukanen, 2024)

For more samples of learning journal entry, [open this link](#) and scroll down (University of New South Wales).

[What should I reflect on and how should I submit my learning journal entries in this course?](#)

As part of the course work, you will be required to regularly produce entries in a learning journal. You will be given **specific questions or prompts for each entry**. The entries can be done in text, audio or video format. A suitable length is around 300 words for a written entry is and about 3 minutes for an audio or video entry. Text entries can be written directly in MoodleMupic. To submit audio/video entries, you must first upload your file to cloud storage (e.g. Google Drive, One Drive) and share a link to the file in the journal task in Moodle. Remember to change the sharing settings so that anyone with the link can view. Alternatively, you may use a file transfer service such as <https://wettransfer.com/>.

[How will my learning journal entries be assessed?](#)

Your team mentor will review your learning journal entries and comment on your reflections in MoodleMupic. Entries will be marked with a pass grade. Please note that the language of the journal entries will not be marked.