

Learning Journal

2014-15

Name:

Tutor Group:

How can you be better **today**
than you were **yesterday?**

A Growth Mindset at Chew Valley



How to use this journal

This journal is designed to help you to improve your learning by encouraging you to reflect each week on how you have done, and what you can do to improve.

At the start of the journal is a “**Goals Sheet**” which will help to set out what you want to achieve at school and in the next year.

Every week, there is a “**Learning Reflection Sheet**” to fill out. You will need to reflect on your attitudes, behaviours, achievements and challenges as a learner over the previous week.

- **This week my learning successes were...**

What went well? Which lessons did you have where you really “got it”? Where did you try really hard and find success?

- **The bits I don’t get YET are...**

Which lessons did you struggle in? Which bits of learning are you going to come back to this week to try and improve? What do you need to work harder at?

- **What will I do to make sure I improve this week?**

What exactly do you need to do? Be specific! Is there a deadline you have to meet? Do you need to check Insight more regularly? Do you need to concentrate more in a specific lesson?

- **What will I need to help me make those improvements?**

Is there any support you need? Equipment? Resources? Will power?

- **What mistakes did I make that helped me learn?**

Where did you get it wrong last week? What lesson did this teach you? How are you going to use your mistakes to help you be better this week?

- **What will I do to ensure I am a good learner this week?**

Set yourself one target here to do with your attitude, behaviour, effort or approach to learning - your mindset. What will you be like in your lessons this week?

Three times each year, after you have had a report published in Insight, you will fill out a “**Monitoring Reflection Sheet**” where you will think about your learning over time. How well are you doing - and how can you improve?

**Every accomplishment
starts with the
decision to try.**

Learning Journal Goals Sheet - start of the year

What are your interests and hobbies?
What does success look like to you? What does it feel like? What does it sound like? It may help to think of a time when you have been successful at something (anything, no matter how small or big) and describe how it felt, sounded, and looked below.
What motivates you to do well at things you're interested in (like hobbies and interests)?
How will you know if you are successful in school this year?
Where would you like to be in ten years from now? Doing what?
What do you need to be doing to make sure you are successful in school?

Monitoring Reflection Sheet - first report

Where does your report show you have been successful in your learning?

What do you think are the reasons for your successes?

Where does your report show that you need to improve in your learning?

What could you do to make those improvements?

What support will you need to help you make those improvements?

Set yourself three goals to achieve before the next monitoring point to help you be a better learner:

Monitoring Reflection Sheet - second report

Where does your report show you have been successful in your learning?
What do you think are the reasons for your successes?
Where does your report show that you need to improve in your learning?
What could you do to make those improvements?
What support will you need to help you make those improvements?
Set yourself three goals to achieve before the next monitoring point to help you be a better learner:

Monitoring Reflection Sheet - third report

Where does your report show you have been successful in your learning?

What do you think are the reasons for your successes?

Where does your report show that you need to improve in your learning?

What could you do to make those improvements?

What support will you need to help you make those improvements?

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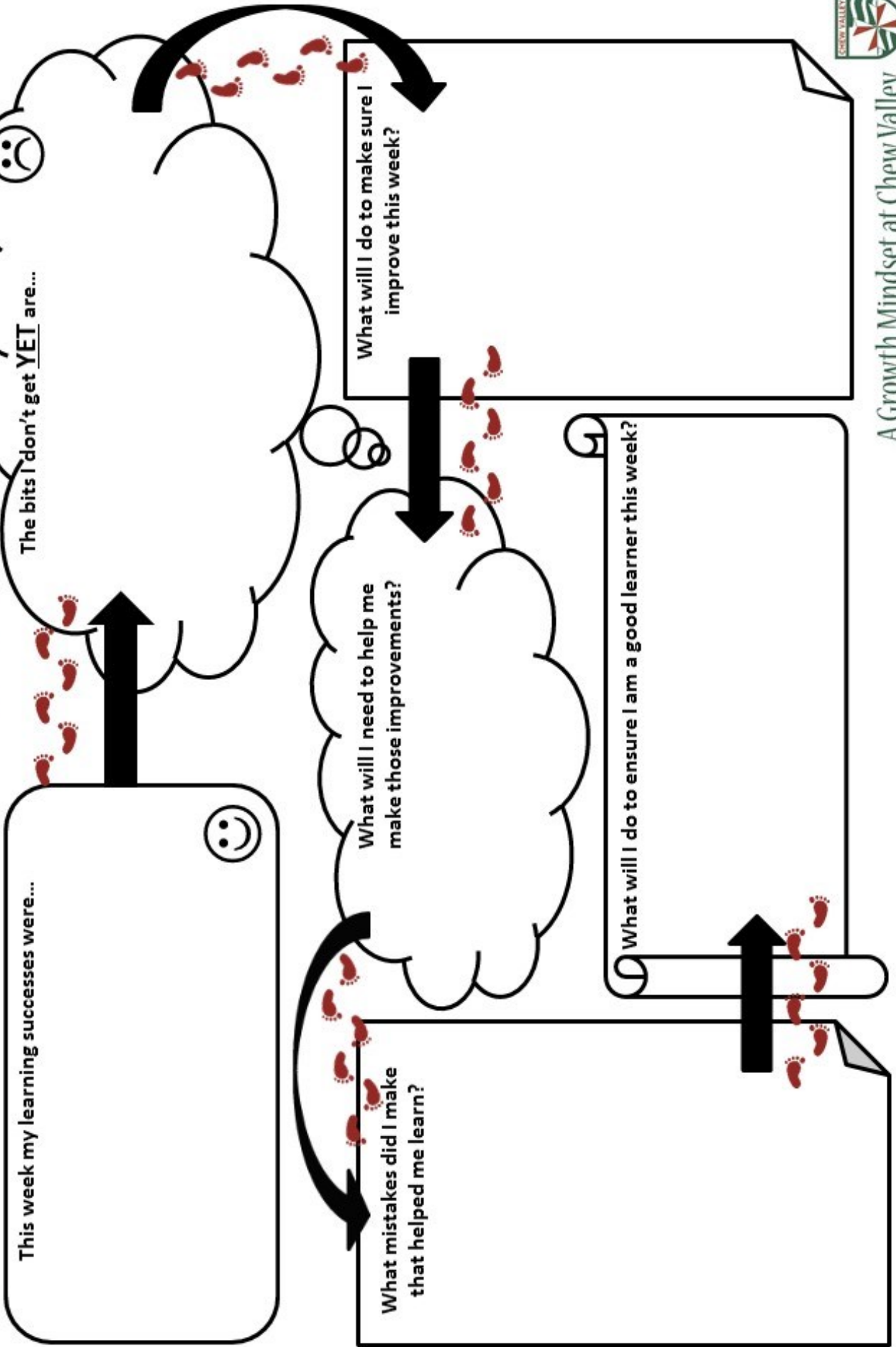


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What did you learn today?
What mistake did you make
that taught you something?
What did you try hard at today?

Carol Dweck

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Weekly reflection sheet designed by @chrishildrew from a version
by @Ashley_Loynton adapted from an original by @abbie_tucker

Listen to your growth mindset voice

Instead of...

Try saying...

I'm not good at this

What am I missing?

I'm brilliant at this

I'm on the right track!

I give up

I'll try a different way

This is too hard

This is going to take time and effort

I can't do this

I'm going to learn how to do this

I've got this wrong

Mistakes help me learn better

I'll never be as clever as her

I'm going to learn how she does it so I can too!

It's not good enough

How can I improve it?

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