



## Assignment:

### Reflective Journal

**Word Count: 1,250**

#### Cover Page:

- Reflective Journal Number
- Facilitators Name
- Date of Module
- Presented By: Your Name
- Word Count

#### Assignment Presentation:

- Font Times New Roman
- Font Size 12
- 1.5 Line Spacing
- Headings Font size 14

A reflective journal is not simply a summary of the course material; it should also include your reactions to what you've learnt. It requires you to write in both the first and the third person. Use first person ('I') to provide your own reflections about what you are learning, its personal impact on you, and how you would apply theories, concepts and skills being presented by the facilitator in your practice with adolescents. Use third person (people's names, he/she/they and words like counsellors, an individual etc) when discussing the theories or research of authors you discuss in your journal.

#### Guidelines:

- What was the most interesting thing about this lecture topic - why was that?
- What material didn't I find interesting – why was that?
- What have I changed my mind about as a result of this topic?
- What is one thing I learned in this topic that I may be able to use in future?
- What am I still unsure about? What would I like to learn more about?
- What are my ideas for action, based on this topic?
- What are I discovering about myself through being on this course?

**Please upload all assignments to your student portal in WORD FORMAT**