

Certificate in Counselling Skills Learning Journal

The diary is a personal account of your learning experiences made during the course. It is also an assessed piece of coursework.

You only need to write in the diary once a week. The style and method of recording will vary, as it will reflect your particular interests, concerns and learning goals.

A minimum of one side of A4 hand-written or 200 words word-processed each week.

To maintain confidentiality please do not write other student's names.

The tutor will read your diaries so may I suggest that you use a ring binder so that you can remove any personal reflections you prefer us not to read.

The diary is a week by week account of what you have learned, either during the session or as a result of experiences gained outside. Treat the diary as a form of self-assessment. Ask yourself:

- What did I learn?
- How do I feel about today's class?

If you have an opportunity to use any of the skills, or qualities, during the week do write them up in the diary. Ask yourself:

- What went well, or not?
- How did I feel?
- What will I do next time?

Finally if you are able to apply any of the theory to your skills or self awareness then please do. This will be useful for your final assignment and invaluable for any future courses.

Do ask Rebecca if you have any queries about the diary.