

LEARNING JOURNAL - TOP TIPS

Participants who have clear and accurate expectations about their course and who have started to think about what they can contribute and personally gain from the course are likely to get more out of it. Similarly, if the course is 'extended' by following it up beyond the pure residential experience, either by reflecting upon what they learnt through an action plan, a celebration or a presentation, the impact will be further enhanced.

Here are some notes to help you select and create a bespoke journal:

Page 1: The cover page – feel free to add your school name and logo. (You will need to have Adobe Acrobat ExPro installed on your PC to do this.)

Pages 3 – 7 are to help focus participants on their course, will help prepare them for the residential and ensure they get the most out of their time at the Centre. Select pages you would like to use **or** select one of the Passport Pages 8 and 9.

Page 10: Your personal shield can be completed either before the course or during the course. The idea is that it represents the person completing it like a coat of arms. It is meant to encourage the participant to reflect on themselves as individuals.

Pages 8 and 9: The Passport Pages. They include most of the content from Pages 3 – 7 all in one page. Select **one** of these **as an alternative** to pages 3 – 7.

Pages 11 – 14: Diary pages – these can be completed during the course. The Outward Bound® Instructor can make time for this as part of the instructed day or you or the school staff can oversee it after or between instructed activity time.

Page 15: A skills review – this is for completion either towards the end of the course or after the end of the course. It is designed to encourage personal reflection and can also form the basis of a 1:1 discussion with an adult or peer.

Page 16 – 18: A selection of Action Planning Pages. Select **one** of these to be completed towards the end of the course with the instructor in programme time. Alternatively download all three and agree with the instructor which is the most suitable. A further **alternative** is to include Page 19 'A Letter home'.

Page 19: A letter home – this is an alternative to an Action Planning page. **We** will post the completed page to participants' homes a few weeks after the end of the course. This may be preferable to an action plan that is not followed up when back at school.

By way of a guideline, a suitable number of journal pages are 11 for a 5-day course and 7 for a 3-day course. However, you can select any number of pages that you feel is practical and appropriate for your pupils. Please let your Sales Executive or the Centre where you are attending the course know that your students have completed pages and/or will be using a journal.

We are keen to further develop the journal as a useful resource – please let us know what you think and any ideas that you may have:

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