

JOURNAL WRITING: AN EXERCISE

SOLITARY LEARNING PERSONALITY

LEARNING BY THINKING

LEARNING ALONE or INTRAPERSONAL

ATTRIBUTES

BEST LEARNING



Journal Activity on page 2



- Learning By Thinking
- Remembers with a moment to think
- Introspective; Self-reflective
- Good at being aware of own emotional state, feelings and motivations
- Independent & self-directed learner/worker
- Able to recognise own strengths & weaknesses
- Confident & trust instincts
- Strong goal setting abilities & skill at tracking own progress
- Enjoy researching & self-study

- Learning By Thinking
- Reading Materials, especially ahead of time & handouts to review later
- Time & SPACE for own reflection
- Reading materials to research ahead of time & part of learning process
- Best learning when aware of how the information helps self or applies to own situation
- Writing in journal & other individual options, resources/tools
- Self-study & self-paced learning
- Personal goal setting
- Quizzes to know how learning is progressing
- Able to recognise own strengths & weaknesses
- Meeting agendas ahead of time & stay on track
- Step by Step instructions in a handout



A journal allows you to freely express yourself which can support an Intrapersonal Learning Personality with their knowledge retention.

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LEARNING ALONE & or INTRAPERSONAL

Your Individual ATTRIBUTES

Aspects of Your BEST LEARNING

Creativity is intelligence
having fun.

ALBERT EINSTEIN



A journal allows you to freely express yourself. It is a good outlet for self reflection and processing.

On this page, write about a significant LEARNING event that shifted your perspective. Also list your individual learning attributes and aspects that set up success for your best learning.