

Make your Learning Matter!

3rd National HCSW Learning and Development Event

Tuesday 28 February 2017

REFLECTIVE LEARNING LOG

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Organisation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This Reflective Learning Log is for you to keep. Use it to make notes and reflect during the event.

**Opening Address**

Notes

**Workshop 1 Title \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Workshop 2 Title \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Afternoon sessions**

**Learning Bites** You will attend seven learning ‘bites’ in total. Make notes on each learning ‘bite’ if you wish.

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| --- | --- | --- | --- |
| **Move More**  Have some fun, move and learn some stretches that you can do anywhere! | **Social Media made Simple**  A quick practical session using Twitter. By the end, you will be able to compose a "tweet". | **Active Listening**    Some simple listening tips to help you understand, respond and remember better in any conversation. | **Challenging Conversations**    How you can successfully initiate and positively manage those crucial conversations that nobody wants to have! |
| **How to ‘teach-back’**    A useful tool to use anytime you are providing information, to make sure you have explained it clearly. | **Instant Ageing**    A practical insight into how it feels to be an older person living with common conditions like cataracts, arthritis and deafness… | **Recipes for Reflecting**    Two practical ways to bring reflection into your everyday work, and within the work of your team. |  |

Answer these questions to reflect afterwards on what you learned and what you will do with your learning.

|  |  |
| --- | --- |
| Which learning ‘bite’ did you enjoy most? | Title: |
| Why did you enjoy it? |  |
| What did you learn from it that you could apply in your workplace? |  |
| What will you do e.g. tell a colleague about it, use it every day, try it out…? |  |

**Closing remarks**

Notes

**Three key learning points from today's event**

1.

2.

3.