

## Learning Log

A learning log supplements your lecture and textbook notes. You will track your learning by writing down ideas, questions, problems and solutions for each class.

### The Benefits

1. Makes Meaning of What You're Learning

2. Helps You Discover and Solve Learning Problems

3. Allows You to Practice Expressing Yourself Through Writing

### Example

Psychology Learning Log	
10/3	Need to spend more time reading the textbook before class. having trouble keeping up with the notes during lecture, esp. vocabulary
10/5	Interesting discussion today about "projections." Prof. said projections are a big issue in dating. Want to think about dating experiences - talk to Liz and Aaron about them.

Source: Reynolds, J. (2002). *Succeeding in college. Study skills and strategies* New Jersey: Pearson Education, Inc.