



Learning Log

Name _____

Date	Thoughts and Activities

Learning Log – Instructions

Use this form to support your metacognition (i.e., thinking about thinking) throughout the PBCL Cycle and as a reference during reflection and debriefing events. In addition to any prompts from your instructor, consider using any of the following questions as guidelines for choosing what to write under the "Thoughts and Activities" column:

- How am I using the PBCL Cycle to correct, clarify, expand, or otherwise revisit the work I did in earlier stages of the cycle?
- Do I have a sense of the flow of the process and could I explain this process to a friend or family member?
- Where else, outside of this course, do I see the relevance and value of a process like the PBCL Cycle?
- Can I describe my thought process a) in real time, as I'm solving problems or doing other kinds of mental tasks while going through the process; and/or b) when reflecting back upon a problem-solving task I've completed?
- Can I describe personal experiences that demonstrate how thinking about thinking helps me improve my work and/or become a better learner?
- Have I achieved new insights based on applying previous knowledge, skills, or experiences to new situations?
- How is this similar to something I have thought through before?
- What am I learning about course-related subject matter, related subjects, other people, and myself?
- How well am I doing as a learner and what might I change to become a better learner?