

EDITABLE RESOURCE

Student Reflection Journal

A weekly journal for learning habits, progress, challenges and next steps.

How to use: Use one weekly page at the end of each week. Be specific, use evidence and choose one realistic next step.

Student name

Class / grade

Term

Teacher / mentor

How to Reflect Well

- Describe what happened rather than writing only “good” or “bad”.
- Use an example from your work, feedback or participation.
- Name the strategy that helped or did not help.
- Choose one next step that you can actually practise.

Week 1 Reflection

Week beginning

My main learning focus

How prepared and focused
was I?

1 2 3 4 5

How well did I manage my
time?

1 2 3 4 5

Something I understood or improved this week:

Evidence from my work, feedback or participation:

A challenge or mistake that taught me something:

The strategy that helped me most:

One goal for next week:

Teacher / mentor comment: _____

Week 2 Reflection

Week beginning

My main learning focus

How prepared and focused
was I?

1 2 3 4 5

How well did I manage my
time?

1 2 3 4 5

Something I understood or improved this week:

Evidence from my work, feedback or participation:

A challenge or mistake that taught me something:

The strategy that helped me most:

One goal for next week:

Teacher / mentor comment: _____

Week 3 Reflection

Week beginning

My main learning focus

How prepared and focused
was I?

1 2 3 4 5

How well did I manage my
time?

1 2 3 4 5

Something I understood or improved this week:

Evidence from my work, feedback or participation:

A challenge or mistake that taught me something:

The strategy that helped me most:

One goal for next week:

Teacher / mentor comment: _____

Week 4 Reflection

Week beginning

My main learning focus

How prepared and focused
was I?

1 2 3 4 5

How well did I manage my
time?

1 2 3 4 5

Something I understood or improved this week:

Evidence from my work, feedback or participation:

A challenge or mistake that taught me something:

The strategy that helped me most:

One goal for next week:

Teacher / mentor comment: _____