

PSYU1102/PSYX1102 Journal Page

ACADEMIC SELF-REFLECTION

Instructions

If you want to begin an academic self-reflection journal you can use this sheet to get you started. You can use this academic self-reflection journal sheet for any task in any of your units, not just Psychology.

DATE: _____

Did anything make you feel surprised, frustrated, or as though you failed today? Try and identify the WHY behind that emotion.

In retrospect, are there things about that situation that you are able to see differently now? How can you make sure it doesn't happen again?

Make sure you note how to find the help you need to solve any problems that have arisen.

Any successes this week? Note some of the good things that have happened.

