

SKILLS LEARNING JOURNAL

WHAT IS A SKILLS LEARNING JOURNAL?

A skills learning journal is a personal development tool that you can use to record and reflect upon your learning experiences, particularly those related to the acquisition and development of skills.

This type of journal serves as a structured space for you to document your progress, insights, challenges, and reflections as you engage in various learning activities.

WHY USE A SKILLS LEARNING JOURNAL?

Reflection

Encouraging you to think critically about what you have learned, how you have learned it, and the significance of the new skills in your personal or professional context.

Goal Setting

It provides a platform for setting specific learning goals, tracking progress, and celebrating achievements as you work towards enhancing your skill set.

Self-Assessment

This allows you to assess your strengths and areas for improvement, fostering self-awareness and a deeper understanding of your learning preferences.

Planning

Assists in the planning of future learning activities and the development of strategies to overcome challenges encountered during the learning process.

Motivation

Serves as a motivational tool allowing you to see your progress over time and reinforcing a sense of accomplishment.

ADDITIONAL GUIDANCE

- Feel free to use this template as a starting point and adapt it to your specific needs.
- You can add additional sections or modify existing ones to capture your learning journey effectively.
- Consider using visuals, such as diagrams or charts, to represent your progress and achievements.
- Regularly revisit your journal to reflect on your progress and set new goals.

NAME	
DATE	

SKILL FOCUS

What skill are you currently learning or improving?

What are your goals for this skill? (e.g., achieve proficiency, learn a specific technique, etc.)

LEARNING RESOURCES

List the resources you are using to learn this skill (e.g., online courses, books, tutorials, mentors, etc.). Include links or references where applicable.

1	
2	
3	
4	
5	
6	

LEARNING ACTIVITIES

Describe the specific activities you are doing to learn the skill (e.g., practising exercises, completing projects, attending workshops, etc.).

Briefly outline the key takeaways from each activity.

CHALLENGES AND OBSTACLES

What challenges are you facing in your learning journey?

How are you overcoming these challenges?

PROGRESS AND ACHIEVEMENTS

What milestones have you achieved?

How has your skill level improved?

REFLECTIONS

What are your overall thoughts on your learning experience?

What has worked well for you?

What could you improve upon next time?

What are your next steps for learning this skill?

OPTIONAL ELEMENTS

Learning Quotes

Include inspiring quotes about learning and skill development.

Actionable Tips

Share practical tips and strategies for learning new skills.

Resource Recommendations

Recommend helpful resources for others who want to learn the same skill.

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