

PRACTICAL TRAINING DIARY

Kept at

Location: _____ during

the Period: _____ by

Name: _____

During the internship, the student keeps a learning diary in which he/she documents the internship work at least weekly and records reflections on how theory and practice are connected.

The benefits of a learning diary include:

- helping you preserve ideas and moments of insight
- describing your inner experiences and thoughts
- keeping track of things you need to study in more detail later

Week 1

This week I mainly worked with

The total number of working hours was

Day 1

On the first day I did ... and felt that ... and noted that ...

I should probably read more about ...

It was good that we had ... at Arcada.

In total, I worked ... hours today.

Day 2

No day is ever the same for