



## Reflective Journal Entry

### Purpose

To evidence development, problem-solving, and evaluation.

---

### Date

---

### What did I work on?

---

### What progress did I make?

---

### What challenges did I encounter?

---

### How did I respond or adapt?



---

What have I learned (knowledge, skills, or about myself?)

---

Next steps:

---

Tick all that apply:

- This entry shows decision-making
  - This entry shows skill development
  - This entry shows research application
  - This entry shows problem solving
-