

[If you are interested in our other guides please click here.](#)

[If you are interested in the organisation \(Counselling Training Personal Development Consulting\) that produced this guide and our counselling courses, please click here.](#)

THE LEARNING JOURNAL

On most counselling courses, including CTPDC's counseling courses students are required to keep a Learning Journal.

The Journal will enable students to

- Reflect upon your learning process (thoughts, feelings, behaviour, values and beliefs) during the course.

On CTPDC's counselling courses students are expected to include the following in their journal:

- Your thoughts – what you were thinking during the sessions
- Your feelings – how you felt, what emotions were you experiencing
- Your behaviour (physically and mentally) – How you reacted to the activities and discussion
- What you have discovered about yourself – your attitudes, values, and beliefs.
- To focus on the impact of boundaries on yourself, your profession, in your social interactions.

Students can use the learning journal to reflect upon your self-awareness and development or to set learning objectives and monitor them.

There is no right or wrong way to keep your journal. Your journal is unique to you. It can be a powerful aid in the process of your personal development. It can be useful, challenging, awkward, contentious and moving. It can also show your growth and development.