

Personal Practice Learning Log

Weekly reflections and learning

Date

What have you done this week?

What have you learnt this week:

- About yourself?
- From a farmer?
- About the way you work (or your approach/practice)? Include:
 - how you relate and build relationships with colleagues and farmers? What skills did you use/ need to do this?
 - your technical knowledge & skills
 - your approach to change with the farmer

What went well this week?

What didn't go so well?

What would you do differently?

Reviewing Extension Activities

Date

Use this review sheet for significant events during the year that you have a close involvement with to review.

Actions

What did I/we do? What topics were covered? What do I need to spend more time on?

Reflections

What did I see, hear or feel during these session(s)? What stood out?

Generalisations

What conclusions can be drawn? What have I learnt? What worked well? What could be done differently?

Plans

How can I put this learning into practice?

What support do I need?

What is the first step I need to take?