Learning diary & Workbook with appreciation to Terhi Summa

June 2020

Terhi Summa - Senior Trainer for Movement Intelligence Offered alternative learning suggestions.

Learning diary

A learning diary introduces the reader to the main arguments and other important points of a course through student's own observations and interpretations. A good learning diary reflects student's own thought and learning processes, and thus, at its best, it is the result of a "dialogue" between a student and the new information introduced in the course. A student ought to make connections between issues, concepts and topics discussed in the course, and assimilate them into student's broader understanding of the topic in question. https://people.uta.fi/ ~atmaso/teaching/learning-diary.html

Work book

Work books may be customized into interactive manuals or online databases which are used to help provide structure and depth to the issues being learned.

Workbook usually covers important concepts and tasks related to <u>syllabus</u>. Workbooks are used for solving extra problems and concepts which students have already studied in live classes and from the manuals. In MI typical things for the work book are for example making lesson plans for different kinds of audiences, writing the 10-point analysis or clarifying safety issues in imaginary situations.