

Toolkit Activity 31: Developing your personal diary

Activity title	Developing your personal diary for the WBL activity
Aim	<ul style="list-style-type: none"> - Engaging mentees in a reflection process during the WBL experience - Help mentees in recognizing their progresses, to increase their motivation in WBL activities
Related to subchapter	6.4: Motivating your Mentee for a Work-based Learning Experience
Group / Individual activity	Group
Duration	45 minutes
Online / Offline activity	offline activity
Materials needed	Sheets of paper, coloured pens and markers

Step-by-step instructions:

The use of a diary is a good method to help young clients to record and reflect on their WBL experience. Through a reflection process, diaries help both mentors and mentees in evaluating whether the established learning outcomes have been achieved.

In addition, the mentor can use the notes written into the mentee's personal diary in order to interact with him / her during the conversation and further motivate / support him/her throughout the whole WBL activity (especially if it is a longer experience such as an internship).

In order to motivate mentees to use a personal diary during their WBL, it is useful to share with them its content. If young clients create the content of their own diary as well as its graphical design, they feel more engaged to fill it in.

Instructions for mentors:

1. Organise a small group activity with your mentees.
2. In the group, discuss what should be included in a personal diary which would help them reflect and decide whether the placement was successful, challenging, etc. The mentor can show some diaries' examples, if he/she likes. Content might include questions for reflection such as:

- Did you have any concerns or worries about the WBL today?
 - What did I do today?
 - What did I learn today?
 - What was the easiest part of the WBL experience today?
 - What did I find difficult today?
 - What new facts or language did I encounter today?
 - What new skills have I improved/acquired today?
3. Then, ask the group to create in pairs or individually their personal diary and don't forget to make them draw their personal graphical design!
 4. To conclude, ask your mentees to update the personal diary during the whole WBL experience!

Take-away message: This activity tries to engage and motivate mentees for WBL. While creating their own tool for reflection, mentees would increase their motivation in WBL, while mentors should be able to empower and increase mentees' self-esteem. Mentors will also be able to better motivate them in reflecting on what they are learning / improving throughout the WBL activity.