



Empowering young people with the skills necessary to navigate the challenges of modern life!

# **Time To Reflect**

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## **Time To Reflect**

The Journal of

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## What is the purpose of keeping this journal?

The purpose of keeping this journal is to:

- ☆ Record your experience of being part of the PILOT programme.
- ☆ Communicate the thoughts of your experience on paper.
- ☆ Ask questions, find relevant information to support your understanding.
- ☆ Identify your strengths.
- ☆ Identify your weakness.
- ☆ Demonstrate how you learn.
- ☆ Improve your writing skills.
- ☆ Find alternative solutions to a problem.
- ☆ Describe how you could or would do things differently.

*"Reflection is a very important human activity in which people recall their past experience."*



## My journal of reflections

Book Title and Author.

I am reading...

Written by

Name of your volunteering organisation or activity.

I am volunteering...

Contact details:

Date:                      Time:                      At:

Date:                      Time:                      At:

Date:                      Time:                      At:

Physical activity you are doing.

The physical activity I am taking part in is...

Contact details:

Date:                      Time:                      At:

Date:                      Time:                      At:

Date:                      Time:                      At:

**My reflections on reading...**

**Title:**

**Author:**

**Name and describe the main character(s):**

**Other important characters name and description:**

**Discuss your reading with your mentor.**

**My reflections on reading...**

Discuss memorable new words encountered

Explain what these words mean:

**My reflections on reading...**

**Summarise the main ideas when reading this book**

**My reflections on reading...**

What connections can you find between the text and your experiences:

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**My reflections of volunteering...**

Volunteering project name:

Date I began volunteering:

No of hours volunteered:

Volunteering project supervisor

Brief outline of the volunteering project



**My reflections of volunteering...**

Description of my experience

## My reflections of volunteering...

Write a summary of the skills you have gained from the volunteering experience.



**My reflections of physical activity...**

The physical activity:

Date I began:

No of hours:

Name of the physical activity supervisor

Describe this activity

**My reflections of physical activity...**

What did I gain from taking part in this activity


What are my strengths and weaknesses?  
How would I improve on them?


What new knowledge, skills or understanding have you gained from taking part in this programme.

Please tick any of the skills listed below which you have developed or improved upon as a result of participating in the PILOT program.

- critical thinking skill
- listening skills
- written communication skills
- oral communication skills
- organisational skills
- evaluation skills
- research skills
- literacy skills
- numeracy skills
- time management skills
- flexibility and adaptability skills
- networking skills
- dealing with conflict
- managing a difficult situation
- team work
- leadership
- problem solving
- using initiative
- finance management
- presentation and public speaking
- using IT
- Any other .....
- Any other .....

**My reflections on PILOT programme...**

Describe the benefits you gained from taking part in the PILOT programme.

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# REFLECTION

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*Follow effective action with quiet reflection.  
From the quiet reflection will come  
even more effective action.*