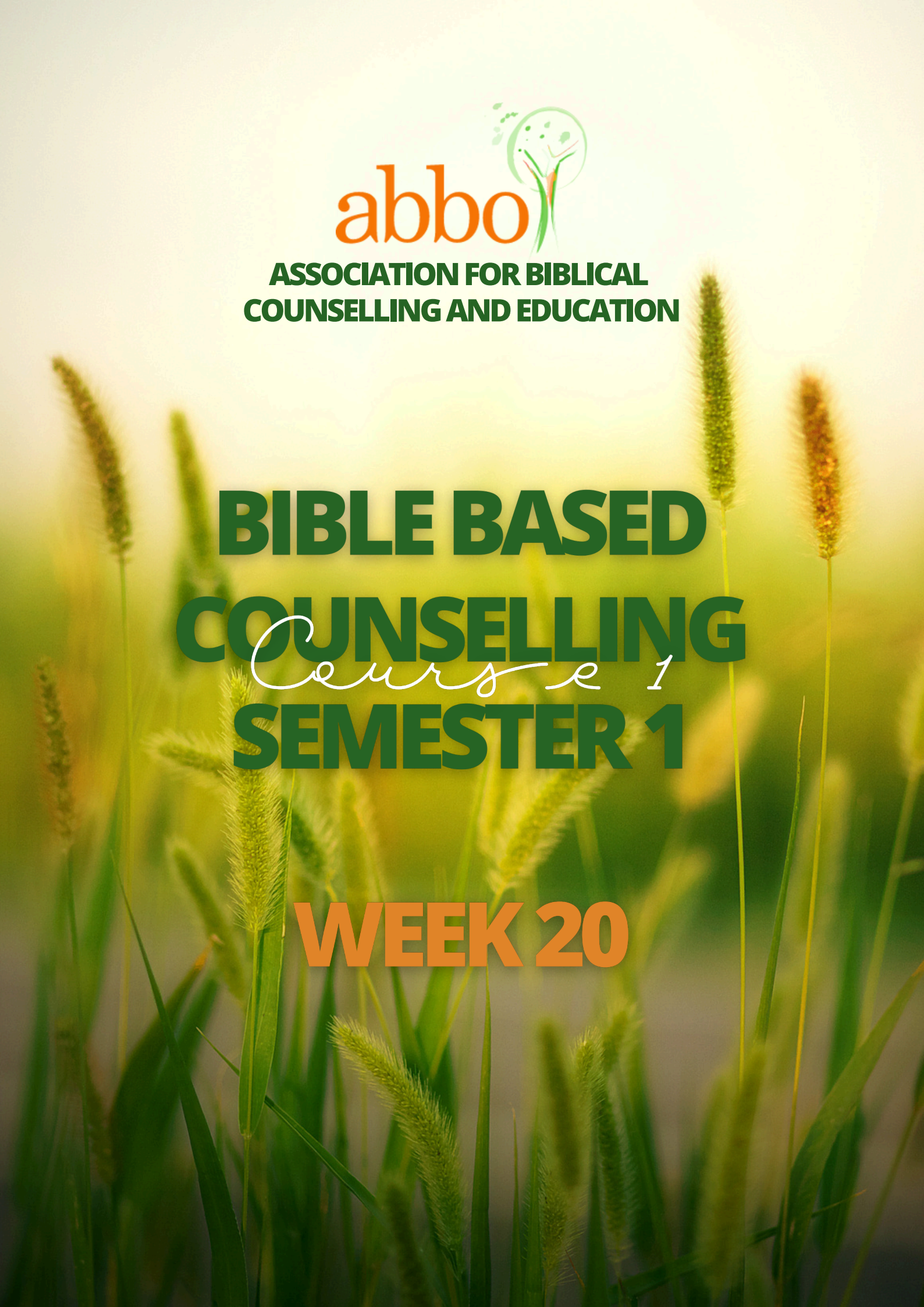
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ASSOCIATION FOR BIBLICAL
COUNSELLING AND EDUCATION
BIBLE BASED
COUNSELLING
Course 1
SEMESTER 1
WEEK 20

## STUDY SCHEDULE FOR SEMESTER 1

The schedule provides guidelines for the maximum time to be spent on studying the material. Each student is unique, and this also applies to their circumstances. You may study in your own way and at your own pace. It is, however, in your own interest to study all the material and assignments thoroughly. The word, **Textbook** refers to Chapters 1 – 6 on this CD.

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|---|---|---|---|---|
| **20** | **Assignment 1.7** | | Summary of Semester 1 learning journal (3 pages) | Read no. 6 below |

### 6. LEARNING JOURNAL

As an adult learner in this programme you are expected to reflect on what you learnt at the end of each semester. An expert in this area (Posner) stated that a person learns more by reflecting on an experience than from the experience itself.

You are required to keep a journal in which you describe you experience as learner, comment on your personal growth, as well as on the knowledge and experience gained in the context of Counselling.

One of the methods for encouraging reflective thinking is a LEARNING JOURNAL. It is a way in which events are noted over a period of time and then reflected upon. Such journals provide the author with the opportunity to record episodes in his/her learning experiences and to think about them. In this way learners benefit much more from the learning process because it focuses not only on the knowledge acquired but also on the whole learning experience.

A journal entry may, for example, describe a single learning experience, analyse the cause and effect, and identify the outcomes and convictions/thinking stemming from it. Assumptions and reactions should be documented and analysed, as well as relationships between the event and existing convictions or knowledge. For the sake of clarity it is important to make entries into the journal as soon as possible after the actual event. Further notes may be written at a later stage based on the initial entry.

The following can serve as guideline for journal entries:

1. Brief description of the event.
2. Further description of details of the important aspects.
3. An analysis of the experiences:

- Possible explanation of the experience
- Meaning of the experience

- What was learnt
- Questions that arose

Do write about learning experiences you enjoyed in the learning journal, but also describe what stumbling blocks you found in the way of your learning. Discuss the relationship between your experience and the theory that you've studied.

The following is an example of a journal entry:

1. *Event: First contact session*
2. *Presentation on moralism, pietism, realism – I suddenly realized that I am actually a moralist – I feel that I will only be acceptable to God if I act like a good/obedient child.*
3. *I always tried to please my dad, to meet all his expectations. I have now experienced in the Counselling course that God does not look at me like this – He provided everything. I now wonder how I can grow to a realistic view of myself – based on God's perspective on me. Will this course assist me with that?*

At the end of the semester you should review your journal and compose a SUMMARY/ OVERVIEW OF YOUR LEARNING AS AN ADULT LEARNER IN THIS COURSE, as well as of its possible impact on your practice as counsellor.

You should use the following questions as guideline for the SUMMARY/OVERVIEW:

- What do you notice concerning your own learning when you page through the entries in your learning journal?
- What was the most difficult/challenging to you?
- What was the emotional effect of some of the themes on you?
- What should you do to develop your own learning even further?
- When you evaluate your learning journal, did you achieve the goals you set for yourself with this course? What would you have done differently? What did you learn from the experience of developing this learning journal?
- Do you think that your learning journal gives an indication of:
    - Changes in your knowledge as learner?
    - Changes in skills?
    - Changes in attitudes and behaviour?

You may select a few highlights of your learning experiences in this course. Or you may focus on the growth / changes / challenges / problems / successes / struggles you experienced with regards to particular themes. You purpose should be to describe how this course has changed you as a learner / counsellor.

**ASSIGNMENT:**

At the end of each semester you need to submit this SUMMARY / OVERVIEW of your learning journal. (You don't need to hand in your complete Learning journal with all its entries!!)

The purpose is to indicate to the course facilitators how you have grown/developed during the semester and whether the outcome of the course has been achieved. It is a discussion of what the semester meant to you, what you learnt on a deeper level. Length of the assignment: 3 typed pages or 4 handwritten pages

**Week 20**

**Assignment 1.7 – Learning Journal**
**3 pages**
**To be handed in**