NOTES TO LOG BOOK ENTRIES

A. 'Date' and 'time' is important so that you can add up the number of hours/days spent between courses and assessments.

B. 'Location' should be either the name of a site used or a grid reference. 'Environment' should indicate the nature of the woodland or wilderness area. This will give you and any future reader of your log book an idea about your range of experience. This can be specific or more general in description (e.g. beech wood with holly and hazel or Jungle, Arctic,Desert etc)

C. Status: S = Student, A = Assistant, L = Leader'. 'Status' refers to what role you had in the time out. Mark down if you were in charge of a group, helping, on your own, a student on a course. This should be used when you take part in any course or experience relevant to Bushcraft, Survival Skills and Wilderness Living.

D. 'Activity or Course'. In this section, provide the title of the course or activity you have taken part in

E. 'Type of Group / For Whom' will show your experience with a range of demographic groups. This is useful evidence if you want to work with organisations.

F. 'Weather / Skills Practised / Learned'. This section will indicate to readers of your log book what your range of experience is like in wet, hot, cold and windy conditions. When read with the 'Skills Practised' section it will enable you to gauge how your skills levels are improving in worsening weather conditions. 'Skills Practised' should be a simple note of each skill you attempted. It is important to make a note of whether you were successful or not. You can then judge if you are improving, or need to ask for guidance. Often this will read in conjunction with the 'Weather Conditions' section.'New Skills Learned'. If you have learnt any new skill (e.g. New fire lighting technique, a different type of shelter etc), make a note of it here so that you can refer back to it. 'New Items of Knowledge'. If you have learnt a new tree, new plant, new facts and figure, make a note of it here so that you can consolidate your learning

Bushcraft Log Book of Personal Experience

A	B	C	D	E	F
DATE/ DURATION	LOCATION/ ENVIRONMENT	STATUS S/A/L	ACTIVITY/ COURSE	TYPE of GROUP or for WHOM	COMMENTS: Weather, skills learned/ practised etc

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Reflective Learning Record Sheet

What? Make brief notes of what you did: the training that you attended.

Why? Make brief analytical notes: why did you do it? How was it useful? What learning outcomes did it cover? Knowing why you are doing something helps you move from being a passive to an active learner.

Reflective Learning Record Sheet (continued)

Learned. Make brief notes on all that you think that you learned from the training These notes are where you make your learning conscious, which improves both the quantity and quality of your learning. When we do not do this we are in danger of leaving the learning behind as we walk away from that training. You can make this section of your review as detailed and/or concise as you wish.

Goal setting. Make brief notes about what you will do next... nothing will ever give you 'all you need to know' on a subject. Therefore, you should always be thinking: What next?