

Types of training that can be used in your reflective logs

1	Face-to-face delivery		<p>These include classes, presentations, instructions and demonstrations</p> <p>Meetings – any time from a meeting when you learning something new</p> <p>Contact form meetings</p> <p>Trade fairs / guest speakers</p>
2	On-line learning		<p>Distance learning when coursework, studying and learning are conducted via the use of the internet.</p> <p>(Pluralsight/Codecademy/CognAssist)</p>
3	Role-play / Simulations		<p>Role-play is any speaking activity when you either put yourself into somebody else's shoes, or when you stay in your own shoes but put yourself into an imaginary situation!</p> <p>Simulation refers to the imitation of real-world activities and processes in a safe environment.</p>
4	Individual study time		<p>You would self-study a given subject and put whatever time that you need to in it to ensure that you fully understand it.</p>
5	Mentoring		<p>When someone with more experience trains, coaches and supports an inexperienced colleague.</p> <p>Progress reviews with your LDS would contain 1 hour of mentoring</p>
6	Workplace diary reflections		<p>When you reflect on an experience and write down what happened to help understand why it was done that way so you can refer to it as a later date when you are in a similar situation.</p>

7	Work shadowing		<p>This is when you observe someone in their role to understand how they do their job. (usually in the initial stages of a job or for a short period to understand another team member's responsibilities)</p>
8	Group learning forums		<p>A place where people share work experiences, engage in problem solving, create products, and making meaning— a place in which each person learns autonomously and through the ways of learning of others. [Group slack sharing with others]</p>
9	Research tasks		<p>You are looking for information for to ensure that you understand what you are doing is correct. This could be for a project or a work-related task you have never done before.</p>
10	Internal learning		<p>Any training or learning you undertake when you start at a workplace – example: Company Induction</p>
11	Completing project work		<p>Any time spent working on projects that will be included in your final portfolio.</p>
12	Workplace performance review		<p>a regular review of an employee's job performance and overall contribution to a company. Also known as an "annual review," "performance review or evaluation," or "employee appraisal," a performance appraisal evaluates an employee's skills, achievements and growth, or lack thereof.</p>
13	Attending Webinars on hot topics for the industry / Social Media articles / Video Blogs		<p>A class or seminar conducted over the internet. This can be related to the latest on hot topics for the industry or additional insight into learning about a particular subject.</p>