## Activity 8.1: So what have I learned?

*We suggest spending around 20 minutes on this activity.*

Make a note of the learning outcomes that you think you’ve achieved, either fully or partially. Also write down anything else you feel you have achieved that was not in them, such as making some new friends, learning that everybody has difficulties of some kind, etc.

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| **What I have learned** | |
| Write your comments here. | |
| **Learning outcomes** | **Have I achieved this?** |
| A clearer understanding of the experiences that you have reflected on including your roles, actions and decisions. | Write your comments here. |
| An understanding of the various skills and abilities that you have developed as a carer and how some of these are transferable to other contexts. | Write your comments here. |
| An appreciation of how your personal qualities have developed through your caring role. | Write your comments here. |
| An idea of what direction you might like to take now. | Write your comments here. |
| An idea of what’s possible for you to achieve in the immediate future. | Write your comments here. |
| An understanding of the learning options open to you. | Write your comments here. |
| An idea, or ideas, about your learning path. | Write your comments here. |
| How to go about finding out what you need to know. | Write your comments here. |
| The ability to use information technology to carry out reflective activities in writing and communicating. | Write your comments here. |
| The ability to use the internet to find information useful to you. | Write your comments here. |
| The ability to explore and use new ways of expressing ideas. | Write your comments here. |
| **Anything else I have achieved?** | |
| Write your comments here. | |