

EPQ Online Activity Log

Your activity log forms a vital part of your project and will be submitted and assessed alongside your finished dissertation / investigation / performance / artefact. You should make regular entries, including but not limited to:

- Every skills session
- Every mentor meeting

Please use the following framework for your activity log, to ensure that your entries are reflective, drive forward your progress, and demonstrate your ability to manage your project (AO1) and review your work (AO4).

Date	What? Keep this short. Outline what you've done. Give your reader just enough context to understand what comes next. <ul style="list-style-type: none"> • I read a journal article... • I attended a skills session on... • I met with my mentor... 	So what? This is the most substantial part of each entry in which you discuss what you have learned. Make the link between what you've done and what you have learned, e.g. <ul style="list-style-type: none"> • I realised that... • I discovered that... • I now wonder whether... 	Now what? Identify the impact of what you've learned. What are you going to do now and / or differently? <ul style="list-style-type: none"> • I will look for sources that... • I will reword my research question... • I will restructure my dissertation by... • I will set myself a new deadline...
<i>28 May 2020</i>	<i>Today I completed the first week of the University of Bath course: 'How to Succeed in Your EPQ.'</i>	<i>I discovered that completing an EPQ will help me to develop the study skills I need at Sixth Form whilst gaining a qualification which will help me to apply to university. I also realised that you can choose your own project and it can take many forms, e.g. writing a dissertation, putting on a concert, completing a portrait, or designing a website.</i>	<i>I have decided that an EPQ is the right course for me, because I like being independent and I work well on my own. It would also be a good way to continue my artistic efforts, even though I'm not taking Art A Level. Next, I want to brainstorm a topic for my project. I might start by looking at the National Gallery collections online for inspiration.</i>

Model adapted from: Rolfe G, Freshwater D and Jasper M (2001). *Critical reflection for nursing and the helping professions: a user's guide*. Basingstoke: Palgrave Macmillan.

Date	What?	So what?	Now what?