

My Learning Journey

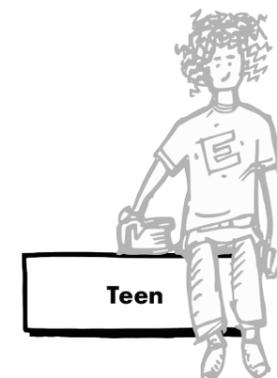
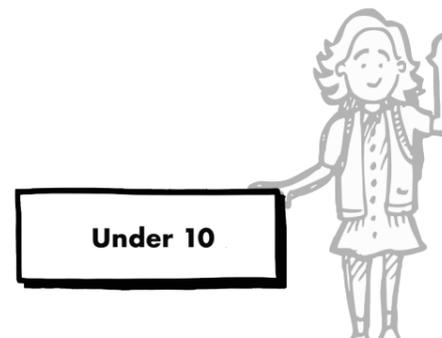
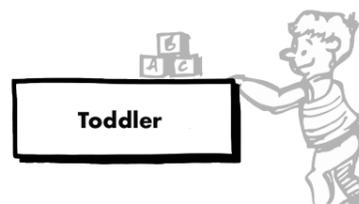
Think back to moments in your life when you learned something new.

Maybe it was the first time you rode a bike, cooked something by yourself, tied your shoes, or wrote your name.

How did it feel? Who helped you? Who inspired you?

On your sheet of paper, you will create a *timeline* of your learning memories.

- Start on the left side of your paper – this is where your earliest memories go.
- For each memory:
 - Think about whether it was formal learning (something learned in school or a class) or informal learning (something learned in everyday life).
- Place the memory on your page in a way that feels right to you – add words, feelings, drawings, or anything that helps you remember the moment.
- Add details:
 - Draw or write anything you remember – words, feelings, people, places, smells, sounds, little sketches. There is no right or wrong. Just capture the memory in your own way.
- Move to the right along the timeline and keep adding more memories from different times in your life.



Newton, R. (2024). *Discovering the untold story: Emotional journey mapping of learners' educational experience* (Chapter 16). In R. Newton, J. Mutton & M. Doherty (Eds.), *Transforming Higher Education With Human-Centred Design* (pp.230-242). Routledge.