



Junior Trader Plus

Reflective Learning Log

Your task

Keep a short reflective learning log as you progress through Junior Trader+. The purpose is not simply to record what you have done. It is to capture how your thinking develops.

After each significant stage of the programme, take a few minutes to record what you learned and how it affected your understanding of investment, business and decision-making.

What should you record?

A useful entry might consider:

- What did I learn?
- What surprised me?
- Did anything challenge an assumption I previously held?
- What did I find difficult?
- What would I approach differently now?
- What question has this left me wanting to explore?

There is no need to write an essay after every exercise. A thoughtful paragraph or a few well-developed points are enough.

Why does it matter?

Reflection is an important professional skill. Being able to explain what you learned, how your thinking changed and what you would do differently is useful well beyond Junior Trader.

Your log should also give you useful material when discussing the programme in university, internship and graduate interviews.

Keep the log throughout the programme. Do not try to recreate it at the end.