self-reflecting diary

Keeping a self-reflecting diary can offer numerous advantages and serve as a powerful motivational tool for photography students. Here are several benefits:

Personal Growth and Awareness:

Advantage: A self-reflecting diary encourages students to regularly reflect on their work, identifying areas of improvement and acknowledging personal growth.
Motivation: The process of self-reflection fosters self-awareness, helping students recognize their strengths and weaknesses, ultimately motivating them to enhance their skills.

Critical Thinking and Analysis:

Advantage: Through journaling, students develop the habit of critically analysing their photographs, considering composition, lighting, and storytelling.
Motivation: The ability to analyse their work cultivates a sense of pride in achievements and motivates students to refine their creative and technical abilities.

Goal Setting and Progress Tracking:

Advantage: Students can set short-term and long-term goals in their diaries, outlining specific objectives for improvement.
Motivation: Tracking progress towards these goals provides a sense of accomplishment, boosting motivation as students witness tangible improvements over time.

Expression of Ideas and Creativity:

Advantage: A diary serves as a safe space for students to express their creative ideas, experiment with concepts, and brainstorm new projects.
Motivation: The freedom to explore and express ideas without external judgment can ignite passion and motivation to pursue unique and innovative projects.

Reflection on Challenges and Solutions:

Advantage: Students can document challenges faced during photo-shoots, technical difficulties, or creative blocks.
Motivation: Reflecting on challenges becomes an opportunity to brainstorm solutions, fostering resilience and determination to overcome obstacles.

Feedback and Peer Collaboration:

Advantage: Students can use their diaries to reflect on feedback received from peers, teachers, or external critiques.
Motivation: Positive feedback boosts confidence, while constructive criticism becomes a roadmap for improvement, motivating students to refine their work.

Building a Portfolio of Ideas:

Advantage: Over time, the diary becomes a rich repository of ideas, sketches, and reflections that can be revisited for inspiration.
Motivation: The ability to look back at a visual and written record of progress can be motivating, reminding students of their journey and achievements.

Enhanced Learning Experience:

Advantage: Regular self-reflection integrates theoretical knowledge with practical application, enriching the overall learning experience.
Motivation: Understanding the relevance of theoretical concepts in their work can inspire students to engage more deeply with the learning materials.

Cultivating a Mindset of Continuous Improvement:

Advantage: The diary becomes a tool for instilling a growth mindset, emphasizing the idea that skills can be developed over time with effort and dedication.
Motivation: Embracing the concept of continuous improvement encourages students to view challenges as opportunities for learning and growth.

As you embark on capturing photographs for your chosen exam topic, reflect on the core skills and camera settings you've employed in the process. Consider the following:

Entry 1: Why did you pick your exam topic, and how do you think it will affect how you take photographs in the next few weeks?
What decisions led to your first photoshoot?
Think about one photograph from Contact Sheet 1. How did your knowledge of the Core Skills and camera settings help you understand about exposure settings, the light, shutter speed, aperture and ISO?

Entry 2: Did your way of taking photographs change in Photo-shoot 2? How does this change fit with how you want all your photographs to look for this project?
Think about the notes you wrote for Contact Sheet 2. How did doing this help you look really closely at your photographs and talk about the little details?

Entry 3: Look at Contact Sheet 3. Can you find things that are the same in many photographs? How do you keep the main ideas similar but also a bit different in all your photos?
When you wrote more details about Contact Sheet 3, what special parts did you talk about? How does paying close attention to these details help you understand your photographs better?

Entry 4: Think about the new photographs you took in Re-shoot 1. How did they get better than the first ones? What did you learn that made your whole photo project better?
Pick one photograph from Contact Sheet 1 (Re-shoot). How did you make it better? Does it fit with how you want all your photographs to look?

Entry 5: Think about the new photographs you took in Re-shoot 1. How did they help you come up with new ideas for your Possible Ideas Pages?

Entry 6: When you looked at the work of other photographers/artists, did it change how you view or edit photographs?
How did their ideas affect the way you think about and make your own photographs?

Entry 7: Why did you pick the idea for Possible Ideas Page 6? Does it connect with what you enjoy about taking photographs? What parts do you like the most?
When you chose the new photographs for Possible Ideas Page 6, was it easy or tricky? What interesting things did you find, and how do your choices make your photo project better?
What are your top ideas for the final exam work? Why do you think these ideas are the best? Are there any problems you might face in doing these ideas? How do they relate to what you learned in your research about the topic?

Entry 8: Core Skills Utilisation:
How have you applied foundational photography skills such as composition, lighting, and framing to enhance the visual storytelling of your chosen topic?

Entry 9: Camera Settings Exploration:
Delve into your exploration of camera settings. How have you experimented with aperture, shutter speed, and ISO to convey specific moods or highlight essential elements in your photographs?

Entry 10: Challenges and Learning Moments:
Reflect on any challenges you encountered while capturing images for your chosen topic. How did you overcome these challenges, and what valuable lessons did you learn in the process?

Entry 11: Impact on Storytelling:
Assess the impact of your chosen camera settings on the overall storytelling aspect of your photographs. How do these settings contribute to the narrative and emotional resonance of your images?

Entry 12: Areas for Improvement:
Identify specific areas in your photography skills or camera settings knowledge that you believe could benefit from further development. How do you plan to address and improve these aspects moving forward?

Remember, your reflective journal is a personal space to introspect and refine your approach to photography. Use this opportunity to gain insights into your journey and enhance your skills for future projects.**Entry 13:** If a photograph has the power to tell a story, convey emotions, and capture a moment in time, how can you choose an exam

topic that not only reflects your personal interests but also has the potential to resonate with a wider audience? Consider the impact your chosen topic may have on viewers and how it aligns with the essence of storytelling through photography.

Entry 14: "How does the choice of perspective and framing influence the narrative within a single photograph, and how might it evolve when considering an entire photo-shoot series? In what ways does the photographer's decision on what to include or exclude shape the viewer's understanding of the story being told through the lens?"

Entry 15: "How can the presentation of a photo-shoot, the analysis of contact sheets, and the refinement of annotations contribute to the overall narrative and impact of your photography project?"

Entry 16: Perspective and Framing:
Explore how different perspectives (e.g., high angle, low angle, close-up, wide shot) influence the viewer's perception of the subject and context.
Consider how framing choices, such as cropping or emphasizing certain elements, impact the overall composition and visual storytelling.

Entry 17: Narrative Evolution Across a Series:
Discuss how the narrative established in a single photograph can be enhanced, altered, or deepened when viewed as part of a larger photo-shoot series.
Explore examples where a sequence of images tells a more nuanced story compared to individual photos.

Entry 18: Inclusion and Exclusion:
Analyze the significance of what is included and excluded within the frame. How does the photographer's decision to include or exclude elements contribute to the narrative?
Consider how the intentional omission of certain details can create intrigue and engage the viewer's imagination.

Entry 19: Intentionality in Visual Storytelling:
Encourage reflection on the photographer's intentionality in visual storytelling. How does each photograph contribute to the overall message or theme of the series?
Discuss instances where photographers intentionally break visual conventions to challenge the viewer's expectations.

Entry 20: Impact on Viewer's Understanding:
Explore how the viewer's understanding of a photo's narrative is influenced by the photographer's choices. What assumptions or emotions might be evoked based on framing and perspective?
Discuss the role of viewer interpretation and how different perspectives can lead to diverse understandings of the same image.
Encouraging critical thinking through this question can lead to a rich class discussion, allowing students to delve into the complexities of visual storytelling in photography and fostering a deeper appreciation for the art form.