Understanding your emotions is crucial to your learning development. At the end of the day, try to complete the table below by ticking your most recent learning emotions and try to recall what caused those emotions and how you reacted to those situations.

**Learning Emotion Record**

|  |  |  |
| --- | --- | --- |
| Emotions | Causes | Reactions |
|  | * What happened? * Why did I have this emotion? | * How did I overcome/encounter this emotion? * What should I do the next time I encounter this situation? |
| Sad |  |  |
| Bored |  |  |
| Angry |  |  |
| Anxious |  |  |
| Confused |  |  |
| Hopeless |  |  |
| Embarrassed |  |  |
|  Others  (Please specify): |  |  |