

LIFEWIDE EDUCATION ACTIVITY & LEARNING LOG, AUTHORIZING OUR LIVES, November 2012

This log represents my activities and the learning and meaning I took from them during one week in November 2012. It was part of a survey being undertaken by the Lifewide Education Community..

Mon 19 Nov	What did you do and why?	What did you learn or find meaningful?
a.m.	<p>FAMILY Got up at 7am, breakfast with family 7.30 watching breakfast TV which stimulated debate about middle east situation -as always a range of views!</p> <p>WORK Worked solidly -without getting distracted in my office from 8-12.00 revamping front pages of four websites and creating screen shots for a new front page on the Community website. Sent instructions to website designer having made decisions on the design. Also sent email to team to bring them up to date.</p> <p>WHY? The focus for work is often about trying to improve what we do in this case it is all about improving our (LWE) presentation and making ourselves more accessible and marketable. Another reason was aesthetic - I enjoyed using photoshop and learnt something new about layering an image. <i>Motivations were achievement and fulfilment focused.</i></p> <p>One distraction - someone who is providing a service charged me vat when I know his business is not vat registered. I challenged him and got a 'you are wrong' response so I spent time trying to check my understanding from HMRC website. I emailed someone who I thought would know, combining it with an enquiry relating to work. The result confirmed what I thought and after spending a bit more time looking at business forums I wrote an email telling the company that they were wrong and to check with their accountant. The business emailed later in the day to say they had spoken to their accountant and they would send me a new invoice.</p>	<p>MEANING The way as a family anything can promote discussion and we all have different views radically different) which sometimes (no often) get expressed with passion. Many general discussions get related back to family members.</p> <p>I'm usually happy doing the work I chose to do and always seem to find something fresh. Much of what I do is aimed at achieving something I think is worth achieving. LEARNING I did learn something new about using photoshop through trial and error.</p> <p>LEARNING WAS ABOUT FINDING ANSWERS TO THE QUESTION When is it illegal to pay vat? Through this activity and involving another experienced person I was able to reinforce my understanding about something that was important to the operation of my business. Not only that but opening up a conversation with my trusted business friend resulted in a new opportunity for my business. Completely unexpected.</p>

<p>p.m.</p>	<p>LUNCH Finished working 12.10 to go and have some lunch and indulge in my favourite lunchtime activity - watching Time Team...</p> <p>EMAIL IS WORK I was distracted by an email asking me if I'd do the closing plenary workshop on Friday on the theme of creativity and PDP as two people had dropped out.. After thinking about it for a while I created in the space of 15mins what I thought was a really nice creative process - one I wanted to be involved in! and sent it back to the organisers. I was pleased with the result.</p> <p>FAMILY - My wife came home after a doctor's appointment and we had a cup of tea and a chat..</p> <p>WORK - I reformatted a couple of chapters for my book. A necessary but tedious job. The book project is my only source of paid work at the moment.</p> <p>DOING STUFF FOR PLEASURE If I have been working for a few hours especially if the work is not very stimulating I will take a break and either go for walk or Do something else. Today I went on Youtube music.. search on something/someone I know and then start sampling the clips it throws up.. I discovered this wonderful Hang Drum musician.. http://www.youtube.com/watch?feature=player_detailpage&v=Cr73_FTfryE If I really like what I see I will post it in my on-line scrapbook.. so I can find it</p> <p>I finished working/playing at 6pm and went in to help with making dinner although I knew my wife was cooking tonight..</p>	<p>LEARNING I learn specific things about the site which I dont remember but more generally I learn about our heritage and I enjoy and find it fascinating to see how they find and make sense of things and put the pieces of the jigsaw puzzle together.</p> <p>MEANING This was the point at which I used my imagination today. The challenge required me to think creatively.</p> <p>MEANING It is just another step in the long process of creating a book.</p> <p>LEARNING I learnt about hang drums a couple of weeks ago and intended to spend more time finding out about them so this was my follow-up.. also learnt from google that they are very expensive and difficult to find. I also discovered how to make a drum from a blog. Its a very complicated and time consuming process so I wont be applying my learning. http://www.grassrootsdiy.com/hang_drum.htm</p>
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evening	<p>Before dinner chatted to my son who is at university. Dinner with more family discussion over a nice meal my wife and I were swapping what we have all been doing during the day.</p> <p>After dinner I read the Sunday Times paper for half an hour- Culture section book reviews including a new book about Michael Jackson's last few years. Then I returned to the book I have been reading for several weeks which is full of wisdom by Clayton Christensen and its called 'How will you measure your life? There is one particular passage which I've highlighted and read several times on p81 and has stuck with me and is very relevant to this recording and reflecting exercise.</p> <p><i>The person you are at work and the amount of time you spend there will impact on the person you are outside work of work with your family and close friends. In my experience, high achievers focus a great deal on becoming the person they are at work - and far too little on the person they want to be at home.</i></p> <p>Perhaps with this in mind I decided to watch and enjoy, with my wife, the last half of an action movie before we went to bed.</p>	<p>MEANING Evenings are generally downtime for me.. Generally family stuff and entertainment...as was tonight.. my wife and I both enjoyed the film.. its always nice to share an experience.</p> <p>LEARNING My main source of learning (knowledge and understanding) was the newspaper article and book I read. The profound learning in the book is something I am trying to draw on in thinking about the activities recorded in this log.</p>
Tue 20 Nov	What did you do and why?	What did you learn or find meaningful?
a.m.	<p>A creature of habit I got up with the family at 7.00pm. We had breakfast and today's topic for discussion was Israel's bombardment of Ghaza.. following an item on breakfast TV..</p> <p>By 8.00 I was in my study plodding away at reformatting my book which I worked on until 10.00 when I had a break. I'm doing this because its paid employment but also because I want to do a good job and this is the next step in the sequence of production.</p> <p>After the break I decided to try and complete my tax returns on-line but I'm blocked by some horrible website that wants me to download some anti virus software.. After spending time trying to fix my browser I give up and go and do it on my wife's computer.</p>	<p>MEANING - we all agreed it was wrong for Israel to do what it was doing and how impotent the west was in stopping middle east conflict.</p> <p>MEANING I don't think I learnt much this morning.. It felt unproductive and it made me feel quite negative..</p>

	<p>I hate doing my tax return but I have to do it or I will be fined. I spend a good hour looking for statements, invoices and more or less complete it to the point of the calculation but cant print it. I am thoroughly cheesed off by this stage but the job is almost done</p>	
p.m.	<p>My lunch break oscillated between watching time team (first and last 15mins and paying some bills on-line). I did a bit of shopping for my eldest daughter then drove the 40mins to her house listening to the Archers and the start of a play. Tuesdays I pick up my 5 year old grandson from school and take him swimming. It's one of the best times of the week because I get chance to cuddle my 3 month old twins and then have my older grandson all to myself. We have a great time and he has come on leaps and bounds with his swimming.</p>	<p>MEANING this is all about helping my family, giving my daughter moral support and spending time with my grandson and giving him a bit of fun and doing something useful because him mum is flat out with the babies. The impossible innocent question to answer this week was 'are you alive when you are in heaven?'. LEARNING there is always something new to learn about the babies and my grandson always comes out with new stuff so this is all focused on close family relationships.</p>
evening	<p>Listened to LBC on drive home and listened to the arguments for and against women becoming bishops. Caught up with wife and youngest daughter over dinner and typed up my log before Tacking a big pile of ironing while switching between Doc Martin And champions league football. Followed by News mixed with Jools Holland and the first 15mins of News Night to catch up with what was happening in the world.</p>	<p>MEANING - family relationships , doing some chores and being entertained LEARNING mainly through radio and TV mainly about whats happening in the world - news, football and music..</p>

Wed 21 Nov	What did you do and why?	What did you learn or find meaningful?
a.m.	<p>Got up at 6.00 today as wife working.. Discussion with youngest daughter about 'what makes us happy' triggered by breakfast TV report. Took daughter to school listening to radio 4. Traffic really bad and very slow so not so happy. Came back to difficult job of giving feedback to someone who doesn't listen re redesign of LWE website. He had already made changes and considered job had been done but he had ignored much of what I asked for. To show him again what I wanted I created another new website front page design based on how it now looked plus the additions I wanted and composed a <i>strongly worded email</i>. I got a quick response and it looks as if he had done what I had asked but he had not published it. Still it has given me another chance to refine my thinking and design and my email did result in action but I felt I had wasted an hour arguing and, reflecting on my breakfast conversation I didn't feel very happy about it so by 10.00 my mood not positive at all. Fortunately, the web designer did respond quickly and after a couple of hours of toing and froing I was much happier.</p> <p>WHY? This needed doing.. it had been triggered by the designer making changes I didnt want and I had to change combined with my desire to demonstrate the website at the CRA conference. Once I got into the problem the motivation became aesthetic - how to get the most pleasing look and the fact I had commissioned a lot of logos helped solve this problem.</p>	<p>MEANING As often happens my intentions was to do one thing and I ended up doing another as I reacted to what was emerging in my life.</p> <p>But through this process I did achieve something - I eventually got the LWE website revamped in the way I wanted. Perhaps the fact I was angry helped focus the attention of the web designer on my problem.</p> <p>LEARNING - I suppose I learned how to reach a good design for LWE website (a simple clean design I liked and which did the job I wanted it to do) through a trial and error process</p> <p>But I didn't do the thing I intended to do.</p>
p.m.	<p>LUNCH as usual - 20mins with Time Team - helped me overcome the negative feelings I had created over not doing what I had intended. Main job today to sort myself out for tomorrow's workshop but I got distracted into doing other things one of which took me back to the book. Also went to buy my ticket and tried to fix a smoke alarm and spent time talking to my wife when she came home.. So I didn't do what I intended. Fortunately I had done most of prep a week ago including slides and handouts so this was about refining the content and my strategies. Because I had agreed to do the Friday workshop I had to set up a web page to host the video clips and talk to D at CRA regarding technology support.</p> <p>Mood more positive by end of day as I received email inviting me to facilitate a workshop in Dublin next March.. Replied saying I was interested but needed more information.</p>	<p>MEANING - preparation is an important task if you are going to perform well.</p> <p>LEARNING - was mainly focused on how to working out how to facilitate the workshop.</p>

evening	Stopped working around 6.30.. sorted out my bag and helped with dinner. Diner involved helping younger daughter solve a problem which was upsetting her. After dinner I worked on my talk for an hour until I'd had enough of it and then slumped in front of TV for the news and bed..	MEANING Family problem solving was the most important thing to emerge from this period of time
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Thur 22 Nov	What did you do and why?	What did you learn or find meaningful?
a.m.	<p>WHAT? Early start - got up at 5.45am caught 7am to Leeds but only just made the train from Kings Cross. Most of way worked on my talk. Much more focused now - tweaking slides, modifying order and adding stuff for completeness.</p> <p>WHY? To attend a conference in Leeds and give a workshop this afternoon. I'm a bit out of practice!!!</p>	<p>MEANING Preparing talks are always useful for checking and consolidating understanding and the final process is one of searching for and mentally rehearsing the stories that you hope will be memorable and meaningful. My confidence depends on me feeling prepared which means having the resources - knowledge, stories and images to communicate in an enthusiastic and engaging way.</p>
p.m.	<p>WHAT I did my workshop and attended another - on creating a personal values statement which I enjoyed. My workshop seemed to go well went well and it was so nice seeing people that I havent seen for perhaps 6 or 7 years... When I went round the room at the start of my session I asked people to say why they'd chosen this workshop and perhaps six people said they'd heard me speak once before and wanted to hear me again.. I was quite touched..</p> <p>WHY? Because I was a participant in the conference...</p>	<p>MEANING & LEARNING I dont get much opportunity to perform as a presenter/facilitator so it was very good experience being able to do so. I also learnt something useful in the 'Values' workshop I attended and could see how the process could be integrated into our Lifewide Development Award guidance.. in fact it also helped me think about this learning log.</p>
evening	<p>WHAT After attending the plenary workshop had a nice pint of beer in the bar with two old friends and began to catch up seriously with developments at CRA & HE Academy. Went into to dinner and continued the discussion. It was a very nice evening and I gained much happiness from the mixture memories and news. Was in bed by 10 to watch the news but my wife skyped me for quick chat.</p>	<p>MEANING This was fundamentally about renewing relationships that had once been very significant and reminding myself of what I had been missing by not interacting with these people.</p>

Fri 23 Nov	What did you do and why?	What did you learn or find meaningful?
a.m.	<p>I got up at 6am and spent an hour preparing for my pm workshop fiddling with the website and edited JW's poster and video which provided a great example for me to illustrate my expectations in the workshop.</p> <p>Everything seemed to work fine. Had breakfast with delegates. Attended plenary (not very useful) and workshop on HEAR (quite useful). Discussion at break resulted in another useful addition to LWE e-book. Set up technology for workshop before having lunch with delegates and discussing possible on-line benchmarking project.</p>	<p>LEARNING - I learnt about a strategy being used to engage employers with HEAR. Also confirmed my views about value of HEAR to employers.</p> <p>MEANINGS -</p> <ol style="list-style-type: none"> 1) the importance of preparation to make sure my workshop session went well, 2) creating opportunities for LWE 3) renewing relationships and securing additional resources for LWE
p.m.	<p>Attended one workshop introduced myself to presenters from Uni Jyvaskala and gave them a copy of our LWE book in the hope it might influence them or something might emerge. Then facilitated the final plenary which worked like a dream. Process and results can be seen here. Its a useful workshop to add to my repertoire.</p> <p>Four hour train journey home enabled me to a) read the newspapers b) read two journal articles 3) write these notes and reflect on the event.</p>	<p>LEARNING I learnt through the experience of doing it how to design and facilitate this workshop. In using LWE website I know I will bring many new visitors to the LWE website.</p> <p>I learnt a bit from reading stuff on the way home but most importantly the journey back enabled me to reflect on the whole experience</p> <p>OVERALL MEANING - the very act of participating in this event gave my life meaning and the relationships I renewed or began will be very important. I was able to promote LWE through my glossy card, my workshops and website. By uploading the products of the workshop to a LWE site I knew that I would be exposing new people to LWE.</p>
evening	<p>Did not get back until 20.30. Time to eat, catch up with family watch a bit of TV - Thurs Young Apprentice on iplayer and the news and go to bed.</p>	<p>MEANING - this was relaxing and catching up with my family.</p>

Sat 24 Nov	What did you do and why?	What did you learn or find meaningful?
a.m.	<p>ACTIVITY Got up at 7am and had breakfast with my wife who was going to see our daughter. Took her to the station and then came back to do some work on the website following the workshop. Uploaded photos and had some fun inventing captions. My sister called from Australia and I spent an hour on skype talking to her and my other sister who was staying with her swapping family news.</p>	<p>LEARNING - by doing I installed my first photo slide show on the website.</p> <p>Caught up with family news..</p>
p.m.	<p>ACTIVITY At 12.15 I took my daughter and her friend horse riding A 45min drive in the rain. She chatted away to her friend about which countries they had visited (Wales was the only country I had visited at their age) and I was aware of how much I was learning just from listening to them. It was cold and pouring down with rain so I didnt get out of the car to watch them on this occasion preferring to stay dry and snug in the car listening to any questions on the radio and reading my book - How will you measure your life. We got home about 3 and after a late lunch I wrote up my log. In looking at my own website I noticed I'd had 76 hits since Monday when I installed the stat counter. Intrigued I looked up where people had come from. Stat counters are a great way to show you if the websites you have created are of interest to anyone else.</p> <p>Late afternoon I listened to the radio commentary on my team's football match and it made me feel good because they won 3-1. At the same time I continued the analysis of my writing.</p>	<p>LEARNING - by listening and prompting with the odd question I discovered some new things about my daughter.</p> <p>New stat counters I installed were showing me things about my websites that I didnt know before. So I can now see and therefore learn how other people are using them.</p> <p>MEANING - some of this time was about doing something for my daughter. My wife encouraged her to do things outside school and learning to ride a horse is what she wanted to do.</p> <p>The other bit of meaning making was to do with the analysis of my log to try to understand the implications of my activities.</p>
evening	<p>ACTIVITY - Around 7ish my daughter who was revising and I (who was writing) decided to stop working and go and get a DVD and a Chinese take-away (her choice). We ate our meal watching and talking about the contestants on x-factor.</p>	<p>MEANING This was an evening in with my daughter doing the things that she liked to do.</p>

	<p>I knew the romantic comedy film she wanted to watch was a bit 'raunchy' in places but she reassured me that she had seen and knew a lot more. She is at the awkward age for a parent you know your child is leaving childhood and you have to help not hinder the process. Anyway we fast forwarded in a few places and both enjoyed it. Also spoke to her mum on the phone who told us about her day with our other daughter. Finished up watching first 15mins of match of the day and Spartacus and going to bed around 11.45.</p>	
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Sun 25 Nov	What did you do and why?	What did you learn or find meaningful?
a.m.	<p>ACTIVITY - got up at 7 did a couple of hours updating my personal website with match of the day on in the background Now I know people are looking at it I felt I should refresh the content on the home page. Had a call from my mum and dad in Australia thanking me for the Christmas present I'd sent (latest series of Downton Abbey) which they watched and enjoyed.. Had breakfast by myself and about 10 I started cleaning the house. I did about 90mins then spent about 45mins testing my daughter who had been revising for a chemistry test.. she'd made notes on cards and memorised the content.. I was very impressed. Then I did the weekly shop which took me to about 1.15pm.</p> <p>MOTIVATIONS The chores are things that just have to be done. I dont enjoy doing them and I often get criticised for not doing a good enough job on the cleaning (especially dusting) as I dont quite reach my wife's standards but I try to do a good job. Helping my daughter with her revision is a real pleasure with science as she enjoys learning it.</p>	<p>MEANING Most of the morning was spent doing household chores which is quite usual for me at the weekend.</p> <p>Cleaning is a routine activity that I have to admit I don't like doing - it is a chore.. But I can make bits of it more enjoyable.. For example in the kitchen I can switch on the TV. Today I caught 10mins of time team and Jamie Oliver's cook a meal in 15mins prog. Both interesting and enjoyable to have on in the background. I did learn something new. There was small bottle by the sink containing home made smoothie.. I went to throw it in the bin and opened the top and it exploded all over the floor and cooker. Needless to say I wasn't pleased but I thought it would be a good story to tell to the family.</p>
p.m.	<p>ACTIVITY - I put the shopping away and then had a nice lunch with my daughter. I finished the cleaning and had planned to get into the garden but the weather was miserable. My daughter wanted me to test her on the biology she had been revising so I did that for half an hour...again impressed with her ability to memorise her revision cards. I wrote up my log and then spent an hour practicing my drums - we hadn't had a band practice for the last two weeks. I did in fact try to apply some of the things I had recently learnt on a Youtube drum tutorial. In the process of going over to the rehearsal room I discovered the squirrels had got into the roof of the practice room and were eating through the plaster board.. Another horrible job to tackle next week!!!! I took the DVD back to the shop, hung up the washing. I then completed my log and finalised the reflective piece I had started on the way back from Leeds.</p>	<p>MEANING - a bitty afternoon and a mix of chores - horrible but necessary; helping my daughter with her revision - necessary and important and doing stuff for myself... including trying to apply something I'd learnt on Youtube.</p>

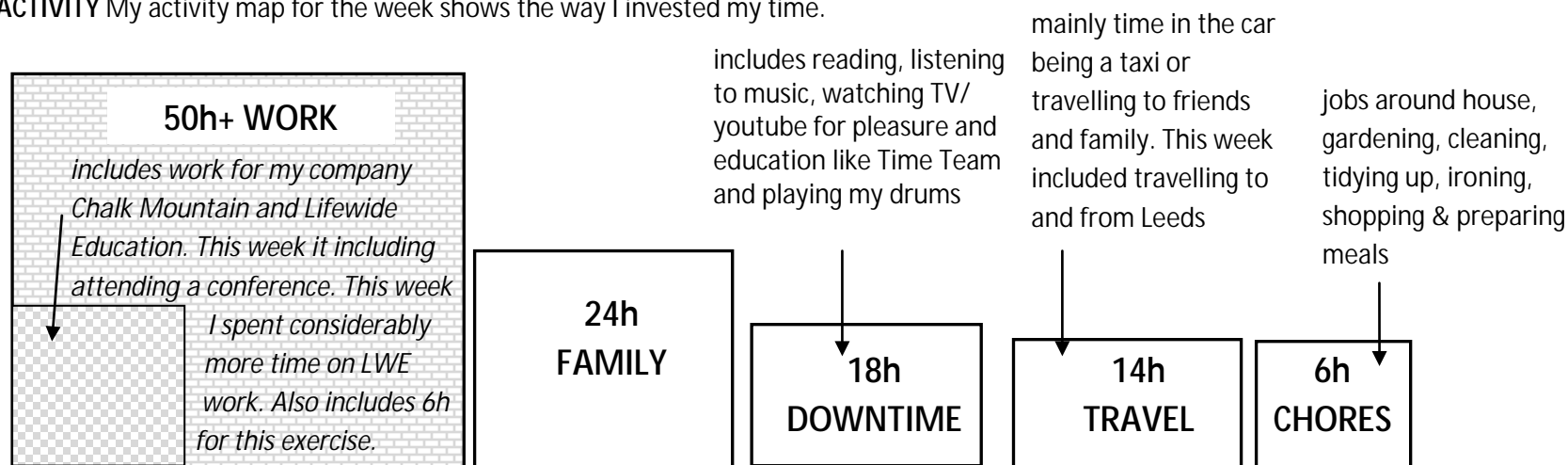
evening	I began preparing the evening meal about 5.30pm - I usually cook a roast lunch or dinner on Sunday. I picked up my wife from the station at about 7pm and we had dinner at 7.30. Over dinner we swapped stories about what we'd been doing. After dinner I read the Sunday paper for an hour and then watched Dragons Den and the news on TV.	MEANING - this was definitely just chilling out and hearing in catching up with the details of our lives over the weekend.
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Making sense of my week long experience

My motivation for this analysis is personal research into my own lifewide learning, development and achievement.

My week was atypical in the sense that it is not every week that I get the chance to participate in a conference and interact with people who shared the same sorts of interests and values as I have. But the rest of the week was typical of my current life. So what have I learnt from the process of recording and thinking about my experiences?

ACTIVITY My activity map for the week shows the way I invested my time.



- 1) Out of a possible 168 hours (7x24h) I was active for about 112h (about 16h per day)
- 2) I am clearly a creature of habit and my life has become routinised. I get up and go to bed at more or less the same time. I have breakfast, lunch and dinner at more or less the same time, and the pattern of what I do each day when I am at home is more or less the same. I start working at around 8am and work until 12ish.. I eat lunch and watch time team, I work pm until late afternoon or evening. I have dinner at more or less the same time with my family and we use this opportunity of being together to learn about each other's lives, discuss family and make plans. Evenings after dinner are generally devoted to relaxing and I seem to do the same sort of things most evenings.. This routine might be seen in a negative way but they do not feel boring or constraining because I generally value what I am doing and derive meaning and enjoyment from the things I am doing most of the time. Indeed, negative emotions generally emerge when things get in the way of the things I am trying to do - like having to complete my tax returns.
- 3) My main social interaction is with my family wife and children, and thanks to my sister's call - my family in Australia. Some of these interactions are face to face and some via email/skype/telephone. Conversations and activities encourage the sharing of daily events or news in each others lives the disclosure of feelings and practical and emotional support.
- 4) Another sort of social interaction is related to work and this is mainly focused on trying to make progress. Communication is mainly through email and I am grateful for the help and support given to me by other people involved in LWE.
- 5) Life is punctuated by less regular events like participating in conferences and this provides opportunity for face to face social interaction.

There are also unanticipated events that emerge and create problems and new opportunities. This week I had two emergent situations. The first involved having to resolve a problem with the LWE website created by the person who hosts it making changes to the front page that I didn't like. The second event involved me responding to an email from Rob Ward offering me the chance to design and facilitate a workshop at the CRA conference on Friday. This is how it happened..

From: Rob Ward [<mailto:rob@recordingachievement.org>]
Sent: 19 November 2012 10:10
To: Norman Jaskson
Subject: Forthcoming Residential
Importance: High

Hi Norman

I'm needing to do some last minute tweaking of the Residential programme as the final short session on 'Creativity and PDP' (plenary workshop, 14.20-15.00 on Friday) can't now go ahead as planned. Would you be willing/able to offer a short contribution on this theme here? Apologies for the short notice! BW Rob

Once I had thought about it I did see it as a real opportunity to try something new and develop myself in the process.

From: Norman Jaskson [<mailto:normanjjackson@btinternet.com>]

Sent: Mon 11/19/2012 2:14 PM

To: Rob Ward

Subject: RE: Forthcoming Residential

Okay how about trying to model creative use of technology? This process would need the room to be connected to internet and two CRA staff to support - 1 connected to twitter, 1 connected to weebly.com a website building tool

THEME 'Using technology to stimulate students' creativity in recording ideas, experiences, learning and achievement'

Participants to assume that there are no constraints on the way technology might be used in their own PDP environments ie a blank sheet of paper.

DESIGN - process

1) Self-organise into groups of about 4 people. Groups must include someone with a smart phone.

2) 10mins - pool ideas in the group drawn from personal or imagined experiences

3) 10mins - choose 1 idea and create a poster on a sheet of flip chart paper to explain the idea also prepare a 1 min pitch

4) 5mins - find a quiet corner and person with smart phone a) takes a photo of poster b) records 1 min explanatory pitch on phone

5) 5 mins group composes 140 character tweet to capture the essence of their idea for twitter and tweet, photo of poster and 1 min video clip emailed to CRA address

6) 10 mins CRA colleagues a) post tweets & images on twitter & B) upload video clips to weebly website..

outcome

The tweets would be displayed on the projector screen and if we had two screens we could also display the video clips.. People can go away and look at the results.

Between this email and the workshop I did the preparatory work necessary to make it work, I got support from JW who provided illustrative poster and recording and I liaised with DB from CRA to make sure we could do it. The workshop worked very well and I know I can add this sort of technologically enabled workshop to my repertoire of facilitation techniques. I had no idea that this would happen at the start of the week.

LEARNING & DEVELOPMENT

Unusually this week some of my learning was formal in the sense that I put myself into presentations and workshops with the intention of learning something. But, more typically most of my learning was informal usually goal/achievement driven... a) completing my book project or b) trying to advance LWE. I did try several things I hadn't done before including a workshop design that seemed to engage participants and get some great results. Much of my learning was simply about gaining some new knowledge and much of it was through conversation mainly with people I already knew but who I had lost

touch with. Most of my follow-up actions will be linked to this relational knowledge. I would say that quite a lot of activity I engaged in did not lead to any significant learning. In terms of development - what I can do now that I couldn't do before the week started I would identify the workshop I facilitated and the techniques I developed to engage people and record their creations.

Most of my learning was driven by my needs. I needed to modify a logo so I learnt how to use photoshop to do it. I uploaded a slide show to weebly for the first time. I learned how to design and facilitate a workshop I took on. Some of my learning was simply a byproduct of enjoying myself.. like searching for music on Youtube, spotting a new band I liked on Later with Jools Holland. There is also learning of a more strategic in nature which is linked to my work namely reading articles and books that enable me to add to my understanding. This week I read a transcript and watched a video clip of John Seeley Brown's talk on the entrepreneurial learner which I think LWE can use. I had picked this up from a link in a blog by Jane Hart that I was examining with a view to commissioning a chapter for LWE e-book. Much of my learning comes from this sort of intelligent and sometimes haphazard searching.

I also continued to develop my understandings of the ways of thinking promoted by Clayton Christensen which I know will have enormous significance for LWE.

Some of my learning has come from using tools like stat counter to monitor how my websites are being used. This is a new form of learning over the time the knowledge will be valuable to know what interventions draw people to our resources.

In a more typical week I would do a lot more writing. For me writing is a very important way of developing and organising my thinking, creating meaning and recording my understandings. This log and the reflective piece has served as my writing task this week.

MEANING

Meaning is created through the work I do in creating my book and in developing and promoting LWE. I feel I made quite a lot of progress with the later this week both in the redesign of the website and in my involvement with the conference. Meaning is also created through interaction with my family and feeling that I am in some way helping them. Reflecting on my experience of participating at the CRA conference I felt that I had, at least momentarily, regained a lost identity and renewed a set of friendships/relationships with people and higher education that had been eroded because it was no longer part of my everyday experience. This meant a lot to me and it has taught me the value of trying to find or create these opportunities for my own wellbeing.

Clearly, I devoted a lot of time this week to intentionally learn about my own learning and meaning making. I probably spent 4 or 5 hours this week recording and analysing my activities and what I have learnt from them. The value in the process is that it has enabled me to examine more systematically what I'm doing and how I draw meaning and learning from my activities.

VALUES & IDENTITIES

One of the purposes of this exercise was to examine the ways in which activities and behaviours, and what motivates them, reflect values and identities. Through the week I was mainly working with two sorts of identity.

The first was my working identity - my work is essentially academic (eg being a writer/scholar to create the book) educational (applying my knowledge of how people learn to the concept of lifewide learning) and educational developer (trying to influence other educators). The central values here are those of being professional in these fields and trying, through hard work, thinking and creativity to progress each of my work enterprises. An important part of my identity as a teacher is my ability to communicate ideas and engage people in using them. Because of the conference I was able to do both of these in presenting my ideas on lifewide development and facilitating a workshop which enabled small groups to share ideas and create some educational designs. It is very important for me to maintain this part of my identity and as a result of reflecting on it I have strengthened the way I market this aspect of my professionalism on my website.

The second identity relates to me as a member of a large family and a complex set of relationships that make up my family ... as a father/step father, husband, grandfather, brother and son.... the central value here is the love for my family and my desire to care for and help family members and the value of staying in touch with each other. This week, thanks to technology I was able to have interactions and good conversations with my wife and daughter at home.. with my daughter and son at university - telephone/skype, with my wife when I was away and she was away by telephone and skype, with my mum and dad in Australia (telephone), my two sisters in Australia (skype) and my daughter and my three grandsons. This record shows the value of the technologies we have for enabling us to communicate across the world.

But I also experienced two other sorts of identity during the week..

The first was a sense of regaining, at least for a short time, an identity I held a few years ago as a respected thought leader in higher education. By being with a group or people I had worked with, including people from two agencies I had worked for, and being reminded of the roles I played in enabling change to happen in the HE system, I felt part of that society or community again. Here the values were around championing an educational cause (PDP, and providing concrete practical support to enabling it to be implemented. The fact that my commitment has carried on beyond employment gives me credibility in this respect.

Another identity I nurtured was my identity as a drummer in a band. We normally practice every week so this identity gets validated when we come together. When I'm listening to music in the car I sometimes play our own music or I imagine playing the drums to whatever is being played. This week I squeezed in an hour on Sunday playing along to recordings.. Here my values relate to my love of music and of making music particularly with others.

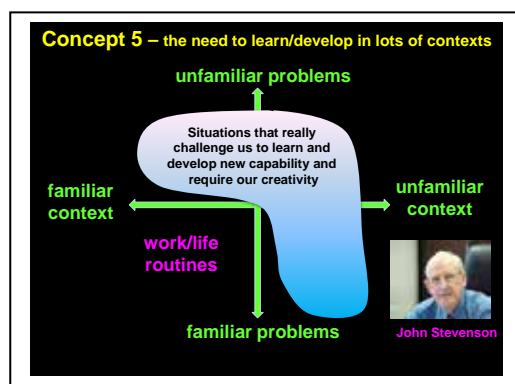
COMPARISON OF HOW I HAVE USED MY RESOURCES WITH MY PERSONAL DEVELOPMENT PLAN

This is the first time I have ever taken a significant chunk of life and tried to record how I have used it. In his book on Measuring Your Life Clayton Christensen (p62) talks about strategy - *Real strategy .. in our daily lives is created through hundreds of everyday decisions about how we spend our resources (our time). As you're living your life from day to day, how do you make sure you are holding in the right direction? Watch where your resources flow. If they are not supporting the strategy you have decided upon, then you're not implementing that strategy at all.* If I take my personal development plan, I identified my most important goals as:

- 1 To lead and contribute to the further development and promotion of the Lifewide Education enterprise
- 2 To grow the Chalk Mountain business and deliver a good service to clients
- 3 To support my (large) family - do whatever is necessary to help them
- 4 To build a recording studio and develop the technical skills to record my band
- 5 To create a woodland garden
- 6 To be open and responsive to new possibilities and adapt to or take advantage of the unplanned and unexpected

I think my life this week has supported achievement of the first three goals and I had a good example of responding to goal six in accepting at short notice, the challenge to facilitate a workshop at the CRA conference. Goals 4&5 are much lower in my list of priorities than the first three goals. So it would appear that, this week at least, is quite closely aligned to my personal strategy.

CONTEXTS & PROBLEM SOLVING



I often use John Stephenson's little contexts and challenges tool to help me reflect on the things I am doing. I would say that this week. Most of my activities have been in the familiar context, familiar problems domain but the conference and the activities I undertook did put me outside my comfort zone (unfamiliar context) and tackle an unfamiliar challenge (the workshop on creative use of technology).

VALUE OF THE EXERCISE

I estimate that the whole exercise of recording and analysing my log took me about 7 hours which I have allocated to LWE work. So was it worth it? I think it's helped me appreciate the value of this sort of tool and reflective process to helping people appreciate their learning and development in their everyday lives. I now think that the process and outcomes could be usefully integrated into the Lifewide Development Award.

The exercise has:

- 1) enabled me to see my life as an integrated whole (during this period of time) and see how different parts of my life interact
- 2) revealed the patterns of daily activity in my life highlighting routines and more unusual activity and the motives for engaging in such activity
- 3) forced me to think about the learning that is associated with different sorts of activity and the potential ways in which I have developed/changed through only a week of living - indeed this reflective exercise has made a significant contribution to my learning this week added to my understanding of how to promote reflection on our own LWE
- 4) encouraged me to see the meaning I attribute to different activity in my life
- 5) enabled me to check how I am allocating my resources to the things I value and confirmed that I am spending my time in ways that are consistent with the goals I set out in my personal development plan
- 6) enabled me to recognise that the identities I embody and enact which are closely related to the things I value
- 7) enabled me to apply some of the wisdom I have recently discovered in Clayton Christensen's book to reflect on my own activity and behaviour. This has helped me see how some of the ideas in this book might be incorporated into the guidance and support we give to lifewide learners.