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SSBS's "Reflective Diary" • a unique approach to [Esquaring](#) by

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In a unique one-on-one approach to learning, Strathclyde Skill Business School (SSBS) students keep a daily record of their work and experiences as a way of reflective learning and documenting their journey at MBA in UK, SSBS. The diary is monitored by the dean " Dr. Bhimaraya Metri " who takes a one-on-one session with the students to discuss how they are progressing with their studies and their performance.

"You actually have to give all your experiences and how you see problems from a manager's point of view," said student Anand Balu. "For example, I went to see the Auto Expo. There I noticed from a business/manager's perspective that the Auto Expo was divided into two sections " B2C where the cars were kept for the public to see and the B2B section where only businessmen with a sales agenda would come together." Documenting your daily experiences helps, not just as a memory aid, but as a learning tool. "With this diary, all these experiences, however momentary, we are pushed into documenting," he said, "and that helps us to remember and learn in and outside the classroom every day. This diary helps us to keep a tab on what we do daily. Sometimes we don't remember what happened a week back and we can always refer to this."

Laxman, another student at SSBS, MBA in Scotland points out to be truly effective, honesty is key when keeping your "Reflective Diary."

"It's really important to be honest when you are writing the diary," he said. "Dr. Metri can always find out who is saying the truth and who is writing for the sake of writing. This diary is for the self first and then for others."

"There is no format to the diary " you can write it like you write in your personal diary," said Laxman. "The diary is a self-assessment tool. Whatever you do gets recorded every day and you can see your performance in the diary," he said, noting to be useful an evaluation has to be based on honesty. The diary is also a constant in-your-face reminder of exactly how you are doing in your courses " you can't run or hide from it.

"You can escape from the professors, colleagues," said Laxman, "but you can never escape from your diary."

In the month of May, the diary is submitted and Prof. Metri goes through each one for evaluation and discussion with each student.

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