

## UNIT 4: LEARNING LOG

### DIFFERENT EXPERIENCES, COMMON PROBLEMS

1. What I got out of today's session.

(Interesting information, anything new learned, enjoyed the session etc)

2. Things I would like to know more about.

(Questions I have in my mind. Things I don't quite understand.)

3. What I put into today's session.

(How I feel I contributed - listening well, supporting, offering my views etc.)



## UNIT 4: LEARNING LOG (CONT)

### 4. Different Experiences, Common Problems

Think back to the case studies you looked at in this unit. Can you give examples of 3 groups that face additional barriers to achieving good health and for each one describe why this is the case.

Example 1

Example 2

Example 3

