

## Module 3 – Your Portfolio and Learning Journal



While undertaking your Module 3 community action project you are required to complete a learning journal and a portfolio. The Learning Journal captures the various stages of the project, the skills you used, the things that went well, areas identified for improvement, your progress through the project and your personal reflection throughout the project. The portfolio is a scrapbook that shows how your project developed by using writing and images.

We suggest you complete all of this work on your computer. We now have an editable version of the learning journal which can be downloaded from the Foróige website. For the Portfolio, we suggest using [www.canva.com](http://www.canva.com). This is a really fun website that has free access to various templates that you can use to design your portfolio. We have outlined some instructions to help you get started below.

### Instructions for Using Canva

- Create a free account with Canva using your email and a password
- The free version allows you to do most of what you need to do. You will have access to a lot of their content and you can edit templates and download them.
- When you create an account you will arrive at the home screen which looks like this:



Recommended Social Media Events Marketing Documents Prints Video School Personal Custom dimension



Infographic



Video Presentation



Graph



Poster

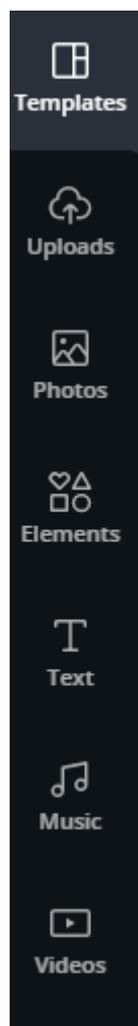


Resume

If you use the search window on the home page above to search for 'Scrapbook' or 'Portfolio' you will get plenty of options to choose from.



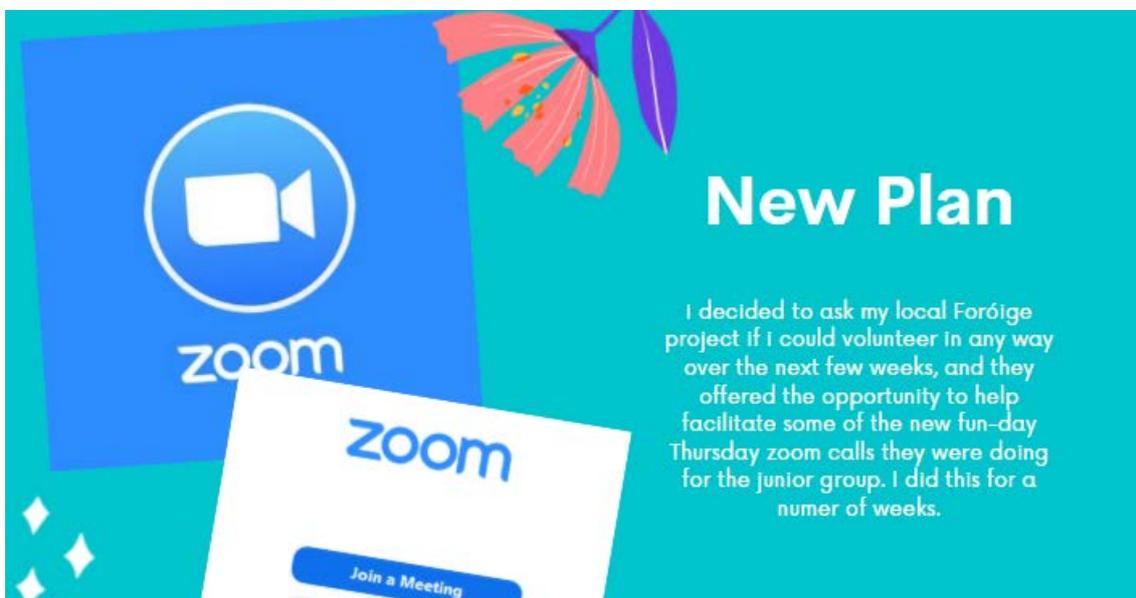
You can then select a template that you would like and it will take you into the dashboard which gives you options to edit it in the left sidebar



You have options to add text, add your own photographs, add graphics and images, change colours, add and delete pages, resize things and much more. The website automatically saves your work and it is easily found the next time you log back in. When you are finished working on your portfolio you can download it as a PDF file and then send it to your mentor for grading.

The best way to learn how to use Canva is to just play around with it yourself and have some fun. It allows you to get really creative and make your document look great. You don't need to be technical with computers either as the site is very user-friendly.

### Here are some images of Module 3 work done on Canva



## ORIGINAL IDEA

Before quarantine, our idea was to further develop our mental health wall located beside the community garden. We planned on getting quotes and life advice from three different age groups in the community; Primary School Students, Teenagers and the Elderly. We had to scrap this for a project we could all work at virtually because of the social distancing regulations.





## Artwork

I am a very creative person and throughout my life have used creativity to cope, I thought that sharing this strategy with my brother would be a brilliant way to show him that taking care of your mental wellbeing can actually be fun.

We took a trip to the park and collected some rocks to paint, he wanted to use watercolour so it's not very clear in the picture. When we were done my mam actually added them to a pile of rocks we have out the back that circles our little apple tree.



We also spoke about famous artists, different styles of art and decided to try painting out for ourselves on paper. We decided to do a bit of abstract art, focusing on squares. On a few of our walks we decided to look around our area for graffiti, when we spoke about the different ways art can be presented this was my brothers favourite.

*If you have questions about your Module 3 work let us know at [leadership@foroige.ie](mailto:leadership@foroige.ie). Remember to enjoy the process and good luck!*

