

Appendix F

Reflection Journal Template

This appendix presents a reflection journal template designed to promote metacognitive awareness and reflective learning through the use of ChatGPT.

Objective: To promote metacognitive awareness and reflective learning through the use of ChatGPT.

Instructions: Answer the following questions after completing the activities.

Table F1

Reflection Journal Template for ChatGPT-Supported Learning

Reflection Question	Student Response
How did you use ChatGPT in this activity?	
What did you learn (vocabulary, grammar, or skills)?	
What mistakes did you notice in your English?	
How did ChatGPT help you improve your answers?	
What difficulties did you have when using ChatGPT?	
What would you do differently next time?	
Do you think ChatGPT helped you learn? Why or why not?	

Note. This table presents a reflection journal template intended to support students in analyzing their learning process, identifying strengths and difficulties, and reflecting on their interaction with ChatGPT as a learning tool. This material is part of a proposed pedagogical prototype and was not used as a data collection instrument nor validated during the research process.