

A _____ in the life of day/48 hours/week etc)

What is it?

A written diary completed by students or staff to help understand what processes, routines, barriers and enablers each individual experiences in a particular situation. It provides a broader, more complete picture of a specific experience.



Things you need

- Prompts for location, time, task/purpose, feelings, service/staff interactions, positive and negative experiences
- Virtual or paper diary template
- Participants



How to do it

1. Identify how to schedule the diary i.e. for how long a period and when e.g. Every Monday for a month.
2. Decide what people to run it with (age range, gender, course/School/role?) and if they will be required to complete a diary regularly over a longer period of time.
3. Distribute information to participants.
4. Engage in regular contact with participants, particularly if over a longer period of time.
5. Depending on the purpose of the diary, consider asking the participant to shadow someone e.g. staff member shadowing a fellow staff member in a different department.
6. Ask participants to return the diary at the end of the data collection period to be analysed.
7. Gather feedback via interviews and/or focus groups to clarify and confirm the data analysis.

