



## SUGGESTIONS FOR WEEKLY JOURNAL

The purpose of the journal is to help you try out ideas, to make sense of what you are doing and how you are feeling. It is a place to practice writing and an opportunity for some reflective thinking.

Weekly Journals are an important part of the evaluation process. Journals and Weekly Activity Reports constitute 25% of the student's overall mark. Set aside a special notebook for this journal. Don't use it for anything else.

Each day write a paragraph describing your experiences. The rest should deal with feelings and ideas that have been triggered by them. The questions below suggest some things you might write about, these certainly are not the only things. On any one day, you might write on one or two, but by the end of the course you should have written at least once on nearly every one of them.

1. Tell about the best thing that happened to you today.
2. What happened that made you feel you would (or would not) like to do this sort of thing as a career?
3. How do you think you might need to change to succeed in a preferred career?
4. What new task did you learn to perform?
5. What did you do in your work that was enjoyable or satisfying?
6. Did you get an idea that would improve your work either in this course or in general?
7. What did you do that seemed to be effective or ineffective in your relationship with others.
8. What criticisms did you receive and how did you respond to them?
9. What compliments were you given and what did they mean to you and how did you respond to them?
10. What happened that made you feel uncomfortable or unhappy?
11. What did you do today which made you feel proud?
12. What were some things you wanted to say today and did not say?
13. Did you stand up for, assert yourself on something today? How did it work out?
14. Did you take some risks today? How did it turn out?
15. What did you learn from a disappointment or failure?
16. Were you surprised by anything said to or about you? Explain?
17. How similar is your impression of yourself to the impression of others have of you?
18. What did you discover, or rediscover, about other people?
19. How did your feelings about any person change as a result of today's activities?
20. What feeling or idea about yourself seemed especially strong today?