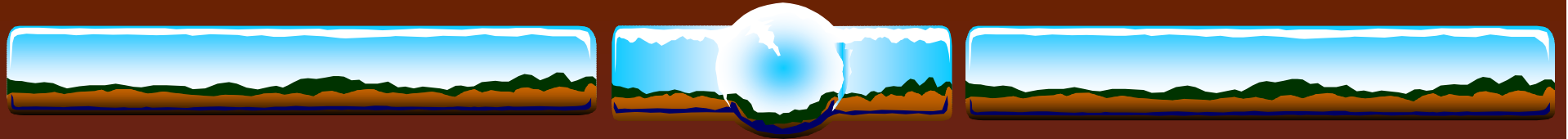


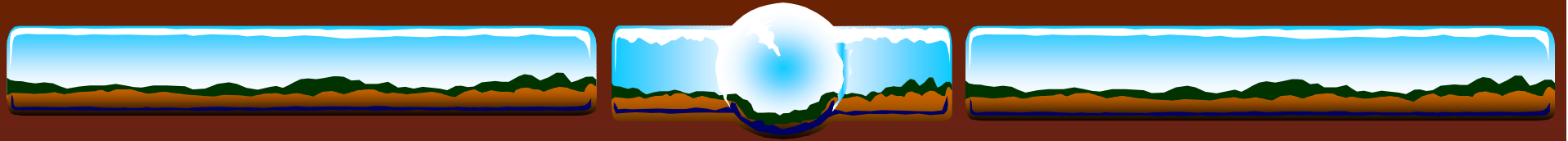
# Journalizing

for teachers and students



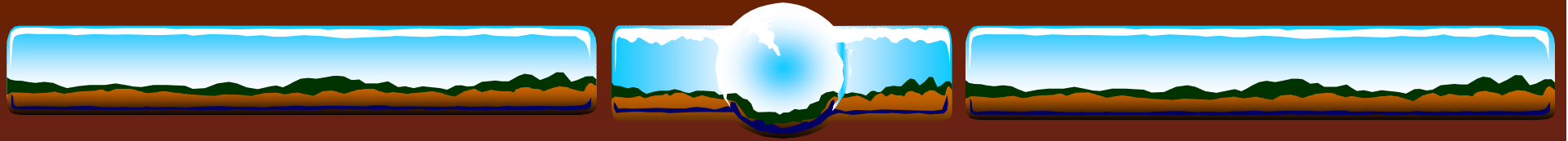
# Definition

- ❖ The learning journal is a reflective tool, used by the teacher or the student to encourage thoughtful, personal, interior dialogue. Also a way to record significant experience and to keep track of the one's progress along the path of learning experience – personal and professional development.



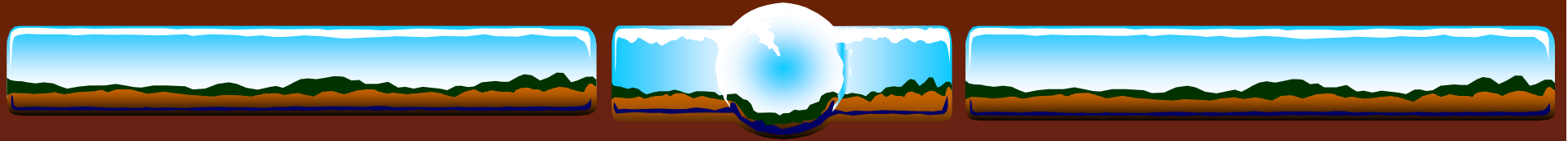
# More about journalizing

- ❖ This is also a method which promote self-activity and encourages personal appropriation of the material under study.
- ❖ It involves continuous reflection and repetition of important ideas.



# 4 Basic Questions

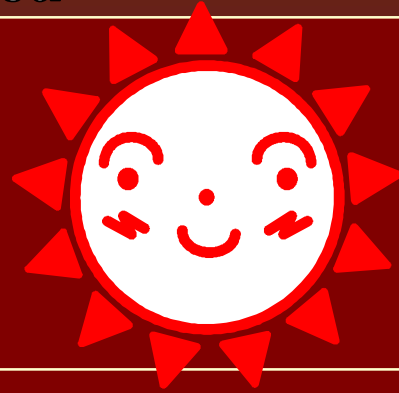
- ❖ What happened?
- ❖ What did I want or expect to have happened?
- ❖ How do I feel about it?
- ❖ What questions do I now have?



# Some ideas about the journal

- ❖ Different “windows”
  - a space for list of people, outlines of articles, book summaries, interesting ideas, etc.
- ❖ Cognitive and affective
- ❖ Before / during / after
- ❖ Date entry and page numbers
- ❖ Where I am writing

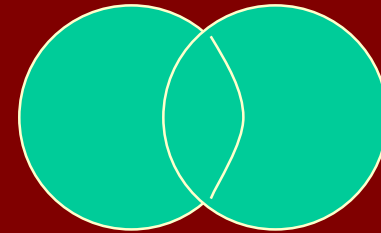
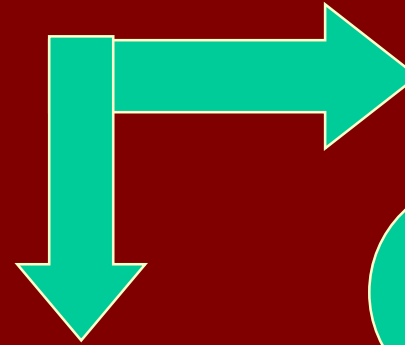
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Lesson Topic

NOTES

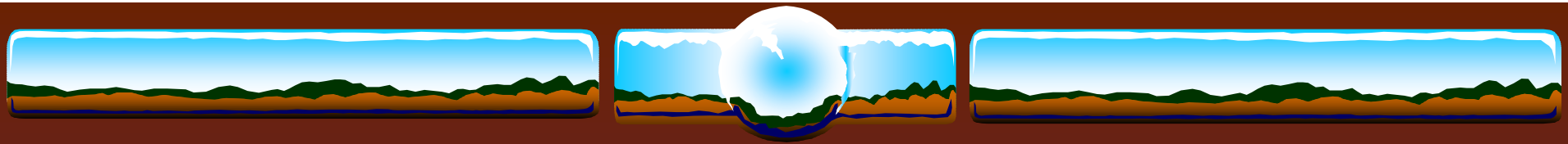
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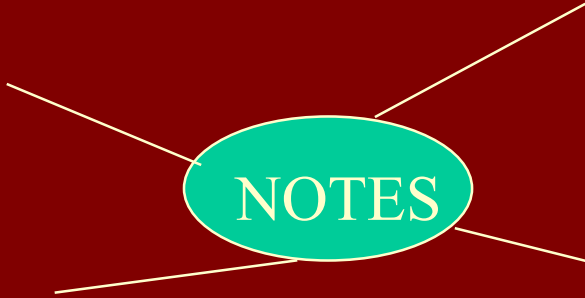
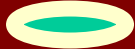



Vocabulary

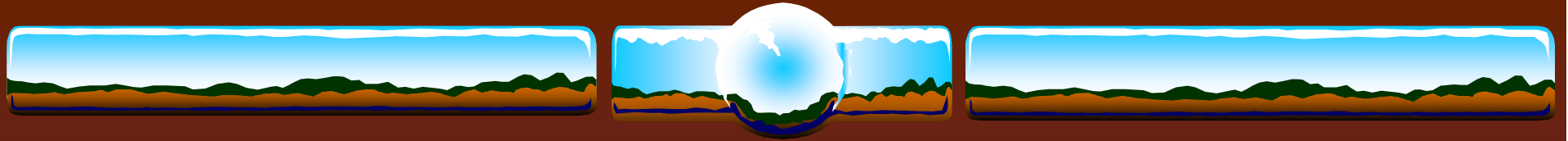
Reflection

STUDENT'S JOURNAL



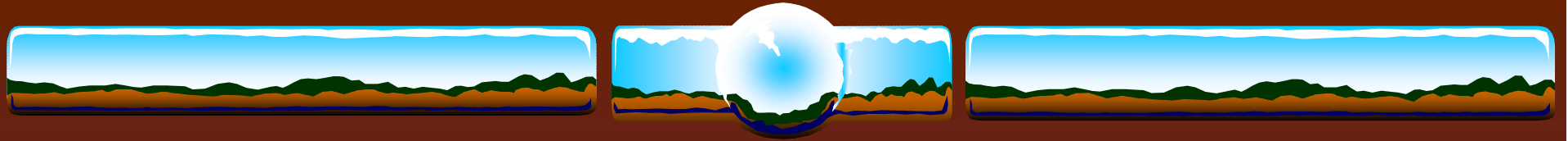
|   |                |                    |   |
|---|----------------|--------------------|---|
| Feelings  | What happened? | What did I expect? | Questions I have  |
| Articles and books reviewed   |                | Free - writing     |   |
|  <p>NOTES</p>  |                | New ideas          | New people  |
|   |                |                    |  |

TEACHER'S JOURNAL



# The role of words in journalizing

- ❖ To record experience
- ❖ To gain a deeper understanding of experience
- ❖ To be in touch with one's affects
- ❖ To foster interior dialogue



# Journal can assist you in:

- ❖ Growth towards maturity
- ❖ Growth in learning
- ❖ Growth in terms of spiritual life
- ❖ Reflective integration of all aspects of your life
- ❖ Development of the critical and creative thinking
- ❖ Making decisions
- ❖ Healing you