

Personal Growth Journal

Due weekly

ASSIGNMENT: Student will maintain a personal growth journal worth a total of 180 points = 20 pts per week/9 weeks

TIP: missing journals can prevent you from passing the class – grading weighs heavy on this assignment!

TIP: Keep a notebook in class to jot down immediate thoughts or reactions to information for use in the journal.

TIP: Write journal entry within the first 6 hours of class to get the best material & keep your learning fresh!

Formatting is as follows:

- Weekly entries should be a minimum of one (1) FULL page, maximum (2) two pages
- 1.5 inch spaced (instead of MLA 2 inch)
- 1 inch borders
- Times New Roman or Arial (font)
- Name/ Class / Date/ Journal Entry #
 - All placed in the TOP RIGHT CORNER
- Complete English (no shorthand, chat language, or slang)

In your journal you are expected to integrate lectures, readings, personal learning, and group experience in your entries. You will include personal reactions and observations, recollections and experiences triggered by classroom learning, as well as occasional responses to specific assigned questions.

The goal is to reflect on how topics under study apply to your personal life.

JOURNAL ENTRY #9 will be a Summary Entry. Your Summary Entry should include a summary of your experience in the class, insights, personal changes, what you've learned about interpersonal communication, what you have learned about yourself, etc.

Entries will be evaluated on:

- Thoroughness of personal reactions, avoiding clichés and vague generalizations.
- Incorporation of class material and readings to explain reactions, thinking process, and personal learning.
- Effort to process the class experience in relation to yourself/your reactions.
- Thoroughness of responses to assigned questions.

IMPORTANT:

- Evaluation is not based on your specific feelings and opinions.
- Do not report content about specific individuals in the class.
- Focus on your personal learning and your reactions to the class discussion, class content, self evaluations and course readings.
- Absence from the class will result in loss of (½) half of that week's points and paper must still reflect the chapter discussed in class.

Name
Thurs 1pm
4/8/2008
Journal # 1

This is what your paper setup should look like. Make sure you take time to make 1.5 inch spacing for the entry portion of the journal entry. Also, please do not make 2 inch borders. Use complete English and eliminate any text-message based language. Your journal should reflect your reactions to things you have learned, your thoughts about how topics in class have an impact on your life currently or in the past, and ways in which you are trying out concepts. Do not leave big gaps between top & bottom pages for full credit!

BTW - I want U 2 wrt so i can undrstdnt so i need 2 lrn a new lng....