

# 4

## Keeping a Personal Journal

### TRANSITION OBJECTIVE

Students will begin a self-assessment process by making the first entries in their personal journals.

### RELEVANCE TO SUCCESSFUL TRANSITION

Successful people are comfortable with themselves because they have made self-assessment and reflection a part of their daily routine. One method of reflection is through journal writing, which provides an opportunity for students to make a thoughtful assessment of themselves.

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## INSTRUCTIONAL SEQUENCE

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### ☐ STEP 1: Update Journal

One reason to write in my journal is . . .

### ☐ STEP 2: Convene Roundtable

"A personal success I am proud of is: \_\_\_\_\_."

### ☐ STEP 3: Advance Organizer

"Today you will learn the importance of keeping a journal and start your own Personal Journal by making your first entry."

### ☐ STEP 4: Activity - 25 Minutes

Tell students that it is important to reflect on our actions each day in order to evaluate how we are doing. In fact, many successful people take time to think about or write down how they handled different situations throughout their day. These are people who find happiness and success because they can honestly assess their relationships, their work and their goals.

Remind the class that the purpose of this course is to acquire the skills needed to be successful in school, at work and in their relationships. To build self-esteem, it is important for each person to assess his or her goals, look at areas that need improvement and to acknowledge successes. Doing this will build self-esteem and character, two important characteristics people need to be successful in life. Tell students one way to do this is to reflect on their daily lives by writing in a journal.

### ☐ STEP 5: Activity - 25 Minutes

Tell students today they will make a journal entry that describes a personal success. Have students reflect on their successes in the last week. Encourage students to write about one success in their new **Personal Journal** (spiral notebook or computer document). Circulate through the group to offer suggestions or help with spelling. Be ready to offer ideas because students may find this activity difficult.

After each student has written about their success, they will share in groups of three. To structure this activity, have each group decide who will be A, B and C. Explain that you will give each person one minute to share at least one of their successes. When you call time, the next person will share. Start with B, then C, then A. This method will prevent students from predicting who will be called on next. After all three have shared in the small group, ask for two or three volunteers to share their successes with the class.



As noted in teacher preparation, explain to the class that they will write in their **Personal**

**Journal** each day. A topic and time will be provided at the beginning of each class. Arrange for students to share in small groups once a week, using the same format described in this lesson.

☐ **STEP 6: Evaluate Outcomes**

One good reason to keep a daily journal is "\_\_\_\_\_."

☐ **STEP 7: Connecting Activity**

Ask students to think about their successes throughout the rest of the day. Give examples of small successes to help them see the range of possible successes.

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## KEY WORDS

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**success**

**award  
diploma**

**journal**

**positive  
pride**

**symbol**

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### MATERIALS AND PREPARATION

- Student Handouts: Students will need a spiral notebook to use as a **Personal Journal**.
- Prepare to discuss personal success with the class.
- The **Personal Journal** is an ongoing daily activity. At the beginning of each class, students will write in their journals (paper or electronic), using the journal topic from each lesson. They may write one word, a sentence, a paragraph or draw a picture or a symbol. The only requirement is that they write the date and add at least one new idea to their journal. Check journals on a regular basis for accountability.

### SCANS FOUNDATION SKILLS

- Basic Academic Skills: Writing, Listening, Speaking
- Thinking Skills: Creative Thinking
- Personal Qualities: Self-Esteem