

JOURNALING

What is a journal?

A journal is a record of your thoughts and views. Your journal documents your reactions to people, ideas, situations, and what you read or see. Journaling allows you to record and preserve the intellectual and emotional events of your life; however, a journal is not a diary. You are not writing about every thought or event; you are choosing those you feel may have worth to you later. Sometimes we don't know how an experience will affect us. A trivial incident today could spark a thought that years from now may influence career decisions or personality. OnmdJ6 tono express yourself freely frees them from "phony" or "stilted" writing, and increases their fluency, evaluation, and organization skills. Because you do not have to worry about formal structures, such as in an essay, you can concentrate on the most natural, honest use of language.

The journal is *your* business, so you do not have to please other people. This is a place where you can test new concepts, try different writing styles, and work through confusing ideas. Usually, journals are not written for others to read, and your instructor never shares your journal with anyone.

What makes an effective journal entry?