

Journal Writing

Over the course of the next few weeks leading up to **SPRING BREAK**, you will be required to keep a personal writing journal. The purpose of these journals is for you to simply reflect on different aspects of your life. While you can certainly write in your journal as much as you please, you will be required to have a specific amount of entries as follows:

Week	Dates (March)	Number of Entries
1	6-9	2
2	12-16	3
3	19-23	3
4	26-29	2

You may write about anything you wish in your journals as long as it is appropriate. Please note that while your journal reflections will remain private, if you choose to write about anything overly concerning, your journal may need to be brought to an administrator's attention. If you are stumped on what to write about consider the attach list of prompts to get your mind thinking.

This is not supposed to be a daunting task! Have fun with it and use it to reflect on events in your life or record memories you wish to keep.



Prompts:

- Write about something presently in your life that is “worth it.”
- Name one thing you have lied to yourself about. Why did you do this?
- Do you prefer taking risks or having a safety net?
- Write about a time everything changed in the blink of an eye.
- What is the biggest trigger for stress in your life?
- What was the last thing you read, heard, or saw that inspired you?
- What do you think is the most important thing for today’s kids to learn in school?
- What have you been able to accomplish this year that you are really proud of?
- Why do you think some people are successful in life and others are not?
- What is a memory you would like to erase?
- In what way are you selfish?
- How do you strive to be similar to, or different from, your parents?
- If you had unlimited time and money, what would you do to help your friends and family? What about strangers?
- Write about a time you said no.
- Write about a memorable experience you have had staying in a hotel.
- Do you have any dreams that recur? Why do you think you continue to have that dream?
- Write about a song and the memories or feelings it evokes in you.
- Periodically we have tension build up in our lives that requires a release of some kind. Some people cry; others punch; some find a creative outlet. What is your release?
- If this week had a theme to it, what would yours be?
- What do you have to do today that you really would rather not do?
- What is something you have learned lately?
- What do the clothes you are wearing say about you?
- Look around you right now. What is wrong with this picture?
- Write about an extracurricular activity you did when you were growing up, and how it affects (or does not affect) your life right now.
- What bad habit would you like to change?
- What keeps you from getting a good night’s sleep?
- What is the most offensive thing you have ever heard anyone say?
- Complete this thought: “I would never...”
- Write about something nice a stranger did for you.
- What is the best piece of advice you have ever been given?
- What is something you deserve but do not currently have?

Rubric:

Skills	2	1	0
Content	Demonstrate a conscious and thorough understanding through reflection.	Demonstrate a thoughtful understanding of reflection.	Demonstrate little or no understanding of reflection.
Use of evidence & examples	Use specific details and examples in making insightful and applicable connections.	Use of some specific examples to support reflection.	No specific examples are used.
Language use	Use sophisticated language that is engaging and shows sense of voice with awareness of audience.	Language is fluent and original but lacks voice and awareness of audience.	Language is not suitable.
Conventions	Demonstrate control of conventions with essentially no errors in sentences.	Demonstrate control of conventions with some errors.	Demonstrate no control of conventions.
Length	Entry is a well written paragraph that covers a full reflection.	Entry lacks enough length to fully cover a reflection.	Length is insufficient.