

## **GUIDED JOURNAL ASSIGNMENTS**

**1-2 PAGES DOUBLE SPACED 1 INCH MARGINS 10 or 12 POINT TYPE**

The Guided Journal requires a total of **ten (10)** entries. Entry dates, headings, and questions must be included for all assignments. Five of the entries are the analysis of the individual events required for the Co-Curricular Events Assignment. Please refer to the handout for the Co-Curricular Events assignment.

The remaining entries will address the following five (5) journal prompts:

### **Topic: Diversity of Individuality**

This prompt is from Chapter 7 in *Academic Transformation*. Choose **ONE** of the three questions for this journal entry:

- What multiple intelligence would you like to develop more fully? Explain strategies that you can implement for yourself. Complete the same exercise for a personality preference that you would like to strengthen.
- Based on your evaluation of your multiple intelligences and personality type, list at least three career choices for you to consider. Why are these careers good possibilities for you?
- What are your strengths associated with your multiple intelligences and your personality type?

### **Topic: Academic Anxiety**

This prompt is from Chapter 10 in *Academic Transformation*. Choose **ONE** of the two questions for this journal entry:

- Thinking specifically of your academic life and the courses you are currently taking, which one(s) causes you the most stress? Discuss why the course or courses create the most stress.
- Describe an experience when stress improved your performance. Discuss why you think this stressful experience helped you perform at a higher level.

### **Topic: Self Esteem**

This prompt is from the reading, "I Walk in Beauty" in *Higher Learning*. Choose **ONE** of the two questions for this journal entry:

- We sometimes stake our self-esteem on one failure. How and why do you think Two Bears does that?
- How does self-esteem affect the way you learned in elementary school and high school? How is self-esteem presently affecting you in college?

**Topic: Art and Life**

This guided entry relates to the three images placed on the Course page, which are titled, *If My Friends Could See Me Now*, *How Mali Lost Her Accent*, and *You Have to Blend In Before You Stand Out*. Choose **ONE** of the three works and answer the following in your entry:

- Based on the imagery and title, what do you think is the meaning of the work you selected? Refer to aspects of the painting to support your interpretation.
- Discuss how the painting can relate to your experience as a college student

**Topic: Body Image and Nutrition**

The blurring of entertainment and advertising have become a standard practice in all media formats. Sometimes media producers and advertisers can be very clever in hiding their real intentions. This guided entry requires you to access the link, "**Teen Health and the Media**" on the Course page. This page has an image of a game with five questions. You are to address **ALL** five of the questions for this entry. Questions 4 and 5 require a discussion.

- What is the main goal of the game featured in this example?
- Is this an advertisement? If so, what is the product for sale?
- Who is the advertiser?
- Why would an advertiser use this approach?
- How is this example linked to Body Image and Nutrition?

**Journals are collected on 9/21; 10/24 (minimum of five entries); and 11/19 (journal should be completed with all the required entries).**