



**STUDYDADDY**

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## **From the Syllabus:**

Weekly Journal Reflections Each chapter of the textbook will have a related journal entry prompt to which you will need to respond. You can find these assignments in each weekly module labeled “Chapter X Journal” under the “Assignments and Activities” section. Journals are an opportunity for you to reflect on what you read and learned in the chapter and apply it to your own life. In each journal response, you should answer ALL the questions presented in the prompt thoroughly and thoughtfully. Journals should incorporate what we call the “4 E’s” in college success: 1. Experience: Your response is written from your own experience and perspective 2. Evidence: Your response includes evidence or support from the chapter or the course 3. Example: Your response uses examples from your own life 4. Explanation: Your thoughts or opinions are clearly and thoughtfully explained Your journal responses should include at least ONE of the FOUR E’s, but I encourage you to use as many as you can. Journals will be assessed on thoughtfulness, thoroughness and writing conventions using the journal rubric on a 0-10 point scale. There is no minimum word or page count for these assignments, but you are expected to answer each prompt in depth.

## **Introduction:**

At this point, you have begun the journey toward a more empowered narrative and it’s time to update your original narrative based on what you have learned.

## **Goals:**

- Help you connect with who you are using perspective you have gained throughout the course.
- Help you see how what you have learned may have re-shaped your story.
- Locate where your concerns or worries lie.
- Help you recognize why this college endeavor is personally meaningful to you.

## **Instructions:**

Thinking back on all you have learned, it’s time to create an updated version of the personal narrative you created at the beginning of the course. Using the same questions you answered when you created your original narrative, create your updated narrative. Then, compare the two. Has anything changed in the way you view yourself?

- What brought you to college?
- What are some of your strengths?
- What are some of your interests?
- Where do you feel the least prepared and/or least confident as a new college student?
- When you think about college, what causes you to feel the most stress?
- If applicable, in what way is this stress currently getting in your way?
- In what way might this stress get in your way later on?
- What is your “why”? Meaning, why is earning a college degree personally significant and meaningful to you?

Journal and CYOA Rubric				
Criteria	Ratings			Pts
Thoughtfulness and Depth of Reflection	<b>5.0 to &gt;3.0 pts</b> <b>On Track</b> Responses are thorough using thoughtful reflection. Writing dives deep, applying the questions to your life. Writing is personal and Informative. Clear use of the “4 E’s” (Examples, Experience, Evidence and/or Explanation)	<b>3.0 to &gt;1.0 pts</b> <b>Getting There</b> Responses show some evidence of thoughtful reflection. Application to real life examples, but not diving deep. Writing shows little personalization. Adequate use of “4 E’s” (Examples, Experience, Evidence, and/or Explanation)	<b>1.0 to &gt;0 pts</b> <b>Off Track</b> Responses are generic and do not show thoughtful reflection. Responses are confusing and/or difficult to follow. Little to no use of the “4 E’s” (Examples, Experience, Evidence, and/or Explanation) Assignment was not turned in (0)	5.0 pts
Completeness and Writing Conventions	<b>5.0 to &gt;3.0 pts</b> <b>On Track</b> All questions answered and complete. Writing is mostly error-free in spelling, grammar, and punctuation.	<b>3.0 to &gt;1.0 pts</b> <b>Getting There</b> Some, but not all of the questions are answered or responses are incomplete Writing has some errors in spelling, grammar, and punctuation.	<b>1.0 to &gt;0 pts</b> <b>Off Track</b> Not all questions were answered and/or responses were brief. Writing is full of errors in spelling, grammar, and punctuation.	5.0 pts
Total Points: 10.0				



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