Journals

Half of each journal should be a summary of your experience and the other half should be a reflection on your personal growth. Take some time to think about your experience and reflection to make sure your ideas are well-developed.

Summary:
Summarize your activities during the week, including significant events, projects, and learning experiences. Monitor and evaluate progress in relation to your learning plan objectives. What questions did you have?

Reflection:
Analyze and evaluate your performance and personal growth. Reflect on personal challenges, successes, problems, feelings, etc. What was supposed to happen? What did happen? What went well? What did not? Why? How can you apply what you learned about yourself? What was the personal value of experiences?