

## Keeping a Service-Learning Journal

Writing a journal over the course of the service project is one of the most common forms of service-learning reflection. The journal is a place for the student to record his or her service activities and to meaningfully reflect on what he or she has learned. Well-written journals contain interesting, thought-provoking observations that show the journey of intellectual and personal growth students make during the semester.

### **Specifically, they:**

- Include entries after each service activity
- Include detailed entries written as soon as possible after service experiences
- Explain and analyze service activities
- Describe important events
- Analyze new things learned or observed
- Connect course readings and lectures to service experience
- Discuss interior changes the student sees within himself or herself as a result of service experiences
- Address What, So What and Now What questions

### **Consider the following questions as you write each journal entry.**

- What did you learn about yourself?
- What did you learn about others?
- What about yourself did you share with others?
- What did others share with you?
- Have any of your feelings or impressions of others changed? If so, how are they different?
- Did anything surprise you? If so, what?
- What did you do today to make you feel proud? Why?
- Did anything happen to make you feel uncomfortable? If so, what and why do you think it made you feel his way?
- What did you do that seemed to be effective or ineffective in your service to others?
- What did you do in your work that was enjoyable or satisfying?
- What is one new thing that you learned today?
- What does this mean to you?
- How do you make sense of it?
- What are you going to do with what you think or feel?
- What has this experience taught you about yourself?