

Journal Writing

The best way to get into the habit of writing is to keep a journal. If you decide to do this assignment, you may spend one hour every week journal writing, showing at least 1-2 pages per week by the end of the term (semester total of 16-32 handwritten notebook pages). Journal writing is best scheduled during your weekly 1 hour “assigned” per unit for homework rather than as part of your time in the Writing Center or ILC. Lab assistants in the Writing Center and Watsonville ILC may ask to see your journal occasionally to make sure that you are keeping up with your weekly entries. A manageable way to accomplish this is to commit yourself to writing approximately two pages double-spaced a week.

Don't worry about grammar and spelling when you write in your journal (though you will probably see improvement in these areas as the term progresses). This lesson provides a list of topics to fuel your journal writing, but you are encouraged to develop your own topics. Your lab assistant (LIA) may also give you specific subjects to write about. Remember, you will be given credit for simply having the pages complete; your LIA will not closely read or judge your writing. You will need a separate notebook (preferably 8 x 10, coil-bound) for your journal. If you would rather write your journal on the computer, remember to double-space your entries, order them chronologically, and collect them neatly in a folder and on a back-up disk.

If you plan to handwrite your journal, treat yourself to a notebook with a design you like or design it yourself. Make your journal a reflection of you; you are more likely to want to write in it if you do. Of course, you can always buy a simple 8 x 10 coil-bound notebook from the college bookstore if you don't want to get fancy.

If you plan to type your journal entries on a computer, buy a folder with 3 holes, and gather your entries neatly, printing them out as you go along.

Here are 30 journal-writing topics to consider. You are not limited to these ideas; they are only suggestions. Also, your entries may be any length, but aim for about two pages per entry. Please begin each journal entry with the current date.

Potential topics:

1. **A word that has special meaning to me**
2. **My earliest memory**
3. **My hero**
4. **An event I will never forget**
5. **A teacher who made an impact on me (positive or negative)**
6. **A current event or scandal**
7. **The world would be a better place if . . .**
8. **My changing relationship to my parents**
9. **The meaning of children**
10. **A letter I would probably never send**
11. **My biggest musical influence**
12. **My favorite movie**
13. **My dream home**
14. **My dream vacation, or my favorite time of year**
15. **An obstacle I've overcome**
16. **An obstacle I continue to struggle with**
17. **An argument**

18. A piece of advice I refused to take
19. My experience with love
20. How death has touched me
21. A funny story
22. My most embarrassing moment
23. The writing process
24. A beautiful description
25. What most people would never guess about me
26. My astrological profile
27. My goals for the future
28. My reasons for attending college
29. My favorite leisure activity
30. My recipe for success