Personal Journal: Write 4 pages each week. These four pages include the following:

- ANYTHING you want to write about in your life (See below)
- Craft of Revision exercises as assigned each week
- Record of your volunteer experience
- In-class freewrites.

Jack Kerouac said keeping a journal can help you fall in love with your life. Your personal journal is a place where you can help yourself discover what you have to say. Writing in your journal can help you organize and clarify ideas that might lead to possible papers. A journal provides a place within a single document to record flashy insights, tentative plans, life dreams. Write anything in it that interests you, e.g., personal reflections, complaints, your philosophy of living, dreams, introspections, anger, letters, conversations overheard, images, memories, fantasies, visions, life stories, fleeting perceptions captured. Freewrite if you want to. The whole point is to get in the practice of writing regularly, and to see how your thoughts evolve over time.

Nitty-gritty:
1. Keep your journal in an 8½ by 11 notebook: the personal journal and Craft of Revision exercises can take up the first two-thirds of the notebook, the reading journal the last third. In other words, the personal and reading journals are separate. You can email me the pages, if you prefer, as long as page numbers are clear.

2. Write four FULL pages per week. Date each entry, label the Craft of Revision exercises, and number pages consecutively as you write them. If you have half pages, they'll count as half pages. Don’t leave blank pages.

3. You’ll need to turn in 30 personal journal pages at midterm, and a total of 60 at semester’s end for an A on your personal journal. (See syllabus for breakdown of journal grades.)

4. Write your flow of thoughts. That is, freewrite. Don’t get in your own way by editing or troubling deeply over mechanics. (I don’t check for errors in your journals.) Fold over pages that you’d like to keep private.

5. If you’d like, try the double-entry journal: on the right side of the open notebook, write your entry; on the facing (left) side, write notes about that entry: write your comments or summaries or revised thinking or editorial remarks about your own writing that appears on the facing page. Why do this? It allows you to think critically about your own thinking.