PERSONAL JOURNAL ASSIGNMENT

The Personal Journal includes credit assignment pages and personal journal pages. The entire journal is worth 30% (30 points) of your grade. Your grade on the journal will be a combination of points earned from the credit assignments (100 possible) and personal journal pages (100 possible). If your work earns you 100 of the 200 possible points (50%) you will earn 15 points toward your final course grade.

Credit Assignment Pages: During the semester you will be given 16 core credit assignments. Handouts will be provided in class or you will be directed to a resource to obtain the material. To earn the credit, complete the assignment and post it in your journal. Each completed assignments is worth 10 journal points; by completing 10 of the 16 listed below, you will earn 100% of your Credit Assignment points.

- Big 5 Personality Test (on line, www.personality-project.org)
- Authentic Happiness Scale, (on line, www.authentichappiness.sas.upenn.edu)
- Meyers-Briggs Temperament Test
- Self-Image and Ideal Self (In class collage--bring in 3 magazines)
- Berkeley Stress Survey
- Beliefs Questionnaire
- Personal Change Plan
- Family Genogram
- Self-Actualization/Self-Control Scales
- Self-Esteem Scale
- Intimate Relationship Choices
- Sexuality Scale
- Chronic Self-Destructiveness Scale
- Health Habits Questionnaire
- Manifest Anxiety Scale
- Assertive Job-Hunting Survey

Personal Journal- There are 26 pages in the personal journal section. All that is required is effort; do you best to write about the topic prompt on each page. This is more for you as a tool to learn self-reflective skills, I urge you to use it well. I will not read your journals. I will only check to see if it looks like you have given good effort. Each page completed is worth 4 points; total of 100 points possible.