



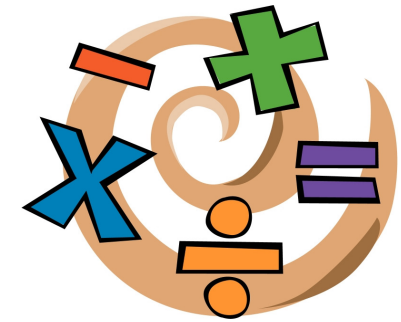
Bakersfield
COLLEGE

Bakersfield College

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Creating A Math Journal



Academic Journal Entries

Actions – Make a daily journal entry of the actions you took for the class.

Examples: Attended class, sat in front. Completed assigned problems. Created note cards. Reviewed or previewed. Summarize. List tips or strategies that helped or hindered.

Re-Actions – Write about your feelings and reactions while doing the course-related actions.

Examples: My heart was pounding, my mind went blank, I felt nervous; or I felt confident, etc.

Action Plans – Write the next step(s) you will take toward success.

Examples: Review last chapter or preview next chapter, see tutor, ask instructor to review, listen to class tape, meet study group, etc.

Date	Actions (What Math did I do?)	Reactions (How did I feel? What helped?)	Action Plans (What will I do next?)
<i>Sample</i>	<p>Completed 15 fraction problems on page 255. Converted to decimals.</p> <p><u>Example:</u></p> <p>$\frac{1}{4} = .25$ because</p> <p>$1 \div 4 = .25$ (Tip: There are 4 quarters in a dollar)</p> <p>Remember to divide the top number by the bottom number. Helps to highlight bottom number.</p> <p>Made fraction note cards.</p>	<p>At first, my hands were sweaty and shaking; my heart was pounding; I felt dizzy. After I checked my answers on the first few problems, I calmed down.</p> <p>Note: I put the kids to bed before starting my homework so the house was quiet. This helped.</p>	<p>Meet tutor at 8:00 a.m. tomorrow. Review Chapters 12 and 13 for test.</p> <p>Ask instructor to go over fraction to decimal steps in class.</p> <p>Do 5 more problems for practice.</p> <p>Bring highlighter to class.</p> <p>Preview page 256 in textbook.</p> <p>Turn in page 255 homework on time.</p>
<i>Sample</i>	<p>No Math assignment due. Reviewed Chapter 2 note cards. Previewed Chapter 3.</p> <p>My main difficulties were remembering my times table facts.</p>	<p>When making note cards, at first my mind was blank, but after I reviewed note cards from Chapter 1, I remembered how to make new ones.</p> <p>I used my times table chart less today than last week. I practiced my 3 times tables (I already know 1X, 2X, and 5X).</p>	<p>Carry Chapter 2 note cards and 3X times table cards today. Review at least 3 times.</p> <p>Meet with study partner before class to check note cards.</p> <p>Do Student Success Lab lessons regarding Chapter 2.</p>

