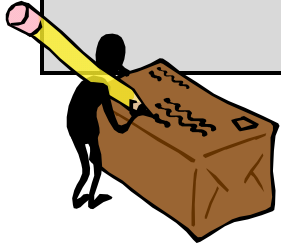


There is magic in journaling.

– <http://www.journalingtools.com>



Academic Journal Entries

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

Examples: Attended class, sat in front. Read text or completed assigned problems. Summarize the info. 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.



Bakersfield
COLLEGE

Bakersfield College

Disabled Student Programs & Services
FACE Building – Room 16
1801 Panorama Drive
Bakersfield, CA 93305
(661) 395-4334 V/TTY

Bakersfield College provides services and benefits to students regardless of race, color, national origin, ancestry, gender, age, religion, marital status, medical condition or physical or mental disability. The lack of English language skills will not be a barrier to admission and participation in vocational education programs. Interference with students' access and successful completion of their education by any person through unlawful discriminatory conduct will not be tolerated. For more information, contact the Vice President of Student Services at (661) 395-4204.

Joyce Kirst, Learning Disabilities Specialist
<http://www2.bakersfieldcollege.edu/jkirst>



Guidelines for Creating

An Academic Journal



Date	Actions	Reactions	Action Plans	Verifications
<i>Sample</i>	<p>Completed 15 Algebra problems on page 55. Distributive property.</p> <p><u>Example:</u></p> $2(X + Y) = 0$ $2X + 2Y = 0$ <p>Remember to multiply everything inside the parentheses by the outside number. Helps to highlight outside number.</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 Chapter 2 and 3 for test.</p> <p>Ask instructor to go over distributive property in class.</p> <p>Do 5 more problems for practice.</p> <p>Bring highlighter to class.</p> <p>Preview page 56 in textbook.</p>	<p>Get staff initials for all accommodations, tutoring, and services used. Get instructor to sign for attendance at end of semester.</p>
<i>Sample</i>	<p>Completed draft of English Essay in Word. Spell checked. Used Proofreading help in Student Success Lab.</p> <p>Main problems were run-on sentences and fragments.</p>	<p>At first my mind was blank, but after I brainstormed for about 2 minutes, I was able to write the opening paragraph ok.</p> <p>I used text-to-speech to review my essay after it was written because I get confused when I hear the words as I write them.</p>	<p>Revise essay according to proofreader's tips.</p> <p>Meet with instructor to go over essay before due date. Revise if needed.</p> <p>Do Student Success Lab lessons regarding sentence structure.</p> <p>Turn in essay on time.</p>	
<i>Try it here</i>				