Syllabus

School for New Learning

BAIFA

HC 105 All About Me: Understanding Oneself Through Journaling (Writing for Self-Discovery)

December Session 2016 -2017

1. Faculty: Tranita Jackson

   Telephone (630) 629-0743 (Home)
   (312) 476-4315 (Work)
   (630) 548-1963 (Fax)

   E-mail tjackso3@depaul.edu

2. Course Dates: Meets Tues/Thurs., 11/29, 12/1, 12/6, 12/8, 12/13, from 6:15-9:30p.

3. Location: Naperville

4. Course Description

   It is said that keeping a journal can be good for your health. “Research suggests that when people journal improvements in physical and psychological health can be a result,” said James W. Pennebaker, chair of the department of Psychology at the University of Texas who has discovered the link between expressive writing and health benefits.

   This class will teach students the elements of journal writing, allow them to acknowledge and react to personal experiences through journal writing, and enable them to think clearly about these experiences. With additional journal practice students might begin to reduce the stress in their lives and improve social relationships.

5. Learning Outcomes – Upon completion of this course, students will be able to:

   1. Understand the difference between journals and other genres of writing
   2. Understand the criteria for journal writing
   3. Has the ability to get in touch with feelings through journal writing
   4. Understands and applies different journal writing techniques
   5. Understands ones relationship with their body through journal writing
7. Work on exercises which will help to promote a balanced view of the self
8. Learn ideas to draw on and give valuable insights into the process of self-discovery and journal writing

6. Competences

**A-1-X**: Can employ the art of journal writing and relate the journal to one’s own experience

**H-3-C**: Can use theories or models of adult growth and development to understand one’s own experience.

**FX**: Can effectively employ the skills of journal writing as it relates to the designated focus area

7. Learning Strategies

1. Class discussions and presentation
2. Participation
3. Homework journaling
4. Readings
5. Small group discussions
6. Journal writing

8. Textbook- Writing For Self-Discovery by Myra Schneider and John Killick

This book will need to be ordered on Amazon.com or any internet bookstore. If you can get a used one, that would be fine.

9. Learning Deliverables

Journals (Assignment)
Journal Theater Project
Attendance /Participation
Journals (Homework)

10. Grading Criteria and Scale

Journals (Assignment) 30%
Journal Theater Project 30%
Attendance /Participation 20%
Journals (Homework) 20%
11. Course Schedule:
First Week: Introduction, review syllabus, What is a Journal?
Second Week: Getting in touch with Feelings
Third Week: Journal Techniques
Fourth Week: Drawing as a Stimulus – Inner and Outer (The Body)
Fifth Week: Journal Theater Last Day Journal Theater Projects:
Choose one of these projects. You must make a presentation on one that is no less than 10 minutes and no more than 15. It should be as creative as possible. You can include the audience if you choose to do so. You must have visuals and you can’t read the entire presentation. The only criterion is to present something new that has not been discussed in class that deals with journaling.
1. Do an online journaling site that is free and present it to the class. Tell about it, give your opinion of it, do what it tells you to do, and present it in an interesting way.
2. Discuss a book or several books about journaling.
3. Discuss and present your own journaling process.
4. Present one or more of your journals in one of the ways we learned in class.
5. Present video clips from experts who discuss journaling.
6. Do a combination of the ideas above.
7. Submit your own idea.

I will try to give you time at the end of each class session to work on this.

12. Course Policies:

This course includes and adheres to the college and university policies described in the links below:

Academic Integrity Policy (UGRAD)
Academic Integrity Policy (GRAD)
Incomplete Policy
Course Withdrawal Timelines and Grade/Fee Consequences
Accommodations Based on the Impact of a Disability
Protection of Human Research Participants
APA citation format (GRAD)

13. Course Resources

University Center for Writing-based Learning
SNL Writing Guide
14. Course Policies:

This course includes and adheres to the college and university policies described in the links below:

- [Academic Integrity Policy](#) (UGRAD)
- [Academic Integrity Policy](#) (GRAD)
- [Incomplete Policy](#)
- [Course Withdrawal Timelines and Grade/Fee Consequences](#)
- [Accommodations Based on the Impact of a Disability](#)
- [Protection of Human Research Participants](#)
- [APA citation format](#) (GRAD)

15. Course Resources

- [University Center for Writing-based Learning](#)
- [SNL Writing Guide](#)
- [Dean of Students Office](#)

16. Instructor Brief Bio

Journaling has been a part of my life for many years. It was a part of the reason I was able to stay focused in my careers and understand myself better as a person. I have a BA in Elementary Education from Northern Illinois University and MA in Curriculum and Instruction from National Louis University. I was an elementary school teacher until retirement. I taught writing for years at the elementary and college level. I strive to create challenging and engaging learning environments where students become life-long scholars. Journaling has helped me to look at not only what I do daily but who I am. I often have been able to discover new approaches that enhance my life. I hope to help you to do the same.