

Unit 3. Activity 3.1 Pedagogical and Evaluation Tools

Journal Keeping Guidelines

(adapted from Lubinsky & Hildebrand, 1996, p. 242)

A. What is a journal?

- A journal is a “place” for your personal writings. It is a special place for elaborating on the ideas and concepts encountered during clinical training or reading assignments. It becomes a record of your experiences during a course, field placement or clinical session.

B. What should I write in it?

- Personal reflections about the field placement/clinical experiences, clients, workers or supervisor.
- Informal notes, impressions, comments about relevant print material, including newspaper articles.
- Thoughts about readings, television reports or Web sites relating directly or indirectly to your clinical training experience.
- Interesting links with theory learned in the classroom or through reading.
- Everything you wish to explore and remember.
- Field work or clinical tasks to be done.
- Weekly supervisory conferences, evaluation dates and other appointments.
- Summaries of what you have learned (or not learned), problem areas, etc.

C. When should I write in it?

- Three or four times a week.
- Anytime – morning, noon or night.
- Any time you have a problem to solve, a decision to make or something to clarify.
- When you need to try something or simply need practice.

D. How should I write in it?

- However you want!
- Without dwelling on language rules.
- Take risks.
- Free-style.

E. Specific requirements

- Get an 8-1/2 x 11 notebook.
- Clearly mark the date and time of each entry.
- Write long pieces as often as possible to practise developing our ideas.

Lubinsky, J. & S.Y. Hildebrand. (1996). "Journal Keeping to Help Students Attain Personal Goals in Practicum," in B.T. Wagner (Ed.) *Proceedings of the 1996 Conference on Clinical Supervision*, Grand Forks: University of North Dakota, p. 242.