

# Global Learning: Preparation

## Reflective Journal Assignment and Rubric

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“We do not learn from experience... we learn from reflecting on experience.”

— John Dewey

While you are abroad, it is important to reflect on your day to day experiences. It's through reflection that you'll remember many of the events of your study abroad, and also the way that you can start processing the new, exciting, and often challenging things that you will encounter. Journaling is a habit that develops through practice. So, before you leave, it's time to practice a few types of journal entries.

These entries are meant to be recorded in the moment, so don't overthink them or feel like you need to write down a perfect essay. In most cases, you will still be processing the events and so you may not know what you think about what happened yet. If something happens that is particularly significant, feel free to come back to it a second time and write more on what happened and what it meant to you. Sometimes looking back you'll have an entirely different understanding of events because you've learned so much about the people and the place where you are. That's a great way to see how you're changing through your experiences.

### Assignment

First, decide on what format you want to use for your Reflective Journal. This may be a paper journal, a blog, a series of text files on your phone, or some other format. The important thing is that you commit to using the journal, so think about what is most convenient for you. You can also use this assignment as a way of trying out different formats. As long as you have the total number of entries to turn in at the end, feel free to turn them in on different formats.

Throughout the course of the Preparation class record at least 8 entries. Some of the prompts are general topics, so do not feel like you have to relate those to study abroad. Each entry should be at minimum two paragraphs (or the equivalent in a creative format). As you start each entry, be sure to note the number of the prompt you are using next to the entry (e.g. “1.3 - Today, we...”). By the last class, you'll be asked to submit a copy of your journal (you can redact any very personal details) and a short self-evaluation.

### Grading Rubric

Requirement	Satisfies Requirement	Does Not Satisfy Requirement
<b>JOURNAL FORMAT</b> You have decided on a format for recording your journal entries while traveling.	Yes	No
<b>PROMPT 1.1</b> You have reflected at least once on journal prompt 1.1.	Yes	No
<b>NUMBER</b> There are at least 8 entries.	Yes	No
<b>LENGTH</b> The entries are each at least 2 paragraphs long or the equivalent.	Yes	No
<b>SELF-EVALUATION</b> You feel like your reflections have an appropriate level of depth and are a meaningful reflection on your experiences getting ready to study abroad.	Thoughtful Consideration	Needs More Consideration

## Journal Prompts

### 1. Cognitive: Experiencing new thoughts and actions

Write about a time when

- 1.1. **(REQUIRED)** You read the chapter “Antidotes to Culture Shock: The Analytical Notebook”. What do you think of this concept? How is this similar or different as compared to other journaling or scrapbooking you may have done in the past? What method of keeping an Analytical Notebook are you planning to use?
- 1.2. You practice being a participant observer. In the moment, write down everything you see, hear, smell, etc. in a location, social setting, or event. This can be a location that you are already familiar with, but pretend that you are seeing the place for the first time.
- 1.3. You had an idea of what something might mean or a sudden insight. What did you realize? Why is it significant?
- 1.4. You just didn’t know how to solve a problem. What was the situation and what did you do?

### 2. Personal: Understanding your identity and values

Write about a time when

- 2.1. You are thinking about your time abroad. Write a letter to yourself about anything related to your thoughts, plans, or concerns.
- 2.2. You feel an emotion looking ahead to your study abroad experience. How are you feeling as you think about what you are going to do? You don’t need to fully understand or justify the emotion, only record the experience of it.
- 2.3. You realized something about your perspective. This might be related to your background, your personality, your education, your culture, or something else. What is it and when did you realize this?

### 3. Interpersonal: Gaining awareness and skills as a global citizen

Write about a time when

- 3.1. You met someone new. What happened?
- 3.2. You learned about a new piece of local popular culture. What is it and why did you find it interesting?
- 3.3. You learned about a global issue. What is it and why do you think it matters?
- 3.4. You interviewed someone you didn’t know. Write down what you found.