

# Global Learning: Immersion

## Reflective Journal Entries & Meta-Reflective Essay Assignment and Rubric

While you are abroad, it is important to reflect on your day to day experiences. There may be days where you do as many new things as you would do in an entire month or year at home. It isn't possible to remember everything that happens, but through journaling you'll not only have a record of your experiences but also a way to process them. You can come back to think through your takeaway later in your program and once you've returned as part of the Global Learning: Connection course. 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, come back to it a second time and write more on what happened and what it meant to you. Often after you've been abroad for a while, 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

Throughout your time abroad, record at **least 5 journal entries from each of the three groups, for a total of at least 15 journal entries** (see page 2 for a list of prompts). Each entry should be at minimum 2 paragraphs (or the equivalent work in another format). As you start each entry, be sure to note the number of the prompt you are using next to the entry. If you want, feel free to use particular prompt more than once. You can even respond to the same prompt five times for a category, but as preparation for work on an ePortfolio in the Global Learning: Connection course it would be valuable to include some variety of prompts (if you are curious, the "Journal Entry Prompts, by Skill" document outlines how your entries may relate to developing skills). The content of your journal entries is for your own use and will not be graded. You are required to submit a copy of your journal to show that you have completed the required number of entries only. You can do so through submitting a full copy of your entries in Blackboard or to [c.dominique.speer@ndsu.edu](mailto:c.dominique.speer@ndsu.edu), a copy with sensitive sections redacted, short index of reflection topics, a video flipthrough of a paper journal, or another format approved by your instructor.

Additionally, by the end of the NDSU semester you are required to submit a **750 to 1000-word Meta-Reflective Essay**. This essay should be proofread for basic spelling, grammar, and formatting as it will be graded. In writing this essay, look back on your journal entries and reflect by

- Describing the format of your journal and any noteworthy challenges or successes with journaling;
- Outlining notable insights or lingering questions about yourself, your study abroad location, your major, and/or other topics throughout your time abroad, both in the classroom and informally; and
- Reviewing the goals you had for your time abroad and your metrics for determining success, and evaluating if you completed them. If your goals changed during the term, explain how and evaluate.

### Grading Rubric

( 20 points for Reflective Journal + 20 points for Meta-Reflective Essay = total 40 points )

Requirement	Satisfies Requirement	Does Not Satisfy Requirement
<b>JOURNAL ENTRIES</b> There are at least 5 entries in each of the three categories, for a total of 15 entries. The entries are each at least 2 paragraphs long (or the equivalent in another format).	Yes	No
<b>META-REFLECTIVE ESSAY FORMAT</b> The essay is 750-1000 words long and has minimal spelling, grammar, and formatting mistakes.	Yes	No
<b>META-REFLECTIVE ESSAY CONTENT</b> All required areas of reflection are included demonstrating thoughtful consideration of your time abroad.	Thoughtful Consideration	Needs More Consideration

## Journal Prompts

*"We do not learn from experience... we learn from reflecting on experience."*

— John Dewey

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

Write about a time when

- 1.1. You are practicing being a participant observer. In the moment, write down everything you see, hear, smell, etc. in a new location, social setting, or event.
- 1.2. You learned something related to your major or minor that gives you a different insight. What is it and why is it significant?
- 1.3. You used a skill or insight from your major or minor in real life. What happened?
- 1.4. You had too many things you wanted to do and not enough time to do it all in. How did you pick?
- 1.5. You had to prioritize your budget. How did you pick?
- 1.6. You ran into the language barrier. How did you navigate the situation?
- 1.7. You encountered unfamiliar ways of doing things. What happened? How did you work through figuring it out?
- 1.8. You just didn't know how to solve a problem or wasn't one right answer to a situation. What happened? What did you do?
- 1.9. You were really uncomfortable in a new situation. What happened?
- 1.10. You tried something new or took a risk. What happened?
- 1.11. You were surprised. What happened?
- 1.12. It was difficult to communicate something because of differences in perspective or because something was complicated. What was it and what did you do to try?
- 1.13. Technology played an important role in your life abroad. What happened?
- 1.14. You thought back to a previous entry and realized you think about it differently now. What are your new thoughts?

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

Write about a time when

- 2.1. You experienced a strong emotion. What happened and what was the emotion? You don't need to fully understand or justify the emotion, only record the experience of it.
- 2.2. You realized something about what you've believed or understood about the world. When did you realize this? Do you still believe the same thing?
- 2.3. You realized something about your values. What is the value and when did you realize this?
- 2.4. You realized something about yourself and/or how other view you. 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?
- 2.5. You discovered something abroad is similar to or different from something at home. This might be something cultural, academic, or other. What is it, and how is it similar or different?
- 2.6. You thought back to a previous entry and realized you think about it differently now. What are your new thoughts?

### 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 something important *about* or *from* someone else abroad. What was it?
- 3.3. You realized someone you met abroad is significant to you. How do you know them? What is significant about them in your life? Is there a story you want to remember about them?
- 3.4. You worked with others on something. What was it and how did it go?
- 3.5. You had a conflict with someone else abroad. What happened? You don't need to evaluate if anyone was in the right, only record what happened.
- 3.6. You learned about a new piece of local popular culture. What is it and why did you find it interesting?
- 3.7. You learned about a global issue, social problem, or an injustice. What is it and why do you think it matters?
- 3.8. You interviewed someone you didn't know before your program. Write down what you found.
- 3.9. You thought back to a previous entry and realized you think about it differently now. What are your new thoughts?