

Learning journal

Objective

To practice journaling as a form of reflective learning in the context of pastoral ministry.

Materials

You can use any kind of journal book you'd prefer (either hard copy or computer based), but it needs to have at least these elements:

- a table of contents/index page (the easiest way to do this is to leave a few blank pages at the beginning of your journal, and construct this element as you're finishing the particular journal book)
- room for two columns (a narrower column on the left for "meta" reflection, and a wider column on the right for your primary writing)
- multiple sections (a section in which you do the assignments for this class, a section that is available for random musings, and a section devoted to your teaching congregation)
- portability, so that you can use it easily not only in our class, but also in the rest of your classes and your teaching congregation site

Procedures

1. Decide what kind of book/computer document you're using, and set it up so that it is easily accessible to you.
2. Pick up the journaling assignment page(s) each week of class, and follow those instructions.
3. Keep your journal handy, so that as insights/reflections occur to you in the context of other classes, your teaching congregation, or simply life as you live it, you can jot them down.
4. Make sure you spend at least 30 minutes outside of class (this could be three 10 minute interludes, one 30 minute stint, ten 3 minute moments, etc.) writing in your journal.