

HC 105 All About Me (Writing for Self Discovery)

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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.

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

- Journals
- Presentation
- Participation in Class

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

- Journals
- Presentation
- Participation in Class

FX Can effectively employ the skills of journal writing as it relates to oneself or Competence statement will be discussed with me

- Journals
- Presentation
- Participation in class

Course Description

It is said that keeping a journal can be good for your health. “Research suggest 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.

Learning Strategies

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

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

9. Explore main themes students might want to write about in depth

Attendance/ Participation:

It is important that students attend all classes during this term. If a student misses a class the grade will be affected and make-up work will be required. Students will be required to participate in discussions . All assignments will be expected to be turned in on the due date. If not, points will be deducted.

Grades:

Journals (Assignment)	60%
Presentation	10%
Attendance /Participation	10%
Journals (Homework)	20%



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