

Campus Calgary / Open Minds

Why Journal?



"A journal is a place for thinking and feeling, for harvesting the moment, the image, the idea, the place you occupy. Don't wait to paint the perfect picture or sketch; don't wait for the time when you have time to write the polished essay or poem but rather get down on the pages of your journal those core images, ideas and fragments of experience you are now feeling. Edit or recompose later if you must. Grab images, words, drawings, pressed leaves, dirt, post cards, anything that impresses you and will help you remember the time, place and events you are experiencing and creatively get them into your journal."

~ William Hammond



Journalling is a learning tool that helps students make sense of the world around them. Journals are used to write and sketch about what is personally interesting, to note observations, to imagine, to wonder, and to connect new information with prior learning.



Journals encourage learning in many ways. Sketching and writing about first-hand experiences ensures that events and thoughts are committed to long-term memory. Using journals actively engages students in their own learning by creating opportunities to clarify and reflect upon their thinking. They help us to slow down and fully experience and examine something. Having time to investigate and go beyond the obvious allows for emotional connections that cement the learning. Rich memories and authentic experiences lead to meaningful dialogue and writing

