



MOORE NORMAN
TECHNOLOGY CENTER

Course Syllabus

Journaling for Personal Growth
PW002

Hours: In Class 6 Clinical 0 Total 6

Description

Journaling can serve many purposes including self-exploration, documenting personal experiences, and goal setting for personal growth. This four-week series will provide an introduction for those wanting to get started in this beneficial exercise.

Required Supplies/Materials

Notepads and pens provided. Students may bring a bound journal if they prefer.

Learning Objectives

By the end of this course, students will be able to:

1. Describe benefits of journaling.
2. List methods of journaling including free writing and writing prompts.
3. Address strategies to overcome common writer's challenges.
4. Reflect on personal goals and insights discovered through journaling techniques.

Teaching Philosophy

We believe that instructors, staff, and administrators have a shared responsibility to provide: 1) innovative course design and instruction; 2) a safe, learner-centered environment; and 3) an authentic learning experience.

Student Responsibilities

To ensure a quality and safe learning environment, students are required to follow the Post-Secondary Student Behavior policy #560. This policy can be found at www.mntc.edu/board-policies. Printed copies are available upon request.