

# Lesson 3: Keep a Personal Journal

**Purpose of Lesson 3:** You are invited to keep a personal journal.

**Skills:** Creative thinking, critical thinking, reading comprehension, self-reflection, vocabulary and writing.

## Words to Learn:

**entry** - an addition to a journal: *My last entry was about my new job.*

**getting it off your chest** - is an expression that means saying/writing what you think instead of holding back your thoughts: *A journal reduces my stress because writing it down helps by getting it off my chest.*

**personal** - refers to you and things about you: *My personal opinion is that she is a good candidate for mayor.*

**therapeutic** - helpful, healing, soothing: *I like to watch the rain and hear it fall. I find it very therapeutic after a busy day.*



Dear Learner, there is another kind of journal that you might be interested in trying: a personal journal. You can free write in a notebook and say things that are very **personal**. You can write things that you do not want anyone else to read. Writing in this manner is like talking to a trusted friend. You can say anything and you know that it will stay private. Writing about your feelings, or things that happen, both good and bad, can be enjoyable and **therapeutic**. Don't forget, if this journal is for **your eyes only; be sure to keep it in a very private place**. Below are examples of Dora's personal journal.

# Lesson 3: Keep a Personal Journal

## Example:

My Journal: Dora

Date: June 3, 2014

Dad is in CA and I don't like it when he is away...Mom and he expect me to do more than Bella or Omar. I get mad because they are old enough to do more. I know I'm the oldest, but I resent it. At least they could give me an extra "thank you." I feel guilty feeling this way because I know they both love me and help me a lot. I can't tell anybody how I feel, so that is why I'm writing it in my journal...Getting it off my chest makes me feel better! Boy, am I glad no one is going to see this!

## Example:

My Journal: Dora

Date: June 7, 2014

Good news! Dad's home, and our math test was postponed. That's good; I need more time to study. I really do not like math, since it is hard for me to understand the concepts. I don't know why I don't get it---Bella and Omar are good math heads. I think it was my fourth grade teacher that made me not do well...she scared me and I did not dare ask her any questions. I am going to make sure that when I explain something to Bella and Omar I do not scare them away. Lee and Selma always help me. Friends forever! Of course, Mom and Dad help me too. I know my English is better than math. Hurrah!

# Lesson 3: Keep a Personal Journal

Continued after Quiz 2



I hope you try a personal journal. There are lots of reasons a personal journal can be rewarding experience. But remember, it is for your eyes only so keep it in a very private place.