

JOURNAL GUIDELINES

PURPOSE: The "Journal" is designed to give you a "place" to examine ideas and issues raised in class, the readings, and media, and relate them to your own experiences. In this journal you will have an opportunity to:

- 1) help clarify your values and beliefs concerning human sexuality; and
- 2) think about how your attitudes, and those of others, have affected your relationships.

This is your journal, therefore, use it as a place

- ▶ to sort through your thoughts and feelings;
- ▶ to discover new connections between ideas;
- ▶ to ask questions;
- ▶ to argue for or against an idea;
- ▶ to express your surprise, delight, disbelief, and other feelings about these ideas and this material.

Do Not Simply Summarize the Readings, Lectures, and Discussions.

Rather, explore how the ideas, information, viewpoints, readings, and class discussions, connect with your own experiences. **This is NOT a DIARY.** Although similar, a journal delves deeper, recording not only thoughts, but also your emotions concerning the subject matter.

STRUCTURE: You should have a **minimum** of one journal entry (about 250-300 words) for each class meeting. I prefer your entries be typed. However, handwritten entries are acceptable if they are legibly written. *Your last entry* (a summary of your previous entries) *should reflect your experience of the course and what you have learned as a result of documenting this process through journaling.*

For each class meeting pick an issue covered in the readings, media, class discussion or lecture. Discuss the issue, then give your reaction. Your reaction should include not only that you agree or disagree with an idea but tell **why** you agree or disagree. There are no wrong answers. I will be looking for evidence of how much **THOUGHT** and **EFFORT** you have put into your writings.

The important thing is to pick an issue or topic from each class meeting that you would like to do more thinking about -- one that has some significance for you. Then, do your thinking on paper. You may include in your discussion not only issues covered in class, but you may bring in other life experiences and material (e.g., a relevant television program, a magazine or journal article, etc). Use your journal as a tool to help you think through issues that interest you. I encourage you to be spontaneous and creative.

The intent of the journal is to encourage you to find a regular time for sitting quietly alone, exploring ideas and making discoveries, while recording your inner thoughts. Experience has shown that the time spent writing in your journal often leads to subtle surprises. Your journal is intended to be a personal learning experience, don't let it become a meaningless chore. It is important that you **keep up** with your entries. If you wait until the end of the semester and attempt to play catch-up, you will certainly be swamped, and this assignment will not have served it's purpose.

I will **not** return your journal, so remember to make a copy for yourself, if you wish. Remember, your journal will be treated as **confidential**. Please do not include any identifying information other than your name (or Social Security number) on the title page.