

# REFLECTIVE JOURNAL

The main aim of this journal is to keep a record of my thoughts, notes, reflections and questions about this subject, and some implementation activities related to this subject that I have carried out in my classes. All the information we can find in this journal is connected, however I have decided to classify them by topics.

## ❖ **Balanced Assessment System.**

Balanced Assessment System (B.A.S.) refers to the strategy of using formative and summative assessment and the benchmarks to know if students are or not learning and improving. It is really useful to address immediate students' needs, informs ongoing instructional adjustments, and guides long-term educational improvement. B.A.S. focuses on both strengths and weaknesses and, because of that, a variety of assessment types are carried out to fit each student we have in the class.

## ❖ **Formative and summative assessment in B.A.S.**

In order to get the best formative and summative assessment in B.A.S. it is important to take into account some steps, they are as follows:

1. Think about the students' needs and interests.
2. Design the instruction.
3. Let students know the learning target.
4. Give feedback to the students.
5. Guide and take care of the students' progress.
6. Reflect on their progress and make them do it.

On the other hand, it is also relevant to determine the level of the students achievement after having studied a topic, or after the term, etc.

## ❖ **The Seven Strategies (7S).**

1. **Provide students with a clear and understandable vision of the learning target.** Let them know what they are learning and why they are doing it. It is important to use a clear language that should be

# Examples Of Journal Entries Reflection

**Jennifer A. Moon**



## Examples Of Journal Entries Reflection

**Journal Keeping** Dannelle D. Stevens, Joanne E. Cooper, 2023-07-03 By the authors of the acclaimed Introduction to Rubrics Major growth of interest in keeping journals or diaries for personal reflection and growth and as a teaching tool Will appeal to college faculty administrators and teachers One of the most powerful ways to learn reflect and make sense of our lives is through journal keeping This book presents the potential uses and benefits of journals for personal and professional development particularly for those in academic life and demonstrates journals potential to foster college students learning fluency and voice and creative thinking In professional life a journal helps to organize prioritize and address the many expectations of a faculty member s or administrator s roles Journals are effective for developing time management skills building problem solving skills fostering insight and decreasing stress Both writing and rereading journal entries allow the journal keeper to document thinking to track changes and review observations and to examine assumptions and so gain fresh perspectives and insights over past events The authors present the background to help readers make an informed decision about the value of journals and to determine whether journals will fit appropriately with their teaching objectives or help manage their personal and professional lives They offer insights and advice on selecting the format or formats and techniques most appropriate for the reader s purposes *Theory Into Practice* Timothy S. O'Connell, Janet E. Dymont, 2013-06-01 Reflective journals have been used by post secondary educators in a wide variety of teacher training courses to encourage students to better understand the topics that they are studying Reflective journals are often used in courses in which pre service and in service teachers are studying both the theoretical and practical aspects of the subject matter such as secondary teaching methods language and literacy teacher education and outdoor education While there are books on the market that address some facets of reflective journaling there are no integrative books such as Reflective Journaling Unlocking the Power and the Potential that are targeted specifically to pre service and in service teachers There are few resources currently available to teachers wishing to use reflective journals that include the theoretical underpinnings of reflection the integration and impacts of research on the praxis of journaling in each chapter and practical strategies for successful fun journal writing for students This book addresses this need by providing full coverage of using reflective journals as a pedagogical tool Reflective Journaling Unlocking the Power and the Potential includes four figures 15 tables 25 works of art four cartoons and 10 photos that enhance each chapter *Linking Practice and Theory* Fred A.J. Korthagen, Jos Kessels, Bob Koster, Bram Lagerwerf, Theo Wubbels, 2001-01-01 Although the idea of the reflective practitioner is embraced by many there is still a need to understand how teachers practical experience and the theoretical insights of researchers can be linked in teacher education This book offers a framework for addressing this problem It brings together 15 years of experience in teacher education and research based on Korthagen s concept of realistic teacher education which is well

known in Europe and gaining interest in North America Set up as a journey back and forth between practice and theory this book is not only about linking them but models how it can be done providing both practical solutions and research based theoretical foundations Linking Practice and Theory The Pedagogy of Realistic Teacher Education serves as a guidebook for teacher educators with many practical ideas and guidelines prepares the reader for a fundamental shift in thinking about teacher education and uses an international perspective in analyzing real practical experience in teacher education in the Netherlands and in other countries

**30 Day Journal** Iphosphenes Journals,2018-12-27 Journaling is one of the best paths to self discovery One size fits all No Use this journal however it works for you Some examples Ready to kick the new year into gear Complete this 30 day series of journal prompts in a few days or weeks to jump start your own intentional journey Have time for just a few minutes each day for self reflection Pace yourself and spend a few minutes each day over a month to slowly and intentionally complete the exercises Scared to start and fail another challenge Set fair parameters in your busy life Complete this 30 day challenge spaced out over the year Yes more time will pass but you WILL complete this challenge Set an alarm on your phone on your light days maybe Mondays and Wednesdays or even pick one day a week to set aside time during a lunch break steal time in your car before walking in to work or childcare pickup or even just grab a few minutes before bedtime This 8 x 10 sized soft cover notebook features premium quality printing with firm binding The 35 pages in total length include 1 color plate reading 30 Day Journal belongs to 30 pages of prompts and lined writing area with color floral accents throughout 1 color plate at end for hand lettering or doodling an inspirational phrase word or quote 2 blank pages for lists daydreaming or hand lettering

**Creative Journal Writing** Stephanie Dowrick,2009-02-05 Winner of the COVR Award for Book of the Year 2007 From the 1 creativity publisher in the country comes our latest creativity bestseller Creative Journal Writing the ultimate book for those who are looking to use this powerful tool to heal expand and transform their lives In this exceptionally positive and encouraging book Stephanie Dowrick frees the journal writer she believes is in virtually everyone showing through stories and examples that a genuine sense of possibility can be revived on every page Creative journal writing goes way beyond just recording events on paper It can be the companion that supports but doesn't judge a place of unparalleled discovery and a creative playground where the everyday rules no longer count Proven benefits of journal writing include reduced stress and anxiety increased self awareness sharpened mental skills genuine psychological insight creative inspiration and motivation strengthened ability to cope during difficult times and overall physical and emotional well being Combining a rich choice of ideas with wonderful stories quotes and her refreshingly intimate thoughts gained through a lifetime of writing Dowrick's insights and confidence make journal writing irresistible and your own life more enchanting Included in Creative Journal Writing are u stories of how people have used journal writing to transform their lives inspirational instructions guidelines and quotes key principles practical suggestions and helpful hints 125 starter topics designed to help even the most reluctant journal writer more than forty powerful exercises and much more

**Journal Keeping** Luann Budd,2002-01-29 Luann Budd offers to help you get started journaling and she introduces you to the power of writing as a spiritual discipline through helpful tips and examples from her own journals Reflection Journal Stylesia Publishing,2019-08-20 366 DAILY WRITING PROMPTS FOR SELF AWARENESS REFLECTION AND JOURNALING Thought Provoking Questions With A Different Prompt Every Day Taking You In Depth To Be inspired With Plenty Of Space To Write Your Reflective Response If you are looking for a journal with daily reflection writing prompt exercises this is the journal for you Your morning or nighttime journaling routine will be quick and easy with one question a day to go deep within yourself and get to know yourself better Have fun sharing some of these questions with your friends or significant other Recommended to do one journal prompt per day and really explore each question ONE PAGE PER DAY WITH 15 BLANK LINES TO WRITE OUT EACH RESPONSE 7 5 X 9 25 SOFT MATTE COVER PAPERBACK DAILY DATED DAYS FROM JANUARY 1 2020 THRU DECEMBER 31 2020 A DIFFERENT WRITING PROMPT QUESTION EACH DAY FOR ONE YEAR PRETTY CURSIVE WRITING TEXT Get ready for the New Year and New You with this cute self discovery journal Add to cart now to start your journey **Lives on the Boundary** Mike Rose,2005-07-26 The award winning account of how America s educational system fails it students and what can be done about it Remedial illiterate intellectually deficient these are the stigmas that define America s educationally underprepared Having grown up poor and been labeled this way nationally acclaimed educator and author Mike Rose takes us into classrooms and communities to reveal what really lies behind the labels and test scores With rich detail Rose demonstrates innovative methods to initiate problem students into the world of language literature and written expression This book challenges educators policymakers and parents to re examine their assumptions about the capacities of a wide range of students Already a classic Lives on the Boundary offers a truly democratic vision one that should be heeded by anyone concerned with America s future A mirror to the many lacking perfect grammar and spelling who may see their dreams translated into reality after all Los Angeles Times Book Review Vividly written tears apart all of society s prejudices about the academic abilities of the underprivileged New York Times

**Learning Journals** Jennifer A. Moon,2019-04-30 Fully updated with important new theory and practical material this second edition of Learning Journals offers guidance on keeping and using journals and gives step by step advice on integrating journal writing on taught courses in training and professional development and in supporting personal development planning PDP activities Key topics covered include the nature of learning journals and how we learn from them the broad range of uses of learning journals including portfolios and personal and professional development the depth and quality of reflection in learning journals the assessment of learning journals and reflective writing the use of narrative and story telling techniques in journals With useful exercises and activities that enhance learning journal work in a structured manner Learning Journals is invaluable reading for teachers and students in higher education for all professionals particularly those working in the health services and business and training and for all those who want to learn more about

keeping a fulfilling personal journal [So What Do They Really Know? Cris Tovani, 2023-10-10](#) So What Do They Really Know Cris Tovani explores the complex issue of monitoring assessing and grading students thinking and performance with fairness and fidelity Like all teachers Cris struggles to balance her student centered instruction with school system mandates Her recommendations are realistic and practical she understands that what isn t manageable isn t sustainable Cris describes the systems and structure she uses in her own classroom and shows teachers how to use assessments to monitor student growth and provide targeted feedback that enables students to master content goals She also shares ways to bring students into the assessment cycle so they can monitor their own learning maximizing motivation and engagement So What Do They Really Know includes a wealth of information Lessons from Cris s classroom Templates showing how teachers can use the workshop model to assess and differentiate instruction Student work including samples from linguistically diverse learners struggling readers and college bound seniors Anchor charts of student thinking Ideas on how to give feedback Guidelines that explain how conferring is different from monitoring Suggestions for assessing learning and differentiating instruction during conferences Advice for managing ongoing assessment Cris s willingness to share her own struggles continues to be a hallmark of her work Teachers will recognize their own students and the challenges they face as they join Cris on the journey to figure out how to raise student achievement [Teaching Children to Read and Write Robert B. Ruddell, 1999](#) New edition of a textbook intent on creating the kind of teachers that students remember for the rest of their lives Covers early reading and writing development building vocabulary and comprehension connections using literature and reader response and understanding language and cultural diversity [The 365 Self-Discovery Journal 21 Exercises, 2018-11-10](#) A New Inspirational Guided Journal To Skyrocket Your Day to Day Results The 365 Self Discovery Journal is an empowering daily journaling method to guide you on a journey of self discovery The original challenging daily questions in this 365 Journal will cover every area of your life including career spirituality dealing with social anxieties and Love Relationships Furthermore there will be small weekly and monthly challenges to help you improve your life and expand your comfort zone one small step at a time All combined with daily quotes and poems from the greatest minds of all time SMALL TIME INVESTMENT GREAT RESULTS You can easily use this Self Exploration Journal every day with great day to day results With so much as five minutes per day you will be able to finish the vast majority of questions and exercises A BEAUTIFULLY DESIGNED JOURNAL THE PERFECT GIFT This beautifully designed Self Exploration Journal is also a perfect gift for a friend or loved one Because of the self help topics and self discovery questions it could be easily used as a daily writing prompt journal for men and women Zen Journaling Method This Daily Journal for Women Men is perfectly compatible with other self help books or self help methods It s both a journal to write in for women and a journal to write in for men Furthermore this self journal can be used by teens 21 Exercises has also created other self help journals including writing prompts journals creative writing prompts and 90 Days Self Discovery Journals to write in for women men To get the most benefit out of The 365 Self

Discovery Journal it s advisable to set out a particular zen journaling time each day 5 to 10 minutes For example in the morning or before you go to bed

**The Artist's Way Morning Pages Journal** Julia Cameron,2016-11-08 Elegantly repackaged The Morning Pages Journal is one of The Artist s Way s most effective tools for cultivating creativity personal growth and change Now more compact and featuring spiral binding to make for easier use these Morning Pages invite you to do three pages daily of longhand writing strictly stream of consciousness which provoke clarify comfort cajole prioritize and synchronize the day at hand This daily writing coupled with the twelve week program outlined in The Artist s Way will help you discover and recover your personal creativity artistic confidence and productivity The Artist s Way Morning Pages Journal includes an introduction by Julia Cameron complete instructions on how to use the Morning Pages and benefit fully from their daily use and inspiring quotations that will guide you through the process

**The Self Exploration Journal: 90 Days of Writing, Discovery & Reflection** 21 Exercises,2018-08-29 GIVE YOURSELF A FRESH NEW START A simple way to work on self improvement No big comments but only three months of journaling Give yourself one moment every day to hold still and make silent progression DISCOVER NEW INSIGHTS WITHIN 90 DAYS 90 days of uplifting and thought provoking questions to become more self aware and improve your happiness A short daily journaling exercise to guide you effectively on a way of self exploration THE PERFECT GIFT This beautifully designed journal is also a perfect gift for a friend or loved one Review C W V Straaten Self Help Author The Self Exploration is journal is a quick and solid way to improve your well being and come to new insights During the short daily journaling exercises you ll feel a sense of calmness while new thoughts are created It literally takes a couple of minutes a day but the outcome is magnificent

*Fostering Critical Reflection in Adulthood* Jack Mezirow,1990-02-23 This book presents successful programs techniques and strategies for helping adult learners tap into their rich and diverse life experiences as a basis for growth and lifelong learning

*Silver Lining Journal* Shreya Badonia,2017-12-02 Silver Lining Journal is a self explanatory journal which is designed to help you find yourself through a series of prompts to bring a positive change in your life How well do you know yourself What do you want from your life This journal will help you answer the arduous questions about life Every chapter in the journal contains a principle which can leverage readers to attain a prosperous and mindful life It includes a planner and chart where you can write about your goals and plan your future because people don t plan to fail but fail to plan

**The Daily Stoic Journal** Ryan Holiday,Stephen Hanselman,2017-11-14 A beautiful daily journal to lead your journey in the art of living and an instant WSJ bestseller For more than two thousand years Stoic philosophy has been the secret operating system of wise leaders artists athletes brilliant thinkers and ordinary citizens With the acclaimed bestselling books *The Obstacle Is the Way* *Ego Is the Enemy* and *The Daily Stoic* Ryan Holiday and Stephen Hanselman have helped to bring the Stoicism of Marcus Aurelius Seneca and Epictetus to hundreds of thousands of new readers all over the world Now Holiday and Hanselman are back with *The Daily Stoic Journal* a beautifully designed hardcover journal that features space for morning and evening notes along

with advice for integrating this ancient philosophy into our 21st century lives Each week readers will discover a specific powerful Stoic practice explained and presented with related quotations to inspire deeper reflection and application and each day they will answer a powerful question to help gauge their progress Created with a durable Smyth sewn binding and featuring a helpful introduction explaining the various Stoic tools of self management as well as resources for further reading this is a lasting companion volume for people who already love The Daily Stoic and its popular daily emails and social media accounts It can also be used as a stand alone journal even if you haven't read the previous books For anyone seeking inner peace clarity and effectiveness in our crazy world this book will help them immensely for the next year and for the rest of their lives

**The Reflective Practice Guide** Barbara Bassot,2023-05-11 The Reflective Practice Guide offers an accessible introduction to engaging effectively in critical reflection supporting all students in their development of the knowledge and skills needed to enhance their professional practice This second edition has been thoroughly updated with new chapters emphasising the importance of personal growth processing emotions building resilience and issues of diversity intersectionality and positionality Throughout the book Barbara Bassot illustrates the process of critical reflection using examples and case studies drawn from a range of professional contexts offering an interdisciplinary model of practice that may be applied to many settings Drawing on literature from a range of disciplines chapters explore the key aspects of reflection including Developing self awareness The role of writing in reflection Reflecting with others The importance of emotions and processing feelings Managing change Learning from experiences Self care and avoiding burnout The book is extended and enhanced through Instructor and Student Resources that include additional content including case studies reflective activities diagrams and videos These can be found at [www.routledge.com/cw/bassot](http://www.routledge.com/cw/bassot) This essential text offers support guidance and inspiration for all students in the helping professions including education health social care and counselling who want to gain greater self awareness challenge assumptions and think about practice on a deeper level

Becoming a Reflective Librarian and Teacher Michelle Reale,2017-10-03 **The Bullet Journal Method** Ryder Carroll,2021-12 THE NEW YORK TIMES BESTSELLER Transform your life using the Bullet Journal Method the revolutionary organisational system and worldwide phenomenon The Bullet Journal Method will undoubtedly transform your life in more ways than you can imagine Hal Elrod author of The Miracle Morning In his long awaited first book Ryder Carroll the creator of the enormously popular Bullet Journal organisational system explains how to use his method to TRACK YOUR PAST using nothing more than a pen and paper create a clear comprehensive and organised record of your thoughts and goals ORDER YOUR PRESENT find daily calm by prioritising and minimising your workload and tackling your to do list in a more mindful and productive way PLAN YOUR FUTURE establish and appraise your short term and long term goals plan more complex projects simply and effectively and live your life with meaning and purpose Like many of us Ryder Carroll tried everything to get organised countless apps systems planners you name it Nothing really worked Then he invented his own simple system



that required only pen and paper which he found both effective and calming He shared his method with a few friends and before long he had a worldwide viral movement The system combines elements of a wishlist a to do list and a diary It helps you identify what matters and set goals accordingly By breaking long term goals into small actionable steps users map out an approachable path towards continual improvement allowing them to stay focused despite the crush of incoming demands But this is much more than a time management book It s also a manifesto for what Ryder calls intentional living making sure that your beliefs and actions align Even if you already use a Bullet Journal this book gives you new exercises to become more calm and focused new insights on how to prioritise well and a new awareness of the power of analogue tools in a digital world This book has been printed with three different colour designs black Nordic blue and emerald We are unable to accept requests for a specific cover The different covers will be assigned to orders at random

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