

JOURNALS

5 points each for daily participation in the journal exercise. The journal is designed to get the student to engage with the primary focus for the day and exercise the literacy element of thinking critically and writing. Feel free to get caught up if you were absent or didn't get credit for this simple pass/fail assignment. 1 full page is expected and this is a simple 0 or 5 point exercise. A poor attempt can be rectified if the student reattempts their journal with evident effort.

Behind on Journals, but don't know which one is missing? Feel free to journal according to the following paragraph...

You have recently been given a brief introduction into the primary subjects that will be further explored in this class, this semester. Watch 2 segments of CNN or Fox News and apply the principles of Psychology, Sociology, Economics, Government and/or Geography to the current event that is being covered. Everything from ISIS (Gov & Geo), to President Obama speaking to NATO (Gov), to DNA rectifying a wrongful conviction of a man who just got off of death row (Psyche, Soc), to the forced sale of a sports franchise because of presumed racially insensitive emails (Psyche, Soc and Econ).

Journal: New School

In paragraph form, Describe (5W's/1H [who, what, when, where, why, how]) 5 things that you are excited about and 10 things that concern you about starting high school here at Columbia. Remember to keep the pen moving to overcome any writer's block.

Journal: Uniforms

Imagine that CHS administrators are considering implementing a mandatory school uniform policy. Describe (5W's/1H) whether this is a good idea. Don't forget to look at all angles including academics, economics, social class, clicks, etc. Remember to keep the pen moving to overcome any writer's block.

Journal: Role Expectation & Introduction – Men verse women, who has it harder?

Journal: Pledge

Should High School Students be required to say the Pledge of Allegiance in school? Why or Why Not?

Remember to keep the pen moving for a full page. Here are a few prompts to consider:

What does it mean to you?

How would you feel if someone beside you didn't say it?

Why do we put our hand over our heart?

What line in it means the most to you?

What phrase is confusing to you?

If you were going to change it at all, what changes would you make?

"I **pledge allegiance** to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all."

Journal: Transitions

Moving from one community to another is a huge undertaking. Whether you've gone to a new school, church, or joined a different team, it can be very impactful. Describe (5W's/1H) one of your most memorable transitions.

Remember to keep the pen moving for a full page. Here are a few prompts to consider:

What did you transition between?

Was it difficult to say goodbye?

Was it awesome to say goodbye?

Was it difficult to acclimate into the new group or situation?

Was it easy and awesome to be in the new scene?

Who was the reason for the transition?

Why do you think the transition was for the best, or it was a bad thing?

What did you learn from this transition that you can apply in the future?

Journal: Dreams

Describe (5W's/1H) your most recent or vivid dream. Was it prompted by something physical (bad pizza the night before or a movie you'd just finished watching) or do you think it originated from a place of thought or emotion? As an elementary psychologist take a few minutes and attempt to analyze your dream.

Remember to keep the pen moving for a full page. Here are a few prompts to consider:

Who was in it?

How'd you feel?

Has the same dream reoccurred?

Journal: Racism

Describe (5W's/1H) the first time, or a very vivid memory, where you encountered racism. If you haven't experienced racism, describe (5W's/1H) what racism means to you and how it impacts our society.

Remember to keep the pen moving for a full page. Here are a few prompts to consider:

How did it make you feel?

How did you react/respond?

Were you the victim or a bystander or the offender?

Why do you think you still remember that experience?

Journal: Loss of Identity

In groups it is easy to lose our identity. Describe (5W's/1H) a time that you did something that you wouldn't have done all alone.

Remember to keep the pen moving for a full page. Here are a few prompts to consider:

Who were you with – a team, youth group, with your family, a group of friends, or even with a group of people who you wanted to be your friends...?

Where and when did it go down?

What happened?

Did you get into trouble?

Was it something that you got away with?

Why do we sometimes change our values or ethics in groups?

Or did you do something positive that you wouldn't have thought of alone?

Journal: "Dear Me"

Write a letter to the 10 year old version of you. What would you like for them to know?

What you warn young you about?

Who would you tell young you to avoid or to get to know?

What sort of activities would you encourage young you to do?

Where would you advise young you to spend your time?

What do you wish you would've known?

Journal: "Quit or Fail"

Is it better to quit at something than to try and fail? Have you ever encountered a time when you felt like quitting, but persisted? Describe (5W's/1H) what happened and what you learned through the process.

Journal: Trouble

- Describe (5W's/1H) the worst trouble that you ever got into.
 - What did you do?
 - Who was there?
 - Where did it all go down?
 - When did it happen?
 - Why did you do it?
 - How did someone find out?
 - Who punished you?
 - What kind of punishment did you receive?
 - Do you think that your punishment fit the crime or was it excessive?
 - Was it worth it?
 - Would you do it again?

Journal: Chance

- Begin your daily journal "there was once a chance I didn't take..." Describe (5W's/1H) the social and psychological (or personal) outcome of your conservative decision.
 - What 2 options were you deciding between?
 - Do you normally consider yourself to be a risk taker?
 - Who was there?
 - Where and when did it all go down?
 - Why did you make the call to hold back? Was it based on safety or some other factor?
 - Is it a risk that you think you should've taken?
 - Did anyone tease you for not taking the chance?
 - How would things have turned out differently?
 - Did you vow to never miss the opportunity again or would you make the same decision if in the same situation?

Journal: Lie

- Describe (5W's/1H) how it felt what you discovered you'd been lied to.
 - Who lied to you?
 - What was it about?
 - Why might they have lied to you?
 - Where were you when you found out?
 - Did they lie to you to protect you from the truth or to hurt you?
 - How did you respond when you found out you'd been lied to?

Journal: Fly

- There is a very observant fly on the wall everywhere you go. Describe (5W's/1H) your interests and values from the fly's perspective.
 - For example, Mr. Thomas would begin Journal in the following manner: "Mr. Thomas is the kind of person who..."
 - His values include...
 - After watching him all day and listening to his conversations, I can tell that he attempts to project himself as a...
 - But the truth about Mr. Thomas is that he is..."

Journal: "Hey Old Me"

- Begin your journal in the following manner: "Dear 70 year old me, I'm writing to you from Mr. Thomas' class in 2014." Then describe (5W's/1H) how you hope your life might've turned out. Old you is going to enjoy reading this journal.
 - Where'd you spend most of your time living?
 - What sort of goals did you accomplish?
 - What kind of career(s) do you hope you had?
 - Did you get married?
 - When did you get married?
 - Did you have a big family?
 - Where'd you go to college?
 - How'd you spend your vacations?
 - Are there any experiences that you aspire towards (sky diving, swimming with sharks, etc.)?

Journal: Stirring

- It was Herman Melville (author of Moby Dick) who said "we become sad in the first place because we have nothing stirring to do." Describe (5W's/1H) what stirs you. What are you passionate about that gives your life purpose?

Journal: Excuse

- Fully describe (5W's/1H) the subject that you struggle the most in. Explain why that class is so difficult.

Journal: Challenges

- List 5 challenges that you have faced over the last 4 months. Pick one of them and write about it in paragraph form. Describe it using 5W's & 1H. These could be family concerns, friend drama, school issues, an injury, problems with teachers or something completely different...

Journal: Ambassador

- Where would you go if you had the choice of anywhere in the world to be a U.S. Ambassador?
Describe (5W's/1H) your reasoning (i.e.: climate, culture, local & global economics, laws, opportunities, etc.).

Semester 2

US History Chapter 1 Journal: American Independence

- Describe (5W's/1H) what you think American Independence means and how it is expressed on a micro (just you) and a macro (global) level.