COURSE:
RECL 3P68 – Advanced Outdoor Leadership Theory and Practices

INSTRUCTOR
Dr. Tim O’Connell
JOURNALING TIPS

SOME THINGS TO WRITE ABOUT

• What was your biggest challenge of the day?
• What surprised you most about this group of people?
• What have you learned about yourself on this trip that you will take with you into the future?
• How does travelling through nature make you feel? Why?
• Explain a moment when you were frustrated today... What did you do about it?
• Describe a moment of sheer awe you experienced today.
• What was an unexpectedly nice thing someone did for you?
• How does this trip make you feel about outdoor recreation?
• If you could give everyone in your trip group a present, what would it be and why?
• What was the weather like today?
• Where did you stay and how was the campsite?
• What animals or plants did you see?

FUN WAYS TO JOURNAL

Write lyrics to a song
Draw a picture
Compose a poem
Write a letter to someone that you will never send
Ask a friend to make a guest entry
List pros/cons
Draw a map
Write about your dreams from last night
Create a glossary of terms
Polar passages (high/lows, strengths/weaknesses, roses/thorns)
Draw a concept map
Test a theory
List great quotes from the day
Describe (in detail) how things work
Have a dialogue with your inner-self
Use big labels
TRIP DAY 1

LOCATION: ___________________________________________________________

Compared to yesterday, today I would rate my group’s sense of community as having undergone a ... (circle one number):

<table>
<thead>
<tr>
<th>-5</th>
<th>-4</th>
<th>-3</th>
<th>-2</th>
<th>-1</th>
<th>0</th>
<th>+1</th>
<th>+2</th>
<th>+3</th>
<th>+4</th>
<th>+5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huge</td>
<td>Large</td>
<td>Moderate</td>
<td>Small</td>
<td>Slight</td>
<td>Slight</td>
<td>Small</td>
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<td>Large</td>
<td>Huge</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Negative Change</th>
<th>No Change</th>
<th>Positive Change</th>
</tr>
</thead>
</table>

I would say this change (or lack of change) was primarily due to.... (for example, the weather, difficulty of terrain, leaders, group success or challenge, peer interactions, etc.)

My thoughts for the day:


TRIP DAY 2

LOCATION: _______________________________________________________________

Compared to yesterday, today I would rate my group’s sense of community as having undergone a ... (circle one number):

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<th>+3</th>
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<th>+5</th>
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</thead>
<tbody>
<tr>
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<td>Slight</td>
<td>0</td>
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<td>Small</td>
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<td>Large</td>
<td>Huge</td>
</tr>
</tbody>
</table>

I would say this change (or lack of change) was primarily due to.... (for example, the weather, difficulty of terrain, leaders, group success or challenge, peer interactions, etc.)

My thoughts for the day:


Compared to yesterday, today I would rate my group’s sense of community as having undergone a... (circle one number):

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I would say this change (or lack of change) was primarily due to.... (for example, the weather, difficulty of terrain, leaders, group success or challenge, peer interactions, etc.)

My thoughts for the day:
TRIP DAY 4

LOCATION: ______________________________________________________

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<th>+2</th>
<th>+3</th>
<th>+4</th>
<th>+5</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Large</td>
<td>Moderate</td>
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<td>Slight</td>
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<td>Moderate</td>
<td>Large</td>
<td>Huge</td>
<td></td>
</tr>
</tbody>
</table>

Negative Change | No Change | Positive Change

I would say this change (or lack of change) was primarily due to.... (for example, the weather, difficulty of terrain, leaders, group success or challenge, peer interactions, etc.)

My thoughts for the day:

...
TRIP DAY 5

LOCATION: _____________________________________________________________

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My thoughts for the day: