

# RECL 3P68 TRIP JOURNAL



**COURSE:**

RECL 3P86 – Advanced Outdoor Leadership Theory and Practices

**INSTRUCTOR**

Dr. Tim O'Connell

# JOURNALING TIPS

## SOME THINGS TO WRITE ABOUT

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- 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

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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



Wow!

# TRIP DAY 1

LOCATION: \_\_\_\_\_

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

-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Huge	Large	Moderate	Small	Slight		Slight	Small	Moderate	Large	Huge
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 2

LOCATION: \_\_\_\_\_

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

-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Huge	Large	Moderate	Small	Slight		Slight	Small	Moderate	Large	Huge
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 3

LOCATION: \_\_\_\_\_

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

-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Huge	Large	Moderate	Small	Slight		Slight	Small	Moderate	Large	Huge
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 4

LOCATION: \_\_\_\_\_

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

-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Huge	Large	Moderate	Small	Slight		Slight	Small	Moderate	Large	Huge
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: \_\_\_\_\_

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

-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Huge	Large	Moderate	Small	Slight		Slight	Small	Moderate	Large	Huge
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: