# Journal Assignment

Please bring your journal every day for a quick in-class check and my initials.

**Date** every entry and after the date, **write the title** of the text you are responding to.

You can write in a spiral-bound book, or a composition book, or print out your journal from your computer, but it must be on paper so that I can mark it in class. Also, don’t use tiny notebooks (nothing smaller than 7” X 10”).

**Write one entry of at least 150 words before every class meeting when you are assigned reading.** Please cover these things:

1. When there’s a quiz/survey in *Authentic Happiness*, take the survey and then report and comment on your results in your journal. You don’t have to put all the answers in your journal—you can mark the book then summarize.
2. Summarize or paraphrase an important point or strange moment in what you read in any one of the course readings for that day, and then comment about how it compares to your life (this might be covered in #1 if you write at least 150 words about the survey results).
3. Anything else you want to write beyond this, feel free.

If you do this before every class and on time, you get 100%.

I’ll give lower grades for journal entries if they are really difficult to read, too short or don’t cover the items above, but really it’s supposed to be a low-stress place to think about the course materials and practice writing without any criticism.

You will get 80% credit for journals that are not done the day they are due if you turn them in on the collection day. I will collect them when rough drafts are due and if they don’t have my initials, then you did not have them in class on time. The exact dates are in your schedule, but here’s how the points work:

week 4 (6 entries: 30 points)

week 6 (4 entries: 20 points)

week 8 (5 entries: 25 points)

week 11 (5 entries: 25 points)

Total: 100 points

After each collection date, old journal entries are not accepted at all.

Really exceptional or additional journal work might be considered for a small amount of extra credit if you are already passing the class.