

ADJUNCT SKILLS 232

SAMPLE LAB JOURNAL

Follow this general format when responding with a journal. One page single-spaced.

Label Your Journal:

Name:

Date:

Lab # and Title:

Question: How will I apply what I learned to my courses?

- **Your journal should be a personal and detailed reflection on what you will do with the information you have learned. Answer the question first! Start with your thesis statement.**

This quarter and in my future classes, I will apply the *direct answer*, the *specific detail*, and the skills integration journal techniques in the following ways:

- **Throughout the journal, use first person “I” to describe how *you* will use the strategies you learned from the skills lab materials and resources.**

First, I will use the *direct answer technique* that I learned in this workshop to clearly answer the question that I’m being asked. In this case, the question, “How will I apply what I learned to my courses,” asks me to give a personal, detailed response that relates to something *I will do in the future*. I learned that instructors generally look for the answer to a journal in the first or second sentence, so now I will use direct answer responses in courses that require me to write journals.

- **Provide specific details to your response.**

Second, I will use the *specific detail technique* to support my answer. In this workshop, the instructor told me about a specific prewriting method called clustering that I can use to help me organize my thoughts before I begin to write. Through clustering, I can identify my topic, my main ideas, and my supporting details clearly. I make a cluster by first drawing a circle and writing in my topic. Then, I branch off two or three main points from my topic circle. From my main points, I list one or two specific supporting details. To complete this Skills lab journal, I will use a cluster to help me organize my thinking before I begin writing.

- **In which classes will the strategies help you the most? Why?**

Finally, I can use the *skills integration technique* to show my instructors how I will use the information I learned. In my case, I can use all these strategies in my English and biology classes because each of them require that I write journals.