Your project journal is a personal record of your learning experience during your “Senior Project.” It is your first-person personal account of your project from its beginnings up to, and including, your preparation for your “Senior Project Presentation.” As one of the components of your portfolio, your journal is an opportunity for you to share with the Senior Project Coordinator your unique experience and to truly interject your personality into the evaluation process. Fieldwork participants are expected to write a minimum of three (3) journal entries per week.

It is also an opportunity for the Project Coordinator to read weekly about what is happening with your project. Your journal will allow you to express your creativity, problem solving ability and organizational skills. It also serves as a valuable self-assessment of your Senior Project experience.

Your journal must consist of a weekly, dated entry that reflects the thoughts, decisions and/or observations you made during project time. Your journal must follow these rules:

1. Journal entries will be submitted to the coordinators via email weekly. Please print and save a copy for your portfolio as well. Email address is: seniorprojectphs@gmail.com

2. At the top of each page include the following specific information: 1) the date and time of the entry, and 2) the number of hours you worked for during the period described in the journal entry.

3. Use complete sentences; avoid fragments and phrases.

4. Each entry should consist of a minimum of 150 words, covering the following:

   Describe exactly what you did on the project during the week.

   Write your personal reaction or evaluation of what you did that week

Some ideas for considerations include:

- Did you like what you were doing? Why or why not?
- Why do you suppose you were asked to do a certain activity?
- Did everything happen exactly as you expected, or were there some surprises?
- How will you benefit from what you are learning?
- What frustrations did you experience?
- What successes did you achieve?

Please note: Even if your project is repetitive in nature, your journal must meet these minimum requirements.

5. The journal is not to be written while you are doing your fieldwork, but after your work is done.