

Journal Writing Tips

ARE YOU STUMPED AND DON'T KNOW WHAT TO WRITE ABOUT? GET YOURSELF OUT THE "WRITERS RUTT!" HERE ARE SOME QUESTIONS AND THINGS TO CONSIDER WHEN REFLECTING ON A PARTICULAR LESSON IN YOUR JOURNAL:

- Reflection Questions
 - What new concept did you explore during this class?
 - What new movement or step did you learn in this class?
 - How did you improve?
 - How do you want to improve?
 - What is your favorite part of class; why?
 - What is your least favorite part of class; why?
 - What excites you about dance class; why?
 - What scares you about dance class; why?
 - Do you like dancing alone or in pairs or groups; why?
 - Do you like choreographing alone or with others; why?
 - What motivates you to work harder?
 - What motivates you to learn new ideas, steps, or concepts?
 - How do you learn best? By moving, listening, reading, writing, drawing, watching?
 - What part of dance class is easy; why?
 - What part of dance class is hard; why?
- Images, quotes, inspirations
 - What quotes did the instructor say that stuck with you? How do these quotes apply to you? Be specific with your observations.
 - What images were given to you by the instructor that were helpful to you in making practical changes in achieving specific movement goals.
 - What did you find inspirational in a specific class. (perhaps it was something the teacher said, or something a classmate said, or a movement goal that a classmate achieved) Be specific with your observation and explaining your experience.
 - What image or quote will you take with you to your next technique class and why?