

Journaling Tip Sheet

The campers at your camp have been selected to complete journals as a part of their leadership training experience. A journal is essentially a diary that includes specific questions. Below are a few tips to help maximize the experience for the campers and You!!

General:

- Each camper gets their own journal that they can keep- be sure they write their names in them
- The journal questions ask them to write about 11 different topics during the course of the camp session. We leave it up to the camp to find the best way to give these campers time to reflect and write in their journals EVERY DAY.
- The recommended way to progress through the journal is to write on each topic in the order they are in the journal. EXCEPTION: On page 3 they are asked to design their own question. That question can be designed whenever they want.

Setting the Stage for the campers about journaling:

(Share with them in your own words)

- Journaling is just a way to take a minute to focus and think about some particular idea. They don't have to worry about grammar, writing style, or things that normally they would pay attention to. Their thoughts and feelings are what count in journaling.
- It's important that what they write is truly how they feel. No judgments are made about their writing or ideas. The evaluation team will read their journals, but their names will not be linked to any of the material.
- Journals are "private." If they want to share ideas they wrote about in the journal, that is fine but no one should be forced to share what they wrote.
- Journaling is a great way for campers to "remember" how they felt about something at a particular time- even after they have been away from it for a long period of time.
- The ideas shared in the journaling are a really important part to the success of the leadership training program. They help us understand what the campers think is important about the training as well as larger social issues.

Journal evaluation logistics:

- After campers complete the journals, temporarily collect them for copying.
- Please make a copy of each journal (include camper's name and birth date on each copy)- front to back copying is preferred. 😊
- Return the originals to the campers.
- Mail the copies to Deb Bialeschki, 2419 Spruce Ave, Estes Park, CO 80517. Any questions should also be sent to Deb at dbialeschki@acacamps.org or 765-349-3318.