

## Journal Entry Information and Expectations



**What's this about journals?** For this class, you are to keep a dance journal to record your thoughts, reflections, and growth as a dancer and artist. You are required to make at least one entry per week, but I encourage you to use your journal more than that. If you can make the habit of writing down even just one sentence after class each day, in 30 seconds, it will help you retain critiques, remember 'light bulb' moments when something clicked for you, recognize your progress, record your questions, etc. Then, when you have more time, you can choose one of these quick notes to expand upon/write about more thoroughly as a complete journal entry. Or, better yet, spend 10 minutes right after class writing your entire entry, while thoughts are fresh in your mind; that way the journals are meaningful for you.

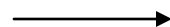
**What should I write about?** Almost anything relevant to this class or dance is fine. The two things I am looking for most in the journals are a **record of your learning**, such as notes from class on new terms, concepts and ideas, and **critical analysis and reflection** on information and your personal growth and experiences.



Sometimes I may offer you ideas in class or give you assignments to include in your journals (such as video analysis reflections). Most of the time, however, you will be responsible for deciding what you want to write about, because you know better than I do what you are learning and experiencing. Here are some ideas to choose from if you are blocked. . .

- \*Record new information that you don't want to forget. This could be terminology/vocabulary used in class, an image or idea that stood out to you, or even an experience you've never had before (whether that be making a connection in your body, or just being more aware of the live music or dynamics, etc).
- \*Write down specific feedback or critiques that you got during class (or ones which were directed to the class as a whole) and reflect upon how the critiques apply to you.
- \*Write about how you are feeling about class. Feel free to be honest in your journals, even though you know I will read them. I understand that, in this class and this life, some days are more frustrating than others; sometimes you feel you are soaring, other times you wonder if you are sinking. Your journal should be a place where you can record both successes and setbacks, as well as *why* you think you are feeling the way you are.
- \*Reflect upon dance from a philosophical perspective. Think about why you dance, why anyone dances, what purpose dance serves for you individually, the class as a whole, the community, the world. . . etc.

**Journal Format: PLEASE DATE EACH ENTRY!** Your journal can be almost any format you want. Again, *you should choose the option that will work best and be most valuable to you and your learning.* Some students choose to buy an actual journal from a bookstore. Others choose to use a simple wire-bound notebook. Still others may prefer to record their thoughts in a word processing document and then print them when they need to hand them in. All of these formats are acceptable. The only request I have if you choose to hand-write your journal is that you **please make it legible and clear.** It is also helpful if you leave some blank space (after or between entries) where I can comment or 'write back.' **If you prefer I don't write on/in your journal, please let me know and I can put my comments on post-it notes.**



**Journal Due Dates:**

Journals are due every four-five weeks; all due dates are indicated on your course calendar.

**Journal Grading:** I will use the rubrics for grading journals; you will need to attach a rubric each time you submit journals for grading (I will bring these). As you already know from the syllabus, your journal entries are a significant portion of your total grade. I will basically read through your entries to ensure that you are completing the assignment and, more importantly, that you are thinking about and reflecting upon what we are learning in class.

**Written Journal for Dance Class – Rubric**

NAME: \_\_\_\_\_ Score: \_\_\_\_\_ /5  
Date: \_\_\_\_\_ CLASS: \_\_\_\_\_

Requirements:

1. You have submitted the <b>correct number of Journal Entries</b> required for each scheduled class and these entries are <b>clearly dated</b> .	.50 point	
2. The Journal entries show <b>thoughtful, meaningful personal reflection</b> by the dancer, including insight into his/her own learning process and growth as an artist. If specific questions were asked, these are thoughtfully and completely answered.	2.0 pts.	
3. The journal entries serve as <b>a record</b> (for the student) of <b>important concepts, vocabulary, notes and/or feedback from the class</b> . There is evidence of <b>critical analysis and processing</b> of these concepts.	2.0 point	
4. The journal entries are <b>well-crafted, readable and easily understood</b> . The student writes in <b>complete sentences, with good grammar, spelling, punctuation, etc</b> . The writing exhibits clarity of thought and a strong personal voice, with vibrant language and description.	.50 point	

Notes/Feedback: