

"If you can talk you can write." (Joel Saltzman)

## Education Abroad Reflection Journal Workshop

Unlike a diary, which contains a listing and description of the day's events, a journal is much more introspective and includes not just a basic account, but also contains your reflections and feelings about the events. Learn to think outside the box of the "traditional" journal, get your **EA** journal started before you go or if you have recently returned, learn methods and gain support for continuing your practice.

Keep a record of what personal meaning you assign to your academic, social, and cultural experiences. Create a map of self-discovery along the way on your **Education Abroad** experience that you can revisit time and again.

You do not have to be a good writer to begin and keep a journal. No one but you will read what you write. There are no specific rules, no "should be" or judgment, it is a criticism-free zone, but there are techniques and a variety of methods that can help you get started, learn to maintain, and maximize the benefits received from keeping an **EA** journal.

**Bring with you:** A picture of yourself as a child, two favorite pictures from your **Education Abroad** experience, your favorite coffee/tea mug, an open mind, a journal or notebook (paper needs to be acid-free if you plan to preserve it) and your favorite pen.

**Dates:** Thursday September 27<sup>th</sup>  
Thursday October 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>  
(Four Thursdays in a row)

**Who:** Both soon to depart students and returning students are welcome to sign up.

**Time:** 5:30PM - 7:30PM

**Location:** Young Library  
Keenland Room (First floor of library)

**\*\*\*\* Workshop is limited to 12 people \*\*\*\***

Please do not sign-up unless you are sure you can make all 4 sessions

**Pre-registration is required:** Email: Sonya Cunningham  
[Sgcunn2@email.uky.edu](mailto:Sgcunn2@email.uky.edu)