The Journal Journey Project offers Honors Program students the opportunity to be matched with a faculty or staff mentor to keep a journal throughout the year for credit in the spring semester of their participating year.

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Journaling, from the Old French *jornel*, “day, time; day’s work,” originally “daily.” A journal meaning “book for inventories and daily accounts” dates to as early as the late 15th Century. Journaling provides an important synthesizing experience for students and that the dialogue between journal-keeper and advisor can be valuable for both in a variety of ways. In order to establish an enriching, successful journal experience for both you and your advisor, we offer the following guidelines.

**Format:**
- A traditional hand-written journal. **OR**
- A Blog—an online “web-log” or Blog. General recommended formats include Blogger.com or Wordpress.org or OpenSalon.com. **NOTE: not all mentors are necessarily willing to engage in the JJP using a blog format.**

**General Suggestions:**
- Meet at a regularly scheduled time. We suggest every other week for the first two months, thereafter as convenient, but you must meet at least once per month during the school year.
- Establish a means of communicating regarding any changes in plans.
- Vary the setting of your meeting from time to time (over coffee, lunch, outdoors, on one another’s turf, etc...).

**Some Questions for Initial Discussion:**
- Have you (both journal-keeper and advisor) ever kept a journal before? What was your experience?
- What are your expectations for this project (on both sides)?
- What do you anticipate for your University experience?
Responsibilities of Journal-Keepers:

- Contact your advisor and arrange for your first meeting.
- Agree on a regular meeting time; keep all appointments promptly.
- Write at least 3-4 times weekly.
- Meet with Journal Advisor at least once per month.
- Come to appointments with entries that you particularly wish to discuss, as well as questions, concerns, etc. You may wish to share copies of entries from your journal or you may prefer to read selected passages from your journal.
- Be considerate of the reader and avoid material which is highly personal and intimate; this is not “dear diary.”
- Inform your advisor in a timely fashion of any changes necessary and be aware of each other’s time commitments; notify Heather Carpenter (heather.n.carpenter@uky.edu or 859.218.0914) if difficulties arise in scheduling times with advisor.
- Sign up for HON 333 for 1 credit during the spring semester. One credit hour is awarded for one full academic year of the journal experience.
- Consider reading at least one of the recommended published Journals/Diaries found in the attached reading list.

Responsibilities of Advisors:

- Have some flexibility in scheduling and meet regularly as mutually determined. If you have difficulty scheduling with your student or other problems arise, please notify Heather Carpenter (heather.n.carpenter@uky.edu or 859.218.0914).
- Respect confidentiality.
- Be responsive to journal entries.
- Articulate expectations and clarify any concerns as they arise, particularly as may regard your comfort with highly personal entries.
- Assign grade at the end of the spring semester. The Honors Program Office will send an email requesting the grade about two weeks prior to the end of the term.

Some Potential Topics for Journal-Keepers:

- Explore ideas encountered in any of your classes and their relevance to “real life.”
- Consider connections between class work and your career directions; between current events and your personal experience; between pastime reading and more serious reading done in the context of class.
- Offer perspective on or critical analysis of election rhetoric and images.
- What does it mean to be a citizen?
- What does it mean to participate in University life (academic, social, community commitments, etc.).
- Reflect on adjustments to academic demands and other aspects of campus life. Compare expectations and realities.
- Analyze your reaction to a movie, concert, speaker, event, or other new experience or idea.
- Respond to current events, the news or greater cultural trends.
my personal journey
2010

My art journal
The answers lie within

I am more than I know myself to be.

Blog
READING LIST

An Excellent Article on Keeping a Journal:

Some published journals that you might find inspiring:
Mary Boykin Chestnut, *A Diary from Dixie*
Charles Darwin, *The Voyages of the Beagle*
Annie Dillard, *Pilgrim at Tinker's Creek*
Anne Frank, *The Diary of a Young Girl*
Andre Gide, *The Journals of Andre Gide*
Kathe Kollwitz, *Diary and Letters*
Samuel Pepys, *The Diary of Samuel Pepys*
May Sarton, *Journal of a Solitude*
Judy Simons, *Journals of Literary Women from Fanny Burney to Virginia Woolf*
Henry David Thoreau, *A Year in Thoreau's Journal: 1851*
Ann Truitt, *Prospect: the Journal of an Artist*
Virginia Woolf, *A Writer's Diary*

COURSE CREDIT: ELECTIVE CREDIT ONLY

Engaging in the JJP program means that you will earn one elective credit per year, awarded in the spring semester of the participating school year on a Pass/Fail basis. Many students inquire as to whether JJP could qualify as an Honors Experience, but unfortunately it does not meet the criteria.
Journal / Journey
Project