

Keeping a Ligon Way Journal

The purpose of keeping a Journal in Ligon Way is to provide a way for you to use your multiple intelligences to learn 'how you learn best.' In your journal, you will keep a record of your thoughts, ideas, feelings, and hopes about what you're learning about yourself, your learning style and the strategies that will help you to study faster and more effectively.

You will also reflect on the 7 Habits and how you can incorporate them into your life. It is a place to record your mistakes, too—it's a quick way to start learning from them. Journaling and reviewing your entries helps you see connections between new knowledge and old, effective habits and ineffective habits.

A Journal gives you a chance to use your:

- **Word Smarts** and **Body Smarts** (by writing)
- **Logic Smarts** (by looking for ways to connect what you're learning to what you already know)
- **Self Smarts** (by expressing your feelings [good & bad], and thinking about what you wrote)
- **Eye Smarts** (if you include sketches, graphic organizers, information maps)
- **Ear Smarts** (if you read aloud)
- **Naturalist Smart** (making an inventory of the main ideas in your notes)
- **People Smarts** (by sharing what you have learned with others)

Ligon Way Journal: Checklist

Start each entry by recording the day and date at the top right-hand corner of a blank page in your spiral notebook; keep your journal pages in chronological order. Include the following:

- A Plus Delta and reflection for the school day
- Overview of the new ideas you learned in class
- Address how you will use the information from the day's class outside of class
- Challenge yourself to develop a good habit or practice a study strategy
- Record how you feel about what you are learning