

Journal Entry 1  
College Success

Name:

Directions: The journal entries are an opportunity to think about the material in the text and apply it to your own life. Answer the questions with a paragraph or list rather than a phrase or sentence.

1. What are your dreams for the future? Write a paragraph about what you hope to accomplish by going to college.
2. Write a paragraph about deciding on your ideal major and career. Use any of these questions to guide your thinking: If you have chosen a major, why is it the best major for you? How does it match your interests, aptitudes, and values (what is most important to you)? Does this major help you to live your preferred lifestyle? If you have not chosen a major, what are some steps in choosing the right major and career? What qualities would you look for in an ideal career? Can you describe some of your interests, aptitudes, and values? What is your preferred lifestyle?
3. Write five positive statements about your college education and your future.
4. Write a paragraph with at least three ideas about how you can motivate yourself to be successful in college. Include any of these ideas: mindset, positive thinking, finding interest, concentration, attention, intrinsic motivation, locus of control, affiliation, achievement, and using rewards.
5. What will you do if you are tempted to drop out of college? What steps can you take to be persistent in achieving your college goals? Are there times when it is best to change goals rather than to be persistent if your efforts are not working? Write a paragraph about how you will be persistent in reaching your college goals.
6. Write a paragraph for each of your classes, reflecting on how you are learning in each class while using metacognitive strategies.