**STUDENTS’ JOURNALING REFLECTIONS:**

**1. I feel as if I should be writing every day, because it seems to help me calm down and be less anxious.**

**2. I write about reflections and I sometimes change what I do in life based on those reflections.**

**3. My entries help me reflect how I felt at a given moment because of my strong imagery.**

**4. When I read my entries, I question myself a lot. I start looking back at what I’ve done and ask myself, “What can I do better next time?” or what went wrong in that situation.**

**5. I really value my goals and when I write and put many details in how I will achieve these goals, I have a better chance of reaching them.**

**6. My writing seems really angry and frustrated, mainly when I have tons of homework and tests. I think that’s normal for a teenager, to feel pressured, so this journal helps me rethink what I’m stressed about and unwind from all the world’s problems.**

**7. I write a lot about sports stories, my favorite teams, and events in sports. This makes me think maybe in the future I could be a sports writer.**

**8. Since I started writing in a journal, I started cutting back on the bad writing habits I had. Every week sure does enhance my skills of being a better writer.**

**9. Another occurring pattern I found was reviewing things I did in the past and writing about how I learn from them, and figuring out how I can do it differently, to calm myself down.**

**10. When I read the later entries, I noticed an emotional tone shift, from worrying to calm.**

**11. I like to write in the journal because I don’t feel comfortable sharing my opinions with my family because they differ from theirs.**

**12. I don’t tend to write a lot about really personal stuff, but when I do, it seems to relieve stress. So I might do it more often.**

**13. I think that even at my worst, I was able to take my emotions and form some kind of art with it.**

**14. Subconsciously, I think that what I’m writing is an extension of my musical abilities, and I see some potential of taking the writing and turning it into another form of expression.**

**15. I’ll admit my life is filled with more downs than ups, so it makes sense that I write about my negative feelings.**

**16. At the end of most of my entries, I write a phrase about what I realized I’ve learned. It helps me a lot.**

**17. I have been able to be more concentrated at school, by using my journal to let things that distract me and get in my head clear. I have been letting out so much emotion and distraction that I have been only been able to think about school and not hesitate as much.**

**18. I write narratives in several different genres. I use my journal to record my creative ideas.**

**19. My entries make me wonder why my emotions are always so negative. I never wrote an entry expressing how grateful I am to be alive, or anything. Writing seems like it’s my therapy.**

**20. My entries make me think that I should get more politically active.**

**21. Whenever I am anxious about something, I write about it. It makes me feel relieved to get the thoughts out of my head and onto paper. It’s therapeutic to vent to a piece of paper who won’t judge you.**

**22. I can easily express my emotions. Some of my friends have an emotional wall up.**

**23. Writing about my family helps me understand how my parents think and it gives me new perspective and reminds me how I should keep an open mind and consider their viewpoints.**

**24. Writing helps me get organized. It helps me sort out my anxious feelings and that everything will not fail.**

**25. I write about my favorite fictional characters a lot, because I like their world better than reality. And I like to think about living there for me.**

**26. I write narratives in several different genres. I use my journal to record my creative ideas.**

**27. When I use “lol”, “tbh” etc., I realize I’m a lazy writer, and this laziness is holding me back in my writing.**

**28. My entries make me wonder why my emotions are always so negative. I never wrote an entry expressing how grateful I am to be alive, or anything. Writing seems like it’s my therapy.**