



Goal Setting: Using Journals to Build Authentic Relationships

Come up with a plan for using journals in your classroom. Then, set a goal for the type of journal activity or activities you would like to start using in your classroom. Also, set a goal for finding time to meet and "interview" the students in your classroom.

Next, use the form below to set goals for using journals to build relationships with your students:

Goal: % of students will complete the activity, and I will meet with % of them.

Simple Data ^[1]

List the names of students in the grid below. Then, check off when each student completes the journal and when you discuss it with them.

Name: Written Interview	Name: Written Interview	Name: Written Interview
Name: Written Interview	Name: Written Interview	Name: Written Interview
Name: Written Interview	Name: Written Interview	Name: Written Interview
Name: Written Interview	Name: Written Interview	Name: Written Interview
Name: Written Interview	Name: Written Interview	Name: Written Interview
Name: Written Interview	Name: Written Interview	Name: Written Interview
Name: Written Interview	Name: Written Interview	Name: Written Interview
Name: Written Interview	Name: Written Interview	Name: Written Interview

Did I meet my goal? Yes No	
If YES, what went well?	If NO, what were the challenges?



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How will I meet the goal next time?

[1] Using Simple Data

Use the journal activity goal sheet to monitor the use of journal activities. Simple data can include counting the number of journal activities completed according to the above goal. Then you can just check off that each student completed the activity and whether or not you met with each student. Percentages could also be computed to demonstrate effectiveness. For example, 90% of students completed their journals or you were able to interview 95% of students about their responses.

If you met your goal

Give yourself some behavior-specific praise! Keep it up. Set another goal about journaling with students.

If you did not meet your goal

Reflect on any challenges you had. Determine how to overcome the challenges and give it another try. Meeting with your Double Check coach to problem solve can be helpful.

Challenges	Tips from the Field
<p>“ “ <i>If students write negative things in their journals.</i></p>	<p>Work with them on thinking about more positive things they could think of and write about. If this doesn't work, try to make sure students have special activities at school that they like and can journal about.</p>
<p>“ “ <i>Students journal about family struggles, mental health, or anything personal and concerning.</i></p>	<p>Meet with the school counselor or school psychologist to determine the best way to work with the family and child based on the content.</p>
<p>“ “ <i>Students have trouble coming up with ideas to write about when asked what they did over the weekend or similar questions.</i></p>	<p>Determine what the student really likes. Then, ask them to write a story about anything they like (e.g., favorite thing or activity that does not have to be reality). Often, the stories students write tell a lot about who they are. You can make great connections with your students simply by sharing the fun in their stories.</p>