

## EDC 216 & EDC 280 Extra Credit: Journal

In this course you will be learning the basic techniques of counseling. The assignment of a Counseling Journal is one means of enhancing your learning (and it is one of the techniques used in counseling to enhance client learning).

The Counseling Journal is your "companion" in recording your written insights, thoughts, feelings, perceptions, and behaviors regarding the process of counseling and what you experience as you: read, participate in class and small groups, counsel, receive counseling and observe counseling. It will be a record of discovery and revelation—a record of "how I learned to counsel" and "how I learned about myself."

A journal is not a chronology of events, but rather expresses feelings, perceptions, insights, and thoughts surrounding life events, focusing on your internal experience.

I believe you will find the practice of keeping a journal very rewarding. It is important to record personal insights, discoveries, and reactions. It is equally important to think about them later. Recording the process in writing will allow you to think more clearly and to understand yourself more fully.

Daily entries in your journal are recommended, but writing for 15 minutes, 3 times per week is required. Writing frequently and consistently are the keys to learning with your journal. Please date each entry.

## EDC 216 Extra Credit: Reading From an Original Source

Choose a book from the original source listed on the "Bibliography" (Person-Centered Theory, Gestalt Theory, Behavior Theory). Read the book. Type a one-page book report. Describe the content of the book in one-half of the report. Describe your reactions to the book in the other half of the report.

## EDC 216 & EDC 280 Extra Credit: Learning Experiments

Document how you are applying your new learnings in your daily life. Observe and document how you plan and carry out your new learning experiments. Observe, describe, and compare effects and outcome