

Sample Journal Prompts

General Prompts

Supplied by Dr. Linda McDowell, Educational Foundations, & Dr. Daniel O'Neill, Counseling and Human Development

- What are your thoughts as we begin freshman seminar together? What goals do you have for yourself during your first semester at MU? What help do you need in achieving these goals?
- What questions do you have that you need to be addressed immediately? Please remember that your peer mentor and/or professor are there for help and support.
- When you think of the future, what do you see yourself doing? What makes you happy? What gives you joy?
- Reflect on your Day of Caring experience. What were your impressions of the day? Did you learn anything about yourself? About Millersville University? If you could change something about the day what would it be? Was the day worthwhile for you? Why or why not?
- How are things going for you at Millersville? What are you enjoying the most about your college experience so far?
- How are things going for you at Millersville? What has been the toughest challenge? What has been the biggest surprise?
- Take a minute to reflect on today's class. Any new insights?
- Please reflect on your experience with service learning. How does giving back to the community have the potential to change who you are?
- After three weeks, what questions do you have that [Instructor name] or [Peer Mentor name] could answer?
- What are your goals for this first semester in college? Take a moment to reflect on your top three goals. List them below and describe what you hope to achieve by the end of the term. Be as specific as you can be.

- It is almost halfway through your first semester here at Millersville. How do you feel your classes are going so far? What were the results of your first major tests or midterms? What did you learn from these exams/midterms? Is there anything you should be doing to improve your performance in your classes? If so, what resources/help might you need?
- Each of you has been asked to work on a team to solve a “problem.” How has that experience been for you? Do you feel better prepared for college life and all the challenges you may face?
- How is the process of selecting classes and choosing/exploring a major going for you? What unanswered questions do you have?
- Re-read your journal entries to-date. What have you learned from writing in your journal?
- Take a minute to reflect on your other classes that are linked to the seminar. How are they going? Do you see the value in having several classes linked together?
- Free Page
- Are you closer to choosing a major than you were at the beginning of the semester? What do you need that you haven’t gotten? What obstacles or concerns do you have?
- How are feeling about final exams? What are you doing to prepare yourself?
- As the semester draws to a close, think back to the goals you identified at the beginning of the term. Were you successful in achieving those goals? What helped you accomplish your goal? If you did not meet your goals, what interfered with your success? Start thinking about goals for the new semester.

Alcohol & Other Drugs Prompts

Submitted by John Baltzer, C.A.C., Counseling and Human Development

- What are the good things about my relationship with alcohol and weed?
- What are the less positive things about my relationship with alcohol and weed?
- Can you be comfortable in social situations without alcohol or other drugs? Of the last 2 weeks of socializing with groups of friends, how many times did you not drink or smoke?
- In the last week, what did you do to have fun, socialize/bond, reduce stress, and make memories besides use alcohol or other drugs?
- What risk reduction strategies do you use when drinking alcohol?
- Write about how someone else's drinking or drugging affected you.
- Have you ever said "No" to a drink? If yes, what happened? If no, why not?
- What are your thoughts about the relationship between weed/drinking and GPA?
- Do you think that where you party and who you party with affects your perception of what is safe versus risky drinking and using? Why do you think that?
- What do you think about the recreational use of oxys, percs, xanax, vicodin, adderall, etc.?
- What do you think about the recreational use of heroin, suboxone, or cocaine?