

H-YOU

JOURNALING

In this journaling exercise, you will be answering some prompts. You can keep these answers to yourself, so feel free to write however you see fit.

Duration: 10 minutes

Goal: Gain confidence, inspiration or reach achievements

Who: Individual

What is it, and what are the benefits?

Journaling can be a tool to help you reflect on tasks or moments. The aim of journaling is to help you identify and process whether you want to gain confidence, inspiration, or achieve goals. The intention behind the prompts is to encourage you to think about your situation and to highlight what works for you.

Get started

Feel free to answer the prompts on paper or digitally. No need to keep the format in mind: you are writing for yourself, and no one else needs to read it. However, if you want to talk about it, you can also find someone you are comfortable with. The exercise should take you five to a maximum of ten minutes. You can answer one or more prompts per session; each one of them has a different focus, so you can decide what topic you want to target.

Prompts

- **Humanities Profile:** What are two skills you want to highlight, and what skill could you work on?
- **Study:** What course has been the most rewarding thus far, and why is that?
- **Personal:** What is something you want to achieve this semester?

Tips

- Use a pen to allow yourself to write without (auto)corrections.
- Keep it up: journaling can work as an outlet. No need to stick to a schedule but write when you feel like you can use some reflection.
- If none of the prompts work for you, start writing about your day; use this time to get things out of your system.


Identifying Humanities Skills.



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 Co-funded by the
European Union