

SUNY CORTLAND

COR 101 One Minute Journal Topics

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Personal

- Write about who you are.
- What would you write in a letter you could send back in time to yourself as a teen-ager?
- What is one of your most personal hopes and dreams?
- What is your bucket list?
- I wish I could learn..... because.....
- I wish I had one more chance to..... Then I would.....
- Describe any new skill that you have learned within the last month.
- What would you write in a letter you could send forward in time to yourself in 10 years?
- Choose a favorite recreational activity (bowling, reading, singing, etc.) and write about it from the perspective of someone who HATES the activity.
- I wish I could be like.... This person is special because....
- Describe a time your hard work paid off.
- Pretend that the date is ten years from today. Describe the area where you live.
- Think of a teacher, relative, or adult that you respect and want to impress. What is it about that person that makes you want to do well for them?
- If you had a crystal ball, what's one thing you would like to know about the future and why?
- Write your last will and testament.
- What would happen if you told the absolute truth all day?
- If I could give one piece of advice to any person in history, that advice would be...
- What do you think about the amount of violence on T.V.?
- When you look at an elderly person's hands what do you see?
- What do you think is the most important issue in America today?
- Write five intention statements about increasing your future happiness. I intend to . . .

Personal Wellness

- Describe a time you felt ... Aggressive, Angry, Bashful, Caring, Cheerful, Committed, Confident, Cruel, Depressed, Devoted, Dishonest, Disillusioned, Engaged, Friendly, Frightened, Furious, Hardworking, Hesitant, Lazy, Lonely, Loving, Nervous, Open, Sad, Scheming, Self-centered, Selfish, Sneaky, Supportive, or Thrilled
- Suggest some ways you can change a negative attitude into a positive.
- What gives you confidence and why?
- What does death teach us about life?
- Write a list of at least 20 things that make you feel good.
- Can you buy happiness? How?
- What is success or what does success mean to you?
- List your bad habits and/or addictions and how you have tried to rid yourself of them.
- Write at least five intention statements about improving your health. Think about nutrition, exercise, avoiding addictions, preventing disease and relaxation, or other factors influencing your health. I intend to

Finances

- Consider your spending for the last month. In what ways did your peers influence your buying decisions?
- Do you think it's a good idea to share an apartment with a roommate? Why or why not?
- Are brand name clothes worth the price (Abercrombie, Ralph Lauren, Nike)?
- Is there such a thing as "good debt"? If so, what?
- What role does money play in your life?
- What are the challenges of living on a budget?
- Why is it important to create and stick to a budget?
- When do you feel that it's okay to use a credit card?

Goals

- Write five personal short term goals
- Do you set very high goals for yourself? Why?
- Name one goal you hope to accomplish in the next year. Then list 10 goals you can do in the next month that will help you eventually reach your goal.
- Do you feel you can change your goals?
- How do you prioritize your goals?
- Where do you see yourself in 6 years?
- What happens when you find yourself falling short of your goals (i.e. not making the GPA you'd hope to)?
- What are challenges you might face trying to reach your goals?
- When you are older and look back on your life, what are the three most important life goals that you want to have accomplished?

College

- How would you change SUNY Cortland's student union to make it better?
- What advice would you give someone who is thinking about dropping out of school?
- If you were the president of SUNY Cortland, what's one thing you would change? Why?
- Describe the best and worst experience since coming to SUNY Cortland.
- What have you discovered about going to college that you would tell someone who is contemplating coming to college?
- Discuss anything that might get in the way of you being successful and how you plan to deal with it.
- Using the analogy that being a student is your job, describe your responsibilities. You might want to include how you will get promotions, how you will get paid, etc.
- What's the finest education?
- Describe your note-taking style and habits.
- Do you think bullying still exists in college?
- Write about your first reaction to your roommate. Has your opinion changed?
- Write five positive statements about your college education and your future.
- What are your dreams for the future? Write a paragraph about what you hope to accomplish by going to college.
- Describe a situation in which you have been disappointed, such as a poor grade or the loss of a job or a relationship. Was there an opportunity to learn from the situation?

Career

- Describe "the perfect job" for you. How does that compare to your current job? What would you have to do?
- In your opinion, what is the difference between a job and a career?
- In choosing a career, is it important to you that you work with other people or alone? Why?
- Imagine you could take anyone's job the day you graduate. Whose job is it? Why would you take it?
- What job would you never consider and why?
- Have you had a job already? What was it? What was your favorite thing about it?
- What is more important to you, making a lot of money and hating your job or making little money and loving your job?
- Henry Ford said, "Whether you think you can, or think you can't . . . you're right." Based on this quote, how can your thoughts help you to be successful in college and in your career?

Cultural Diversity

- What does it mean to be human? Discuss.
- Discuss: "As long as the world exists there will always be diversity."
- When communicating with persons of other cultures and ethnicities, what are common miscommunications? How can we learn to avoid them?
- Discuss: *You People*—Derogatory term used to describe people different from oneself or members of a particular group. The assumption as that all persons within a group are identical.
- What does diversity mean to you?
- Name the 3 components of diversity...
- Describe a fair, parade, or festival you have attended.
- What are some examples of prejudice? Have you seen examples in your everyday life?
- Discuss a time you had privilege.
- Discuss a time you were biased against another person or group? What would you have done differently?
- Frequently we learn discrimination through our parents, our community, the media, and our environment. What would you teach your children about diversity?
- How will an understanding of diversity help you to be successful in school and work?

Sexual Orientation

- Is "tomboy" behavior in girls just as concerning as "sissy-girl" behavior in boys?
- What is sexual orientation?
- What is "coming out" and why is it important?
- What can people do to diminish prejudice and discrimination against lesbian, gay, and bisexual people?
- How were gays/lesbians treated in your high school? Do you think their treatment is different at college?

Adapted from:

<http://www.tomslatin.com/80-journal-writing-prompts/>
<http://pyxlin-journal-prompts.wikidot.com/>
<http://www.angelfire.com/ok/freshenglish/morejournaltopics.html>
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