



## Minute Journal: Directions for Use

### **A Minute, or Maybe Five Minutes, to Help You Remember Your Take-Aways!**

You may be in a “knowledge development” class, like History or Sociology, a “skills-building” class like Math, Machining, or Drawing, or a “combination” class, like English. You might be taking notes, recording the lectures, or getting note-taking support. Still, using the Minute Journal as your class ends, can be a powerful tool to help you identify your main “take-aways” from that day’s class meeting. Writing a brief Minute Journal in your own words, with your own hands, at the end of each class can help you in a number of ways, as listed below. Ideally, you should write your Minute Journal just after the instructor has finished lecturing or presenting to the class, each class meeting. Feel free to use drawings or to use color, as time allows. See the sample on the next page. The Minute Journal is a single page, so two can be printed on one sheet of paper, or it can be customized for more or less space. Use and enjoy Minute Journals in any type of class; this will become a powerful habit!

### **Benefits of the Minute Journal:**

1. Capture the main points made in class while they’re still fresh in your mind.
2. See the flow or connection from the previous day’s class to today’s class.
3. Relate today’s lecture or presentation to the required textbook pages, websites, etc.
4. Identify information you feel you must remember.
5. Use a drawing or diagram to help you understand and remember.
6. Become more familiar and more comfortable with key vocabulary from the course.
7. Recognize what you need to do next to understand, remember, and use what you learned today.



**Minute Journal:** \_\_\_\_\_  
Student

**Date:** \_\_\_\_\_ **Class:** \_\_\_\_\_ **Online:** \_\_\_\_\_ **Face-to-Face:** \_\_\_\_\_

**1. Main point or topic of today’s lecture or skills demonstration:**

**2. Textbook pages, article, website, video, app, or other resource used:**

**3. Information I must remember from today:**

**4. Diagram / Drawing:**

**5. Key vocabulary from today’s class:**

**6. What I need to do or find out next to understand, remember, and use today’s new knowledge or skill, with confidence:**