EO C203.01 – RECORD ENTRIES IN A REFLECTIVE JOURNAL

1. **Performance**: Record Entries in a Reflective Journal

2. **Conditions**:

   a. Given:

      (1) Supervision; and

      (2) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.

3. **Standard**: In accordance with Karnes, F. A. & Bean, S. M., *Leadership For Students: A Practical Guide for Ages 8-18*, Prufrock Press, the cadet shall record entries in a reflective journal after a specific training activity, by writing, mapping, or drawing.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Conduct an activity during which cadets record their thoughts on the leadership they displayed and the leadership they observed on a specific training activity.	In-Class Activity	25 min	C0-113 (pp. 122 to 131)

5. **Time**:

   a. Introduction / Conclusion: 5 min

   b. In-Class Activity: 25 min

   c. Total: 3 x 30 min

6. **Substantiation**: An in-class activity was chosen for this lesson to reinforce leadership principles and characteristics and to provoke thought. It also allows the cadets to interact with their peers and share their knowledge, experiences, opinions and feelings about a recent team-building or training activity.

7. **References**: C0-113 (ISBN 1-882664-12-4) Karnes, F. A. & Bean, S. M. (1995). *Leadership for Students: A Practical Guide for Ages 8-18*. Waco, Texas: Prufrock Press.

8. **Training Aids**: Presentation aids (e.g. whiteboard/flipchart/OHP) appropriate for the classroom/training area.

9. **Learning Aids**: Template of questions for reflection.

10. **Test Details**: N/A.

11. **Remarks**:

    a. This EO should follow a significant practical activity such as a tour, a field exercise or EO M203.08 (Participate in Team-building Activities).

    b. This EO has been allocated three periods. Squadrons may conduct this training more than once a year.

Unofficial convenience copy of A-CR-CCP-802/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-802-PG-001/A-CR-CCP-802-PG-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-802/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-802-PG-001/A-CR-CCP-802-PG-001.pdf.
Verify against the official publication.