EO M326.07 – RECORD ENTRIES IN A JOURNAL

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

2. **Conditions**

   a. Given:

      (1) Silver Star Expedition Journal,

      (2) Pen/pencil,

      (3) Supervision, and

      (4) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Expedition centre, field setting.

3. **Standard.**The cadet shall record entries in a journal during an expedition training weekend to facilitate personal reflection.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Discuss journals, to include: a. the difference between a journal, a log, and a record book, b. the purpose of journals, c. types of journals, to include: (1) group journals, and (2) project journals; and d. journaling environment.	Interactive Lecture	5 min	C2-109 (pp. 36–39)

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TP	Description	Method	Time	Ref
TP2	Describe a journal, to include: a. importance, and b. information required in the Silver Star expedition journal, to include: (1) day and date, (2) mode of travel, (3) time, (4) start and end location, (5) distance and campsite GR, (6) route travelled, (7) campsite direction, (8) weather, (9) personal goals, (10) where can I use this training, (11) best thing of the day/worst thing of the day/ my best moments, and (12) personal reflections and observations	Interactive Lecture	10 min	
TP3	Have the cadets record entries in a journal during an expedition.	Practical Activity	10 min	

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Interactive Lecture:	15 min
c.	Practical Activity:	10 min
d.	Total:	30 min

6. **Substantiation**

   a. An interactive lecture was chosen for TPs 1 and 2 to introduce the journal and present background information.

   b. A practical activity was chosen for TP 3 as it is an interactive way to provoke thought and stimulate interest in the journal.

7. **References.**C2-109 (ISBN 0-7872-6561-6) Sugerman, D., Dohery, K., Garvey, D., & Gass, M. (2000). *Reflective Learning: Theory and Practice*. Dubuque, IO: Kendall/Hunt Publishing Company.

8. **Training Aids**

   a. Silver Star Expedition Journal, and

   b. Pens/pencils.

9. **Learning Aids**

   a. Silver Star Expedition Journal, and

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b. Pen/pencil.

10. **Test Details.**This EO is assessed IAW Chapter 3, Annex B, Appendix 8 (326 PC).

11. **Remarks**

a. The cadet will make two entries in the journal while at the expedition centre.

b. This EO has been allocated one period in the overall course period allocation. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.

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