



The impact of student journaling on my high school scholars

Dr. Stephen L. Bond
APUSH and AP Government
Teacher
Wilson Preparatory Academy
Wilson NC

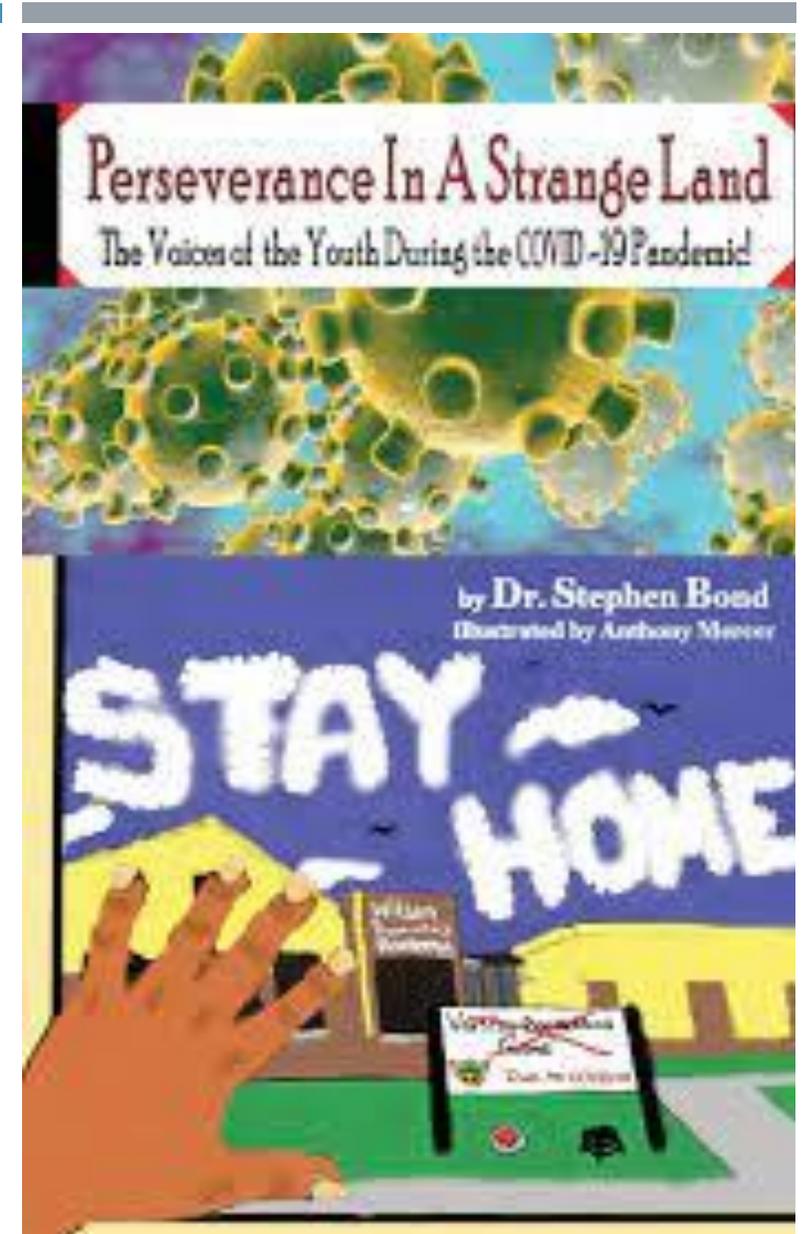
We will see how journaling helped my students not only vent about the hurt and pain from covid, but also feel empowered in the process

When the schools shut down in March of 2020, there was no plan or strategy to help the thousands of students who were now home



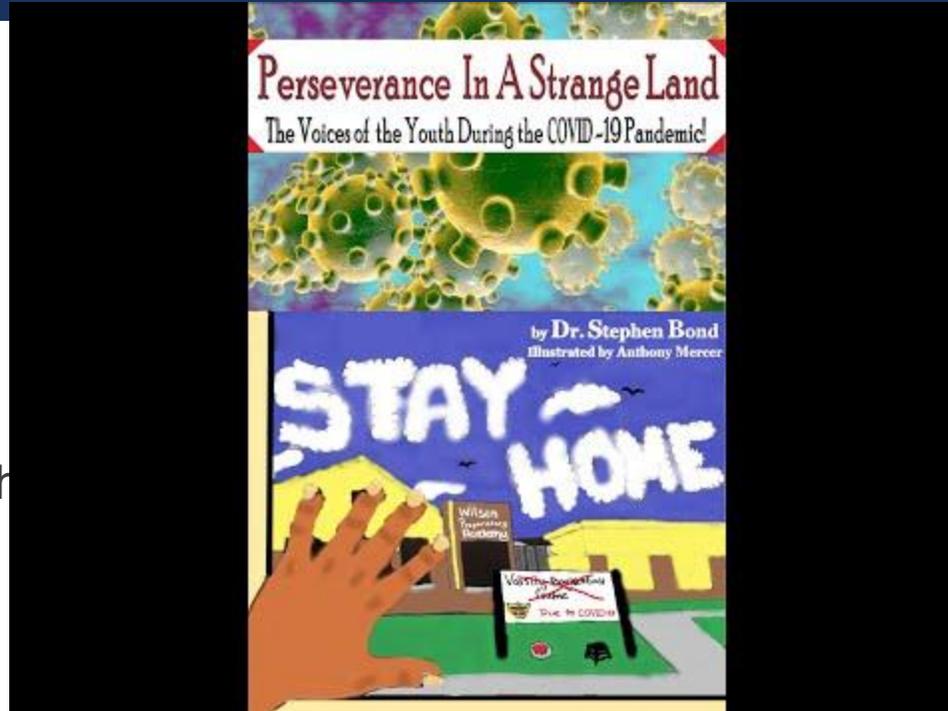
PERSEVERANCE IN A STRANGE LAND

- *“How has Covid 19 affected me? Well I won’t be able to experience my first prom and my graduation won’t be the same. My senior year has been ruined! How has it affected my social life? First off my mom is on the frontline during this time. She’s a respiratory therapist and I can’t remember the last time I hugged her! I’ve seen her cry because of this. She is worried that she’s going to bring it home to me!”*
- *“Lauryn McCoy, Senior at Wilson Preparatory Academy, Wilson County, North Carolina March 23, 2020*



News story on my book with two scholars who are in it

<https://www.youtube.com/watch>



ond

Another journal entry: Isaiah Parker March 26, 2020

“Honestly I don’t know when this pandemic will come to an end” Meanwhile, I really miss seeing some of my teachers and friends. Had no idea how much I would actually miss them. I had so much fun in school. Hopefully it won’t be for long”

Impact of journaling

“Research shows journaling in the classroom can help students in setting and achieving goals, boosting memory and comprehension, improving communication skills, providing organization practice, and can lead to a reduction in stress.

Teachers can structure journaling activities differently, but the most important principle in creating a classroom journaling routine is to emphasize that there is no ‘right or wrong’ way to journal. Journaling can be especially beneficial for students who may struggle with spelling, grammar, and punctuation. Knowing that their journals are for their thoughts, feelings, and opinions rather than a graded writing assignment allows students an opportunity to express themselves in writing without the pressure to perform. Through classroom journaling, teachers are able to assess students’ personal discoveries, questions, and opinions on classroom activities and materials.”

Website: empoweringeducation.edu “Journaling as a Social Emotional Learning Practice by Charles Merrow

My honest thoughts

I truly believe in the positive impact of students journaling. It covers an area where students can learn take account of their feelings and emotions, and assists them in the grieving and coping process. Many students were (and still) hurt and traumatized by the the Covid pandemic. They lost many of the “social normalities” that other students had experienced in the past. I applaud their courage and perseverance during this time. This book that was written for my students, vividly displays the anxiety, worry and concern that they had during this time. This splendid work has touched the hearts of thousands who have read it in five countries around the world

Questions???????

Any questions? Thank you for your time!