CAPSTONE JOURNAL GUIDELINES

Your project journal is a personal record of your experience with your CAPSTONE Project. It is your first person account of your project from idea to presentation including the preparation of your proposal and your experience with your Advisor and the Capstone Committee. Also, your reflection will serve as a learning tool and model for future Capstone students and will allow us to make adjustments to the program so that other students may benefit from the Capstone Project experience.

*****

Journal entries need to be 2 pages, typed, 12 pt font, reflecting on your experiences as a Capstone student. They should be prepared using the following guidelines:

Journal Entry 1 – Reflect on the process of getting started with your project. Include a discussion of struggles and possible steps you could have taken to improve the beginning of your project. You may also reflect on ways that we can improve the process for future students. What would you do differently? What do you think your advisor or the Capstone Committee could do to improve this part of the process.

Journal Entry 2 – Reflect on your fieldwork – What have you learned to date? What problems have you encountered? What adjustments have you made? How is your Capstone Advisor assisting you?

Journal Entry 3 – Reflect on the progress of your project presentation. What is your presentation plan? How has it changed/grown/developed since your Capstone began? How have your expectations about Capstone grown/developed since the project began?

Journal Entry 4 – Reflect on the Capstone experience by considering the following questions: What went right? What would I change? How did I solve problems that I encountered? Am I proud of my project? Why or why not? What would I have done differently for my project individually and for the process as a whole? What did I expect this project to do for me? Did it meet my expectations? Could this project have future implications for me in college or in my choice of employment?

All journal entries are due to your Advisor by the deadline