

In Depth Journal Outline

“Be the first rate version of yourself, not a second rate version of someone else.”

—Judy Garland

Is it my belief that in order to be able to *act* human, we must first learn what is it to *be* human. The only humans we have the absolute freedom to explore and control are ourselves. I think one of the best ways to do this is through written self-reflection. It is my hope that your Drama Journal becomes a place for you to have an internal dialogue of the how's and the why's of everything we do in drama and beyond.

For example, if an activity or assignment that we do in class triggers something in your memory, write it down and *explain* that connection. Be aware of thoughts that enter your head while we talk about a subject and wonder *why* your brain went there. So, after Wednesday's class, I might have written in my journal:

“I really liked the A and B interviewing activity that we did in class today. It gave me the opportunity to get to know my classmates a little better. I loved that we had to close our eyes when we were drawing pictures, because it was hilarious and fun to do. Fred's drawing of me reminded me of when I used to write with my toes with my sister and cousin because it was so wonderfully bad.”

This is a great description of where my brain went at that time, and a little bit of insight as to *why* I thought of this. The next questions I would then ask myself would be “*And so what?*” *What does this mean to you in the context of this drama class? Why is this important to tell me?* And so I might write:

“I think that this drama class will be somewhere that I can feel safe and at home, like I did when I was little. My sister and cousin used to laugh at my toe drawings, but their drawings were bad too, so it didn't matter. I did not feel judged or attacked during this activity in class and hope that this feeling will only grow as the year goes on. I am excited to be in a drama classroom as opposed to a typical classroom because we get to spend time getting to know each other and playing games that make me feel more comfortable with everyone.”

Your journal is *your* journal. There is no right or wrong answer. I am simply asking you to dig a little deeper and wonder why we do the things that we do and to notice and record how you feel when we do them.