

# The Midnight Journal Entry

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## DO NOW

What is a Journal?

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## Journal

A journal is a type of written record that you make of the things that happen to you each day.

It includes:

- The DATE of the entry.
- Exactly what happened, in detail.
- Exactly how you feel.
- Exactly what you think.
- Specific to the event itself.
- Reflection of YOUR specific point of view.

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## Journal Example

<http://www.thecasesolutions.com/10ac5c2018-0-043-0112>



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## Objective

Today, we will write our own journal entries and share them with the class. Once we have shared, we will discuss each other's point of view about the topic.

By the end of the class, you will have created your own journal entry.

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## Create your own

Write your own journal entry on one of the following topics.

- How do you feel about the election outcome?
- How was your day today so far? What happened?
- How do you feel?
- How was your night last night?
- How are you feeling in general today?

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## SHARE OUT

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<http://www.thecasesolutions.com/the-midnight-journal-entry>



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# Journal Example

<http://www.slideshare.net/mssami/how-to-write-a-diary-entry>

20-10-10  
Dear Aunty,  
Why do I always have to be promised to do so many good things? Why is this year turning out to be so bad for me? I doubt that you can give me an answer, but I really need to know why I'm basically killing myself here.  
So this year, I just started high school as a freshman. I thought that it was just the beginning of the best years of my life. I mean, just like in the movies, right? WRONG! Because of all the pressure that my family and I am getting on myself, high school is being hell. There is so much to do, I don't have a life at all! It's just homework, homework, and more homework, oh, and don't forget studying and practicing skills.  
There are also the those who I hate daily despite being in all honors classes, who treat me as if I'm over sensitive. My math teacher doesn't know anything, and so she treats me as if I'm a kindergarten, singing so that we can remember it. My english teacher is just plain confusing with her projects and literary analysis. I mean, come on! I was just starting to get the hang of English last year when I started my job, and now she makes me seem as if I don't know anything anymore!  
My chemistry teacher hates me for no reason, my social studies teacher picks favorites, and who are her favorites? The people of course, since she is the cheerleading coach. There are also the people who are actually devoted to learning and actually trying to help? No, she chooses the ones who are the most popular. And then there are the ones who claim to be the absolute WORST class that I've ever been in. It's impossible to maintain so A in that class because of the boring people who don't care about anything at all, and that's in an HONORS class!!!!!! We're supposed to be the role models of the school, and they make us seem like a pretty average school. I feel useless for the teacher there, since she has to put up with them.  
Yeah, my parents are, if it's not a great what so ever. The only two classes that I actually like are Latin and PE, since they are the only two blowoff classes that I'm taking. Also, I used to be the teacher's pet, the student, the favorite, and now, it's all ruined. Don't ask me why, since I'm not doing anything wrong. I don't know how I'm going to get through everything.  
That's enough about the students. Oh, I mean, that's all about going on. Out of all of my friends, I'm like the only one who has ever dated, and having their love stories makes me either miserable or depressed, and all the usual "getting ready for hours of sleep", and that's not it. My only escape now is watching, when I can just escape to a different world, but I don't have enough time for that.  
I just want for things to go back to the way they were.

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10-04-10

Dear Journal,

Why do I always have to be pressured to do so many good things? Why is this year turning out to be so bad for me? I doubt that you can give me an answer, but I really need to know why I'm basically killing myself here.

So this year, I just started high school as a freshman. I thought that it was just the beginning of the best years of my life, I mean, just like in the movies, right? WRONG! Because of all the pressure that my family and I am putting on myself, high school is a living hell. I have no social life, heck, I don't have a life at all! It's just homework, homework, and more homework, oh, and don't forget studying and practicing violin.

There are days like these when I absolutely despise being in all honors classes, which makes my life even worse! My math teacher doesn't know anything, and yet she treats us as if we're kindergartners, singing so that we can remember it. My English teacher is just plain confusing with her projects and literary analysis, I mean, come on! I was just starting to get the hang of English last year when I started roleplaying, and now she makes me seem as if I don't know anything anymore! My orchestra teacher hates me for no reason, my social studies teacher picks favorites, and who are her favorites? The preps. Of course, since she is the cheerleading coach. Does she pick the person who is actually devoted to learning and actually trying her best? No. She chooses the ones who are the most popular. And then there is my science class. It is the absolute WORST class that I've ever been in. It's impossible to maintain an A in that class because of the freaking preps who don't care about anything at all, and that's in an HONORS class!!!!!! We're supposed to be role models of the school, and they make us seem like a pretty crappy school. I feel so sorry for the teacher there, since she has to put up with them.

Yeah, as you can see, it's not a great start so far. The only two classes that I actually like are Latin and PE, since they are the only two blowoff classes that I'm taking. Also, I used to be the teacher's pet, the suck up, the favorite, and now, it's all ruined. Don't ask me why, since I'm not doing anything wrong. I don't know how I'm going to get through everything.

That's enough about the academic life, I mean, there's a lot more going on. Out of all of my friends, I'm like the only one who has never dated, and hearing their love stories makes me either annoyed or depressed, and add the usual "getting only four hours of sleep", and that's my life. My only escape now is roleplaying, where I can just escape to a different world, but I barely have enough time for that.

I just want for things to go back to the way they were.

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# ***Create your own***

**Write your own journal entry on one of the following topics.**

- **How do you feel about the election outcome?**
- **How was your day today so far? What happened?**
- **How do you feel?**
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A large white circle is centered on a green background with a leaf vein pattern. The text "SHARE OUT" is written in a bold, italicized, dark brown font inside the circle.

***SHARE OUT***

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