



Task Title: Keep a Journal

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☐

Task Description: The learner will be asked to keep a journal to record experiences, feelings, and thoughts.

Main Competency/Task Group/Level Indicator:

- Communicate Ideas and Information/Write continuous text/B2.2
- Communicate Ideas and Information/Express oneself creatively/B4

Materials Required:

- Pen/pencil and paper (or journal) and/or digital device

Learner Information

Students are often asked to keep a journal to record experiences, feelings, and thoughts. Students might write about an assigned topic, a story or book they are required to read, a current event or issue, or about their own life experiences. The assignment of keeping a journal usually requires the student to record his or her observations, ideas, and questions using descriptive words. Keeping a journal provides students with an opportunity to express themselves creatively and to develop and express their point of view or opinion. Keeping a journal also prepares students for other types of writing in which they will be required to present their point of view.

Scan the "Sample Journal Entry".

Sample Journal Entry

As I watched the tube fill from a glossy yellow to a deep red, I felt less alive than ever. It entered the machine, whirring and spinning. Meanwhile, I sat there. At first it seemed like hours, and it slowly *became* hours. What felt like the entire day ticked by—as slowly as the red in the tube—while I stared at the machine.

Today marks six months since I started hemodialysis. I had to start because I got really sick. I have always been more or less healthy, but the doctors told me that I have “chronic glomerulonephritis.” Believe me, even though it’s the biggest word I know, I wish I had never had to learn it. There’s this big scientific explanation about what is going wrong with the various structures in my kidneys, but that isn’t what I want to write here.

No, the important thing that you need to know is that the disease I have makes my kidneys almost useless. A year ago, I didn’t even know what kidneys do, aside from vaguely resembling a disgusting bean that bears their name. It turns out, though, that your body uses its kidneys to filter out the waste left over from other bodily processes. Apparently, our bodily cells are cranking out toxic waste all day long.

So, that’s my problem: lots of toxins in my blood, and my kidneys are no longer filtering them out. That’s why I have to get plugged into a dialyzer machine. If it weren’t for the machine, I would die. What I have learned from this is who I am and what is really important to me. This realization, while terrifying, has pushed me to write down my dreams, my fears, and my innermost thoughts. I think this process could end up helping me almost as much as the one performed by the machine.

Work Sheet

Task 1: Write a journal entry about a recent event in your life, or what is taking place in your life today. Continue the journal by writing at least two more entries on subsequent days within one week of your first journal entry. Copy and date your entries below or attach them to this task.

Answer:

Task Title: KeepJournal_S_B2.2_B4

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