

SELF-ASSESSMENT JOURNAL TEMPLATE

Name: Amber Lawson

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Entry #: 3

In the context of readings, current topic/area of discussion, respond to the following:

1. **What were your feelings after reading/hearing the content of the class today?**
I felt stressed out and out of shape.

2. **What connections are there between what you learned today and in your own life?** The discussion about self-care made me have to acknowledge the areas in my life that are overwhelming and/or out of control.

3. **What do you think was the most important word you heard today? Why is it important to you?** Wellness, because I know that even though my life may be very hectic right now, there may be some small things that I can improve upon to promote wellness.

4. **What came to you as a surprise today in anything you read or heard? Why?**
I was a little surprised that even though the class acknowledges the fact that a lot of us are out of shape physically, not many people were willing to do anything about it, even if they have the time.

5. **What questions would you like to have answered after today's discussion/activities?** Is overall wellness really feasible for busy, working, broke college students?