

Students

30 JOURNAL PROMPTS FOR STUDENTS

NAME _____ DATE _____

- 1 What is one thing you learned this week that surprised you, in class or out of it?
- 2 Which class do you look forward to most right now, and what makes it different from the others?
- 3 Describe your favorite place to study. What do you see, hear and smell there?
- 4 What is one small thing you want to get done today before your last class ends?
- 5 Write down three things from today's classes that you want to remember tomorrow.
- 6 What is the best question someone asked in class lately, and why did it stick with you?
- 7 How did you feel walking into school or onto campus this morning? Name the feeling in one or two words, then say where it came from.
- 8 What is one subject you used to dislike that you see differently now?
- 9 Which supply, tool or snack makes a long study session easier for you?
- 10 Think of a teacher or professor who explains things in a way that clicks for you. What do they do that works?
- 11 What would a good school day look like tomorrow, from the moment you wake up to the moment you fall asleep?

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| 12 | List the deadlines you have coming up this week. Which one feels heaviest, and which one feels easiest? |
| 13 | What is something you did well this week that nobody else noticed? |
| 14 | Describe how you actually studied for your last test, not how you meant to. What would you keep and what would you change? |
| 15 | When do you focus best: early, midday or late at night? How does your schedule match that, or work against it? |
| 16 | What does your phone do to your homework time? Write about one recent study session from start to finish. |
| 17 | Write about a grade that disappointed you. What happened in the days before it, and what do you know now that you did not know then? |
| 18 | Who do you study with, or who would you like to study with? What do you get from learning alongside other people? |
| 19 | What is one goal you set at the start of this term? Where are you with it now, and does it still matter to you? |
| 20 | Think of a time you asked for help with schoolwork. What made it easy or hard to ask? |
| 21 | Which activity outside class, such as a club, team, job or hobby, gives you energy?
Which one drains it? |
| 22 | What do you do when you get stuck on a hard problem? Walk through the last time it happened. |

- 23 Describe a day when school felt like too much. What helped, even a little?
- 24 What is a topic you would study on your own even if it were never on a test?
- 25 If you could redesign one class you are taking, what would you change about how it is taught or graded?
- 26 What is one habit you picked up this year that makes school easier, and one that makes it harder?
- 27 How do you talk to yourself after a mistake on an assignment? Write down the exact words, then write what you would say to a friend instead.
- 28 Whose expectations do you carry into your schoolwork: your own, your family's, a teacher's, a friend's? Write about where each one shows up.
- 29 Write about the moment you first felt you were good at something in school. What happened, and how has it shaped what you believe about yourself?
- 30 What would you study, or do after school, if no one else had an opinion about it? How close is that to your current plan?