

East Valley High School Culminating Senior Project Guide

Journal Guidelines

The journal is where you will document steps and progress you take for your project. Use it to record your hours spent and what was done during that time. You will review your journal entries with your coach each week to ensure that all entries are current. If you do it record it or it did not happen! Do a good job; be neat and specific with all entries. The journal's format is up to you, you do not have to do it the same way as the examples (See below).

Each entry should include:

- Who – worked on your own or with your mentor
- What you did (learned, experienced)
- When you did it
- Where you did it
- How it related to your project
- Reflection and evaluation of learning

The following two examples show good format, but poor entries:

Date	Start Time	End Time	Time Spent (in hours)	Tasks
Sept. 7, 2004	7:30 PM	8:00 PM	0.5	I talked with my connections coach on where I might find a mentor for blacksmithing. I called a guy.

Or

September 7, 2004

0.5 hours

I talked with my connections coach on where I might find a mentor for blacksmithing.

The following example shows both a good format and entry:

Date	Start Time	End Time	Time Spent (in hours)	Tasks
Sept. 7, 2004	7:30 PM	8:00 PM	0.5	I talked with my connections coach on where I might find a mentor for blacksmithing. She suggested that I look in the phonebook first under blacksmiths and if that did not help to try ferrier (horseshoers). I found a ferrier, Sam Ruiz, and gave him a call. It just so happened that he also does some blacksmithing work, mostly for fun, along with his wife. He said they could visit with me on the 10 th at 6 pm and talk about my project and what they would have to do before deciding if they could handle the time commitment. I asked him if I could bring my parents so they could meet him and his wife as well. Sam asked me what made me consider blacksmithing as a project. I told him that my great-grandfather was a blacksmith in Helena, Montana and I just thought it would be cool to find out how it was done. To learn about the past and how it has evolved. He seemed to think that was cool.



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