

The project journal

This tool for counselling gives insights in how to motivate clients to use a journal and how to work with it as a trainer in a sensitive way.

Time: individual

Counselling and individual reflection

Material: a journal or diary

Why should I, as a coach, master this method?

„To write a journal is a wonderful possibility for self-reflection and self-awareness. And therefore it is an excellent means for an active embodiment of your own life. In a journal we write about ourselves and our lives and by doing so we can learn a lot about ourselves, our behavior and also about our “blind spots”. By noting what we experience and what is moving and affecting us we feel/sense many things a lot more consciously. And that can be – especially for people who feel like the time is running by – a very pleasant thing. Also later on incidents are easier to retrace (and to understand).”

Reff: <http://www.zeitzuleben.de/2211-ich-schreib-ganz-fur-mich-tipps-zum-fuhren-eines-tagebuchs/>

Description:

The journal belongs to the adolescent. It is introduced during a counselling session. Youthcoaches can ask how the writing process is going and if they noted anything interesting that the adolescent would like to talk about in the counselling.

Adolescents can receive the following hints in order to have a reference point about what he/she could write:

What you should write into your journal regularly?

What made you especially happy today.

What got on your nerves. With who could you talk about it.

Anything new that you learned – especially with regard to occupations?

What else would you like to know? Which questions do you have?

Which occupations are interesting for you?

Did you hear anything about an interesting education / training or apprenticeship?

Information about possible apprenticeship training positions

Information about job applications:

- Name and address of the possible apprenticeship company
- Responsible contact person in the apprenticeship company and telephone number
- How will I apply (application form, letter of application)?
- When did I write my application and when did I send it?
- Did I get a positive or negative response?

Tips for the adolescents

Your journal is all yours. Keep it in a place where only you have access to it. It is not important whether your writing is correct. It's your notes – the principal thing is that you know what they are about.

Write whatever way you like. In a chaotic way, side by side, in rhymes, in poems. Or draw. It is important that you feel good when you are writing.

Hint: The information about job applications can also be noted separately in a book, in order to be able to retrace the job application activities.