**Journal Entries Chapter 8  
College and Career Success, 7th Edition  
Name:**

Directions: The journal entries are an opportunity to think about the material in the text and apply it to your own life. Answer the questions with a paragraph or list rather than a phrase or sentence.

1. Write one paragraph giving advice to a new student about taking notes in college. Use any of these questions to guide your thinking:

Why is note taking necessary in college?

How can you be a good listener?

What are some tips for taking good notes?

What are some ideas that don’t work?

1. Write five intention statements about improving your note-taking skills. Consider your note-taking system, how to take notes more efficiently, and the best way to review your notes. I intend to . . .
2. Write five intention statements about improving your writing. While thinking about your statements, consider the steps of POWER writing: prepare, organize, write, edit, and revise. Do you need to work on problems such as writer’s block or getting your writing done on time? I intend to . . .
3. Write one paragraph giving advice to a new college student on how to make a speech. Use any of these questions to guide your thinking:

What are some ways to deal with anxiety about public speaking?

How can you make your speech interesting?

What are some steps in preparing a speech?

What are some ideas that don’t work?

1. How can being selective help you achieve success in college and in life?

How can being selective help you to be a better not taker, writer, or speaker?

How can being selective help you to manage your time and your life?

What is the meaning of this quote by William James: “The essence of genius is knowing what to overlook?”