

“I have concluded that life-based writing [(in the form of journaling)](https://www.usa.edu/blog/ways-journaling-benefits-students/) is an effective **engagement strategy** that encourages students to personalize course content by relating it to their **everyday experiences**. I have arrived at this conclusion 👓 through a combination of decades of informal classroom observations and my own classroom-based research findings over this same time frame that calls upon the scholarship of teaching and learning. Overall, these findings show that journaling **compares favorably** to more traditional written assignments—including term papers—in terms of stimulating analytical and creative thinking, self-directed learning, awareness of course relevance to real-world events, understanding of self and *others*, and **interest in the subject matter” –** J.A.Mayo

Source: <https://openfacultypatchbook.org/asessment/patch-twenty-five-write-your-life/>