

# Course Journal Instructions

## PSY 210: Basic Statistics for Psychology

### Purpose

The purpose of your keeping a Course Journal is for you to document

- (a) **what** you have learned in each Unit of this course; and
- (b) **how** you'll apply what you have learned in each Unit of this course to your life and future career.

Because this course does not have a midterm exam or a cumulative final, your Course Journal will serve the purpose of consolidating and documenting your learning.

### Medium

You may use just about any medium you want to use for recording your Course Journal: handwriting on parchment paper; a blog or Tumblr; video or audio recording on your phone; typing into a Word or Google doc – truly, you can use just about any medium or even combination of media, if that's what you want.

The only requirement related to medium is that you will need to be able to attach, or otherwise upload to a Discussion Board post or Assignment your completed Course Journal three times during the term in Units 1, 7, and 14. For example, if you are using handwriting on parchment, you will need to scan the pages into a PDF. As another example, if you are using video or audio, you will need to be able to save your files as .mp4 or .wav to attach or otherwise upload them to Discussion Boards and Assignments in Canvas.

### Frequency

You must make **at least one Unit entry**, the equivalent of at least 200 words, during each of the course's 14 Units. Therefore, your completed Course Journal at the end of the term will include at least 14 Unit entries (Units 1-14), all of which must be at least 200 words. You're certainly welcome to include more entries than the required 14.

### Content

- Begin each Unit entry by listing **two specific things** you have learned during that Unit. These things might be facts, procedures, best practices, or pitfalls to avoid.
- Next, in at least 100 words, **summarize what you have learned** about those two things during that Unit.
- Lastly, in at least 100 words, **discuss how you will apply** to your life or the life of someone you know what you have learned about those two things.