**Journal Entries**

*A journal is a useful tool to keep a systematic record of your thoughts, experiences, and research progress. The notes you capture I your journal entries will be a great resource for when you discuss your work with your faculty mentor, complete and discuss your research assessments, and prepare your progress and final reports. This process will also provide practice with writing, a potential mechanism for clarifying ideas, and provides source information for writing up your project.*

*Your journal entries can include any thoughts related to your research. Your entries could include an update on the progress of your work, any questions and concerns that have arisen, ideas and observations, and any self-reflection about how your thinking is evolving as your work goes forward.*

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