

## Self-Dialogue

**Directions:** Self-dialogue is designed to help you become more engaged in your learning process. As you go through this course, keep a journal of your thoughts and feelings about your learning. Use the following questions to prompt your responses.

1. What are you learning in this section of the course?
2. How are you learning? Are you learning by reading the textbook? Are you learning by listening to the instructor's lectures? Are you learning by writing papers, doing projects, or by other methods?
3. Is this new knowledge you are learning? If so, what is new? If not, what did you already know?
4. How does the learning in this course fit into your life? How does it help you with your life goals—both personally and professionally?
5. How does the learning in this course make you feel about yourself?
6. How will you use the learning in the course of your life—both personally and professionally?
7. How has the learning in this course broadened your view or changed your life?
8. What experiences in your life can you relate to the material in this course?