# 1 Credit Experience Journal Template

## Student Name:

## Student IRN:

### Instructions:

Please select a Journal topic from the website to which you have relevant knowledge and experience gained to sufficiently respond to each component of Kolb's model for each subtopic.

1. Each section of Kolb's model should be a minimum of 150 words.
2. Students are required to include a biography of at least 500 words describing themselves and their personal and professional experience.
3. Once the Journal and biography is completed please log into your student website and submit your Journal to PLA

##### Autobiography (500 words minimum) Type in field below

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When completing your Life Experience Journal in the sections below, use the following descriptions of each of the four elements of Kolb’s model as a guide for what should be included in your responses. These should be written in the first person, so these elements will translate the learning you’ve gained from your experiences into knowledge.

### Kolb's Model

The University uses Kolb's model to from experiences into knowledge. Below is a brief description of each of the four elements of Kolb's Model. Please make sure you respond to each section for each of the subtopics:

* Description of Concrete Experience**:** Concrete experience represents your personal participation with the people, places, activities, and events of an experience. You should describe your involvement relative to the experience, demonstrating the opportunity for learning.
* Reflections: Reflections represent a student's thinking and processing relative to the experience
* Generalizations, Principles and Theories: Generalizations, Principles, and Theories are constructs that organize and guide academic learning. A typical college course is built around several such generalizations, principles, and/or theories
* Testing and Application: Testing and Application represent situations in which the new learning can be used.

## EXPERIENCE JOURNAL TOPIC: (Indicate Journal Topic Here)

#### SUBTOPIC 1:

##### Description of Concrete Experience (approx. 150 words): Type in field below

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##### Reflections (approx. 150 words): Type in field below

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##### Generalizations, Principles and Theories (approx. 150 words): Type in field below

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Testing and Application (approx. 150 words): Type in field below

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#### SUBTOPIC 2:

##### Description of Concrete Experience (approx. 150 words): Type in field below

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##### Reflections (approx. 150 words): Type in field below

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##### Generalizations, Principles and Theories (approx. 150 words): Type in field below

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##### Testing and Application (approx. 150 words): Type in field below

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