

THE ART OF CREATIVE JOURNALING
organized by the
Department of Education, Loreto College
April 30, 2024



Learning Objectives:

- Understand the significance of journaling as a creative outlet for personal expression and reflection.
- Explore the diverse forms that journaling can take, from writing to doodling, and its therapeutic effects on mental well-being.
- Encourage participants to engage in journaling as a means to process emotions, thoughts, and experiences.
- Highlight the historical and personal importance of archiving one's journals for future generations.
- Inspire individuals to embrace writing as a tool for self-discovery and personal growth.

Learning Outcomes:

At the end of the session, the students will be able to:

- Understand the various forms of creative journaling, such as writing, doodling, and poetry.
- Learn about the therapeutic benefits of journaling in managing emotions and promoting mental well-being.
- Express their thoughts and emotions through journaling in a safe and non-judgmental environment.
- Develop a sense of self-reflection and personal growth among the participants.
- Explore journaling as a tool for self-expression, creativity, and building positive relationships.

Feedback Report

Total No. of Respondents: 40

