

It's not a Book. It's a BoK: Ruminating in the Margins on the Role of Self-Reflective Journaling in Fostering Personal and Professional Socialization

Paige Saddler & Dr. Tara Earls Larrison

University of Illinois at Urbana-Champaign

Abstract

This presentation offers a case study approach to rethink the contemporary understandings and implementations of journaling in higher education. Drawing on educational theory and lived experience, the author presents the Book of Ken (BoK) as a tool for self-reflection, critical thinking, and transformative learning. Through unrestricted creative processes, the BoK served as a method of discovery for students within an undergraduate social work course that emphasized the role of the individual throughout the learning process. Using page entries as data, the author demonstrates what creative journaling looks like in both substance and style and its relativity to personal and professional socialization in teaching and learning environments. From adopting reflective processing methodology, the author details a newfound comprehensive awareness about oneself and the various intersectionalities that make up the self. Such realizations exhibit the effectiveness of the BoK in fostering critical consciousness and personal and professional development. A recommendation follows for increased application of self-reflective journaling in professional education contexts, with the BoK as the means to do so.

Keywords: self-reflection, journaling, Book of Ken, BoK, personal socialization, professional socialization

About the Author: Paige Saddler is a 2021 graduate from the University of Illinois at Urbana-Champaign. Having graduated with a Bachelors of Social Work and minor in Business, she is now attending the University of Louisville to complete her Masters of Social Work. Her interests lie in macro-practice advocacy and social justice.

Ruminating in the Mo

REFLEXIVITY: MOTIVATION

- lived experience ~ change from within
- began as an emerging social work student
- *Full Circle*: "I honestly feel as though I have

RESEARCH QUESTION

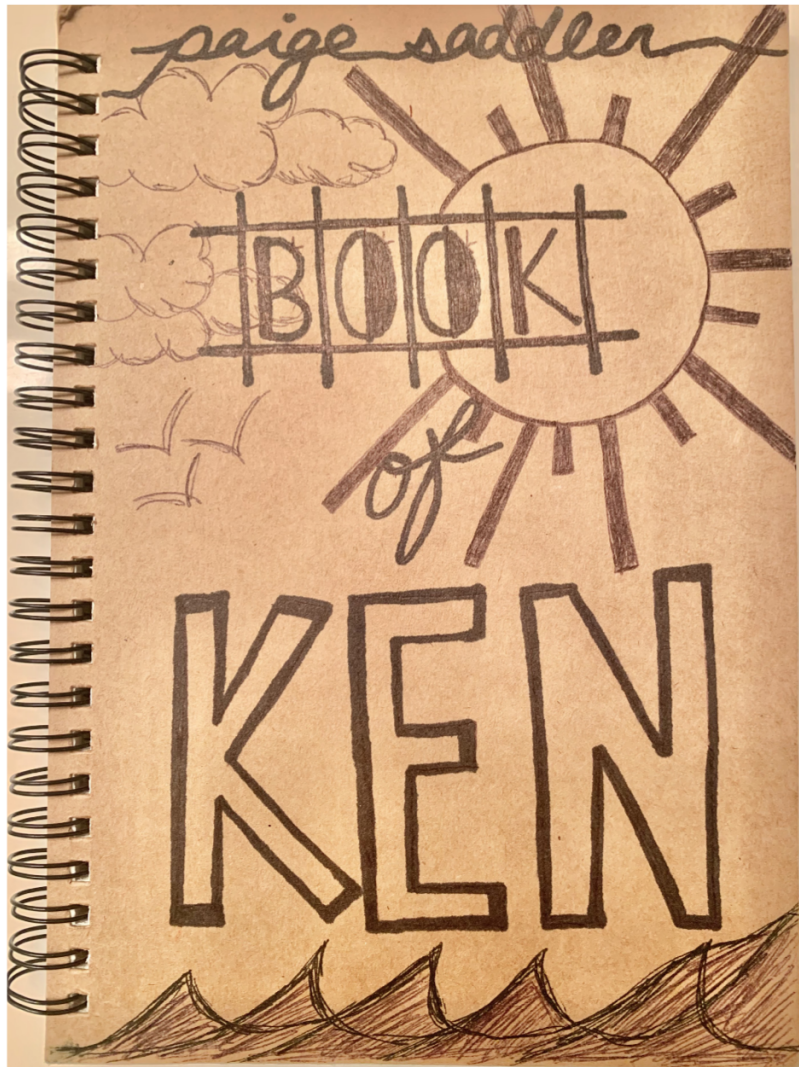
How does self-reflective journaling facilitate t
personal and professional socializat

REFLECTION

- to holistically process to
construct meaning (Boud, 1999)

what

ALL ABOUT



WHAT IS IT?

- o inspired by *The Sun*
- o "Ken" = "one's range" (Earls Larrison, 2020)
- o objective: move b

- **Personal-Professional Intersectionality** : The sift ideas, feelings, and thoughts throughout learning
 - o "The BoK allows students to explore different constraint." (Saddler, 2019).

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