



# Worthington Field Studies, Inc.

Worthington City Schools  
200 E Wilson Bridge Road  
Worthington, Ohio 43085



## OHIO PARKS TRIP 2022 - Trip Journal

### OVERVIEW

**What is it?** Your trip journal is a **Log**. It contains information about your experiences on the trip. It is also a **Record** of the things (daily and one-time events) that happened on the trip, and a record of your actions and reactions. Finally, your journal is also a kind of semi-public **Diary**, a personal written description of your own activities, feelings and observations.

**Why?** It is difficult for the mind to hold everything, especially when it is being exposed to new, unexpected, astonishing, or rapidly paced experiences. Think about it. Can you remember **everything** that you saw, felt, and knew yesterday? Now what about last week? Month? Year?

New experiences are going to be piled on top of each other, day after day, and often times before you are ready for them (you will still be enjoying and contemplating the immediate past experience). This makes it important that you keep a **daily, written** record of these experiences.

Weeks, months, or even years later when you look through your journal, you will be amazed at the many details of the trip, many of which you had forgotten!

### EXAMPLES OF THINGS TO INCLUDE IN YOUR JOURNAL:

**Questions** – Questions about what you are seeing and experiencing as well as answers to those questions. For example: “Why is the vegetation different on the west facing slopes than down in the valley where we were hiking today?” Finding answers to these types of questions can bring together many different areas of knowledge and experience.

**Facts** – From your notes in your field notebook, tidbits picked up in visitor centers, park handouts, field guides, evening programs, guest speakers and park rangers.

**Observations** – Look around you; discover change, examine the vistas. “How has the climate/land/culture changed from earlier in the day?”

**Sketches** – Views of what you see, large or small. Also include diagrams from trail signs, cultural features, geologic formations and biological interactions.

**Maps** – Include sections of a map you may have or a map you have made to identify where you are or where you are going.



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**Artwork** – Add a variety of items you collect from park handouts and add your own original artwork to your journal – make your journal creative and unique, and reflection of your personality!

**Feelings** – For example, a description of your feelings about the hike to Old Man’s Cave, or your reaction to the John Glenn Astronomy Park, or a reflection upon the glacial grooves on Kelley’s Island. Or, your reaction to your first time on dish crew!

**Stuff** – Artifacts or specimens you think are or might be interesting enough to keep. You may need a special container for this. Make sure you have labels telling when and where collected.

**Know the collecting rules of each area before collecting!**

## Organization of Your Journal

The top of each Journal Page can be organized using one of the following conventions:

Day of Trip Day & Date	From _____ To _____
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OR

Day of Trip Day & Date	At _____ Name of Activity
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### EXAMPLES:

Day 1 Friday, June 3	From Worthington, OH To Hocking Hills SP
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OR

Day 5 Tuesday, June 7	At Cuyahoga Valley NP Bike and Train ride
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