

# Community Education – Fall Quarter 2026

**Course Title:** Journaling for Beginners

**Instructor:** Carrie Lynn Thatcher

Certified Journal Coach, Author, Blogger and Journal Keeper

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## Course Details

**Date:** Wednesdays, 10/21 to 11/4

**Time:** 6:00pm – 8:00pm

**Location:** Room 337, Columbia Tech Center Campus, 18700 SE Mill Plain Blvd, Vancouver.

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## Course Description

Discover how journaling can be a powerful tool for self-reflection, creativity, and personal growth. Explore engaging journaling techniques and creative prompts that help you move beyond simply recording past events to gaining clarity, setting intentions, and creating a more meaningful future. Whether you're new to journaling or looking to deepen your practice, you'll leave with practical skills and inspiration to make journaling a rewarding part of your everyday life.

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## Learning Outcomes

By the end of this course, students will:

Learn the art of writing expressively about your life.

- Explore how to use writing to heal personal wounds and trauma
  - Discover the healing science behind writing about yourself
  - Craft your own story through journal writing
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## Course Schedule

**Week 1:** October 21 – Your Journal is Your Mind

**Week 2:** October 28 – Journal Writing for Reflection and Healing

**Week 3:** November 4 – Power to Create

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## Resources

Recommended references for further study:

- Pennebaker, J. (1990) *Opening Up, The Healing Art of Expressing Emotions*. The Guilford Press.
- Cameron, J (2016) *The Artists Way, A Spiritual Path to Higher Creativity*. Penguin Random House.
- Siegel-Acevedo, D. (2021) *Writing Can Heal Us from Trauma*. Harvard Business Review. July 1, 2021

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## Class Evaluation

- Class evaluations are sent by email.
- If you don't see it right away, check your **junk/spam folder**.
- Evaluations are **anonymous** and come directly from Clark College.
- If you don't receive one, contact:
  - Email: [continuingeducation@clark.edu](mailto:continuingeducation@clark.edu)
  - Phone: 360-992-2939

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## Inclement Weather

- If the college closes due to weather, updates will appear at [www.clark.edu](http://www.clark.edu)
- Community Education may also cancel classes independently if travel is unsafe.
- If canceled, you will be notified by both phone and email.
- Please check that your contact information is correct on the class roster.

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## More Classes

Looking for more Community Education courses? Visit: [www.clark.edu/cce/](http://www.clark.edu/cce/)