

# Community Education – Fall Quarter 2026

**Course Title:** Life Enhancing Journal Keeping

**Instructor:** Carrie Lynn Thatcher

Certified Journal Coach, Author, Blogger and Journal Keeper

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## Course Details

**Date:** Saturdays, 10/17 to 10/31

**Time:** 10:00am – 1:00pm

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

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## Course Description

Discover how journaling can support self-awareness, creativity, and personal growth. Through guided prompts and practical techniques, learn to use journaling for reflection, goal setting, stress reduction, and creating a more intentional life. Leave with practical tools and renewed inspiration to create a journaling practice that supports a more intentional, balanced, and fulfilling life.

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## Learning Outcomes

By the end of this course, students will:

- Explore your personal story Learn the history of personal journaling
  - Learn journaling healing modalities for personal reflection
  - Craft new intentions from past experiences
  - Explore a variety of journal keeping practices
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## Course Schedule

**Week 1:** October 17 – Explore Your Personal Story Through Journaling Methods.

**Week 2:** October 23 – Practice Personal Perspective Techniques.

**Week 3:** October 30 – Connect Your Past to Your Future Through Journaling

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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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