

# Research in Action Podcast Instructor Guide

Use the following episode description, learning objectives, guiding questions and activity suggestions to more easily include “Research in Action” podcast episodes as a supplemental resource for your course.

# Dr. Dannelle Stevens on Journaling Best Practices [32:35]

## Research in Action - Episode 10

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### Podcast and Episode Information

“Research in Action” is a weekly podcast about topics and issues related to research in higher education featuring experts across a range of disciplines.

On this episode of the podcast, the guest is Dr. Dannelle Stevens, a professor in the Curriculum and Instruction Department at Portland State University. Dr. Stevens has written several books including *Tenure in the sacred grove: Issues and strategies for women and minorities* from Suny Press and co-edited with Joanne Cooper, *Introduction to rubrics* from Stylus Press and co-authored with Antonia Levi, and *Journal-keeping: How to use reflective writing for teaching, learning, professional insight and personal change* from Stylus Press also co-authored with Joanne Cooper. Dr. Stevens earned her doctorate in educational psychology from Michigan State University. Before her work in higher education, she also previously taught middle school and high school social studies, language arts, and special education for 14 years across four school districts and three states.

*Segment One* [00:00-11:29] - In this segment, Dannelle and the host talk about the different benefits of journaling for researchers including organizing reflections and notes and “mining” ideas for future projects.

*Segment Two* [11:30-17:55] – In this segment, Dannelle and the host discuss some journaling logistics such as indexing practices for journaling, whether journaling needs to be done regularly, and some ways to start journaling if you are a beginner.

*Segment Three* [17:56-32:35] - In this segment, Dannelle and the host share some of the ways that they use their journals in ways that are directly related to their research and whether digital journaling can have the same benefits as hard-written reflection.

*Bonus Clip # 1* [00:00-8:41]: Choosing the Right Journal and Dialogic Journaling.

Show notes and a transcript for this episode can be found at:

<http://ecampus.oregonstate.edu/research/podcast/e10/>

### Learning Outcomes

By listening to this episode, students will be able to:

- List resources for journal keeping practices and journal products
- Discuss the purposes of journal keeping
- Identify potential benefits of journaling
- List strategies for journal keeping during research
- Review methods for organizing the contents of a journal
- Discuss comparisons between hand-written and digital journal keeping
- Cite resources for digital note keeping and reference management systems

### Guiding Questions for Listening

- How does Dannelle Stevens describe reflection as a part of journaling?
- What are some purposes and potential benefits of journal keeping?
- What are some of the strategies mentioned for journaling during research-related work?
- How can journaling be utilized as a way to organize projects and notes?
- What are some of the suggestions mentioned for organizing the contents of a journal?
- According to Dannelle Stevens, what are some of the challenges today with the ability to “get into so much literature so quickly”? What suggestions does Dannelle offer as a way to approach these challenges?
- Based on the discussion about digital and hand-written journals, which approach do you think would work best for you?
- What are some suggested considerations for choosing a journal that will work for you? (see also, Bonus Clip)

- How can a journal become a dialogic journal? (see also, Bonus Clip)

## Possible Activities

- Have your students keep a journal to log their experiences with a class assignment or project. Encourage students to handwrite some prompts, and type others. Lead a discussion online or in-class about what differences they notice from the two different mediums of journaling and what they learned through their reflections.
- Assign students to develop journaling prompts for your course and then distribute them throughout the term for you and your students to respond to. Take note of the kinds of questions and prompts that are most interesting to your students.
- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e10/>) and look at an additional resource that is linked in connection with this episode. Students can write a short review of that resource to share with their peers
- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e10/>) and post an additional resource connected to the content of the episode in the comments section.
- Have students share questions that are raised for them based on the content of this episode or the content of the episode's bonus clips. What would they ask Dannelle Stevens if they could?

## Suggested Citation (APA, 6th edition)

Linder, K. (Producer/host). (2016, June 6). *Dr. Dannelle Stevens on Journaling Bet Practices* [Audio podcast]. Retrieved from <http://ecampus.oregonstate.edu/research/podcast/e10/>

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## Notes

## About the Research in Action Podcast

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“Research in Action” (RIA) is a podcast about topics and issues related to research in higher education featuring experts across a range of disciplines. Episodes are posted weekly and include guest interviews and occasional solo episodes. Guests are from a range of higher education institutions and share their expertise on qualitative, quantitative and mixed methods as well as their personal experiences as researchers, research and writing practices, organizational and productivity strategies, and much more. Some weeks, bonus content will also be posted.

“Research in Action” is hosted by [Dr. Katie Linder](#), research director for Oregon State University Ecampus.

Visit the podcast website to view [show notes and transcripts for each episode](#), explore our [episode guide](#), learn more about how to [contact us](#), or [suggest a future guest or topic](#).

You may subscribe to the [“Research in Action” RSS feed](#) or access the podcast via [iTunes](#), [Soundcloud](#) or [Stitcher](#).

“Research in Action” is also listed on [MERLOT](#).

The “Research in Action” podcast is a resource funded by Oregon State University Ecampus – ranked top ten in the nation for online education two years running by U.S. News & World Report. OSU Ecampus has more than 45 degree programs and more than 1,000 classes online.

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