



SAINT CHARLES BORROMEEO SEMINARY, OVERBROOK

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COLLEGE SEMINARY

Log Book Instructions Preliminary Considerations

1. Intuitive sense of what a Log Book is and does:

The purpose of the logbook is to keep a written record of the significant events that occurred during the three hours of service on the Thursday Apostolate. The Log Book also should include reactions to the events in order to help one reflect on them and to aid in discussions with one's Formation Advisor.

2. The Log Book is a learning tool.

It is meant to help you to understand and integrate your Field Education experience. Field Education is not a random experience or even a well-intentioned service project: it is apostolic training combined with a learning experience. Therefore, Field Education is experience-based learning; and in order for an experience to become a learning experience, it needs to be processed.

3. A Log Book is a personal learning tool.

Although the Log Book is a personal account, the seminarians will share it with one's Formation Advisor.

4. Value of the Log Book:

- A lens facilitating reflection one's self and one's Field Education experiences.
- A personal, spiritual journal
- Log Book skills support prayer-journaling
- The Log Book is *not* the same as a journal because it is shared in the external forum.

Method and Mechanics

There are many formats, but the fundamental movement is the same:

1. Experience
2. Thoughts and Feelings /Self-awareness
3. Respond / Resolve

A. Experience: attend to the "facts" of the experience.

1. Describe the "who, what, when, where, why"

2. In addition, you might also want to make notes in your Log Book of insights, impressions, questions, and other significant information that might assist you in your work, in your relationships and in your preparation for your supervisory sessions.

B. Thoughts and Feelings/Self-awareness:

The Log Book helps one to process their thoughts and feelings about significant events on the Thursday Apostolate. This process will assist one in *self-awareness*: What *thoughts* and *feelings* are generated by the experience? What do your thoughts and feelings mean? What do they reveal about the experience and you? This is where real learning and self-knowledge occur.

Sample Log Book Entries:

- “Today I visited with Mrs. Jones who was very depressed and angry at God.”

(**Event:** visit of a patient and noting some aspects of her mood)

- “It was difficult to listen to her anger and disappointment with God.”

(**Thoughts and Feelings:** “difficult for me”)

- “I felt awkward and even incompetent and didn’t know what to say.”

(**Strong Reaction:** “awkward & incompetent” - naming hard thoughts and feelings.)

- “I need to return to Mrs. Jones again and deal with my feelings of inadequacy in the face of her desolation. I think God is trying to get me to face my own weak faith in this area. I also want to talk to my supervisor and ask how he/she handles a patient’s negativity and desolation.”

C. Respond and Resolve: choosing a plan of action, and naming a grace.

What does your reaction to the experience reveal about what God may be saying to you about the situation? (*Theological Reflection* component)

1. You might make a resolution that will help you to move from your thoughts and feelings about the experience itself into integration: when you understand what your experience reveals, you can influence your choices and behaviors in the future.
2. Record any decisions, choices or plans of action you intend to initiate as a result of what you have learned from your reflection.
3. You might compose a prayer as a response to your recordings and reflections.

D. Questions you might ask yourself before making a Log Book entry:

1. Where and how is my Field Education experience challenging me?
2. How has the experience helped me to see my own gifts?
3. How has the experience helped me to see the gifts of others?
4. What tensions, anxieties and doubts have surfaced within me from this experience?
5. What frustrations have I experienced? Have they helped/hindered me?
6. What particular grace or graces might God be offering me in this experience?