



Introduction Resource

Sample Journal Entry

Keeping a journal is a useful way to keep track of your progress. You may find apps like Evernote useful. However, there is something about physically writing things down and reading your words in your own handwriting that helps keep you motivated to stay committed. Your journal entry can be very short and to the point.

Below is a sample journal entry that documents a law student's progress with networking. It contains the date, the subject matter, and a very short summary of the progress, roadblocks, and next steps.

Progress Journal

Date: August 3, 2017

Subject: Network Effectively

Progress -

- ✓ Attended ABA panel with leading antitrust practitioners, including Janet Macrol with Hogan.
- ✓ Took notes concerning her analysis of transactions that may be in the crosshairs in the new administration.
- ✓ Wrote to Ms. Macrol to request an informational interview and cited her panel comments.

Roadblocks -

- ✓ I was too nervous to go up to Ms. Macrol after the panel concluded and introduce myself.
- ✓ I have not received a response to my e-mail and it has been 1½ weeks.

Next steps -

- ✓ I will ask someone at the Career Development Office whether it is appropriate to follow up.
- ✓ I will connect with someone at the firm that knows her and could give me better guidance as to how to proceed.
- ✓ I will gather the courage to call her assistant and see if I can get the information without being too pushy.