

Reflection Journal

You are encouraged, in your reflection, to be honest. The subject matter may be sensitive, at times. Allow the reflection to give the space to be honest about your thoughts on what's happening in society, and what's happening in your life.

Day One

Focus: Why does reporting on a story involving minority communities tend to focus on the negative? Is that [always] the case? Is that [always] a bad thing? Is the truth always negative? Who (or what) determines what "truth" is?

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Day Two

Focus: You will scan a local news publication. What sorts of stories do you notice? Which ones seem absent? Why do you believe this is the case?

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Day Three

Focus: What biases do I have? How did I come to them? If I were honest with myself, has my gaze impeded my ability to see certain groups in a favorable way? What do I need to do to reframe my gaze, so that I can look upon everyone justly?

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Day Four

Focus: What is the connection between joy and justice?

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Day Five

Focus: What specific idea, quotation, or text, from the week, keeps you thinking the most? Why?