

**K-W-L (What You Know, Want to Know, and Need to Learn) Journaling Practice**

This variation on the K-W-L reading strategy helps to sort through what we already know (taking time to list particular strengths, work already done, and insights we bring) alongside what more we want to know and need to learn. For a major research project (like the dissertation), this practice can help us pause, reflect on where we are in the midst of many unknowns, and decide what work is needed to move forward.

As a journaling practice, this exercise can be repeated multiple times, including at regular intervals (as a weekly, monthly, or every semester practice).

At its best, this K-W-L exercise can remind us of our strengths (including how much we already know), spark curiosity (reminding us why we want to know more), and prompt action (revealing next steps to continue learning).

What You Already <u>K</u> now	What You <u>W</u> ant to Know	What You Need to <u>L</u> earn