Journal Writing For a Lifetime

Journal writing is a form of self-expression that can enable us to live more fully, productively and creatively. Keeping a journal can help you celebrate life’s everyday joys, heal from difficult times and become better acquainted with the world, fellow human beings and yourself. This course examines several methods of journaling and helps you select the methods best suited to your daily life. Writing is a vital part of the classroom experience.

Nancy Geyer, M.S., M.A., is a teacher, playwright and novelist who has published two novels, “Flying South” and “Frailties.” Six of her plays have received national recognition. She has taught English at the University of Houston and has also worked as a public relations representative for a major corporation. Ms. Geyer holds a master’s degree in education and a master’s degree in English from The State University of New York.

- Definition and value of journal writing
- The traditional journal and types of diaries
- Memoirs, memorabilia and keepsake journals
- Goal and self-improvement notebooks
- The dream notebook

**SCHEDULE**
Sept. 18–Nov. 6, 2017 (no class Oct. 9)
Seven Mondays
1-3 p.m.

**FEE**
$310
$279 for Rice alumni

**CEUs**
1.4

**FORMAT**
On Campus, limited enrollment

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