



Monthly Journal Topics



December: What skill do you find most important to have when entering a new situation such as a new job or a new school?

January: How does your personality and/ or traits play a role when you are working through a problem? Explain at least two traits you have that you use when working through a problem.

February: What was something new that you learned this month from cadet training? How will this knowledge be useful in your future?

March: What was something challenging this month? How did you overcome the challenge? Did you learn anything from the challenge?

April: Are there any health and safety issues while training with cadets? How can this be corrected? Why is health and safety important?

May: What are your goals for your training level/ phase/ star? Are you on track to meet them? What roadblocks are you encountering? How can you overcome the roadblocks?

June: How do you handle difficult people? Describe a situation in which you were called upon to handle a difficult person (while not using their names to respect their privacy). What lessons did you learn about yourself and how to handle others?