



Journal Prompts for College Students

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- One sentence to describe your college life.
- What do you love most about college life? And your least favourite?
- Which year are you in? What are you most looking forward to doing in this academic year? And what are you not excited to do?
- What do you miss most about high school life? Is it possible to re-create what you miss in this current phase of your life?
- What are your college priorities?
- What are your personal and academic goals for college?
- How do you make new friends and connections in college?
- What intimidates you most about college?
- What is your current self-care routine?
- What excited you most about college? How do you feel about it now? What changed?
- What is your major? What led to this decision?
- Do you enjoy your current college experience and why?
- What advice would you give to someone who is about to graduate high school?
- Name 3 highlights of your college life.
- Why did you choose to attend the college you're studying at right now?
- What's your current [morning routine](#)? How is it serving you and your work-school-life balance?
- What's your current evening routine? How does it support your sleep and energy?
- What are your top three goals for this semester, and why are they important to you?
- Describe a moment when you felt truly accomplished in your academic journey.
- How do you handle stress during exam periods, and what strategies work best for you?
- How do you stay mindful in times of stress?
- Who is your go-to person when you feel overwhelmed and stressed? Why?
- How do you stay balanced with work, school and life?
- Rate your college life on a scale of 1-10 (10 is highest). Explain your rating.
- Describe your current diet. Are there any changes you'd like to make, and what would that be?
- Write about a professor or mentor who has significantly influenced your college experience.

- What are your biggest fears about the future? In what ways can you minimise its influence on you?
- Reflect on a time when you faced failure or rejection in college. What did you learn from it?
- What do you hope to find or discover during your time in college?
- How do you spend your spare time?
- What concerns you the most since you started college, and why? What can you do to release these concerns?
- Describe your current social life.
- What do you think about adulthood?
- How do you feel about the unknown?
- Name your first friend in college. How did they change your school experience?
- What lessons are you refusing to learn that are continuously repeating?
- List your community contribution and volunteering experiences since you started college.
- Are you currently working? If so, what do you love most about your work?
- Describe your ideal career and the steps you need to take to achieve it.
- What do you spend most of your time doing? Is balance needed, why or why not?
- What subjects or topics are you most passionate about, and how do they relate to your major?
- What do you appreciate most about college?
- How has college changed you, both personally and academically?
- Create a college checklist of all the things you want to see, experience and feel.
- Write about a recent challenge you overcame in your coursework or extracurricular activities.
- What motivates you to keep going when college feels overwhelming?
- How do you manage your time effectively between classes, work, and personal life?
- With so much going on, how do you stay organised?
- What's one thing you must do before you graduate from college?
- What memories do you want to create in your college years?
- How do your current courses align with your future goals?
- If you were to graduate from college today, would you have any regrets?
- Describe a memorable group project experience. What did you learn about teamwork?
- What's your definition of success?
- What is your current relationship status? How do you balance school and your relationship?
- What healthy habits have you developed since starting college?
- What unhealthy habits have you developed since starting college? What steps can you take to change it?
- What are your favourite campus activities?
- How would you like to remember your college life?
- How do you take care of your mental health while balancing the demands of college?

- Reflect on a college experience that has deeply impacted your thinking and belief.
- What new experiences do you hope to have in college?
- Where do you see yourself in 5 years?
- What are some ways you can get involved on campus and build a sense of community?
- Reflect on a skill you've developed in college. How has it benefited you?
- How do you envision your life after graduation, and what steps are you taking to prepare for it?
- How do you support your friends and/or partner during stressful times? How do they support you?
- How do you feel about the direction you're going in life?
- List all your first-time experiences in college.
- What are your current short-term goals?
- What are your long-term goals?
- What trade-offs are you willing to make to achieve your goals?
- Describe your current spending habits. Do they align with your financial goals?