

Journal Prompts for High School Students

1. Who or what are you grateful for? How do you express your gratitude?
2. What are you most afraid of? How do you deal with this fear?
3. What book or movie has left an unforgettable impression on you or somehow changed your life? Why?
4. How much control do you have over your life? What makes you say that?
5. Would you rather be loved or respected? Why?
6. What is something you often find yourself worrying about?
7. If you could have dinner with any person, living or dead, who would it be? What would your conversation be about?
8. Do you hope to be a parent someday? What kind of parent would you be?
9. Does your school have a counselor? Do you think it's important for schools to have counselors? Why or why not?
10. How do you best express yourself—poetry, singing, playing an instrument, writing, painting, talking? How else do you express your feelings?
11. When was the last time you cried? Why did you cry?
12. What is the most important issue facing people your age today? How do you think we should deal with it?
13. What song has played an important role in your life or changed the way you think or feel?
14. Do you think people your age should be allowed to vote? Why or why not?
15. What suggestion(s) do you have to make a positive change at your school or in the educational system as a whole?
16. When was the last time you laughed really hard? What made you laugh?
17. Do you believe in fate? Why or why not?
18. What are three songs on the soundtrack for a movie about your life?
19. Do you like spending time alone or does it make you feel strange or lonely?
20. Do you think out-of-school suspension is an appropriate punishment for students? Or, can you think of any alternatives?
21. How important do you think it is for students your age to be involved in their community? Why?
22. What's the difference between a romantic partner and a friend? A friend and a family member?
23. Do you think grades are a necessary part of education? Why or why not?
24. What do you think makes a relationship healthy or unhealthy?
25. Write about someone who is a truly good person. What makes them good?
26. Reflect on a time when you felt responsible for someone else.
27. How do you define love? Who do you love? Have you ever been *in love*?
28. How do you cope with stress? Do you think your methods are healthy?
29. What part or parts of your identity are most important to you?
30. What's something about you that you wish people could know without you telling them?