

D I G I T A L
HOW TO ENGLISH WEEK
2 0 2 0

HOW TO
Bullet journal

TYLL ZYBURA

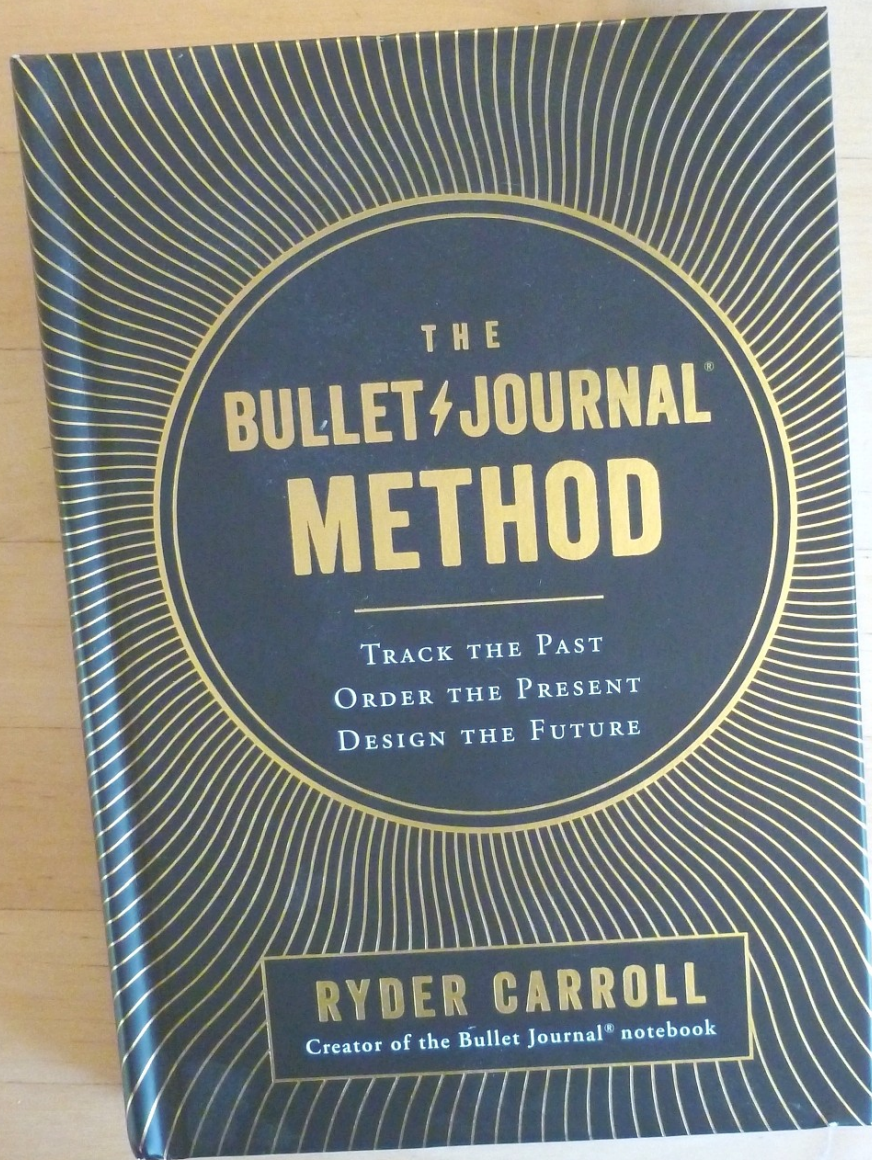
Intro

Welcome to my little introduction to bullet journaling.

Bullet journaling uses a pen and a notebook to keep track of appointments and to-dos, to practice mindfulness in reflection, and to be creative.

The aim is to organize your life in the short-term and consciously set long-term priorities.

In this workshop I'll introduce you to the basics of the method, tell you a bit about the philosophy behind it, and show examples from my own notebooks.



Intro

The Bullet Journal method was invented by Ryder Carroll.

He published a book about it, but you can also watch his YouTube videos on bulletjournal.com.

A black notebook with a textured cover is positioned diagonally on a light-colored wooden surface. A black pen lies horizontally to the right of the notebook. The notebook has a small, dark, rectangular label on its cover. The pen is a simple, sleek design with a silver-colored clip.

How to Start?

First, I'll show you the basics of the method. I'll tell you more about the philosophy behind the method later.

All you need to start bullet journaling is a notebook and a pen.

(When I started, I just used an old notebook that I had lying around, nothing fancy.)

A hand holding a black pen is positioned over an open notebook with dotted pages. The notebook is resting on a light-colored wooden surface. The hand is on the left side of the frame, and the pen is held in a writing position. The notebook is open to two blank, dotted pages.

How to Start?

The bullet journal has five structural elements:

1. Index (table of contents)
2. Future Log (long-term planning)
3. Monthly Log (short-term planning)
4. Daily Log (immediate planning and note-taking)
5. Review and reflection (to learn from your logs)

I'll go through these elements one by one and show how they work.


1. Index

Title the first two pages of your notebook 'Index'.

The index is like a table of contents.

As your journal grows, you enter the title and page number of any entries and notes that you want to find again.

I N D E X

A close-up photograph of a person's right hand holding a black pen, writing the word 'INDEX' in capital letters on a dotted notebook page. The pen has a barcode sticker on it. The notebook is open, showing two dotted pages. The background is a light-colored wooden surface.

F U T U R E L O G
M A Y

J U N E

J U L Y

F U T U R E
A U G U S T

S E P T E M B E R

O C T O B E R

2. Future Log

Title the following two pages of your notebook 'Future Log' and add sections for the next six months.

(If you start journaling in April, the first month in the future log is May.)

The future log collects all the events, appointments, or tasks that are relevant in the long-term.

F U T U R E L O G

M A Y

J U N E

- 16 PRESENTATION
- 20 * MUM

J U L Y

- 20-24 BLOCKSEMINAR

F U T U R E L O G

A U G U S T

S E P T E M B E R

O C T O B E R

2. Future Log

For example, if on the 16th of June you have to give a presentation in one of your classes, you add this in a short form to June.

Or if you have a blockseminar in July (like I do), you enter it with the respective dates.

You can also enter important birthdays.

When you start a new bullet journal, dump all the important long-term events in the future log. Add new entries later as they come up.

APRIL MONTHLY

1 W
2 T
3 F
4 S
5 S
6 M
7 T
8 W
9 T
10 F
11 S
12 S
13 M
14 T
15 W
16 T
17 F
18 S
19 S
20 M
21 T
22 W
23 T
24 F
25 S
26 S
27 M
28 T
29 W
30 T

3. Monthly Log

On the next page, create a header with the name of the *current* month.

(I made the header larger so that it is easily recognizable when I skim through my book.)

Write down all the dates of the month on the left-hand side and add the initials of the corresponding days of the week.

You do this at the beginning of every new month.

APRIL MONTHLY

1 W

2 T

3 F

4 S

5 S

6 M

7 T

8 W

9 T

10 F

11 S

12 S HOW TO BUJO WS

13 M

14 T

15 W LUNCH: LISA (12) COOK DINNER

16 T ZOMBIEU: COURSEWORK DUE

17 F

18 S

19 S

20 M

21 T

22 W

23 T

24 F

25 S

26 S

27 M CALL JOB

28 T

29 W

30 T

3. Monthly Log

Then add any important events and tasks that are already scheduled for specific days.

For example, I would add an entry "How to BuJo workshop" for the day I want to work on this presentation.

Let's say you have a lunch date with your friend Lisa on the 15th, and on the same day you want to cook dinner for your flatmates.

On the next day, April 16th, you're supposed to submit course work for a seminar on Zombie Culture that you're currently taking.

And on Monday 27th, you have a Skype appointment for a job interview (I forgot to add a specific time here, which wouldn't happen to you, of course).

APRIL MONTHLY

1 W
2 T
3 F
4 S
5 S
6 M
7 T
8 W
9 T
10 F
11 S
12 S HOW TO BUJO HS
13 M
14 T
15 W LUNCH: LISA (12) COOK DINNER
16 T ZOMBIES: COURSEWORK DUE
17 F
18 S
19 S
20 M
21 T
22 W
23 T
24 F
25 S
26 S
27 M CALL JOB
28 T
29 W
30 T

T A S K S

- SCHEDULE JOB INTERVIEW
- SCHEDULE LUNCH W/ LISA
- ZOMBIES CW (DUE 16 APR)

3. Monthly Log

On the right-hand side of the Monthly Log, you add the title "Tasks".

Here, you add all the tasks that are relevant for this month but that aren't scheduled for fixed days yet.

Add a blank box bullet in front of each task and fill it in when the task is done.

For example, at the beginning of the month, you may have added tasks to *schedule* both the lunch date with Lisa and the job interview. You did that in the first week of April, created the entries in the calendar, and filled in the task bullets.

APRIL MONTHLY

1 W
2 T
3 F
4 S
5 S
6 M
7 T
8 W
9 T
10 F
11 S
12 S HOW TO BUJO HS
13 M
14 T
15 W LUNCH: LISA (12) COOK DINNER
16 T ZOMBIES: COURSEWORK DUE
17 F
18 S
19 S
20 M
21 T
22 W
23 T
24 F
25 S
26 S
27 M CALL JOB
28 T
29 W
30 T

T A S K S

- SCHEDULE JOB INTERVIEW
- SCHEDULE LUNCH W/ LISA
- ZOMBIES CW (DUE 16 APR)

3. Monthly Log

Don't add events that you can easily remember without the added help of the monthly log.

For example, adding all your university classes for each day is unnecessary if you have a fixed weekly schedule.

But you could draw up or glue in a small version of your weekly schedule on the bottom right of this page – or even write it on a post-it that you can easily transfer from month to month.

APRIL 2020



- 1 W [UNTEACH] WRITING GUIDE INTERVIEW DEAT BIO NOTE BLOG PLATARKUM
- 2 T WED: FAHNENKONTROLLE PHD/BAWENHILFOT CALLHELGA SEITE FRANKO
- 3 F WED: FAHNENKONTROLLE SPAZIEREN MIXTAP
- 4 S HOWTO BYJO - VIDEOTEST
- 5 S * KATHA SONNE/GARTEN/LEBEN/WARM/GEWÜTLICH ABENDE FEIER
- 6 M UELAVE BEANTWAGEN WANDERW JENNY DEYFE STUDENTEMAILJ SONNE DOTS
- 7 T EINKEUS PAVLOVA ABWARTEN
- 8 W WED: FINALIZE PROOFS + SEND RESPONSE ANNE LAPPERT DOTS
- 9 T [UNTEACH] EXAM TEXT PROJECT: BUCHBESTELLUNGEN TJS
- 10 F HAARE SCHNEIDEN FEIER BYJO W
- 11 S BYJO W
- 12 S RECORDING JN
- 13 M JENNY KOREAN
- 14 T [UNTEACH] (S) MONDENS JAHREN
- 15 W EUREAN
- 16 T EINGANG KOREAN
- 17 F KOREAN
- 18 S
- 19 S
- 20 T JENNY DEKONTAKT
- 21 T [UNTEACH]
- 22 W
- 23 F
- 24 S
- 25 S
- 26 S
- 27 S
- 28 S
- 29 S
- 30 S

D
H
T
E

Example

This is how my current April Monthly looks like.

I enter new appointments in pencil and re-write them in ink afterwards.

(I added a sticker of Mr. Donothing because I have three weeks of vacation in April. Yay! :-))

- ADM: BACKUP
- HH: NOTEBOOK
- HH: FAHRKAD
- HH: NOTIZETTEL SORTIEREN
- ADM: PLAN VACATION

- UNTEACH: FAVICON ERSTELLEN
- UNTEACH: FINISH ARTICLE
- WED: FAHNENKONTROLLE
- FIDDLECTO: BIO NOTE (BY 5 APR)
- HTE: HOWTO BULLET JOURNAL WJ AS DIGITAL VIDEO / INTERVIEW / HANDBOUT
- UNTEACH: RECORDING INTERVIEW WED
- UNTEACH: BLOG ON PLATARKUM
- ADM: PECLITTER "SCURRENT"
- STH: RESPONSE
- GUTACHTEN (DL IS MAT)
- PHD: BUCHBESTELLUNGEN

- PHD PROGRESS
- UNTEACH: WEDITE
- READ: Eurythmia
- STUDY KOREAN
- HANSHALT
- MIXTAPE

VOICE MIXTAP: TOBTWING, SHIP BINGO, REAN PARANOT, MICE HANDEL, VOR EMBARAS, VELJO THAIS, WIM MELTEN, JENNY JONG, SEPHAROC BAGO, MASMEENA, QATSI, MEIGEDITH MANK

CLASSICAL MIXTAP: PAST, RECH, EUNSTAN, FEATING, HOFSTADTICH, LIBERTI, THUNING, STECKER, PLAS, ... NEMAN

VOICIC SONGS MIXTAP: AMHY, WILFUNG, WILU, PAGAN

WEDNESDAY 13 APRIL

- ☐ 10 CLASS 1
- ☐ 12 LUNCH WITH LISA
- ☐ 14 CLASS 2
- ☐ COOK DINNER
- ☐ GROCERY SHOPPING
- ☐ 20 FINALE COURSE WORK ZOMBIES

4. Daily Log

On the next free page, add a heading for the current day. I do this every morning, or even on the evening before.

Go through your monthly log and add all your appointments for the day, and schedule all the tasks you want to work on today.

Add everything else that may not be part of the monthly but that you need to keep in mind today, like your regular classes or shopping for groceries. Add specific times where necessary.

WEDNESDAY 15 APRIL

- ☐ 10 CLASS 1
- ☐ 12 LUNCH WITH LISA
- ☐ 14 CLASS 2
- ☐ COOK DINNER
- ☐ GROCERY SHOPPING
- ☐ 20 FINALE COURSE WORK ZOMBIES

- WATCH BETTER CALL SAUL (KIA ALL)
- ZOMBIES HW: READ ARTICLE Bishop 2006
- GROCERIES: ..., ..., ...

4. Daily Log

The Daily Log is not just a to-do list, it is a universal container for everything that becomes important on that day.

For example, if Lisa told you about a cool TV series that you're interested in, you might note down the title in the daily log.

If, during the seminar on Zombie Culture, you were given an assignment for next week, you note it down in the daily log. And at the end of the day, you migrate it as a task to the Monthly Log, so that you can schedule it for a later date.

Or, in between classes, you take the time to google recipes and jot down a shopping list for the dinner you want to cook later.

WEDNESDAY 15 APRIL

- ☐ 10 CLASS 1
- ☐ 12 LUNCH WITH LISA
- ☐ 14 CLASS 2
- ☐ COOK DINNER
- ☐ GROCERY SHOPPING
- ☐ 20 FINALISE COURSE WORK ZOMBIES


- WATCH BETTER CALL SAUL (KISA REC)
- ZOMBIES HW: READ ARTICLE BISHOP 2006
- GROCERIES: ..., ..., ...

THURSDAY 16 APRIL

:

4. Daily Log

On the next morning, just create a new Daily Log for the day where you left of the last time you used the journal.



place where you
entries – it is a
brain dump.

a was a
n with an old
lot about
member later.

and take all the
to write down

4. Daily Log

For notes that you want to add to over the course of time, you can reserve entire pages (called 'Collections').

For example, for the job interview you scheduled for later in April, you might want to make a list with things you need to prepare. This list will grow over time, so give it some space.

I like to draw borders around Collections, so that they are easily recognizable.

You can use collections for all kinds of content that stands out in the flow of your continuous Daily Logs: Reading lists, class notes, travel packing lists, "How to" lists, etc.

WEDNESDAY 17 APRIL

□ LUNCH WITH LISA

□ 14 CLASS 2

□ GROCERY SHOPPING

□ WORK ZOMBIES

□ READ ARTICLE Bishop 2006

□ GROCERIES: ...

THURSDAY 18 APRIL

□ LUNCH WITH LISA: NOTES

...

JOB INTERVIEW PREP

- MAKE SURE SKYPE WORKS
- ASK FLATMATES TO BE QUIET
- HAVE WATER READY
- PUT ON COMFORTABLE CLOTHES
- BUY CAKE AS REWARD
- PREP QUESTIONS
- RESEARCH STARTING WAGES

I N D E X

- APRIL MONTHLY - 52
- NOTES LUNCH WITH LISA IN APRIL - 54
- JOB INTERVIEW PREP - 55

Using the Index

On the previous pages, we created some content that is definitely worthwhile adding to the index.

Just add a dash with the title or topic of the reference you want to create and the page number.

(This is why it is important that you add page numbers to your journal, if it doesn't come with pagination.)

INDEX

COLLECTIONS

- 2018 LOG 12.44
- 2019 LOG 10
- MONEY 13.122, 139
- HAUSHALT 12
- BOOKMARKS 13
- FUTURE TELL 14, 139
- MIXTAPES 14.20, 151
- KOMBUCH T&K 49, 82
- ~~██████████~~ 61, 134
- HOW TO STEUERERKLÄRUNG 174

TRAVELING

- HOW TO CONFERENCE 12.88
- HOW TO FLY 9.138
- PACKLISTE AMMAN 11.194, 71
- BERLIN 11.80, 12.174, 13.209, 153
- AMMAN-URBAN AUG 71, 73

TEACHING

- WRITING 18
- ZOMBIE SEMINAR 20, 62
- UNCONDITIONAL TEACHING 13.146, 13.203, 41, 51
- IDEA: PROFESSIONAL TOOLBOX 14.30
- HOW TO OFFICE HOUR 14.36
- HOW TO TEACH THEORETICAL TEXT 14.40
- HOW TO MOVIE NIGHT 14.91
- BLOG: TOXIC PERFECTIONISM 14.126
- SL: READING LIST 14.134, 32
- BLOG: VULNERABILITY 26, 47
- BLOG: CONSONANCE 27
- BODIES SEMINAR EVAL 32
- BLOG: STUDENT INVESTMENT 33
- BYJO WORKSHOP 46, 63

WORK

- CHILDHOOD PROJECT 16
- WRITING 18
- PHD THESIS DASHBOARD 56
- ~~██████████~~
- ~~██████████~~
- ~~██████████~~
- DEV + CRUNCH PROCESS 171

MEDIA LOG

- GAME OF THRONES SP 43
- MONSTER ISLAND: A ZOMBIE NOVEL (2006) 78, 87
- BLACK SUMMER (2019) 85
- FACTFULNESS (2018) 95
- FRANKL & STEIN (2019) 107
- CELL (2006) 176
- THE RUNNING (2013 [2003]) 177

NOTES

- D&B CANDERS MOD 75
- FATHERS / FATHERHOOD 90
- JULY REVIEW 65
- AUGUST REVIEW 122
- DIETARY MIXTAPE 131
- FUTURE TALK MARK + KATI 139
- BEAUTIFUL MINDS 144
- ZEITREICHUNG 150, 156
- READ THINK WRITE EAT 167
- SEPTEMBER REVIEW 183

Example

This is an index from one of my bullet journals.

I index entries by categories, like "Teaching" or "Work".

Entries in blue pen are back-references to earlier journals. I number all my journals, so a reference like "13.146" means "Book 13, page 146".

Page references like "20, 62" signify that there are notes on the topic on pages 20 and 62.

FEBRUARY REVIEW

Reflecting on what you did in the last month is a great way to see how you are doing. It's a chance to look back at what you did well at and what you didn't. It's also a chance to think about what you want to do in the next month. This is a good time to think about your goals and how you can achieve them. It's also a good time to think about your habits and how you can change them. This is a good time to think about your life and how you can make it better. This is a good time to think about your future and how you can prepare for it. This is a good time to think about your past and how you can learn from it. This is a good time to think about your present and how you can make the most of it. This is a good time to think about your life and how you can make it better. This is a good time to think about your future and how you can prepare for it. This is a good time to think about your past and how you can learn from it. This is a good time to think about your present and how you can make the most of it.

To be able to do this, you need to have a good idea of what you did in the last month. This is why it's important to keep a journal. A journal is a book where you write down what you do every day. It's a good way to keep track of your life and how you are doing. It's also a good way to think about your life and how you can make it better. This is why it's important to keep a journal. A journal is a book where you write down what you do every day. It's a good way to keep track of your life and how you are doing. It's also a good way to think about your life and how you can make it better.

It's also important to think about your future. This is why it's important to have goals. Goals are things you want to do in the future. They are a good way to think about your future and how you can prepare for it. This is why it's important to have goals. Goals are things you want to do in the future. They are a good way to think about your future and how you can prepare for it.

5. Review and reflection

One of the central aspects of bullet journaling is that you take time to review the last month.

In the monthly review, you reflect on what you did and where you currently stand in your life, on the events, experiences, and actions that were meaningful to you.

Write about what worked well for you and what didn't.

The point is to get an idea of how you want to approach the next month – do you need to change what you do or how you do it to get more of the things that you find meaningful?

If that's the case, plan for it in the next Monthly Log.

2019 LOG

13
Jan

Feb

mar

april

may

zum

jul

aug

slp

oc

ne

de

13
 14
 15
 16
 17
 18
 19
 20

highlights 2019

- Wiederholungsfragen (10 Punkte)
- 1. Die 4 Grundgesetze der Logik
 1. Assoziativgesetz: $(A \cup B) \cup C = A \cup (B \cup C)$
 2. Assoziativgesetz: $(A \cap B) \cap C = A \cap (B \cap C)$
 3. kommutativgesetz: $A \cup B = B \cup A$
 4. kommutativgesetz: $A \cap B = B \cap A$
- 2. De Morgansche Gesetze
 1. $\overline{A \cap B} = \overline{A} \cup \overline{B}$
 2. $\overline{A \cup B} = \overline{A} \cap \overline{B}$
- 3. Distributivgesetz
 1. $A \cap (B \cup C) = (A \cap B) \cup (A \cap C)$
 2. $A \cup (B \cap C) = (A \cup B) \cap (A \cup C)$
- 4. Absorbtionsgesetz
 1. $A \cup (A \cap B) = A$
 2. $A \cap (A \cup B) = A$
- 5. Identitätsgesetze
 1. $A \cup \emptyset = A$
 2. $A \cap U = A$
- 6. Komplementgesetz
 1. $A \cup \overline{A} = U$
 2. $A \cap \overline{A} = \emptyset$
- 7. Dualitätssatz
 1. $\overline{\overline{A}} = A$
 2. $\overline{\overline{A \cap B}} = \overline{\overline{A} \cup \overline{B}}$
- 8. Kontraposition
 1. $A \rightarrow B \equiv \overline{B} \rightarrow \overline{A}$
- 9. Implikation
 1. $A \rightarrow B \equiv \overline{A} \cup B$
- 10. Äquivalenz
 1. $A \leftrightarrow B \equiv (A \rightarrow B) \wedge (B \rightarrow A)$

5. Review and reflection

Reflection is so important for the bullet journal method because it is a mindfulness practice.

All the time-management and task-management aspects are not designed to make you into a more efficient worker drone, although they can also increase your productivity.

They are designed to give you a *record* of your past and present as a foundation for planning your future.

The entire method is about enabling you to do more of the things that you find meaningful and less of the things that you don't.

It's a tool to gain agency and control
over your life.

How I use the bullet journal

For over twenty years, I have used notebooks for diary writing, for to-do lists, for note-taking at work and in classes, for doodling and for calligraphy. But never really systematically.

But when I started to use the bullet journal method in early 2018, it made me more organized and increased my well-being.

Now, I use my journal every single day. In a sense, it is a part of me, and when I write in it, I feel connected to myself.

I know that some of my colleagues and students share this experience – it is the reason why we initially thought that offering a “How to Bullet Journal” workshop would be cool.

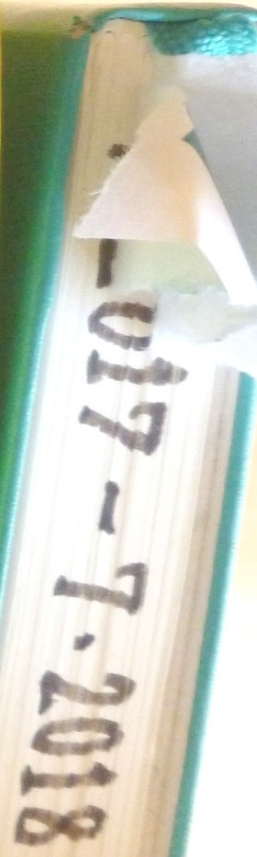
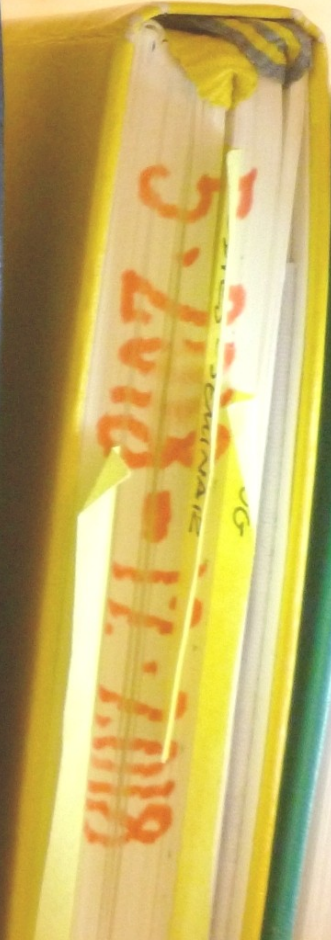
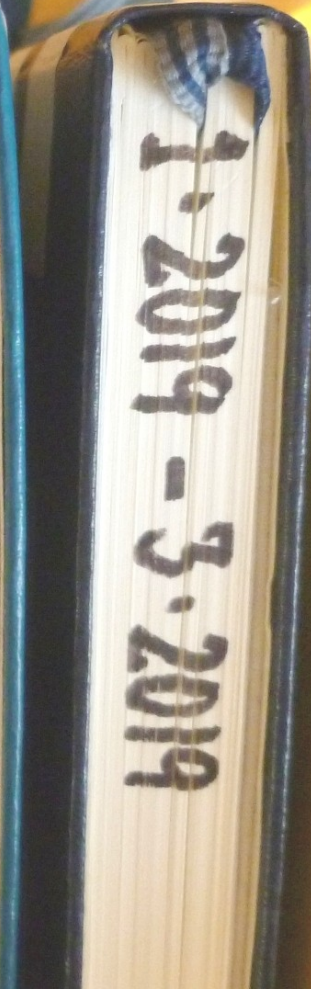
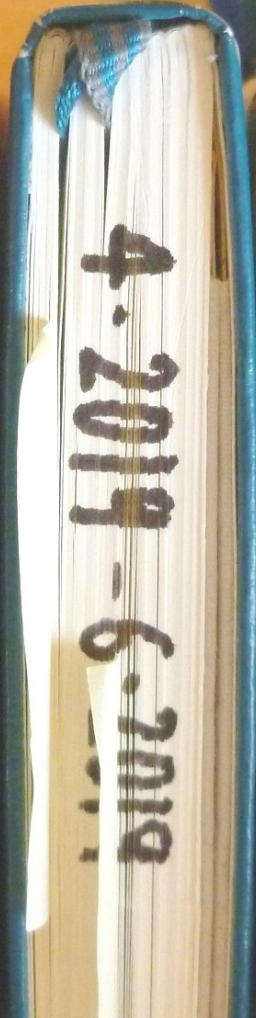
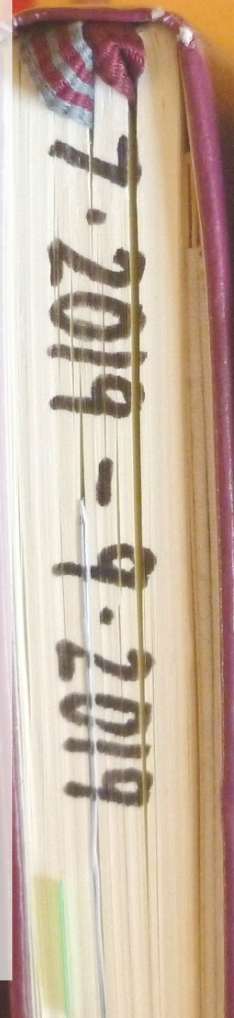


How I use the bullet journal

Starting a bullet journal is really easy, the system is simple enough to try it out for a couple of weeks.

Over time, it will become part of your life and daily routine and you will tweak the system so that it fits you well.

On the following pages, I'd like to show you a variety of examples from how I use the bullet journal, so that maybe you can better see how you want to use it yourself.



CHILDHOOD

Notes on current projects

As a researcher, I have several larger writing projects in the pipeline at any given time, I teach seminars, and I give presentations at conferences.

In my journal, I use Collections for these projects to aggregate notes and prioritize to-dos.

I use post-its for that because they can easily be added, discarded, and re-arranged. And I can easily migrate them to a new journal when the current one is full.

You could use this system for your own term papers or to organize your course work for classes.

Notes on current projects

As a researcher, I have several larger writing projects in the pipeline at any given time, I teach seminars, and I give presentations at conferences.

In my journal, I use Collections for these projects to aggregate notes and prioritize to-dos.

I use post-its for that because they can easily be added, discarded, and re-arranged. And I can easily migrate them to a new journal when the current one is full.

You could use this system for your own term papers or to organize your course work for classes.

UNCONDITIONAL TEACHING

- MAR: UPDATE : INTERVIEW
MT JK
- UPDATE: TML'S TEXT ON
EXAM'S
- PODCAST: RECORDED INTERVIEW
- PODCAST: ON WRITING
- PODCAST: TAKE AWAY FROM
OUR EVALUATION

~~RESERVE DOMAIN~~

- COMMISSION ILLUSTRATIONS WITH LENA
 - LIST OF MOTIFS
 - BUDGET
 - MEET LENA
- "ANGER + DISAPPOINTMENT" TEXT ENTWICKELN

- "SOCIAL MEDIA STRATEGY"

- PODCAST = WHAT IS UN-CONDITIONAL TEACHING?
- FAVICON für WEBSEITE

BLOCKSEMINAR JULY 2020

BLOCKSEMINAR SSSE 2020

- Lehrentwurf Marcus
- Critical Argumentation Skills
- How to defend a position with theory
- Ask students what things they get to hear that they would like to be able to counter
- Mock discussions
- Against Jordan Peterson

✓ 77.8

BLOG-2

• The *Book of Theology*, by
H. P. Lovecraft, 1928
New York: The
Book of Theology Co.

[illegible]

1. *Chlorophyll a* (Chl *a*)
 2. *Chlorophyll b* (Chl *b*)
 3. *Chlorophyll c* (Chl *c*)
 4. *Chlorophyll d* (Chl *d*)
 5. *Chlorophyll e* (Chl *e*)
 6. *Chlorophyll f* (Chl *f*)
 7. *Chlorophyll g* (Chl *g*)
 8. *Chlorophyll h* (Chl *h*)
 9. *Chlorophyll i* (Chl *i*)
 10. *Chlorophyll j* (Chl *j*)
 11. *Chlorophyll k* (Chl *k*)
 12. *Chlorophyll l* (Chl *l*)
 13. *Chlorophyll m* (Chl *m*)
 14. *Chlorophyll n* (Chl *n*)
 15. *Chlorophyll o* (Chl *o*)
 16. *Chlorophyll p* (Chl *p*)
 17. *Chlorophyll q* (Chl *q*)
 18. *Chlorophyll r* (Chl *r*)
 19. *Chlorophyll s* (Chl *s*)
 20. *Chlorophyll t* (Chl *t*)
 21. *Chlorophyll u* (Chl *u*)
 22. *Chlorophyll v* (Chl *v*)
 23. *Chlorophyll w* (Chl *w*)
 24. *Chlorophyll x* (Chl *x*)
 25. *Chlorophyll y* (Chl *y*)
 26. *Chlorophyll z* (Chl *z*)
 27. *Chlorophyll aa* (Chl *aa*)
 28. *Chlorophyll ab* (Chl *ab*)
 29. *Chlorophyll ac* (Chl *ac*)
 30. *Chlorophyll ad* (Chl *ad*)
 31. *Chlorophyll ae* (Chl *ae*)
 32. *Chlorophyll af* (Chl *af*)
 33. *Chlorophyll ag* (Chl *ag*)
 34. *Chlorophyll ah* (Chl *ah*)
 35. *Chlorophyll ai* (Chl *ai*)
 36. *Chlorophyll aj* (Chl *aj*)
 37. *Chlorophyll ak* (Chl *ak*)
 38. *Chlorophyll al* (Chl *al*)
 39. *Chlorophyll am* (Chl *am*)
 40. *Chlorophyll an* (Chl *an*)
 41. *Chlorophyll ao* (Chl *ao*)
 42. *Chlorophyll ap* (Chl *ap*)
 43. *Chlorophyll aq* (Chl *aq*)
 44. *Chlorophyll ar* (Chl *ar*)
 45. *Chlorophyll as* (Chl *as*)
 46. *Chlorophyll at* (Chl *at*)
 47. *Chlorophyll au* (Chl *au*)
 48. *Chlorophyll av* (Chl *av*)
 49. *Chlorophyll aw* (Chl *aw*)
 50. *Chlorophyll ax* (Chl *ax*)
 51. *Chlorophyll ay* (Chl *ay*)
 52. *Chlorophyll az* (Chl *az*)
 53. *Chlorophyll a1* (Chl *a1*)
 54. *Chlorophyll a2* (Chl *a2*)
 55. *Chlorophyll a3* (Chl *a3*)
 56. *Chlorophyll a4* (Chl *a4*)
 57. *Chlorophyll a5* (Chl *a5*)
 58. *Chlorophyll a6* (Chl *a6*)
 59. *Chlorophyll a7* (Chl *a7*)
 60. *Chlorophyll a8* (Chl *a8*)
 61. *Chlorophyll a9* (Chl *a9*)
 62. *Chlorophyll a10* (Chl *a10*)
 63. *Chlorophyll a11* (Chl *a11*)
 64. *Chlorophyll a12* (Chl *a12*)
 65. *Chlorophyll a13* (Chl *a13*)
 66. *Chlorophyll a14* (Chl *a14*)
 67. *Chlorophyll a15* (Chl *a15*)
 68. *Chlorophyll a16* (Chl *a16*)
 69. *Chlorophyll a17* (Chl *a17*)
 70. *Chlorophyll a18* (Chl *a18*)
 71. *Chlorophyll a19* (Chl *a19*)
 72. *Chlorophyll a20* (Chl *a20*)
 73. *Chlorophyll a21* (Chl *a21*)
 74. *Chlorophyll a22* (Chl *a22*)
 75. *Chlorophyll a23* (Chl *a23*)
 76. *Chlorophyll a24* (Chl *a24*)
 77. *Chlorophyll a25* (Chl *a25*)
 78. *Chlorophyll a26* (Chl *a26*)
 79. *Chlorophyll a27* (Chl *a27*)
 80. *Chlorophyll a28* (Chl *a28*)
 81. *Chlorophyll a29* (Chl *a29*)
 82. *Chlorophyll a30* (Chl *a30*)
 83. *Chlorophyll a31* (Chl *a31*)
 84. *Chlorophyll a32* (Chl *a32*)
 85. *Chlorophyll a33* (Chl *a33*)
 86. *Chlorophyll a34* (Chl *a34*)
 87. *Chlorophyll a35* (Chl *a35*)
 88. *Chlorophyll a36* (Chl *a36*)
 89. *Chlorophyll a37* (Chl *a37*)
 90. *Chlorophyll a38* (Chl *a38*)
 91. *Chlorophyll a39* (Chl *a39*)
 92. *Chlorophyll a40* (Chl *a40*)
 93. *Chlorophyll a41* (Chl *a41*)
 94. *Chlorophyll a42* (Chl *a42*)
 95. *Chlorophyll a43* (Chl *a43*)
 96. *Chlorophyll a44* (Chl *a44*)
 97. *Chlorophyll a45* (Chl *a45*)
 98. *Chlorophyll a46* (Chl *a46*)
 99. *Chlorophyll a47* (Chl *a47*)
 100. *Chlorophyll a48* (Chl *a48*)
 101. *Chlorophyll a49* (Chl *a49*)
 102. *Chlorophyll a50* (Chl *a50*)
 103. *Chlorophyll a51* (Chl *a51*)
 104. *Chlorophyll a52* (Chl *a52*)
 105. *Chlorophyll a53* (Chl *a53*)
 106. *Chlorophyll a54* (Chl *a54*)
 107. *Chlorophyll a55* (Chl *a55*)
 108. *Chlorophyll a56* (Chl *a56*)
 109. *Chlorophyll a57* (Chl *a57*)
 110. *Chlorophyll a58* (Chl *a58*)
 111. *Chlorophyll a59* (Chl *a59*)
 112. *Chlorophyll a60* (Chl *a60*)
 113. *Chlorophyll a61* (Chl *a61*)
 114. *Chlorophyll a62* (Chl *a62*)
 115. *Chlorophyll a63* (Chl *a63*)
 116. *Chlorophyll a64* (Chl *a64*)
 117. *Chlorophyll a65* (Chl *a65*)
 118. *Chlorophyll a66* (Chl *a66*)
 119. *Chlorophyll a67* (Chl *a67*)
 120. *Chlorophyll a68* (Chl *a68*)
 121. *Chlorophyll a69* (Chl *a69*)
 122. *Chlorophyll a70* (Chl *a70*)
 123. *Chlorophyll a71* (Chl *a71*)
 124. *Chlorophyll a72* (Chl *a72*)
 125. *Chlorophyll a73* (Chl *a73*)
 126. *Chlorophyll a74* (Chl *a74*)
 127. *Chlorophyll a75* (Chl *a75*)
 128. *Chlorophyll a76* (Chl *a76*)
 129. *Chlorophyll a77* (Chl *a77*)
 130. <

[illegible]

1522 李 强

1. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$
 2. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$
 3. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$
 4. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$
 5. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$
 6. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$
 7. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$
 8. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$
 9. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$
 10. $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$

1. The following are the steps of the scientific method:

1. Identify the problem or question.
2. Formulate a hypothesis.
3. Design an experiment.
4. Collect data.
5. Analyze the data.
6. Draw conclusions.
7. Communicate the results.

2. The scientific method is a systematic approach to solving problems and testing hypotheses. It involves making observations, asking questions, forming hypotheses, and testing them through experiments.

3. The scientific method is used in many fields, including biology, chemistry, physics, and psychology. It is a fundamental tool for understanding the natural world.

4. The scientific method is a process that involves making observations, asking questions, forming hypotheses, and testing them through experiments. It is a systematic approach to solving problems and testing hypotheses.

5. The scientific method is a process that involves making observations, asking questions, forming hypotheses, and testing them through experiments. It is a systematic approach to solving problems and testing hypotheses.

6. The scientific method is a process that involves making observations, asking questions, forming hypotheses, and testing them through experiments. It is a systematic approach to solving problems and testing hypotheses.

7. The scientific method is a process that involves making observations, asking questions, forming hypotheses, and testing them through experiments. It is a systematic approach to solving problems and testing hypotheses.

8. The scientific method is a process that involves making observations, asking questions, forming hypotheses, and testing them through experiments. It is a systematic approach to solving problems and testing hypotheses.

9. The scientific method is a process that involves making observations, asking questions, forming hypotheses, and testing them through experiments. It is a systematic approach to solving problems and testing hypotheses.

10. The scientific method is a process that involves making observations, asking questions, forming hypotheses, and testing them through experiments. It is a systematic approach to solving problems and testing hypotheses.

1. The first step is to identify the problem. In this case, the problem is that the system is not working properly.

[illegible]

Notes on current projects

I often print out schedules, important emails, and other stuff relating to my work and glue them into my journal.

Just remember to create an Index entry with the page number so you can easily find it again.

wed 3 apr

Date	Topic	Texts/Material
04.04.2019	HowtoEnglish-Week	
11.04.2019	Introduction, Syllabus, Organisation	
18.04.2019	"How We Know" Part I	Archaeology: "Introduction" + "Discursive Regularities"
25.04.2019	"How We Know" Part II	Archaeology: "Introduction" + "Discursive Regularities"
02.05.2019	Madness and Civilization Part I	Madness: "Stultifera Navis"
09.05.2019	Madness and Civilization Part II	Madness: "The Insane" + "Aspects of Madness"
16.05.2019	Madness and Civilization Part III	Madness: "The Birth of the Asylum"
23.05.2019	Discipline and Punish Part I	Discipline: "Docile Bodies"
30.05.2019	Ascension Day	
06.06.2019	Discipline and Punish Part II	Discipline: "The Means of Correct Training"
13.06.2019	Discipline and Punish Part III	Discipline: "Panopticism"
20.06.2019	Corpus Christi	
22.06.2019	The History of Sexuality	Sexuality: "Part I" + "Part II" + "Part V"
SATURDAY, 10 - 14.		
27.06.2019	"How We Know" Part III	Archaeology: "Science and Knowledge" + Order: "The Human Sciences"
04.07.2019	"How We Know" Part IV	Order: "Classifying"
11.07.2019	"Foucault and I": How we can use Foucault in British and American Studies	Please review your notes from the past sessions and think about how you could use Foucault's ideas for investigations into our everyday existence. Which topics/questions could/would you work on?

Jessica Koch: READING FOUCAULT

TuTh 8:30 - 10:00 in UZ - 240

(Preliminary) Session Plan

Required reading for each session will be made available in the Documents folder of the Lernraum!

Session	Date	Topic
—	1 Apr	No session in the first week of term because of the English department's How to English Week .
1	8 Apr	(Real/Real/Artificial) Bodies and Cultural Studies. Introduction.
2	15 Apr	What Could Go Wrong? (1) "Pygmalion" and "Galatea"
	22 Apr	Holiday (Easter Monday).
3	29 Apr	What Could Go Wrong? (2) <i>Black Mirror</i> , "Be Right Back"
4	6 May	Guest lecture Teresa Turnbull
5	13 May	Man and His Machine (1): <i>Ex Machina</i> / student presentation
6	20 May	Man and His Machine (1): <i>Ex Machina</i>
7	27 May	Machine and Her Man (2): <i>Autonomous</i> / student presentation
8	3 Jun	Machine and Her Man (2): <i>Autonomous</i>
	10 Jun	Holiday (Pentecost Monday).
9	17 Jun	WTF? Sexbots / student presentation
10	24 Jun	WTF? Sexbots
11	1 Jul	Androids of Colour in Afrofuturism / student presentation
12	8 Jul	Conclusion and Evaluation.

Formalities

You are welcome to visit my **office hour** for any issues related to class, for an academic jam session, or just for a chat! Check my eKVV page for dates and to schedule an appointment online.

Studienleistung

The *Studienleistung* for this class is a **reading list** that is due by the last week of classes (Friday, 12 July). Since the *Studienleistung* is worth 1 CP which equals 30 hours of work, pick any number of items from the 'Further Reading' list above (or additional course-relevant media that are not on it) and spend these 30 hours on reading, watching, listening, or playing (the required reading for class prep does not count toward the reading list). What you submit to me for the *Studienleistung* is the list of titles that you have consumed. The minimum number of titles on the list is **one**.

You can also spend some of that time writing analyses or reflections on the media you chose, e.g. as notes for a term paper or just for your own intellectual pleasure. If you do that, please also submit those notes with the reading list – just because I'm interested.

Submit the reading list as a digital file, uploaded to the respective folder in der *Lernraum*.

Alternatively, there are four slots available for **student presentations** (solo or duo; 30 mins plus 15 mins discussion). These slots are reserved for advanced students who would like to practice speaking scholarly in front of an audience. The presentations are conference style talks (not 'Referate'); they need to be academic, argumentative (thesis statement), analytical and interpretive. Presenters need to discuss their topics with me well in advance and they need to write a proper abstract for their talk.

Anglistik: BA British and American Studies

Tyll Zybura, M.A.

230133 Other Bodies: Androids, Cynoids, and Clones and Clones and Clones
Summer 2019

Other Bodies: Movie Night Program

As were previous of my seminars, this seminar is again accompanied by a movie night where we'll watch films related to the seminar topics and talk about them a little afterwards if you like.

Movie night is strictly voluntary and for fun, there is no pressure to attend in the first place and you can feel free to leave any time you need to catch a bus or for whatever reason. You're welcome to come to all movie nights or just to specific ones that interest you most. Bring friends, if you like.

It will take place **Mondays at 16:15 in the Medienlabor at C01-273**.

Here's the preliminary schedule (I may change some films depending on whether I find films that fit better or to consider student suggestions):

Session	Date	Film
—	1 Apr	No session in the first week of term because of the English department's How to English Week .
1	8 Apr	<i>The Terminator</i> (1984)
2	15 Apr	<i>Black Mirror</i> , "Be Right Back" (2016)
	22 Apr	Holiday (Easter Monday)
3	29 Apr	<i>The Stepford Wives</i> (1978)
4	6 May	<i>Ex Machina</i> (2015)
5	13 May	<i>Ghost in the Shell</i> (1995)
6	20 May	<i>Bicentennial Man</i> (1999)
7	27 May	<i>Moon</i> (2009)
8	3 Jun	<i>Blade Runner</i> (Final Cut 2007 [Theatrical Version 1982])
	10 Jun	Holiday (Pentecost Monday)
9	17 Jun	<i>Air Doll</i> (2009)
10	24 Jun	<i>Her</i> (2013)
11	1 Jul	<i>Dirty Computer</i> (2019)
12	8 Jul	probably one of the remakes: <i>The Stepford Wives</i> (2004), <i>Blade Runner</i> 2049 (2017) or <i>Ghost in the Shell</i> (2017) – I'll ask for preferences

HOW TO BULLET JOURNAL

- SYSTEM THAT USES A PEN + PAPER FOR DIFFERENT FUNCTIONS:
 - PLANNER / TASK MANAGEMENT
 - JOURNAL / DIARY / REFLECTION
 - NOTEBOOK / PRODUCTIVITY

PRODUCTIVITY
+
MINDFULNESS

- ANALOG INSTEAD OF DIGITAL: EVERYTHING IN ONE BOOK / FOCUSED ON YOURSELF / SLOW DOWN

- EXEMPLIFY HOW TO USE A BULO AS A STUDENT:
 - SCHEDULE CLASSES + CLASSWORK
 - RAPID LOGGING NEW IDEAS FOR CLASS, eg: read the book + schedule
 - INSTANT NOTES, eg ideas or sources for a module paper or study thing.
 - COLLECTIONS, eg funny paper notes in one place, or reading list, or packing checklist for trips to dist-

- DON'T SCHEDULE ALL CLASSES, but put in a mini schedule for the weekly appt.
- LOG NOTABLE EVENTS / EXPERIENCES AFTERWARDS IN THE DAILY / MONTHLY - events in a record
- MONTHLY WINDUP / REFLECTION

- MINDFULNESS: What would well this month, how did you get there, how can you ~~learn~~ A would well next month? What didn't work well, why, how can you change what you are doing so that it might work better?
→ EVALUATE THE RECORD

"BULLET JOURNALING IS NOT ABOUT MAKING YOURSELF MORE EFFECTIVE WORKER FRAME, IT'S ABOUT ENABLING YOU TO DO MORE OF THE THINGS THAT YOU FIND MEANINGFUL AND LESS OF THE THINGS THAT YOU DON'T. THE PURPOSE OF THE TASK MANAGEMENT AND PLANNING ASPECTS OF THE SYSTEM IS TO CREATE A TANGIBLE RECORD AS THE BASIS FOR REFLECTION AND A DAILY POINT OF CONTACT WITH WHAT YOU DO."

- www.elleblog.com

MY JOY IN BULLET JOURNALING

- ENGAGING WITH THE MATERIAL OBJECT ON A DAILY BASIS CREATES A CONNECTION TO MY LIFE - PAST, PRESENT AND FUTURE
- I'M CREATIVE, I LIKE DRAWING AND DOODLING, DOING CALLIGRAPHY AND USING THE BULO AS A SCRAPBOOK ON VACATIONS. I MADE THIS.

- IMPORTANCE OF THE DAILY LOG AS A CONTAINER FOR EVERYTHING, A SKETCHBOOK
 - morning (or evening before): log all tasks and events for the day
 - during the day: log notes and future events or tasks
 - evening: count, delete, migrate, index

Collections

Remember the Collection for "Job Interview Prep" that I created as an example earlier?

I prepared this "How to Bullet Journal" presentation in a Collection just like it.

The Collection stretched over more than two pages, which I have indicated by the open box frame on the right.

HABITAT

- FAHRRAD FIXEN
 - SCHLAUCH ABNEHMEN, PRÜFEN, FLICKEN
 - MANTEL PRÜFEN, GGF. ANSTRAICHEN
 - SÄUBERMACHEN
- NOTEBOOK: AKKU AUSTAUSCHEN, LÜFTER LAUFEN
- ZEUG IN DEN KELLER (Anlage, Boxen, ...)
- FENSTER PUTZEN
- NEUEN STAUBSAUGER KAUFEN
- IKEA: FÜR DIE FÜR TULLO KLEIDERSCHLANK

NOTEN ON NEBENKOSTENRECHNUNG: 16.73

- DO TAXES (D 15.174 HON TO TAXES)

BOOKMARKS

- FILM: CAPAR NAHM (Kathi rec)
- DOKU: HONEYLAND
- FILM: CORPUS CHRISTI (Marie rec)
- FILM: MARRIAGE STORY (Divorce Story) (M+K rec)
- FILM: ONCE UPON A TIME IN HOLLYWOOD (Marie rec)
- FILM: HARRIETT
- FILM: US
- TV: WANDERLUST (Kathi rec)
- DOKU: AMERICAN FACTORY (Kathi rec)
- FILM: OLD BOY
- FILM: PORTRAIT OF A LADY ON FIRE
- FILM: INWARD (Jenny rec)

Collections

These are two Collections that have proven useful and that I add to every new bullet journal:

A running list of household chores (urgh ...) and a list of films or series or books that I want to check out.

- EVERY KOREAN SENTENCE MUST END IN A VERB OR ADJECTIVE

- EVERY KOREAN VERB AND ADJECTIVE ENDS IN ~다.

- 하다 means TO DO. Verbs ending in 하다 can easily be made into the respective noun by dropping this ending.

x: 말하다 to speak 말 speech/words

- REMEMBER SENTENCE STRUCTURE S-O-V

나는 케이크를 만들다* I make a cake

나는 한국어를 말하다* I speak Korean

나는 이해하다* I understand

- KOREAN ADJECTIVES CAN NEVER ACT ON AN OBJECT

이 바스는 크다 This bus is big

그 공원은 매우 작다 That park is very small

the ~다 here is the unconjugated form, but (strangely) the sentences are correct like this (just unusual).

* UNCONJUGATED

Language learning

I'm learning a little Korean online and I take notes on lessons in my journal.

If I did that more regularly, I'd probably want to do it in a separate book because these notes fill a lot of pages quickly.

POSSESSIVE PARTICLE ~의

- The pronunciation of this form is usually

- ~의 is attached to the English.

저의 책 my book

선생님의 차 the teacher's car

저의 선생님의 책 my teacher's book

그 여자의 눈은 아름답다 that woman's eyes are beautiful

- Particles like 의 are often omitted in every day language when it is obvious from context what is meant

나는 나의 친구를 만나다 I meet my friend

= 나는 친구를 만나다 I meet (my) friend

나는 나의 선생님을 좋다 my teacher is good

나는 나의 선생님을 좋아하다 I like my teacher

LESSON 4 : ADJECTIVES ~ L/은

N
O
U
N
S

길	STREET
거리	STREET / ROAD
손	HAND
영어	ENGLISH
택시	TAXI
열차	TRAIN
역	TRAIN / ONEWAY STATION
버스 정류장	BUS STOP
비행기	AIRPLANE
자전거	BICYCLE
아내	WIFE
아이	CHILD
아들	SON
딸	DAUGHTER
남편	HUSBAND
아버지	FATHER
어머니	MOTHER

편지

LETTER

맛

TASTE

식사

MEAL

아침

MORNING

아침 식사

BREAKFAST

물

WATER

사과

APPLE

돈

MONEY

V
E
R
B
S

오다

TO COME

끝내다

TO FINISH

춤추다

TO DANCE

알다

TO KNOW

걷다

TO WALK

배우다

TO LEARN

연습하다

TO PRACTICE

생각하다

TO THINK

살다

TO LIVE

Creativity

I'm a creative person, I like doodling and doing calligraphy.

If that's not your thing, that's fine – the bullet journal doesn't have to be pretty, even though judging from the internet search results it seems to attract people who like their books pretty.

Part of the reason of why I got into bullet journaling in the first place was that it offered a much needed way of organizing myself – while also giving me space to draw and be artsy when I felt like it.

READ
THINK
WRITE
and eat delicious food

4-11-2018

QUOTED IN HALPERIN, "THE QUEER POLITICS
OF MICHEL FOUCAULT" (1995): 77.

ORIGINAL SOURCE: FOUCAULT, THE USE
OF PLEASURE

what is philosophy today
if it does not consist NOT
in legitimating what one
already knows — but
in undertaking to know
how and to what extent
it might be possible to think
DIFFERENTLY

michel foucault

fri 12 apr

■ 9-12 PROJECT MEETING

→ take notes on agenda for next meeting,
make post-it for collection

The project meeting was held on Friday, the 12th of April. The agenda for the next meeting was discussed and a list of tasks was made. The meeting was held in the library and was attended by all the project members. The meeting was very productive and we were able to discuss all the issues that were brought up. The meeting was held in the library and was attended by all the project members. The meeting was very productive and we were able to discuss all the issues that were brought up.

Creativity

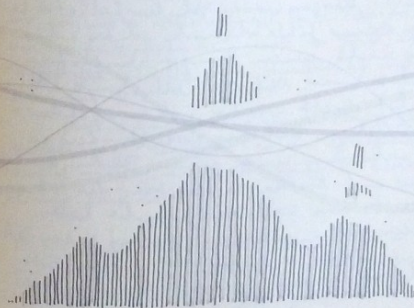
I like that the concept of the Daily Logs is so generous:

Before, I felt kind of bad when I doodled in my to-do lists or in my work notes. And I also felt bad to mix my artsy stuff with diary entries or mundane things like mixtape playlists.

In a bullet journal, it's easier for me to accept and appreciate all these things as aspects of my everyday life, which are bound together by the format of the book.

MIXTAPE: SVENSK MUSIK FÖR KATTI - GUDS SPELEMÄN

- 1 - GARMARNA : STYVMODERN
- 2 - RÅNN : PRÖVNINGEN
- 3 - HEDNINGARNA : PÖLSKA EFTER OLOF TILMAN
- 4 - GJALLARTORN : I RIVEN JÅ...
- 5 - KRAJA : LILLE JON
- 6 - RANARIM : I MIN UNGDOM
- 7 - SVANEVIT : JAG MINNES DIG
- 8 - TRIAKEL : VACKER VÄN, EN
- 9 - GARMARNA : GUDS SPELEMÄN
- 10 - HÄRDELIN, HALLBERG, HERTZBERG, STÅB / LARS PERSSON
- 11 - ANNA RYNEFÖR & ERIK ÅSK - UPMARK : KRINGELLEN
- 12 - GJALLARTORN : HERR OLOF
- 13 - TRIAKEL : VEIT
- 14 - RÅNN : HETEMO
- 15 - RANARIM : KORALEJ
- 16 - GJALLARTORN : SJÄJUNGFRUN OCH KONUNGADOTTERN



FACHVERSAMMLUNG 25. IV. 2018

- TASK: CREATE POLL FOR ERSTIS IN SUMMER 2019

- What do we want to know?
 - Have you enrolled in classes in English II?
 - Which?
 - Have you received a place in the class?
 - If not: have you tried to speed to the lecture?
 - Have you enrolled in English II because it is not restricted and not because you intend to complete a degree?
 - Have you showed up to class and not gotten a place because the room was full? Which?

APRIL REVIEW 30. IV. 2018

I have been thinking of you very much lately, and wondering how you are getting on. I hope you are well and happy. I have been very busy lately, but I have managed to find some time to write to you. I have been thinking of you very much lately, and wondering how you are getting on. I hope you are well and happy. I have been very busy lately, but I have managed to find some time to write to you.

[illegible]

Private vehicle access is restricted in some of the roads on this map, and one-way systems may apply. Please follow signage on the ground.

0 1/2 mile 1 km

- Car Park
- Public Toilets
- Railway Station
- Major public building
- Cultural attraction
- Travelshop



Getting Around

- 3 Lothian Buses

Attractions

- 1 Camera Obscura & World of Illusions
- 2 Royal Botanic Garden Edinburgh
- 4 Scottish Parliament
- 5 Edinburgh Castle
- 6 The Scotch Whisky Experience
- 7 Edinburgh Zoo
- 8 Architecture Tours
- 9 City of the Dead
- 10 The Real Mary King's Close
- 11 The Edinburgh Dungeon
- 12 Palace of Holyroodhouse
- 13 Dynamic Earth
- 56 The Royal Yacht Britannia

Tours

- 16 Rabbie's
- 17 Highland Experience Tours
- 18 Edinburgh Bus Tours (Royal Edinburgh Ticket)
- 19 Mercat Tours
- 20 Pollock Halls

Speciality Shops

- 23 Gyle Shopping Centre
- 24 Scotland Shop
- 25 Edinburgh Golf Centre
- 26 Robert Graham
- 27 The Treasure Trove
- 28 Neame Scott
- 29 Romanes & Paterson
- 30 James Pringle Shopping Warehouse
- 31 Mackenzie Leather
- 32 Bagpipes Galore
- 33 Ragamuffin
- 34 Bill Baber
- 35 Mr Wood's Fossils
- 36 Cabaret Antiques & Curios
- 55 Sheila Fleet

Fating & Drinking

- 41 The New Restaurant
- 42 The Caley Restaurant
- 43 The Caley Restaurant
- 44 The Caley Restaurant
- 45 The Caley Restaurant
- 46 The Caley Restaurant
- 47 The Caley Restaurant
- 48 The Caley Restaurant
- 49 The Caley Restaurant
- 50 The Caley Restaurant
- 51 The Caley Restaurant
- 52 The Caley Restaurant
- 53 The Caley Restaurant
- 54 The Caley Restaurant
- 55 The Caley Restaurant

Scrapbooking

If I feel like it, I also use my journals like a scrapbook and travel companion.

I glue in maps, like here, or photos, or concert tickets, or post cards.

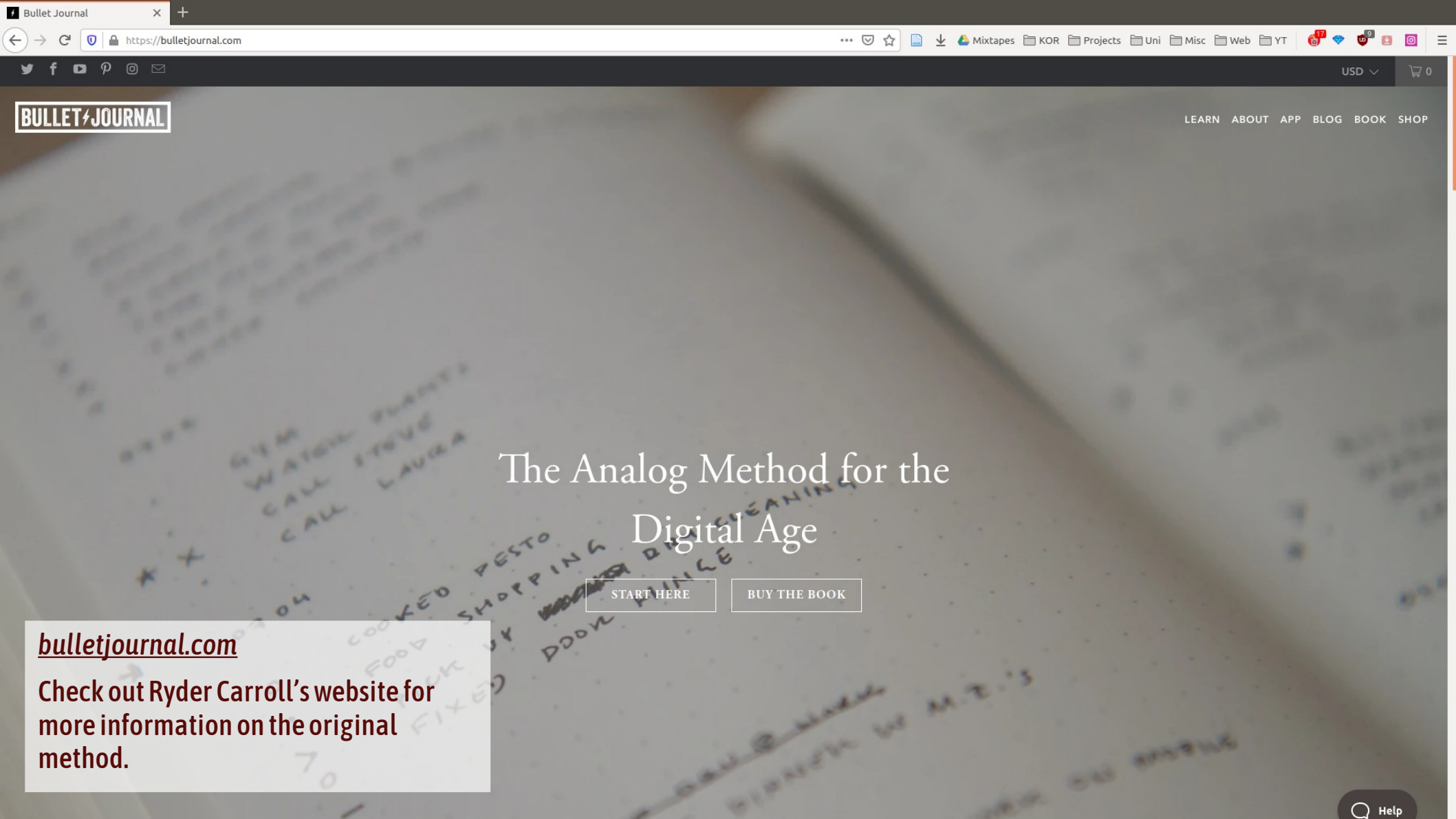
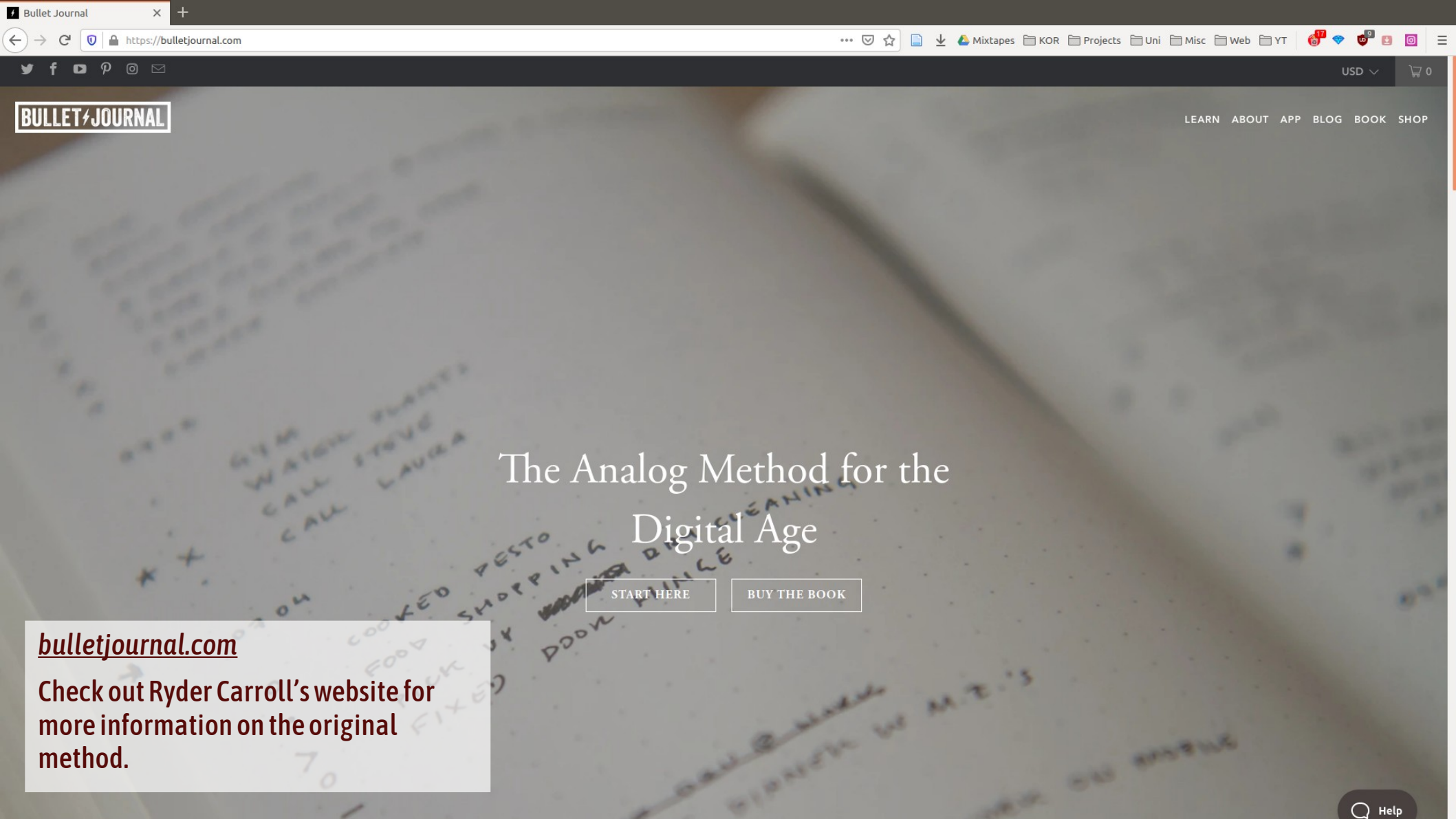
Make it your own

There is no one way to use a bullet journal.

I know that other people use their journals to prep and reflect therapy sessions, or to track their bouldering projects, or as an ongoing art project, or as a simple calendar with some added 'functionality'.

To me, one of the simple joys of bullet journaling is just spending time with pen and paper, I find it meditative. I think of each current journal as My Book. I made it. :-)





LEARN ABOUT APP BLOG BOOK SHOP

The Analog Method for the Digital Age

START HERE

BUY THE BOOK

bulletjournal.com

Check out Ryder Carroll's website for more information on the original method.

Help

TYLL ZYBURA

READ. THINK. WRITE.

HOME

WORKSHOPS

SEMINARS

SCHOLARSHIP

ESSAYS ON TEACHING »

Keep contact to your students in this time of crisis

Project: Unconditional Teaching

Magic questions to ask students about their writing

Congruent self- and supervisor assessment

Relieving stress in student writing

On 'embracing mediocrity'

Downscaling course prep tasks

Revision-oriented supervision of student writing

No apologies necessary

Personalized teaching

Planning stone writing tasks

The benefits of writing portfolios

APPRECIATIVE RESPONSES TO STUDENT WRITING »

1 Introduction

BULLET JOURNALING 1: HOW IT WORKS FOR ME

Tyll Zybura | 19 Mar 2019 | [SHARE](#)

I stumbled across the [bullet journal concept by Ryder Carroll](#) early in 2018 and was intrigued by its aim to combine task management with mindfulness. I have used the system virtually every day for over a year now and found it extremely rewarding. In this post I would like to share some of my experiences. In [a follow-up entry](#), I'll write more technically on some specific techniques I use in my journaling.

BASICS

The bullet journal method is a specific way of keeping a notebook (yes, with paper pages) to plan, record, and reflect your day, month, year, and life. It deliberately pulls activities of planning, organization, and time management from the digital tools most of us use (calendars and apps for note-taking, lists, and reminders) back into one analogue medium which gives us – above all – room to write down reflections on what we do and what we want to do. Writing by hand is a feature of the system, not an inconvenience.

A bullet journal is extremely adaptive to your needs, the system consists not in rules or tasks but in guiding principles to organize information about your life and the interaction with this information so that you can use it. Whether, in your day-to-day practice, it functions more like a planner or more like a journal is up to you: it becomes what you need it to be.

The basic techniques involved in bullet journaling are logging, indexing, and reflection:

» You log activities, events, tasks, or notes which are relevant to your life, much like in a time planner but in a specific system, and often you log them after the fact. A log entry can be as short or long as you like, the important thing is that it is contextualized by a

[zybura.de](https://www.zybura.de)

I have also written more about my own experiences with bullet journaling on my personal website, if you're interested.

D I G I T A L
HOW TO ENGLISH WEEK
2 0 2 0

HOW TO
Bullet journal

TYLL ZYBURA

Thanks for reading

I hope this was interesting and useful for you.

In a real-life workshop situation, I would have liked to ask for questions and for your own experiences journaling.

Instead, if you have comments or questions, don't hesitate to contact me via email:

tyll.zybura@uni-bielefeld.de

Have a great semester in spite of the challenging circumstances!