



Task Title: Dream Journal

OALCF Cover Sheet – Practitioner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☒

Task Description: The learner will keep a dream journal for five days and will write a paragraph describing one of their dreams.

Main Competency/Task Group/Level Indicator:

- Communicate Ideas and Information/Write continuous text/B2.2
- Communicate Ideas and Information/Complete and create documents/B3.1a

Materials Required:

- Pen/pencil and paper and/or digital device

Notes for Instructors/Practitioners

Prior to presenting this task set, go over the following with the learners:

A dream is loosely defined as “a succession of images, thoughts, or emotions passing through the mind during sleep”. The best way to remember your dreams is to keep paper and a pencil near your bed and write about the dream immediately after you wake. Some things to make note of are:

- Who was in my dream?
- What events happened in my dream? Were they related events or separate?
- When did my dream events happen?
- Where was I in the dream?
- What sights, smells, tastes, feelings were present in my dream?

Learner Information

Keeping track of your dreams can be an interesting form of self-discovery.

Note: Though everyone dreams, some people are unable to remember dreams at all. If you do not remember dreams, ask your instructor for a different task.

Scan the “Dream Journal Chart”.

Dream Journal Chart

Day 1 Dream Notes
Day 2 Dream Notes
Day 3 Dream Notes

Day 4 Dream Notes
Day 5 Dream Notes

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Work Sheet

Task 1: Fill in the Dream Journal Chart for the next five days.

Answer: No written response required here.

Task completed: Yes: ☐

Task 2: Write a paragraph describing one of the dreams you had.

Answer:

Answers

Answers will vary.

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
B2.2	writes texts to explain and describe			
	conveys intended meaning on familiar topics for a limited range of purposes and audiences			
	begins to sequence writing with some attention to organizing principles (e.g. time, importance)			
	uses limited range of vocabulary and punctuation appropriate to the task			
	begins to select words and tone appropriate to the task			
	begins to organize writing to communicate effectively			
B3.1a	makes a direct match between what is requested and what is entered			
	makes entries using familiar vocabulary			

Task Title: DreamJournal_I_B2.2_B3.1a

This task: Was successfully completed ☐ Needs to be tried again ☐

Learner Comments:

Instructor (print):

Learner (print):