A substantial writing-intensive component of the mathematics content courses for elementary education majors at Benedictine University is the journal each student keeps. The journal serves several important goals in this course including developing mathematical thinking and problem solving processes, communicating mathematics, providing an avenue of communication with the instruction, and improving attitudes toward mathematics. The journal consists of extensive reflections on each in-class activity and each homework assignment. In this talk, we describe the content, logistics, and benefits of using this journal. (Received September 14, 2004)