In my Intermediate and College Algebra courses I have used journals and other writing exercises to help under-prepared students grasp mathematical concepts. This session will discuss some of these activities and their results. Some sample journal entries will be given to demonstrate how this exercise can help instructors to determine where the "disconnect" happens in student learning. Additionally, I use several memory aides to help students avoid common mathematical errors. Examples of these memory aides will be given. (Received September 28, 2005)