

# University Seminar



**General Studies 100**

**Syllabus**

**Fall 1998**

**Pieter A. Vandenberg**



**SAN DIEGO STATE UNIVERSITY**

## Introduction

Welcome to University Seminar, General Studies 100. Now that you are here, you might ask—why? Good question!

This course will probably be unique among the courses you will take while in college because it's about the process you will go through while you are here rather than the standard course which attempts to provide content that you will use after you leave. It's similar to making a movie about making a movie. If this course succeeds it will help you to maximize your learning experience while you are here.

A university is a wonderful place, most of the time. It can be a miserable place some of the time. Students who do well tend to find ways to maximize the percent of the time it's

a wonderful place. It frequently turns out that miserable experiences could be avoided with a little bit of knowledge and forethought. Again, this course will help you do that. The course will identify resources on the campus that can help you succeed while you are here.

A large university such as ours (and yes it is "ours," you are now a member of the university community) has a great many resources. They include the obvious one like the faculty and staff, along with physical resources such as libraries, computers, classrooms and laboratories. But the resources also include less obvious and less tangible resources, but just as important. These include students (Yes, students are a major asset of a university!), social relationships, experiences outside of the formal learning environment, and opportunities to develop relationships outside of the direct university community.

This course also has a major planning component. Anything that is worth doing

is worth planning. If you don't have a plan, plan on having a disaster. So you will need to think about your goals. This is always the start of a plan. It's impossible to plan if you don't know where you are going. Why did you come to college? What do you want to achieve? When do you want to complete your degree? Once you have answers to these types of questions you can begin the planning process.

Your plan should be able to answer such questions as: How many units do I have to take each semester if I want to graduate in 4 years? How many hours can I work and complete this many units? How am I going to pay for this? Which classes do I have to take to complete my chosen major? How do I take the exams, write the papers and do the reading? How do I take advantage of the social opportunities that exist? How do I deal with all of the different people I encounter in my University experience?

These and many more questions need to be answered for you to have a successful ex-

perience while you are here. Do not get depressed about the number of questions—the vast majority of our students answer these questions very well.

Thus the general goal of this course is to help you succeed. Success in this context is defined as helping you extract from your experience(s) here the things you need to achieve your goals. The definition of success is unique to each one of us. Do not define success in terms of someone else. You need to identify what success means for you. However, do not sell yourself short. Set realistic goals, but make sure that they require that you stretch. Accept the fact that you might have to make a tactical retreat once in a while. Perhaps, if you never fail, you haven't set high enough goals and if you always fail perhaps you have set an unattainable standard.

Finally, remember that the future is a moving target. It is reasonable to expect that you will change your goals as you go through life. Changing your goals while you are here is not unusual. Therefore changing

your major or not yet having a major is not a failure. One of the things you are here to learn is what your major should be. You should also realize that much of what you came to the University for will be achieved regardless of the major you choose, even if you in retrospect decide you made a mistake. Your time here will not have been wasted if you did the best you could while you were here.

## **Course Requirements**

This course is graded credit/noncredit. Everyone in the class can get credit; there is no curve. But to get credit for the class you must complete certain assignments and activities. These are the types of assignments that if you do them you are likely to have done them correctly. So the most likely reason that you will fail the assignment is simply that you didn't do it. To receive a credit in this class do the following:

1. Attend class. I will allow two meetings to be missed because of personal necessity. Do

not waste these. There are no excused or unexcused absences. All absences are alike; you are allowed to miss two periods.

2. Learn to use Email and send me a note. I will respond.

3. Complete a letter to a freshman describing your experiences during the first semester and offering any advice you care to give to a new freshman. Perhaps somethings you wished you had known. (Due December 9).

4. Complete a goals statement and resume for yourself. The resume is due by October 21. A rough draft is due on October 7. The goals statement is to be completed for your first office visit.

5. Complete any assigned material for the resource visits and classroom discussion (See Calendar). (Some class meetings will involve visits to other locations.)

6. Meet with me at least once during my office hours. The first meeting must be before October 7. Please feel free to see me more frequently if I can be of help to you.

7. Complete, by Novem-

ber 18, a plan for completing your GE requirements. By a plan I mean: What are the GE requirements? Which semester do you plan to complete each of these? Have you, or when will you complete the prerequisite or placement exam?

You are required to keep all of the assignments together in a folder of some kind, so that it will be available to you for reference. Please keep this planner as a record of your progress and bring it (along with your folder) to the office visit. Also bring this planner to class each time.

## Resource Material

You will need to obtain three items for this class:

*San Diego State University Catalog, 1998*

*1998 Spring Schedule, when it becomes available.*

*Access to a computer to complete your resume and Email assignment.*

If you have your own computer you may use it if you have a way to connect it to the University's network. If not you may use the University's labs.

## Contacting Me

If you have a problem with any class assignment or something else please contact me immediately so that we may discuss your situation. It might be possible to reach an accommodation with respect to class requirements and your particular situation. But problems do not improve with age! A successful resolution may not be possible if you delay in contacting me. (By the way this is probably true for any class you are taking.)

You can always leave a phone or Email message, if all else fails, and then see me during my office hours. This term will go faster than you think. So please don't let problems pile up.

My office is in SS 3367. You can call me at 594-3027. This number is on voice mail so you can leave a message 24 hours a day, every day. My cell phone number is 977-8596. When get your Email account you can send electronic mail to [pieter.vandenberg@sdsu.edu](mailto:pieter.vandenberg@sdsu.edu). You can send mail from any

Internet mailer. My office hours are from 2:30 to 4:00 PM Tuesdays and Thursdays and by appointment.

It does seem that my office hours have only two states of nature. I am either swamped with people, or there is nobody.

The truth is that the latter is the much more common situation. So if you happen to arrive when I am very busy don't get discouraged. Please come back or have a seat in the patio. Remember that I also make appointments.

**Assignment Record (Please keep this up-to-date.)**

<b>Course Requirements</b>	<b>Due</b>	<b>Completed</b>
Send Email	By 9/14	_____
First Office Visit	By 10/07	_____
Resume Rough Draft	9/30	_____
Resume Final Draft	10/22	_____
Time Management Schedule	10/28	_____
Have at least 5 names on your contact list	11/11	_____
GE requirements	11/18	_____
Letter to freshman	12/9	_____
Acquire a permanent Email account before the end of the semester, the class accounts will expire.		_____

*General Studies 100 Planning Calendar Fall 1998*

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Sunday August 30

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Monday 31

Holiday

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Tuesday September 1

Office Hours 2:30-4:00 PM

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Wednesday 2

Introduction

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Thursday 3

Office Hours 2:30-4:00 PM

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Friday 4

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Saturday 5

AUGUST

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16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30 31

SEPTEMBER

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6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30

OCTOBER

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4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31

*General Studies 100 Planning Calendar Fall 1998*

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Sunday September 6

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Monday 7

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Tuesday 8

Office Hours 2:30-4:00 PM

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Wednesday 9

Computing and Email  
SSRL PFSA 133 (Basement)  
Bring one 3.5 inch IBM disk

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Thursday 10

Office Hours 2:30-4:00 PM

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Friday 11

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Saturday 12

AUGUST

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30	31					

SEPTEMBER

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OCTOBER

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*General Studies 100 Planning Calendar Fall 1998*

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Sunday September 13

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Monday 14

Have you sent that Email?

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Tuesday 15

Office Hours 2:30-4:00 PM

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Wednesday 16

Resource Visit  
Wellness Issues

Meet in LL 431

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Thursday 17

Office Hours 2:30-4:00 PM

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Friday 18

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Saturday 19

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*General Studies 100 Planning Calendar Fall 1998*

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Sunday September 20

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Monday 21

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Tuesday 22

Office Hours 2:30-4:00 PM

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Wednesday 23

Goals/Resume

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Thursday 24

Office Hours 2:30-4:00 PM

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Friday 25

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Saturday 26

AUGUST

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23 24 25 26 27 28 29  
30 31

SEPTEMBER

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20 21 22 23 24 25 26  
27 28 29 30

OCTOBER

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11 12 13 14 15 16 17  
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25 26 27 28 29 30 31



*General Studies 100 Planning Calendar Fall 1998*

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Sunday October 4

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Monday 5

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Tuesday 6

Office Hours 2:30-4:00 PM

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Wednesday 7

University Resources  
University Catalog  
Rough draft of Resume Due

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Thursday 8

Office Hours 2:30-4:00 PM

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Friday 9

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Saturday 10

SEPTEMBER

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NOVEMBER

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29	30					

*General Studies 100 Planning Calendar Fall 1998*

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Sunday October 11

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Monday 12

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Tuesday 13

Office Hours 2:30-4:00 PM

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Wednesday 14

Library Resource Visit  
Meet in Room 76 New Library

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Thursday 15

Office Hours 2:30-4:00 PM

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Friday 16

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Saturday 17

SEPTEMBER

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*General Studies 100 Planning Calendar Fall 1998*

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Sunday October 18

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Monday 19

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Tuesday 20

Office Hours 2:30-4:00 PM

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Wednesday 21

Time Management  
[Complete Time management  
schedule in syllabus by October 28]

Final Resume due.

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Thursday 22

Office Hours 2:30-4:00 PM

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Friday 23

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Saturday 24

SEPTEMBER

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27 28 29 30

OCTOBER

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25 26 27 28 29 30 31

NOVEMBER

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29 30

*General Studies 100 Planning Calendar Fall 1998*

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Sunday October 25

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Monday 26

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Tuesday 27

Office Hours 2:30-4:00 PM

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Wednesday 28

University Advising Center  
Visit—good opportunity to  
work on college plan! Meet in  
SS 1641

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Thursday 29

Office Hours 2:30-4:00 PM

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Friday 30

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Saturday 31

SEPTEMBER

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*General Studies 100 Planning Calendar Fall 1998*

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Sunday November 1

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Monday 2

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Tuesday 3

Office Hours 2:30-4:00 PM

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Wednesday 4

Survival Strategies

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Thursday 5

Office Hours 2:30-4:00 PM

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Friday 6

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Saturday 7

OCTOBER

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Sunday November 8

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Monday 9

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Tuesday 10

Office Hours 2:30-4:00 PM

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Wednesday 11

University Culture and Ethics

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Thursday 12

Office Hours 2:30-4:00 PM

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Friday 13

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Saturday 14

OCTOBER

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Sunday November 15

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Monday 16

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Tuesday 17

Office Hours 2:30-4:00 PM

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Wednesday 18

Spring Semester Course Scheduling

Copy of Spring Class Schedule

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Thursday 19

Office Hours 2:30-4:00 PM

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Friday 20

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Saturday 21

OCTOBER

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Sunday November 22

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Monday 23

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Tuesday 24

Office Hours 2:30-4:00 PM

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Wednesday 25

Classroom Strategies

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Thursday 26

Holiday

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Friday 27

Holiday

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Saturday 28

OCTOBER

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Sunday November 29

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Monday 30

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Tuesday December 1

Office Hours 2:30-4:00 PM

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Wednesday 2

Multicultural Diversity

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Thursday 3

Office Hours 2:30-4:00 PM

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Friday 4

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Saturday 5

OCTOBER

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NOVEMBER

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DECEMBER

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27	28	29	30	31			

*General Studies 100 Planning Calendar Fall 1998*

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Sunday December 6

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Monday 7

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Tuesday 8

Office Hours 2:30-4:00 PM

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Wednesday 9

What have we Learned?  
Letter to Freshman due

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Thursday 10

Office Hours 2:30-4:00 PM

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Friday 11

Last Day of Classes

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Saturday 12

Final Exams Begin

NOVEMBER

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

DECEMBER

1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31

JANUARY

1 2  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

*General Studies 100 Planning Calendar Fall 1998*

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Sunday December 13

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Monday 14

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Tuesday 15

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Wednesday 16

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Thursday 17

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Friday 18

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Saturday 19

NOVEMBER

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

DECEMBER

1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31

JANUARY

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3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

*General Studies 100 Planning Calendar Fall 1998*

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Sunday December 20

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Monday 21

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Tuesday 22

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Wednesday 23

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Thursday 24

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Friday 25

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Saturday 26

NOVEMBER

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8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28  
29 30

DECEMBER

1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31

JANUARY

1 2  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

*General Studies 100 Planning Calendar Fall 1998*

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Sunday December 27

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Monday 28

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Tuesday 29

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Wednesday 30

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Thursday 31

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Friday January 1

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Saturday 2

NOVEMBER

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

DECEMBER

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6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31

JANUARY

1 2  
3 4 5 6 7 8 9  
10 11 12 13 14 15 16  
17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31



## Daily Schedule for Monday

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6:00 AM

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7:00

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8:00

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9:00

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10:00

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11:00

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12:00 Noon

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10:00

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11:00

26

## Daily Schedule for Tuesday

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6:00 AM

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12:00 Noon

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10:00

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11:00

## Daily Schedule for Wednesday

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6:00 AM

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7:00

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8:00

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9:00

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10:00

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11:00

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12:00 Noon

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7:00

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10:00

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11:00

28

## Daily Schedule for Thursday

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6:00 AM

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7:00

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9:00

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10:00

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11:00

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12:00 Noon

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11:00

## Daily Schedule for Friday

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6:00 AM

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10:00

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11:00

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12:00 Noon

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## Daily Schedule for Saturday

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12:00 Noon

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## Daily Schedule for Sunday

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6:00 AM

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12:00 Noon

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11:00

32

## Contact List

(Use to keep track of individuals that can help you solve problems.)

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S M T W T F S	S M T W T F S	S M T W T F S
AUGUST 1998	SEPTEMBER 1998	OCTOBER 1998
1	1 2 3 4 5	1 2 3
2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10
9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24
23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31
30 31		
NOVEMBER 1998	DECEMBER 1998	JANUARY 1999
1 2 3 4 5 6 7	1 2 3 4 5	1 2
8 9 10 11 12 13 14	6 7 8 9 10 11 12	3 4 5 6 7 8 9
15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16
22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23
29 30	27 28 29 30 31	24 25 26 27 28 29 30
		31
FEBRUARY 1999	MARCH 1999	APRIL 1999
1 2 3 4 5 6	1 2 3 4 5 6	1 2 3
7 8 9 10 11 12 13	7 8 9 10 11 12 13	4 5 6 7 8 9 10
14 15 16 17 18 19 20	14 15 16 17 18 19 20	11 12 13 14 15 16 17
21 22 23 24 25 26 27	21 22 23 24 25 26 27	18 19 20 21 22 23 24
28	28 29 30 31	25 26 27 28 29 30
MAY 1999	JUNE 1999	JULY 1999
1	1 2 3 4 5	1 2 3
2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10
9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24
23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31
30 31		
AUGUST 1999	SEPTEMBER 1999	OCTOBER 1999
1 2 3 4 5 6 7	1 2 3 4	1 2
8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9
15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16
22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23
29 30 31	26 27 28 29 30	24 25 26 27 28 29 30
		31
S M T W T F S	S M T W T F S	S M T W T F S

Notes

