



TCNJ THE COLLEGE OF
NEW JERSEY

ACADEMIC PLANNER

2021-2022

Sponsored by
Center for Student Success

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This planner includes study tips and strategies, information pages on various campus resources and departments. Below is a full list of what is included as well as its corresponding page number(s).

For the most updated information regarding TCNJ's plans for the fall semester, please visit the [TCNJ Fall 2021 Return to Campus](#) website.

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TCNJ Academic Calendar 2021 - 2022

Fall Term	
Monday, 8/30	Convocation
Tuesday, 8/31	Fall classes begin
Tuesday, 8/31- Wednesday, 9/8	Add/Drop week
Monday, 9/6	Labor Day, No class
Tuesday, 9/7	Follow Monday schedule
Friday, 10/1	Last day to submit Change of Major form to academic dept for Spring registration
Monday, 10/11 - Tuesday, 10/26	Mid-Semester Progress Reports
Monday, 10/11 - Tuesday, 10/12	Fall Semester Break
Tuesday, 11/2	Last day to request or rescind ungraded option
Tuesday, 11/2	Last day to withdraw from full semester course with "W"
Tuesday, 11/2	Last day to withdraw from the College with "WD" in all courses
Tuesday, 11/2 - Friday, 11/12	Spring & Summer registration window
Wednesday, 11/24 - Friday, 11/26	Thanksgiving Break
Friday, 12/10	Last day of Fall classes
Saturday, 12/11 - Tuesday, 12/14 Saturday, 12/18 - Sunday, 12/19	Reading days (<i>Reading day on Tuesday, 12/14 until 5pm</i>)
Tuesday, 12/14 - Friday, 12/17 Monday, 12/20 - Tuesday, 12/21	Exam period (<i>Exams begin at 5pm on Tuesday, 12/14</i>)
Friday, 12/24	Fall grades due
Winter Term	
Monday, 12/21 - Sunday, 1/24/21	Winter Term
Tuesday, 1/5	Last day to Add/Drop courses for Winter Session with 100% refund
Monday, 1/4	Winter Session classes begin
Monday, 1/11 - Wednesday, 1/13	Winter Session Mid-Semester Progress Reports
Thursday, 1/14	Last day to Withdraw from a course with a "W"
Friday, 1/22	Winter Session classes end
Monday, 1/25	Winter Session grades due

For the most updated academic calendar, please visit the [Academic Calendar](#) website online.

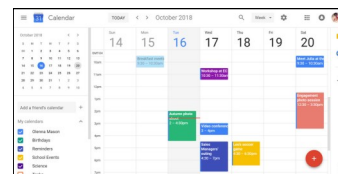
TCNJ Academic Calendar 2021 - 2022

Spring Term	
Monday, 1/24	Spring classes begin
Monday, 1/24- Tuesday, 2/1	Add/Drop week
Friday, 3/4	Last day to submit Change of Major form to academic dept for Fall registration
Monday, 3/7 - Monday, 3/21	Mid-Semester Progress Reports
Monday, 3/14 - Friday, 3/18	Spring Break
Monday, 3/28	Last day to request or rescind ungraded option
Monday, 3/28	Last day to withdraw from full semester course with “W”
Monday, 3/28	Last day to withdraw from the College with “WD” in all courses
Tuesday, 4/5 - Friday, 4/15	Fall & Winter registration window
Friday, 5/6	Last day of Spring classes
Saturday, 5/7- Monday, 5/9 Saturday, 5/14 - Sunday, 5/15	Reading days
Tuesday, 5/10 - Friday, 5/13 Monday, 5/16	Exam period
Thursday, 5/19 - Friday, 5/20	Commencement
Tuesday, 5/23	Spring grades due
Monday, 5/23	Summer Session 1 Classes Begin
Monday, 5/23 –Thursday, 8/18	Summer Term
Tuesday, 5/24	Last day to Add/Drop courses for Summer Session 1 with 100% refund
Monday 5/30	Memorial Day, No Classes
Tuesday, 5/31—Thursday, 6/2	Summer Session 1 Mid-Semester Progress Reports
Friday, 6/3	Make-up day for Summer Session 1 Memorial Day holiday
Friday, 6/3	Last day to withdraw from a course with a “W” during the Summer Session 1 Session
Friday, 6/10	Summer Session 1 classes end
Monday, 6/13 - Thursday, 7/14	Summer Session 2
Monday, 7/18 - Thursday, 8/18	Summer Session 3

For the most updated academic calendars, please visit the [Academic Calendar](#) website online.



10 Tips to Help Maximize Google Calendar



1. Download the **Google Calendar App** to your phone or tablet.
 - *There are components included on the app that will enhance your capabilities.*
2. **Create different calendars, organized by class and/or by theme.**
 - *Class examples include Biology 102, Chemistry 201, FSP 164, Math 128.*
 - *Theme examples can include academic, personal, clubs, work, etc.*
 - *This will allow you to color-code your calendars for easier viewing.*
3. You should **input all of your fixed time** for the semester and **make it recurring**.
4. Be sure to **set notifications/reminders** for calendar events that require your attendance. These can be set to remind you 5-10 minutes prior to the event.
5. Once you have inputted your fixed schedule, **layer any activities and/or involvement** that may be flexible. The more you include, the more accurate your calendar.
 - *Examples include: study times, group work, personal wellness, family time, TV shows, etc.*
6. **Use the Goals setting** to allow Google to find time in your schedule to make time for things you would like to do. In this feature you identify a goal and how much time you want to put into it, then Google suggests times that work using your current calendar.
7. Remember the **different calendar views** you can use to stay current, which include daily, weekly, monthly, and 3 days. Each of these calendar views gives you a different snapshot of your responsibilities.
8. The **Schedule View is literally a daily agenda**. Get into the habit of looking at it the night before and at the beginning of your day to help you to focus.
9. **Color code your calendar events** to make your calendar visually appealing and create a clearer organization. As stated in #2, you can choose to have a calendar for classes, one for studying, one for clubs/organizations, work, etc. Each can be identified by a different color.
10. **Use your syllabi to input reminders** for due dates of assignments, quizzes, tests, etc. This will help you identify when you should study. This is different from notifications that alert you of an event for which you need to be present.

Importing Events into Google Calendar

Along with scheduling recurring events (*like classes, tutoring, work hours, study hours, etc.*), you can also import a list of non-recurring events. This is ideal for when you have a list of events that are more random in their dates/times, that you want to import into your Google Calendar. Examples of these types of events would be the TCNJ Academic Calendar, athletic list of games, a student organization's events for the semester, etc. This could be done by importing .csv (comma separated values) files into Google Calendar.

All the events would need to be organized into a spreadsheet, then saved as a .csv file to your computer. To then import that file of events, follow the steps in this link: [Import events into Google Calendar](#). (*These directions are for working from a computer.*)

- ⇒ When importing these files, it is important to note that you will not be able to “undo” the action. If you wanted to delete the imported events, that would need to be individually.
- ⇒ When adding events, you should consider whether you want to add them as a “new” calendar or into your own personal calendar. Either way allows you to view the events, but having multiple calendars can provide you with more flexibility in color-coding of event types.
- ⇒ When adding events that are classified as “all-day” it is advisable to add these to a new calendar you create, as they will block out your availability for the full day in your calendar. An example of these type of all-day events can be found within the Academic Calendar, which includes items such as *Last day to submit a change of major form* or *Last day to request ungraded option*.

Click on the link below to gain access to the **TCNJ Academic Calendar**, which will take you to a Google Sheets file. Download and save it to your computer as a “.csv” file, then follow the [directions](#) to import it into a Google Calendar.

[TCNJ ACADEMIC CALENDAR](#)

As noted above, it is highly recommended that you create a new calendar titled “Academic Calendar” and be sure to download these events into that new calendar.

Important Phone Numbers And Websites

The College area code is 609. Most extensions have a prefix of 771.

CAMPUS OFFICES / RESOURCES

609-771-XXXX

- 3199** Accessibility Resource Center
- 2572** Alcohol & Drug Education Program
- 2571** Anti-Violence Initiatives
- 2231** Athletics
- 2171** Campus Police
- 2161** Career Center
- 2596** Center for Global Engagement
- 3452** Center for Student Success
- **** College Bookstore - 609-359-5056
- 2247** Counseling and Preventive Services
- 2280** Educational Opportunity Fund Program
- 2889** Health Services
- 2660** IT Help Desk
- 2311** Library
- 2141** Records & Registration
- 2301** Residential Education & Housing
- 2466** Student Involvement
- 2172** Student Accounts
- 2211** Student Financial Assistance
- 2201** Student Affairs
- 3325** Tutoring Center

ACADEMIC SCHOOLS

609-771-XXXX

- 2278** Arts & Communication
- 3064** Business
- 2100** Education
- 2538** Engineering
- 3434** Humanities & Social Sciences
- 2591** Nursing, Health, &
Exercise Science
- 2724** Science

DIGITAL RESOURCES

CSS Virtual Advising Resource—<https://css.tcnj.edu/remote-virtual-learning-resources/>

IT Virtual Resource—<https://it.tcnj.edu/covid19/>

Student Affairs Virtual Opportunities—<https://sa.tcnj.edu/virtual-opportunities/>



IMPORTANT WEBSITES

Advising Resources
Liberal Learning Program
PAWS
TCNJ Policies
Undergraduate Bulletin

advisingresources.tcnj.edu
liberallearning.tcnj.edu
pawshelp.pages.tcnj.edu
policies.tcnj.edu
bulletin.tcnj.edu

Center for Student Success



Unlock Your Potential!

What is the Center for Student Success (CSS)?

CSS was established to provide students with access to *personalized* coaching and advisement with the goal of strengthening their academic performance and promoting student success and retention. The staff is dedicated to the academic success and development of the “whole student.”

CSS Services (open to ALL students):

Make sure you view our [CSS YouTube channel](#) for helpful tips and advice on advising and student success strategies.

[Personalized Academic Coaching](#) (*Study Skills, Time Management, etc.*)

[Supplemental Academic Advising](#) (*Students in Transition, Course Selection, etc.*)

[Academic Success Workshops](#) (*Preparing for Finals, Note Taking, etc.*)

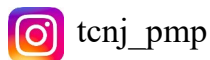
[Peer Advising Coaches](#) (*Navigating PAWS, Preparing for Registration, etc.*)

We now offer [virtual advising](#) and coaching appointments!

P.R.I.D.E. Mentoring Program

Preparing Remarkable Individuals Determined to Excel

For more information, check out the [PMP website](#) or email mentoring@tcnj.edu



How to make an appointment:

Make appointment directly with a CSS Advisor through our website:
<https://css.tcnj.edu/contact-us/>

If you're not sure who you want to make an appointment with, click [HERE](#) to find out who would be the best match for your needs.

Email: css@tcnj.edu

Website: css.tcnj.edu





CSS Workshop Series

We will be offering **In-Person Workshops** for the 2021-2022 academic year!

More information on the workshops and how to register for them can be found on our [CSS website](#). Registration will be *required* to attend.

FALL 2021 WORKSHOPS:

College 101: College Success Tips

Wednesday, September 8th at 2:00pm-2:50pm in P101

Time Management: Back to Classroom

Wednesday, September 15th at 2:00pm-2:50pm in P101

Discovering Your Learning and Study Styles

Wednesday, October 20th at 2:00pm-2:50pm in P101

Preparing for Finals

Wednesday, December 1st at 2:00pm-2:50pm in ED115

Spring 2022 workshops will be announced on our website and on our Instagram in January 2022.

*To learn more about our workshop topics and other student success tips...
“Instagram Tidbits” and “Deep Dives”*

PLEASE MAKE SURE FOLLOW US ON INSTAGRAM



Seven Steps to a Successful Semester

1 = Evaluate Your Academic Habits and Past Performance

- What went well and why?
- What did not go well and why?
- What changes can/need to be made?

2 = Set Your Goals and Objectives

- Put goals and objectives in writing (This provides focus, clarity, and direction).
- Review your goals. Are they reasonable, attainable, and specific?
- Set objectives. These are measurable tasks/activities that support you in achieving your goal.
(Ex: If your goal is an A in Chemistry, objectives could be to attend every class, attend weekly tutoring, and meet with the professor during office hours)
- Hold yourself accountable and ask others to do the same.

3 = Manage Your Time and Stay Organized

- Use a planner to map out your semester, making note of all assignments from your syllabi. Look weeks/months ahead, not just to next week's assignments.
- A time management grid or Excel file can be used to plot your classes and all other ongoing commitments such as work, student organization meetings, exercise and meals. Then plot your study time for each course. Treat this study time as an equally important commitment!
- Spread out your study hours and avoid exceeding 2-3 hour study sessions, making sure to allot for short breaks. Begin early to avoid last minute all-night cramming sessions!
- Avoid the "nap trap!" Use this time for reviewing and/or preparing.
- Make to-do lists and prioritize tasks.
- Break down larger assignments into small, manageable tasks. Assignments done over time can mean less stress for you!

4 = Position Yourself to Succeed

- GO TO CLASS! Perfect attendance should be listed as your first objective to meet your academic goals.
- Be prepared with the tools (textbook, note books, binders, highlighters...)
- Sit as close to the front of the class as possible to help pay attention.
- Be an active learner: take notes, ask questions, and engage in class discussions.
- Review after class, as much of what you're taught begins to fade soon after class ends. Reviewing is more efficient than relearning weeks later.
- Find your "spot" on campus. Avoid studying where you sleep (your brain is already conditioned for sleep in this area).
- Avoid distractions when you study (Ex.: Turn off your smartphone) and know your triggers (Can you study with background noise or do you need complete silence?).
- Consider study partners and study groups to gain a variety of perspectives and motivation.

Seven Steps to a Successful Semester

5 = Be Aware of Your Academic Resources and TCNJ Policies/Procedures

- The Center for Student Success, Tutoring, the Career Center, Counseling & Psychological Services, Disability Support Services, and your academic departments are all here to help you make this a successful semester, so reach out early and often for support.
- Utilize your professor's office hours and meet them at least once outside of class.
- Pay attention to detail and deadlines. Understand the TCNJ calendar and all important dates.
- Navigate online resources such as PAWS, Canvas, the Undergraduate Bulletin, and departmental websites.
- Read all TCNJ emails!

6 = Monitor and Evaluate Your Progress Regularly

- Self-evaluate your academic progress toward each goal.
- Monitor your grades in all of your courses using a CSS "Record of Achievement" form.
- Consider what may be impeding on your success and focus on any necessary adjustments that can be made.
- Seek help early (Ex: Utilize tutoring services consistently and well in advance for exams).
- Meet with instructors throughout the semester for feedback.

7 = Build Your Momentum

- Learn how to respond to any challenges, pitfalls, or failures appropriately.
- Seek additional advice or assistance and continue to learn from others.
- Consider other alternative pathways to reach your ultimate goals.
- Maintain good physical and emotional health, get plenty of sleep and maintain a healthy diet.
- Celebrate any and all areas where you have seen improvement.
- Remember that the small accomplishments do matter in meeting your major goals.
- Don't give up. Just because you may have setbacks doesn't mean you can't get back on track.

What will YOU do this semester to succeed?

Modified from the UNC-Charlotte Advising Center 1/2015

Test Taking Strategies

The “SPLASHDOWN” Method

Approach the test when it is handed to you by first turning it over and using SPLASHDOWN. Write out all the key information that you want to remember (dates, formulas, facts, etc.). This method gets the information out of your head on onto the paper all in about two minutes.

Use the first moments to look over the test without answering questions. This helps to identify how the test is structured and allows you to look at the “types” of questions, especially those that are worth more points.

1. Create a ‘timeline’ for each section to determine how much time to spend on each section.
2. Answer all the easy questions first. Change your answer only if you have reason to do so (75% of the time your first choice is correct).
3. Refer to the “splashdown” information you wrote down as needed throughout the test.

Using The 3-TIER Approach

Read through the questions of the test and place each question into one of three categories:

- TIER 1—These are the easy questions that you are 80%-90% confident you know the answer.
- TIER 2—These are questions that you are 60% confident you know the answer. Place a mark next to the question, *not answering yet* but moving on to the next question.
- TIER 3—These are questions that you are less than 50% confident with the answer. Place a different mark next to these questions, *not answering it yet*, and move on to the next question.

Then . . .

1. Answer all TIER 1 questions.

2. Next, answer only TIER 2 questions.

3. Finally, move on to TIER 3 questions.

By approaching the test in this manner, you will have had a thorough review of the test material by the time you get to the TIER 2 and especially TIER 3 level questions. This should help in recalling the necessary formation as well as efficiently answering all the questions you have a good chance at getting correct. It is an efficient and effective way to approach getting the maximum number of points on a test.

In reviewing the test at the end, make sure each question has been answered, but refrain from changing answers, especially Tier 1 or Tier 2 questions.

Test Taking Strategies

Multiple Choice Questions

Read directions thoroughly.

Read all answers before answering.

If you have no clue which is the correct answer *then*

- Eliminate all answers that you are confident are not correct.
- If it calls for sentence completion, eliminate the answers that would form grammatically incorrect sentences.
- If two quantities are almost the same, choose one of these.
- If answers cover a wide range, choose one in the middle of the range.

True/False Questions

Read carefully. One word can make a statement inaccurate.

Answer these questions quickly and go with your first instinct.

Look for qualifiers like *all, most, sometimes, never or rarely*.

Absolute qualifiers like *always or never* generally indicate a false statement.

Open-Book / Open-Note Tests

Write down any formulas you need on a separate sheet.

Use paperclips and color-coded tabs to save time when flipping through pages.

Number notes and use a table of contents.

Be familiar with readings & notes due to level of detail expected on these types of tests.

Short Answer / Fill in the Blank

Concentrate on key words and facts.

Keep it brief.

Know your subject backwards & forwards.

Essay Questions

Clearly understand what the question is asking.

Make a quick outline before you start writing.

It helps you to write faster.

You are less likely to leave out facts.

If you can't finish, at least you can include the outline.

KISS — KeeP It Short and Simple.

Be sure to *answer the question*, don't just write all you know about the topic and hope the professor will find the answer.



Reading & Note-Taking Tips

Effective Note-Taking

- Write the date / chapter / page number of the content covered.
- Number the pages of your notes.
- Type your notes either during or after class.
- Leave blank lines to add details and clarification later.
- Review notes shortly after taking them.
- Use a three-ring binder so you can:
 - remove pages easily for review.
 - insert handouts in appropriate places.
 - insert out-of-class notes.
- Use only one side of paper so:
 - you can spread all notes side by side to review.
 - it is easier to read.
- Use an “I’m lost” signal.
- Leave blank space.
- Use different formats (Outlines, Mind-Maps, Cornell Format).
- Use tape recorders effectively.
 - Ask the professor’s permission before recording a lecture.
 - Pay attention during the lecture - use recording only to *supplement* notes.



Effective Reading

- Use **PQ4R** (Preview-Question-Read-Reflect-Recite-Review).
- Break reading assignment/chapter into smaller steps / chunks.
- Pay attention to your attention.
- Write key words in the margin to serve as memory cues.
- Use your own words when you make notes *in the textbook*.
- When highlighting, it’s best to read *before* you underline.
- Use symbols to indicate certain kinds of information.

When Reading is Tough . . .

- ✓ Read it again and/or read it aloud.
- ✓ Stand up.
- ✓ Look for essential words.
- ✓ Hold a mini-review.
- ✓ Use your resources (Tutoring Center, Professor, etc.).
- ✓ Make a study group.
- ✓ Pretend you understand, then explain it to yourself.
- ✓ Take a moment to summarize each paragraph in your own words and *write it down*.



Time Management Tips

Plan Your Time Wisely

- Use monthly planners to map out syllabi (*assignments and exams*) to anticipate “rough weeks”
- Plan your committed and free time and post where visible
- Balance your time! - *Academic/Social/Leadership*
- Treat studying like a 9-5 job or class
- Schedule blocks and stick to them!
- Use priority lists for daily tasks

Create a Study Plan

- Identify all key assignments
- Group by type (*paper, presentation, project, etc.*)
- Organize by due date
- Break up into small tasks
- Work backwards from the future to the present and assign due dates
- WRITE IT DOWN!!!

Schedule Study Time

- Use **GOOGLE CALENDAR!**
- Schedule fixed blocks of time first
- Include time for errands & fun
- Set realistic goals
- Allow flexibility in your schedule
- Avoid scheduling marathon sessions!
- Set clear starting & stopping times
- Plan for the unplanned

Time Management Tips

- Study difficult (or uninteresting) subjects first
- Be aware of your best time of the day
- Use waiting time
- Use a regular study area
- Study where you will be alert
- Pay attention to your attention
- Agree with roommates about study times
- Unplug from social media and other distractions
- Learn to say NO
- Hang a DO NOT DISTURB sign on the door
- Get ready the night before
- Notice how others misuse your time
- Ask: What is one task I can accomplish toward my goal?
- Ask: Am I being too hard on myself?
- Perfection always necessary?
- Important, but not urgent?



Time Management ~ *Fall Semester*

	<i>Saturday</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							

Time Management ~ *Spring Semester*

	<i>Saturday</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							

CSS Record of Achievement Fall Term

For directions and a sample of how to complete this form, click [HERE](#).

Class:			
FALL 20		GRADE GOAL	
DATE:	ASSIGNMENT / PROJECT / EXAM / QUIZ	% FINAL GRADE	PTS/ GRADE

Class:			
FALL 20		GRADE GOAL	
DATE:	ASSIGNMENT / PROJECT / EXAM / QUIZ	% FINAL GRADE	PTS/ GRADE

Class:			
FALL 20		GRADE GOAL	
DATE:	ASSIGNMENT / PROJECT / EXAM / QUIZ	% FINAL GRADE	PTS/ GRADE

Class:			
FALL 20		GRADE GOAL	
DATE:	ASSIGNMENT / PROJECT / EXAM / QUIZ	% FINAL GRADE	PTS/ GRADE

CSS Record of Achievement Spring Term

For directions and a sample of how to complete this form, click [HERE](#).

Class:			
SPRING 20		GRADE GOAL	
DATE:	ASSIGNMENT / PROJECT / EXAM / QUIZ	% FINAL GRADE	PTS/ GRADE

Class:			
SPRING 20		GRADE GOAL	
DATE:	ASSIGNMENT / PROJECT / EXAM / QUIZ	% FINAL GRADE	PTS/ GRADE

Class:			
SPRING 20		GRADE GOAL	
DATE:	ASSIGNMENT / PROJECT / EXAM / QUIZ	% FINAL GRADE	PTS/ GRADE

Class:			
SPRING 20		GRADE GOAL	
DATE:	ASSIGNMENT / PROJECT / EXAM / QUIZ	% FINAL GRADE	PTS/ GRADE

Academic Advisors

How to contact them, what to discuss, and how to prepare...

How do I know who my advisor is?

Your advisor's name is conveniently located on your PAWS "Student Center." There is also a link to email them through PAWS.

How will I meet with my advisor?

Advising appointments can take place either in-person or remotely. You should contact your advisor to find out their method of scheduling and conducting appointments.

How can my advisor help me?

Advisors can...

- ⇒ Work with you to help plan next semester's schedule
- ⇒ Answer questions about your major, minor and liberal learning requirements
- ⇒ Discuss concerns you may be having regarding your coursework and major choice
- ⇒ Discuss internships and job opportunities
- ⇒ Give great insight into your field of study
- ⇒ Provides referrals for other resources when needed

How should I prepare for a meeting with my advisor?

- ◆ Don't wait until the last minute to set up an appointment. Reach out to your advisor early, especially prior to course registration.
- ◆ Review the CSS *how-to* videos located on our [website](#) to learn how to use the academic requirements page in PAWS, the shopping cart feature, and more.
- ◆ Familiarize yourself with your PAWS advisement report to better understand your program requirements.
- ◆ Look at the class schedule and plan ahead by adding courses to your "shopping cart."
- ◆ Tentatively plan out your next few semesters using a [Course Sequencing Form](#), Excel spreadsheet or other organized method.
- ◆ Come with specific questions in mind regarding your major, minor, career aspirations, etc.

Peer Academic Coaches



Want help navigating PAWS and/or departmental websites?

Want to learn how to have the most productive meeting with your Academic Advisor?

Need clarification on TCNJ academic policies and procedures?

Ask a "PAC"

Peer Academic Coaches (PACs) are specially trained students who can provide student-focused guidance for scheduling questions, researching programs, and policy clarification. The PACs can help to support the faculty/staff Academic Advisor and student relationship by helping the students to prepare for their advising appointments. PACs can also assist students with questions on general time management and/or test taking tips!

Drop in during the PAC Open Hours in the lobby of Roscoe West Hall.

Visit our PAC website for details on drop-in hours:
css.tcnj.edu/pacs

Course Sequencing Form

[illegible]

Notes:

Division of Information Technology and Campus Safety

As we plan to return to the campus for Fall 2021, here are a few tips and recommendations from the IT Department to help you ease back into the office.

1. Wireless - You will probably have to re-OnBoard your device(s) to connect to eduroam. Use the CAT tool. For information on the CAT tool and everything Wireless, visit [eduroam Wireless Network | Networking & Technical Services](#) or [Article - Eduroam](#).
2. If you took a docking station, monitor, or any other computer equipment home from your office, please submit a ticket to schedule a time/date to connect the equipment, should you need assistance. If you feel comfortable doing this yourself, please feel free to do so.
3. Your desktop computer (PC/Mac) may not have been turned on since the last time you left campus. After turning it on, you may receive Windows or Mac updates, which will take some time to download and install. **Do NOT turn off your computer while updates are being installed. Kindly confirm your work has been saved, as the computer may require a restart at times.**
4. **If you changed your TCNJ password, it is important to remember to use your new password to login to the desktop on-campus.** This will help with printing as well.
5. If you're unable to print, kindly open a Help Desk ticket and we will contact you to troubleshoot the issue. Visit our Knowledge base for more information: [Click Here](#)

6. If you're experiencing any other issue with technology, please contact the Help Desk or open a [Help Desk request](#) with as much information as possible so that we can provide you with a solution as quickly as possible.
7. Classroom Technology - The Office of Media & Technology Support Services (MTSS) has scheduled several classroom training sessions throughout the month of August. Please visit the [Classroom Technology Training](#) sheet to reserve a session. If you're experiencing an issue in a classroom, contact the Help Desk at x2660, (609) 771-2660 or email helpdesk@tcnj.edu. The Help Desk will dispatch a technician to the classroom. For more information regarding classroom technology, visit the [MTSS website](#).
8. For Canvas related questions or assistance with integrating technology in teaching and learning for face-to-face, blended and online courses, contact the Office of Instructional Design
canvashelp@tcnj.edu, <https://instructionaldesign.tcnj.edu/>
9. Unless you have applied for and have approved either an accommodation or a flexible work plan, any and all computer equipment that was brought home to enable you to work remotely last spring will need to be returned.

**NEED
HELP?**

INFORMATION TECHNOLOGY HELP DESK
CALL
(609) 771-2660
(MON-FRI | 7:30AM - 5:00PM)
EMAIL
HELPDESK@TCNJ.EDU



TCNJ THE COLLEGE OF
NEW JERSEY

Tutoring Center



101 Roscoe West Hall

609-771-3325

Email: tutoring@tcnj.edu

Website: tutoringcenter.tcnj.edu



Peer tutors facilitate student learning and support the teaching of TCNJ professors.

Tutors are trained in principles of shared learning and are certified

by the College Reading and Learning Association (CRLA).

Description of Tutoring Services

*Visit the Tutoring Center's website at tutoring.tcnj.edu for more information
and the link to the directions on how to sign up for a tutoring session.*

INDIVIDUAL & STUDENT GROUPS WITH TCNJ TUTORS

First-year and foundation courses, select mid- and upper-level courses.

Course concepts, problem sets, language practice, critical reading and study skills,
time management, exam prep.

Single sessions and/or weekly sessions available.

WRITING CONSULTATIONS WITH TCNJ TUTORS

Assistance with writing and oral presentations in any subject or course.

ADDITIONAL E-TUTORING SERVICES (THROUGH ONLINE CONSORTIUM)

eQuestions

Asynchronous question space
where you can leave a question
for the next available
Consortium tutor to answer.

Live Online Sessions

Synchronous live-chat
in real-time with a
Consortium tutor.

On-Line Writing Lab

Asynchronous feedback
on an in-progress draft
IN ANY SUBJECT or
COURSE.

ACCESSIBILITY RESOURCE CENTER:

Advancing Access and Universal Design on Campus

Accessibility Resource Center (ARC) collaborates with students, faculty, staff and guests to advance access within the campus community and to further extend both the mission of The College of New Jersey and the mission of the Division of Inclusive Excellence to persons with disabilities. As part of this effort, ARC promotes an awareness of disability as a facet of diversity with underpinnings of collaborative efforts being rooted in social justice.

FREQUENTLY ASKED QUESTIONS (STUDENTS)

Q: How do I get connected with the Accessibility Resource Center (ARC) at TCNJ?

A: To get connected with ARC, you should fill out the Affiliation Form (find it on the arc.tcnj.edu webpage). In completing the affiliation form, you are notifying The College that you are planning on accessing reasonable accommodations as a TCNJ student. The affiliation form serves as a starting point for formulating an accommodation plan. This can address needs in the classroom, housing, dining and other areas of your life and work at TCNJ, as needed.

Q: Do I need to provide documentation of disability to receive reasonable accommodations at TCNJ?

A: Yes, you will need to submit documentation as part of the ARC affiliation process. Documentation should be no more than three years old, on letterhead, from a licensed professional. Documentation should reflect how your disability is anticipated to intersect with The College experience. Evidence of accommodations in prior educational settings is also requested. ARC services are accessible for the duration of your TCNJ experience. You do not need to re-apply for accommodations every year.

Q: What happens after I submit my ARC affiliation form and my documentation?

A: After you submit your ARC affiliation form and documentation, the information will be reviewed by an ARC Specialist. After the review, you and the ARC Specialist will collaborate in the identification and implementation of your accommodations.

Q: I received accommodations in high school. Will these same accommodations be available to me as a TCNJ student?

A: Not necessarily. It is important to consider the differences between the K-12 educational environment and the college environment. An ARC staff member will work with you (and your faculty) to develop an accommodation plan that provides appropriate educational access.

Q: How will my professors know that I am affiliated with ARC?

A: You will receive a letter of accommodation at the beginning of each semester. It is up to you to then distribute this letter to your faculty, as you feel comfortable. As part of the letter distribution process, it is encouraged that you keep the lines of communication open with your faculty with regard to access and your accommodations.

Q: I have additional questions or concerns, who can I contact?

A: Please reach out to arc@tcnj.edu with any questions or concerns.

library.tcnj.edu

HALLP!

Welcome to Ask A Librarian at library.tcnj.edu/ask. We help via email, live chat, text. Or you can visit us in person in the library.

My first college paper is due next week! 🤔

We can help! Gitenstein Library's got you covered!

Phew. 😊

What kinds of sources does the library have?
My profs are asking for more than just books. 📚

We have 65,000+ journals & 100+ databases (that's millions of articles from journals, magazines & newspapers). And lots of streaming videos and music. Plus, a K-12 curriculum collection, too.
We can help you select the ones that are right for you.

What if Gitenstein Library doesn't have what I need? 😞

We'll get it for you through our interlibrary loan (ILL) service. Journal articles are typically delivered same day or next day, and books are pretty speedy, too. 🚀

What if I'm not in the library? Can I still get the info sources I need?

Yes. 1. Our site (library.tcnj.edu) has a ton of material that's accessible instantly & electronically.
2. Our document delivery service will send you scans of book chapters and journal articles.

Do you offer curbside/walkup pickup for books? 🚗 🚶

Yup. If you request a hold, you can pick it up in person in the library or curbside. Instructions are at libguides.tcnj.edu/holds.

How do I learn more about using the library?

In your Canvas course list, look out for IDS 102, Info Literacy Proficiency. It's online, self-paced, and full of helpful tips. Every new TCNJ student is required to pass it. Fall '21 due date: Oct. 19.

Alright. I better get to work on this paper. 😊 🧐 Thx. Bye.

Sounds good! Don't forget that you can always find us at library.tcnj.edu/ask or text us at (609) 482-3981.



TCNJ THE COLLEGE OF NEW JERSEY

The Office of Records and Registration

Green Hall 112 | P: 609.771.2141 | F: 609.637.5184

R & R Services

- ✓ Academic Requirement Reports
- ✓ Academic Standing and Dismissals
- ✓ Changing Major/Minors
- ✓ Class Scheduling
- ✓ Course and College Withdrawals
- ✓ Course/Class Enrollment
- ✓ Degree and Enrollment Verification
- ✓ Graduation/Degree Check Out
- ✓ Mid-Semester Progress Report Evaluations
- ✓ Official Transcript Request
- ✓ PAWS Help and Tutorials
- ✓ Policy Compliance
- ✓ Records Reporting and Retention
- ✓ Student Privacy Rights (FEPPRA)
- ✓ Transfer and Test Credit Evaluations

Academic and Registration Calendar:

<https://academics.tcnj.edu/academic-calendars/>

Visit for Important Dates and Deadlines



TCNJRecReg

Email: recreg@tcnj.edu

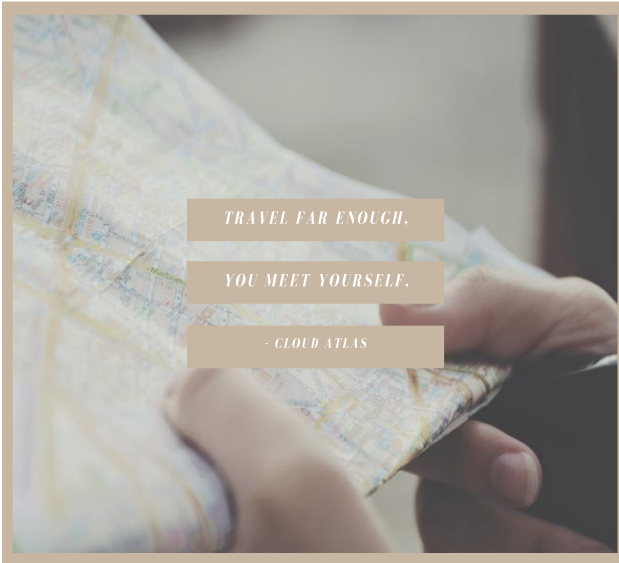
Web: recreg.tcnj.edu

THE COLLEGE OF NEW JERSEY

Center for Global Engagement

Green Hall 107; Phone: 1-609-771-2596

Email: goglobal@tcnj.edu; Website: cge.tcnj.edu



The Center for Global Engagement promotes a variety of credit-bearing education abroad activities: semester abroad, short term faculty-led, internships, research and service abroad. We have opportunities for majors in all seven TCNJ Schools to study abroad and can help you find a program that works for your academic needs and your budget.

We are available Monday through Friday to connect with students via email or for virtual or in-person appointments. Please see [here](#) for our online appointment request page. You can also visit our [website](#) or email us (goglobal@tcnj.edu) to learn more about our education abroad opportunities & programming.

For an overview of the study abroad application process and the opportunity to learn more about various opportunities

abroad, please attend one of our weekly sessions:

What: "Study Abroad 101"

When: Wednesdays 9/8, 9/22, 10/6, 10/13, 10/20

Where: Engage with us virtually- see more information [here](#)

*Interested in learning how you can finance study abroad check out our resource webpage [here](#) and our scholarship opportunities webpage [here](#)

Start planning now to make your study abroad dream a reality!

Application timelines/priority deadlines are as follows:

- *Spring Semester 2022 programs* = October 1, 2021
- *Winter Faculty-Led 2022 programs* = September 24, 2021/ *Deposit due* = October 1, 2021
- *Non Faculty-Led Winter 2020 Programs* = November 5, 2021
- *Summer Faculty-Led 2022 programs* = February 3, 2022/ *Deposit due* = February 10, 2022
- *Academic Year 2021-2022, Fall Semester 2021 & Non-Faculty-Led Summer 2021 programs* = March 4, 2022



SUMMER & WINTER

WHY take summer/winter courses?

Summer and winter courses offer students a great opportunity to explore new courses or to retake courses while not interfering with fall and spring schedules. Summer and winter courses also provide flexibility in fulfilling a multitude of different major, minor, and graduation requirements. These sessions provide all of the benefits of a full-time TCNJ class in a compact and convenient time frame.



HOW do I register?

As a current TCNJ student, you can register for summer and winter courses through PAWS. Course options, scheduling, session dates, and fees can be found on our websites.

Office of Graduate Studies Summer & Winter Programs

Green Hall: Room 202

Phone: (609)771-2369

E-mail: summer@tcnj.edu

Website: summer.tcnj.edu | winter.tcnj.edu

@TCNJSummer on Facebook, Instagram, and Twitter

WHAT type of courses do we offer?

Many schools and departments offer a variety of courses during summer and winter sessions. These courses are offered in varied formats:

Blended learning: a combination of online and in-class learning; gives students the opportunity to have face-to-face time with their professors and fellow classmates, but also allows them more flexibility to take the courses at their own pace

Online: courses taken completely online for students who may be unable to travel to campus or who are looking for a more convenient option

On-campus: courses for students who prefer to complete courses in a traditional setting and format with full face-to-face time with professors

Travel: courses allow for face-to-face classes, while simultaneously broadening geographical horizons and earning credit





THE COLLEGE OF NEW JERSEY
OFFICE OF STUDENT
INVOLVEMENT

GET INVOLVED

The Office of Student Involvement connects students with opportunities to get engaged with the campus community. Overseeing over 230 Recognized Student Organizations, OSI strives to support the development of these organizations and their members through various programs and initiatives

Check your TCNJ email and follow @thisweekattcnj on Instagram to stay updated on upcoming meetings, events, and more!

Check out our website involvement.tcnj.edu and download the TCNJ Roar App to see a full list of our Recognized Student Organizations. Follow @roartcnj on Instagram to see what else OSI is up to!

this
week @
TCNJ

OFFICE OF LEADERSHIP

THE COLLEGE OF NJ

The Leadership Office is dedicated to providing students with a better understanding and practice of leadership. This is achieved through a variety of experiential programs and activities both in and out of the classroom. The goal of the office is to help students become more effective citizens in their community by demonstrating how they can affect groups of people and providing opportunities to explore their own personal growth.

LEADERSHAPE & CATALYST

LeaderShape® is a nationally recognized leadership program. This year, we will be offering Catalyst, by the creators of the Leadershape Institute which is a one day leadership conference that focuses on leadership development and exploring your passions. Stay tuned to our social media to find ways that you can participate.



LEADERSHIP COACHING

Interested in learning more about your personal leadership journey? Are you a current student leader who is looking to get some advice? Are you a new student leader who is looking for ways to get involved? Schedule a coaching session with Dr. Rana through the Handshake portal.



EMERGING LEADERS INSTITUTE

The Emerging Leaders Institute, based on the Social Change Model of Leadership, focuses on the idea that leadership is centered on three areas: the individual, the group and the community. The ELI is a 8 week co-curricular program for first year and sophomores that takes place in the Spring semester. Upperclassmen serve as mentors for the students as they participate in the program. Applications for participants and mentors are available in the Fall prior to the Spring program.



TEDxTCNJ

TEDx was created in the spirit of the TED's mission "ideas worth spreading". Presenters give a short speech on a specific topic. The conference is planned in conjunction with faculty, staff, and students. The TedxTCNJ Conference will take place in the Spring semester

FALL LEADERSHIP CONFERENCE

The Fall Leadership Conference is a great way to jump-start your leadership journey. The conference has a number of different interactive workshops on a variety of leadership topics such as Public Speaking, Group Dynamics, Taking your leadership to the next level, etc. The conference is open to all students and is free of charge. Registration is encouraged and is available on our website



LEADERSHIP SPEAKERS & TRAININGS

The Leadership Office brings different speakers to campus to talk about different aspects of leadership. We also conduct leadership trainings for student organizations and students in general. We also offer the Student Professional Development series, where students can attend a variety of leadership workshops at no cost.



HOW DO YOU LEAD?

CONNECT WITH US

<http://www.leadership.tcnj.edu> ● Like us on Facebook LeadershipTCNJ ●
Twitter @TCNJ_Leadership Instagram at TCNJLeadership

TCNJ
LEADERSHIP

PRESS PAWS PROJECT

INSPIRED BY
PRINCETON PERSPECTIVE PROJECT
@ PRINCETON UNIVERSITY

IMPERFECTION PROJECT
@ VANDERBILT UNIVERSITY

OUR MISSION

THE MISSION OF THE PRESS PAWS PROJECT IS TO DEBUNK THE MYTH OF THE "PERFECT STUDENT" AT TCNJ BY ENCOURAGING STUDENTS TO PRESS PAUSE IN ORDER TO REFLECT ON AND EMBRACE THEIR SETBACKS.

WE ARE COMMITTED TO BUILDING A SUPPORTIVE AND COLLABORATIVE CAMPUS ENVIRONMENT TO RAISE AWARENESS ON HOW TO COPE WITH THE ANXIETIES, PRESSURES, AND EXPECTATIONS OF BEING A COLLEGE STUDENT THROUGH HEALTHY & OPEN DIALOGUE, AS WELL AS PEER-TO-PEER CONVERSATIONS.

CONNECT WITH US!

WEBSITE:
PRESSPAWS.TCNJ.EDU

INSTAGRAM:
[@TCNJPRESSPAWS](https://www.instagram.com/tcnjpresspaws) 

EMAIL:
PRESSPAWS@TCNJ.EDU 



OUR GOALS

- ALLEVIATING THE BURDEN OF UNREALISTIC EXPECTATIONS TO PREVENT BURNOUT
- TEACHING STUDENTS THE IMPORTANCE OF "PRESSING PAUSE" & SHIFTING FROM A "FIXED" MINDSET TO A "GROWTH" MINDSET
- INCREASING SELF-EFFICACY BY CULTIVATING RESILIENCE
- EMBRACING OUR DIFFERENCES AND REALIZING SUCCESS LOOKS DIFFERENT FOR EVERYONE
- CONQUERING THE FEAR OF FAILURE & REDEFINING FAILURE AS A LEARNING PROCESS



THE COLLEGE OF NEW JERSEY
OFFICE OF CAREER
AND LEADERSHIP DEVELOPMENT

ROSCOE WEST 102 * 609-771-2161 * [CAREER.TCNJ.EDU](https://career.tcnj.edu) * [@TCNJCareer](https://twitter.com/TCNJCareer)

SAVE THE DATE

FOR FULL DETAILS ON OUR EVENTS + HOW TO PREPARE
VISIT US AT [CAREER.TCNJ.EDU](https://career.tcnj.edu)

Creative, Communications & Business Career & Internship Fair

Wednesday, 9.22.21 | 1pm - 4pm | TCNJ Handshake Online

STEM & Healthcare Career & Internship Fair

Friday, 9.24.21 | 1pm - 4pm | TCNJ Handshake Online

Social Justice/Impact & Nonprofit Career & Internship Fair

Wednesday, 9.29.21 | 1pm - 4pm | TCNJ Handshake Online

Graduate & Professional School Fair

Friday, 10.1.21 | 10am - 1pm | TCNJ Handshake Online

Fall Leadership Conference

Monday, 10.4.21 to Friday, 10.8.21 | Online + In-Person

Science Career Connections

Wednesday, 10.20.21 | 12:00pm – 2pm | Online

Dining Out in Professional Style: Networking

Wednesday, 11.17.21 | 11:00am – 2:30pm | In-Person

Spring Career & Internship Fairs

February 2021 | Online + In-Person

Exit Strategy Series

March 2021 | Online + In-Person

Education Interview Days

Spring 2022 | TBA

STUDENT HEALTH SERVICES

107 Eickhoff Hall

Phone: (609) 771-2889

E-Mail: health@tcnj.edu

Web: www.tcnj.edu/healthservices

TCNJ Student Health Services (SHS) is located in Eickhoff Hall, Suite 107. This office provides confidential, convenient, and cost-effective medical services to TCNJ students who are currently taking classes. It is staffed with board-certified nurse practitioners and physicians.

2021-22 Semester Hours Monday - Friday: 8:30am to 4:00pm

It's easy to schedule an appointment to be seen in SHS:

- Online: OWL (Online Wellness Link) at <https://tcnj.medicatconnect.com>
- Telephone: 609-771-2889 for Student Health Services
- In-person: 107 Eickhoff Hall



Services

- Medical evaluation and treatment of acute illnesses such as asthma flares, bladder infections, seasonal allergies, sore throat, cough, diarrhea, nausea/vomiting, sinus infections, earaches, pink eye, respiratory infections, constipation, fatigue, headaches, swollen glands, fever
- Medical evaluation and treatment of minor skin conditions such as cold sores, rashes, ringworm, insect stings/bites, acne, poison ivy, skin irritations/infections
- Medical evaluation and treatment of minor injuries & musculoskeletal conditions such as minor sprains & strains, backache, foot pain, burns, and minor cuts/bruises
- Vaccinations such as measles, mumps, rubella, hepatitis A, hepatitis B, meningococcal meningitis, chickenpox, pertussis, tetanus, flu
- Annual Flu Shot Clinics each Fall – watch for email announcement!
- Pre-travel medical consultation, including prescriptions for medicine to prevent malaria, traveler's diarrhea, high altitude illness, and vaccinations such as typhoid, Japanese encephalitis, polio, rabies, cholera & hepatitis A
- Gynecological services including annual examinations with PAP testing, STI screening and treatment, evaluation and treatment of episodic conditions, pregnancy tests, emergency contraception, birth control pills and other short-term contraceptive methods
- Men's reproductive health care services including evaluation and treatment of episodic conditions, and STI screening and treatment
- Evaluation of need for PrEP (pre-exposure prophylaxis) for reducing chance of acquiring HIV
- Tuberculosis (TB) testing, and consultation and treatment for Latent Tuberculosis (positive TB tests).
- Rapid office testing for strep, flu, mononucleosis, urinary tract infection, & pregnancy. Other tests ordered by SHS' staff can be collected & sent to Lab Corp or Quest Diagnostics depending on your insurance preference
- Suture removal
- Emergency Contraception, available for purchase from the SHS reception.



STUDENT HEALTH SERVICES
 107 Eickhoff Hall
 Phone: (609) 771-2889
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Cost

Students do not need to be enrolled in the TCNJ student health insurance plan to use Student Health Services. There are no charges for office visits for sickness, injury and reproductive healthcare. There is a charge for physicals, pre-travel consults, vaccinations, TB tests, crutches, air casts, birth control, emergency contraception, and rapid lab testing performed in the office such as flu, mono, strep, pregnancy and others. Fees are posted on the SHS website at <http://health.pages.tcnj.edu/about/cost/> and are payable by cash, MasterCard, Visa or Discover during your office visit. Please note that outside medical facilities are used for x-ray, pharmacy and laboratory; it is therefore vital to bring your health insurance & prescription cards with you to your appointment in SHS.

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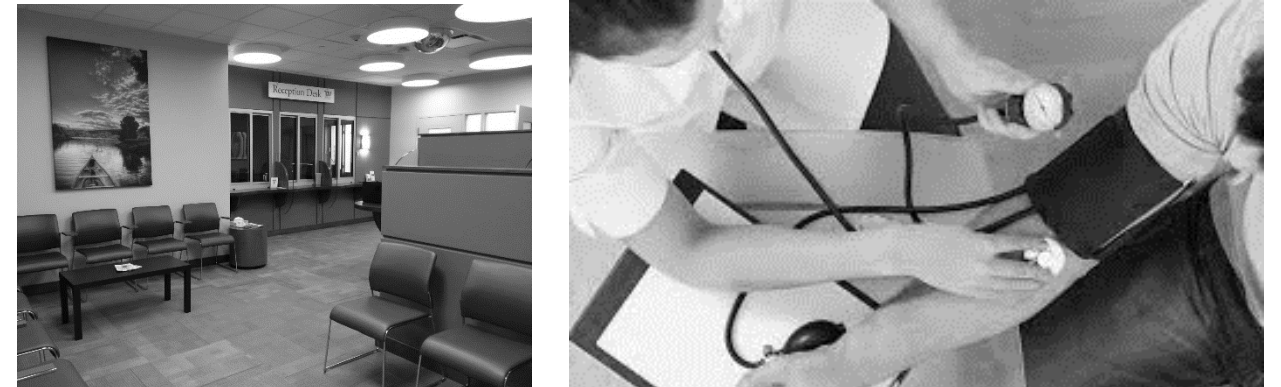
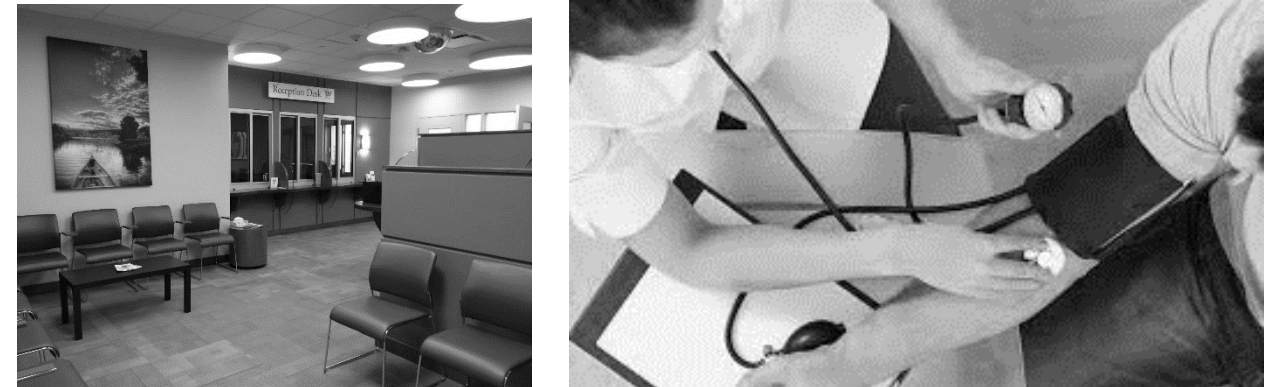
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When Emergency Medical Care is Needed On-Campus:

- Call 9-1-1 from any campus telephone
- Blue-light call boxes located across campus
- Call 609-771-2345 or 9-1-1 from your cell phone

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THE COLLEGE OF NEW JERSEY

RELIGIOUS AND SPIRITUAL LIFE



Religious & Spiritual Life (RSL) functions to provide an open and collaborative environment in which members of the campus community can nourish their spirits as well as pursue religious inquiry and practice. We have several recognized student organizations, within RSL, that host services, workshops, and events centered around religion, spirituality, mindfulness, and compassion.

For more information about all of our groups, and other opportunities from RSL, please visit our website at: <https://religiousandspiritualife.tcnj.edu/home/>

Follow Us On Instagram: @RSLTCNJ

Like Our Facebook Page: <https://www.facebook.com/TCNJ-Religious-Spiritual-Life-105106074672662>

Email Our Undergraduate Intern at rsintern@tcnj.edu



COUNSELING AND PREVENTION SERVICES

COUNSELING | PREVENTION | POSTVENTION | ADVOCACY | CRISIS SUPPORT | RECOVERY SUPPORT

WE'VE GOT YOUR BACK!

COUNSELING

Free, brief individual counseling, group counseling and referral services to TCNJ students. To request an appointment, fill out a "Request for Services" form on your Online Wellness Link (OWL).

PREVENTION

Prevention education for a variety of topics such as stress management, healthy relationships, violence prevention, healthy choices around alcohol and other drugs.

POSTVENTION

Support on a community level during times of loss or national tragedy by providing postvention responses and offering small and larger group debriefing sessions.

ADVOCACY

Advocacy services for victims/survivors of sexual assault, domestic/dating violence and stalking, which include academic/housing accommodations, accompaniment to local resources, and advisement through criminal and school adjudication processes.

CRISIS SUPPORT

CAPS counselors are available to assist students with emergencies and urgent situations through our daily walk-in service (Eickhoff Hall 107) and on-call system. For situations involving immediate threat to life, please call 911.

RECOVERY SUPPORT

Comprehensive support for those seeking recovery through the Collegiate Recovery Community, Lion's House (recovery housing), and mutual support meetings.

STOP BY OUR OFFICES IN EICKHOFF HALL 107 (609-771-2247) OR FORCINA HALL 308 (609-771-2571).

VISIT OUR WEBSITE FOR MORE INFORMATION ABOUT OUR SERVICES: WWW.CAPS.TCNJ.EDU

COUNSELING AND PREVENTION SERVICES

COUNSELING | PREVENTION | POSTVENTION | ADVOCACY | CRISIS SUPPORT | RECOVERY SUPPORT

FREQUENTLY ASKED QUESTIONS

Q: WHAT TYPE OF SERVICES ARE PROVIDED AT CAPS?

CAPS offers a variety of services that include the areas of prevention, direct clinical care (brief individual, group and crisis services), postvention, recovery, and advocacy. We are committed to providing individualized clinical assessments to meet the needs of the campus community.

Q: WHEN SHOULD I SEEK HELP FOR MY CONCERNS?

Generally speaking, you should seek help when troubling symptoms (anxiety, depression, lack of sleep, increased substance use, traumatic events) are causing serious problems in one's ability to study, work or relate to others. Another gauge is when your normal coping strategies are no longer working. Remember that seeking help sooner is better than waiting too long when problems can become more severe and entrenched.

Q: WILL CAPS SHARE MY PERSONAL INFORMATION WITH OTHERS?

CAPS has a strict confidentiality policy and will not release information regarding contact with a student without permission from the student except in the event of a serious psychiatric emergency. It is the student's right to choose whether to discuss their counseling at CAPS with parents, friends, academic advisors, or prospective employers. Limitations to confidentiality include danger to self or others, child abuse, and court orders.

Q: WHAT TYPE OF SERVICES DO YOU OFFER FOR STUDENTS IN RECOVERY FROM SUBSTANCE USE OR MENTAL HEALTH ISSUES?

Some students with mental health and/or substance use concerns may face additional challenges at college. We believe that when fully supported they can navigate those challenges and fully thrive at college. One of the primary ways we thrive is by being connected to a community that "gets us". CAPS supports the Collegiate Recovery Community (CRC) which is a student organization committed to mutual support, advocating for mental health and addiction, and building strong relationships and community. Through the CRC, students can participate in the All Recovery meeting--a student led support group. Additionally, CAPS supports Lion's House. Lion's House is for students in recovery from an addiction who are committed to sobriety, academic excellence, and personal growth.

Q: WHAT TYPE OF SERVICES DO YOU OFFER FOR STUDENTS IMPACTED BY SEXUAL ASSAULT, DOMESTIC/DATING VIOLENCE AND STALKING?

CAPS offers specialized services for those impacted by sexual assault, domestic/dating violence and stalking. Counseling services include crisis support, individual therapy, and group counseling. Some of our counselors are also trained advocates, which allow us to offer "one-stop-shop" experiences to survivors seeking services. Our counselors/advocates can inform a client of their rights and resources, advise clients through reporting processes and accompany students to local hospitals, the Campus Police Station and the Office of Title IX and Sexual Misconduct. We can also coordinate academic, ³⁹housing and other logistical accommodations.

ABOUT TCNJ DINING

For Fall 2021 and Spring 2022, there are 5 meal plan options available for commuting students. Meals Per Week plans provide plan holders a certain number of swipes per week into The Atrium at Eickhoff Hall. These plans also include Flex Points which can be used in all dining or designated retail locations on campus. Students can sign up for a meal plan by emailing housing@tcnj.edu. For more information on our retail locations and meal plans, please visit our website www.tcnj.sodexomyway.com.

COMMUTER MEAL PLANS

Meals Per Week (19) **\$2,490.00**

Flex Points: \$415

Meals Per Week (15) **\$2,438.13**

Flex Points: \$570.63

Meals Per Week (10) **\$2,381.06**

Flex Points: \$726.25

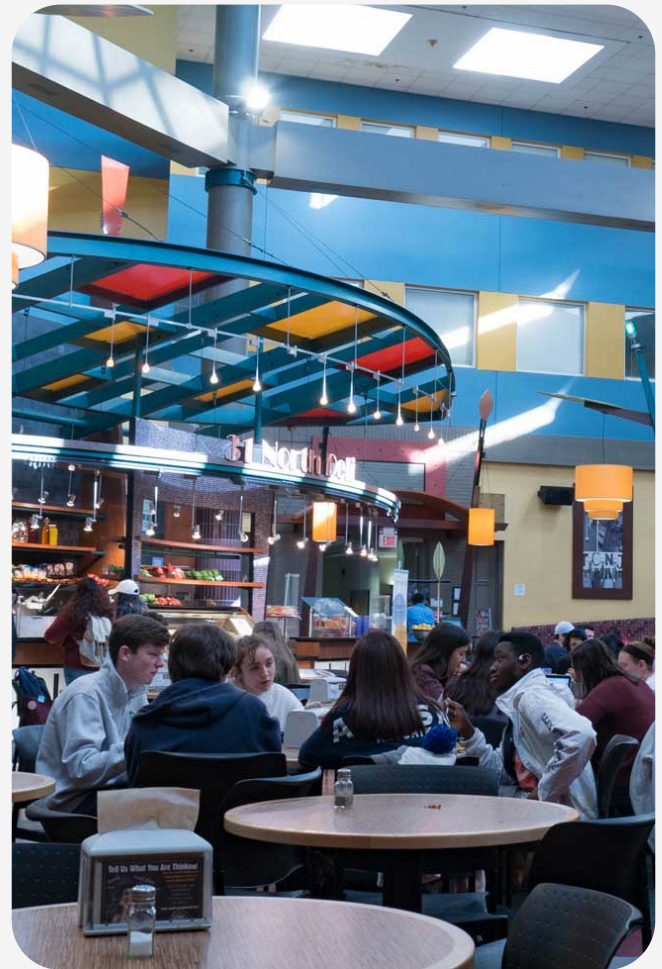
Meals Per Week (3) **\$596.56**

Flex Points: \$259.38

Meals Per Week (2) **\$332.00**

Flex Points: \$103.75

*All prices listed are per semester



The Atrium at Eickhoff

THE ATRIUM AT EICKHOFF DINING HALL

The Atrium at Eickhoff offers endless possibilities! Its innovative and award-winning design allows you to create a completely custom meal every day. Check out the 10 unique eateries:

91.3 Wokery – Choose from a wide variety of fresh vegetables, vibrant sauces and proteins, and see your custom meal made on a 60" round Mongolian grill, or in one of two woks dedicated to vegetarian cooking.

Roscoe's Tacos – Enjoy traditional burritos, quesadillas, and tacos, or create your own custom dish with fresh steamed or grilled vegetables and proteins, salsa, and our homemade fried tortilla chips.

C-Street Grill – Offers traditional grill fare, including grilled chicken, cheeseburgers and french fries, as well as daily grill specials.

Quimby's Kitchen – Featuring classic American cuisine, Quimby's is home to a beautiful, full-flame upright rotisserie oven for cooking whole chicken, turkey breast, and filet of salmon, and more!

Ceva Pizza & Pasta / Vegan Loop – Find freshly-made, Italian-style pizzas & pastas here. The Ceva Pasta/Vegan Loop side of this restaurant is a meat-free zone, a welcomed retreat for vegetarians.

31 North Deli – This area offers custom-made deli sandwiches, in addition to two daily specials, typically a specialty wrap and panini. Fresh artisan bread is also baked here daily.

Green Farm Salads – Provides all the fresh vegetables, proteins, dressings and flavored oils a student needs to create a beautiful side or entrée salad, and also offers three hot soups daily.

Bamboo Gardens – Serves custom, fresh-rolled sushi and maki rolls during lunch.

Bliss Bakery – Our bakery has the feel of a gourmet bake shop and is fresh baked daily. Bliss Bakery comes complete with a pastry display case, a marble "show" work space and a full open kitchen.

MyZone – Unique to TCNJ, this gluten-free zone offers specialty foods, dedicated equipment, and personal food item storage for students who keep a gluten-free diet. Our dietitian and managers work closely with our gluten-free students to ensure we supply them with the foods they enjoy, and that are safe for them to eat.

DINING SERVICES COMMITTEE

Join our managers & other interested students to review the current dining options on campus, and to discuss ways Dining Services can better meet the needs of our community. Participate in taste tests, provide input on upcoming theme dinners and promotions, and let us know directly what you want from your dining program. Meetings are open to all students, faculty or staff, whether it is just for one meeting, or for all of them. Your input is important!

All meetings are held at 2:00pm. Check the Dining Services Committee page on our website, tcnj.sodexomyway.com, for updates, meeting dates and locations & to check out minutes from our past meetings to see what we accomplished last year.

Can't make it to a meeting and have a great idea? Email mktgcrd@tcnj.edu with topics for discussion, and we'll include it on the agenda.

MEET OUR REGISTERED DIETITIAN

Our Registered Dietitian is available to assist students dining on campus to make healthy dining choices - **at no additional cost!**

Anne Sugrue became a Registered Dietitian so that she can share her love of food, specifically healthy foods, with others. Anne's goal as a dietitian is to show people that healthy foods can be delicious and flavorful and that all foods, even cupcakes or french fries, can be enjoyed as part of a healthy diet. Her philosophy is that it's all about balance and moderation.

Anne is available to assist students with special dietary needs such as allergies and sports nutrition, as well as any other nutrition related concerns that our students may have. She can help students better navigate the dining halls, make healthy choices on the go, and learn how to prepare their own meals in their residence hall, townhouse, or apartment.

Students can set up a one-on-one meeting with Anne by emailing sdhrd@tcnj.edu, or can chat with her at one of the many events she hosts throughout the semester around campus. You can also visit Anne's page on our website at tcnj.sodexomyway.com.



@TCNJDining



@TCNJDining



@TCNJDining

TCNJ.SODEXOMYWAY.COM



TCNJ

THE COLLEGE OF NEW JERSEY

BOOKSTORE INFORMATION

BARNES & NOBLE AT THE COLLEGE OF NEW JERSEY

500 Campus Town Dr., Ewing, NJ 08618 • (609) 359-5056

HOURS*

Monday— Friday 8:00 am—8:00 pm
Saturday 10:00 am—7:00 pm
Sunday 11:00 am—6:00 pm

**Store hours are subject to change for special events or inclement weather.*

Please check our website for updates: www.tcnj.bncollege.com.

TEXTBOOKS

- A full refund will be given in your original form of payment if textbooks are returned during the first week of classes with original receipt.
- With proof of a schedule change and original receipt, a full refund will be given in your original form of payment during the first 30 days of classes.
- No refunds on unwrapped loose leaf books or activated eBooks.
- Textbooks must be in original condition.
- No refunds or exchanges without original receipt.

GENERAL READING BOOKS, SOFTWARE, AUDIO, VIDEO & SMALL ELECTRONICS

- A full refund will be given in your original form of payment if merchandise is returned within 14 days of purchase with original receipt.
- Opened software, audio books, DVDs, CDs, music, and small electronics may not be returned.
They can be exchanged for the same item if defective.
- Merchandise must be in original condition.
- No refunds or exchanges without original receipt.

ALL OTHER MERCHANDISE

- A full refund will be given in your original form of payment with original receipt.
- Without a receipt, a store credit will be issued at the current selling price.
- Cash back on merchandise credits or gift cards will not exceed \$1.00.
- No refunds on gift cards, prepaid cards, phone cards, newspapers, or magazines.
- Merchandise must be in original condition.

FAIR PRICING POLICY:

Barnes & Noble College Booksellers comply with local weights & measures requirements. If the price on your receipt is above the advertised or posted price, please alert a bookseller and we will gladly refund the difference.



a division of JARDINE ASSOCIATES
200 Compass Circle, N. Kingstown, RI 02852
Tel: 800-543-7655



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Week of August 2 – August 8, 2021

MONDAY – 8/2/2021

TUESDAY – 8/3/2021

WEDNESDAY – 8/4/2021

THURSDAY – 8/5/2021

FRIDAY – 8/6/2021

SATURDAY – 8/7/2021

SUNDAY – 8/8/2021

August 2021							September 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

Week of August 9 – August 15, 2021

MONDAY – 8/9/2021

TUESDAY – 8/10/2021

WEDNESDAY – 8/11/2021

THURSDAY – 8/12/2021

FRIDAY – 8/13/2021

SATURDAY – 8/14/2021

SUNDAY – 8/15/2021

August 2021						
S	M	T	W	T	F	S
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				

September 2021						
S	M	T	W	T	F	S
			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		

Week of August 16 – August 22, 2021

MONDAY – 8/16/2021

TUESDAY – 8/17/2021

WEDNESDAY – 8/18/2021

THURSDAY – 8/19/2021

FRIDAY – 8/20/2021

SATURDAY – 8/21/2021

SUNDAY – 8/22/2021

August 2021						
S	M	T	W	T	F	S
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				

September 2021						
S	M	T	W	T	F	S
			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		

Week of August 23 – August 29, 2021

MONDAY – 8/23/2021

TUESDAY – 8/24/2021

WEDNESDAY – 8/25/2021

THURSDAY – 8/26/2021

FRIDAY – 8/27/2021

SATURDAY – 8/28/2021

SUNDAY – 8/29/2021

August 2021							September 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

Week of August 29 – September 4, 2021

MONDAY – 8/30/2021

TUESDAY – 8/31/2021

WEDNESDAY – 9/1/2021

THURSDAY – 9/2/2021

FRIDAY – 9/3/2021

SATURDAY – 9/4/2021

SUNDAY – 9/5/2021

August 2021							September 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

Week of September 6 – September 12, 2021

MONDAY – 9/6/2021

TUESDAY – 9/7/2021

WEDNESDAY – 9/8/2021

THURSDAY – 9/9/2021

FRIDAY – 9/10/2021

SATURDAY – 9/11/2021

SUNDAY – 9/12/2021

September 2021							October 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4					1	2	
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30			24	25	26	27	28	29	30
							31						

Week of September 13 – September 19, 2021

MONDAY – 9/13/2021

TUESDAY – 9/14/2021

WEDNESDAY – 9/15/2021

THURSDAY – 9/16/2021

FRIDAY – 9/17/2021

SATURDAY – 9/18/2021

SUNDAY – 9/19/2021

September 2021							October 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4					1	2	
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30			24	25	26	27	28	29	30
							31						

Week of September 20 – September 26, 2021

MONDAY – 9/20/2021

TUESDAY – 9/21/2021

WEDNESDAY – 9/22/2021

THURSDAY – 9/23/2021

FRIDAY – 9/24/2021

SATURDAY – 9/25/2021

SUNDAY – 9/26/2021

September 2021							October 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4					1	2
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30			24	25	26	27	28	29	30
							31						

Week of September 27 – October 3, 2021

MONDAY – 9/27/2021

TUESDAY – 9/28/2021

WEDNESDAY – 9/29/2021

THURSDAY – 9/30/2021

FRIDAY – 10/1/2021

SATURDAY – 10/2/2021

SUNDAY – 10/3/2021

September 2021							October 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4					1	2
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30			24	25	26	27	28	29	30
							31						

Week of October 4 – October 10, 2021

MONDAY – 10/4/2021

TUESDAY – 10/5/2021

WEDNESDAY – 10/6/2021

THURSDAY – 10/7/2021

FRIDAY – 10/8/2021

SATURDAY – 10/9/2021

SUNDAY – 10/10/2021

Week of October 11 – October 17, 2021

MONDAY – 10/11/2021

TUESDAY – 10/12/2021

WEDNESDAY – 10/13/2021

THURSDAY – 10/14/2021

FRIDAY – 10/15/2021

SATURDAY – 10/16/2021

SUNDAY – 10/17/2021

Week of October 18 – October 24, 2021

MONDAY – 10/18/2021

TUESDAY – 10/19/2021

WEDNESDAY – 10/20/2021

THURSDAY – 10/21/2021

FRIDAY – 10/22/2021

SATURDAY – 10/23/2021

SUNDAY – 10/24/2021

October 2021							November 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

Week of October 25 – October 31, 2021

MONDAY – 10/25/2021

TUESDAY – 10/26/2021

WEDNESDAY – 10/27/2021

THURSDAY – 10/28/2021

FRIDAY – 10/29/2021

SATURDAY – 10/30/2021

SUNDAY – 10/31/2021

Week of November 1 – November 7, 2021

MONDAY – 11/1/2021

TUESDAY – 11/2/2021

WEDNESDAY – 11/3/2021

THURSDAY – 11/4/2021

FRIDAY – 11/5/2021

SATURDAY – 11/6/2021

SUNDAY – 11/7/2021

November 2021							December 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	

Week of November 8 – November 14, 2021

MONDAY – 11/8/2021

TUESDAY – 11/9/2021

WEDNESDAY – 11/10/2021

THURSDAY – 11/11/2021

FRIDAY – 11/12/2021

SATURDAY – 11/13/2021

SUNDAY – 11/14/2021

November 2021							December 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	

Week of November 15 – November 21, 2021

MONDAY – 11/15/2021

TUESDAY – 11/16/2021

WEDNESDAY – 11/17/2021

THURSDAY – 11/18/2021

FRIDAY – 11/19/2021

SATURDAY – 11/20/2021

SUNDAY – 11/21/2021

November 2021							December 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	

Week of November 22 – November 28, 2021

MONDAY – 11/22/2021

TUESDAY – 11/23/2021

WEDNESDAY – 11/24/2021

THURSDAY – 11/25/2021

FRIDAY – 11/26/2021

SATURDAY – 11/27/2021

SUNDAY – 11/28/2021

November 2021							December 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	

Week of November 29 – December 5, 2021

MONDAY – 11/29/2021

TUESDAY – 11/30/2021

WEDNESDAY – 12/1/2021

THURSDAY – 12/2/2021

FRIDAY – 12/3/2021

SATURDAY – 12/4/2021

SUNDAY – 12/5/2021

December 2021							January 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

Week of December 6 – December 12, 2021

MONDAY – 12/6/2021

TUESDAY – 12/7/2021

WEDNESDAY – 12/8/2021

THURSDAY – 12/9/2021

FRIDAY – 12/10/2021

SATURDAY – 12/11/2021

SUNDAY – 12/12/2021

December 2021							January 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

Week of December 13 – December 19, 2021

MONDAY – 12/13/2021

TUESDAY – 12/14/2021

WEDNESDAY – 12/15/2021

THURSDAY – 12/16/2021

FRIDAY – 12/17/2021

SATURDAY – 12/18/2021

SUNDAY – 12/19/2021

December 2021							January 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

Week of December 20 – December 26, 2021

MONDAY – 12/20/2021

TUESDAY – 12/21/2021

WEDNESDAY – 12/22/2021

THURSDAY – 12/23/2021

FRIDAY – 12/24/2021

SATURDAY – 12/25/2021

SUNDAY – 12/26/2021

December 2021							January 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

Week of December 27 – January 2, 2022

MONDAY – 12/27/2021

TUESDAY – 12/28/2021

WEDNESDAY – 12/29/2021

THURSDAY – 12/30/2021

FRIDAY – 12/31/2021

SATURDAY – 1/1/2022

SUNDAY – 1/2/2022

December 2021							January 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

Week of January 3 – January 9, 2022

MONDAY – 1/3/2022

TUESDAY – 1/4/2022

WEDNESDAY – 1/5/2022

THURSDAY – 1/6/2022

FRIDAY – 1/7/2022

SATURDAY – 1/8/2022

SUNDAY – 1/9/2022

January 2022							February 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28					
30	31												

Week of January 10 – January 16, 2022

MONDAY – 1/10/2022

TUESDAY – 1/11/2022

WEDNESDAY – 1/12/2022

THURSDAY – 1/13/2022

FRIDAY – 1/14/2022

SATURDAY – 1/15/2022

SUNDAY – 1/16/2022

January 2022							February 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28					
30	31												

Week of January 17 – January 23, 2022

MONDAY – 1/17/2022

TUESDAY – 1/18/2022

WEDNESDAY – 1/19/2022

THURSDAY – 1/20/2022

FRIDAY – 1/21/2022

SATURDAY – 1/22/2022

SUNDAY – 1/23/2022

January 2022							February 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28					
30	31												

Week of January 24 – January 30, 2022

MONDAY – 1/24/2022

TUESDAY – 1/25/2022

WEDNESDAY – 1/26/2022

THURSDAY – 1/27/2022

FRIDAY – 1/28/2022

SATURDAY – 1/29/2022

SUNDAY – 1/30/2022

January 2022							February 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28					
30	31												

Week of January 31 – February 6, 2022

MONDAY – 1/31/2022

TUESDAY – 2/1/2022

WEDNESDAY – 2/2/2022

THURSDAY – 2/3/2022

FRIDAY – 2/4/2022

SATURDAY – 2/5/2022

SUNDAY – 2/6/2022

February 2022							March 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5			1	2	3	4	5
6	7	8	9	10	11	12	6	7	8	9	10	11	12
13	14	15	16	17	18	19	13	14	15	16	17	18	19
20	21	22	23	24	25	26	20	21	22	23	24	25	26
27	28						27	28	29	30	31		

Week of February 7 – February 13, 2022

MONDAY – 2/7/2022

TUESDAY – 2/8/2022

WEDNESDAY – 2/9/2022

THURSDAY – 2/10/2022

FRIDAY – 2/11/2022

SATURDAY – 2/12/2022

SUNDAY – 2/13/2022

February 2022							March 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5			1	2	3	4	5
6	7	8	9	10	11	12	6	7	8	9	10	11	12
13	14	15	16	17	18	19	13	14	15	16	17	18	19
20	21	22	23	24	25	26	20	21	22	23	24	25	26
27	28						27	28	29	30	31		

Week of February 14 – February 20, 2022

MONDAY – 2/14/2022

TUESDAY – 2/15/2022

WEDNESDAY – 2/16/2022

THURSDAY – 2/17/2022

FRIDAY – 2/18/2022

SATURDAY – 2/19/2022

SUNDAY – 2/20/2022

February 2022							March 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5			1	2	3	4	5
6	7	8	9	10	11	12	6	7	8	9	10	11	12
13	14	15	16	17	18	19	13	14	15	16	17	18	19
20	21	22	23	24	25	26	20	21	22	23	24	25	26
27	28						27	28	29	30	31		

Week of February 21 – February 27, 2022

MONDAY – 2/21/2022

TUESDAY – 2/22/2022

WEDNESDAY – 2/23/2022

THURSDAY – 2/24/2022

FRIDAY – 2/25/2022

SATURDAY – 2/26/2022

SUNDAY – 2/27/2022

February 2022							March 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5			1	2	3	4	5
6	7	8	9	10	11	12	6	7	8	9	10	11	12
13	14	15	16	17	18	19	13	14	15	16	17	18	19
20	21	22	23	24	25	26	20	21	22	23	24	25	26
27	28						27	28	29	30	31		

Week of February 28 – March 6, 2022

MONDAY – 2/28/2022

TUESDAY – 3/1/2022

WEDNESDAY – 3/2/2022

THURSDAY – 3/3/2022

FRIDAY – 3/4/2022

SATURDAY – 3/5/2022

SUNDAY – 3/6/2022

March 2022							April 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

Week of March 7 – March 13, 2022

MONDAY – 3/7/2022

TUESDAY – 3/8/2022

WEDNESDAY – 3/9/2022

THURSDAY – 3/10/2022

FRIDAY – 3/11/2022

SATURDAY – 3/12/2022

SUNDAY – 3/13/2022

March 2022							April 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

Week of March 14 – March 20, 2022

MONDAY – 3/14/2022

TUESDAY – 3/15/2022

WEDNESDAY – 3/16/2022

THURSDAY – 3/17/2022

FRIDAY – 3/18/2022

SATURDAY – 3/19/2022

SUNDAY – 3/20/2022

March 2022							April 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

Week of March 21 – March 27, 2022

MONDAY – 3/21/2022

TUESDAY – 3/22/2022

WEDNESDAY – 3/23/2022

THURSDAY – 3/24/2022

FRIDAY – 3/25/2022

SATURDAY – 3/26/2022

SUNDAY – 3/27/2022

March 2022							April 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

Week of March 28 – May 3, 2022

MONDAY – 3/28/2022

TUESDAY – 3/29/2022

WEDNESDAY – 3/30/2022

THURSDAY – 3/31/2022

FRIDAY – 4/1/2022

SATURDAY – 4/2/2022

SUNDAY – 4/3/2022

March 2022

S	M	T	W	T	F	S
		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		

April 2022

S	M	T	W	T	F	S
					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

Week of May 4 – May 10, 2022

MONDAY – 4/4/2022

TUESDAY – 4/5/2022

WEDNESDAY – 4/6/2022

THURSDAY – 4/7/2022

FRIDAY – 4/8/2022

SATURDAY – 4/9/2022

SUNDAY – 4/10/2022

April 2022						
S	M	T	W	T	F	S
					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

May 2022						
S	M	T	W	T	F	S
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				

Week of May 11 – May 17, 2022

MONDAY – 4/11/2022

TUESDAY – 4/12/2022

WEDNESDAY – 4/13/2022

THURSDAY – 4/14/2022

FRIDAY – 4/15/2022

SATURDAY – 4/16/2022

SUNDAY – 4/17/2022

April 2022							May 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1 2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

Week of May 18 – May 24, 2022

MONDAY – 4/18/2022

TUESDAY – 4/19/2022

WEDNESDAY – 4/20/2022

THURSDAY – 4/21/2022

FRIDAY – 4/22/2022

SATURDAY – 4/23/2022

SUNDAY – 4/24/2022

April 2022							May 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

Week of May 25 – May 1, 2022

MONDAY – 4/25/2022

TUESDAY – 4/26/2022

WEDNESDAY – 4/27/2022

THURSDAY – 4/28/2022

FRIDAY – 4/29/2022

SATURDAY – 4/30/2022

SUNDAY – 5/1/2022

April 2022						
S	M	T	W	T	F	S
					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

May 2022						
S	M	T	W	T	F	S
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				

Week of May 2 – May 8, 2022

MONDAY – 5/2/2022

TUESDAY – 5/3/2022

WEDNESDAY – 5/4/2022

THURSDAY – 5/5/2022

FRIDAY – 5/6/2022

SATURDAY – 5/7/2022

SUNDAY – 5/8/2022

May 2022							June 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

Week of May 9 – May 15, 2022

MONDAY – 5/9/2022

TUESDAY – 5/10/2022

WEDNESDAY – 5/11/2022

THURSDAY – 5/12/2022

FRIDAY – 5/13/2022

SATURDAY – 5/14/2022

SUNDAY – 5/15/2022

May 2022						
S	M	T	W	T	F	S
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				

June 2022						
S	M	T	W	T	F	S
			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		

Week of May 16 – May 22, 2022

MONDAY – 5/16/2022

TUESDAY – 5/17/2022

WEDNESDAY – 5/18/2022

THURSDAY – 5/19/2022

FRIDAY – 5/20/2022

SATURDAY – 5/21/2022

SUNDAY – 5/22/2022

May 2022							June 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

Week of May 23 – May 29, 2022

MONDAY – 5/23/2022

TUESDAY – 5/24/2022

WEDNESDAY – 5/25/2022

THURSDAY – 5/26/2022

FRIDAY – 5/27/2022

SATURDAY – 5/28/2022

SUNDAY – 5/29/2022

May 2022							June 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

Week of May 30 – June 5, 2022

MONDAY – 5/30/2022

TUESDAY – 5/31/2022

WEDNESDAY – 6/1/2022

THURSDAY – 6/2/2022

FRIDAY – 6/3/2022

SATURDAY – 6/4/2022

SUNDAY – 6/5/2022

June 2022						
S	M	T	W	T	F	S
			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		

July 2022						
S	M	T	W	T	F	S
					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						