

Education 1100 Week #_2_ Schedule

Name: Tzu-Cheih Huang

	Mon	Tue	Wed	Thur	Fri	Sat	Sun		
8:00 am	Wake up	Wake up	Wake up	Sleeping	Sleeping	Sleeping	Sleeping		
	Go to school	Go to school	Prepare						
9:00 am	Take bus	Take bus			Eat breakfast	preparing		preparing	preparing
	Chat with friend	Chat with friend	Eat breakfast						
10:00 am	Class (BUSS1110)	Class (EDUC1100) (GEOG1160)	Take bus	Studding	Eat breakfast	Eat breakfast	Eat breakfast		
11:00			Exercising					Relaxing	Relaxing
			12:00 pm		Eat lunch	Studding	Eat lunch		
1:00 pm			Go home	Supermarket	Relaxing	Supermarket	Eat lunch	Eat lunch	Relaxing
			Eat lunch						
2:00 pm			Relaxing	lunch	Relaxing	Walking	Exercising	Exercising	Relaxing
	Studding	Relaxing	Studding						
3:00 pm	Studding	Go home	Studying	Eat snacks	Eat snacks	Chatting	Chatting		
								Relaxing	Relaxing
4:00 pm	Studding	Relaxing	Relaxing	Studying	Studding	Studding	Studding		
	Relaxing							Studding	Exercising
5:00 pm	Relaxing	Relaxing	Studying	Relaxing	Relaxing	Relaxing	Dinner		
	Dinner							Relaxing	Studying
6:00 pm	Dinner	Dinner	Dinner	Studying	Dinner	Dinner	Dinner		
								Chatting	Dinner
7:00 pm	Relaxing	Relaxing	Relaxing	Chatting	Relaxing	Relaxing	Relaxing		
	Studding	Studding	Exercising						
8:00 pm	Studding	Take a shower	Take a shower	Studying	Studding	Studding	Take a shower		
								Relaxing	Relaxing
9:00 pm	Relaxing	Relaxing	Studying		Relaxing	Relaxing	Relaxing		

	Studding		Relaxing	Relaxing	Take a shower	Studding	
11:00 pm	meditation/ preparing	meditation/ preparing		meditation/ preparing	Studding	Relaxing	meditation/ preparing
	Sleeping	Sleeping	meditation/ preparing	Sleeping	meditation/ preparing	meditation/ preparing	Sleeping
12:00 am			Sleeping		Sleeping	Sleeping	

Part 3

- Daily intentions: meditation (10/mins)
- Aim: Total relaxing time have to decrease.

Daily intention ✓

Total relaxing time have to decrease ✓

• B):

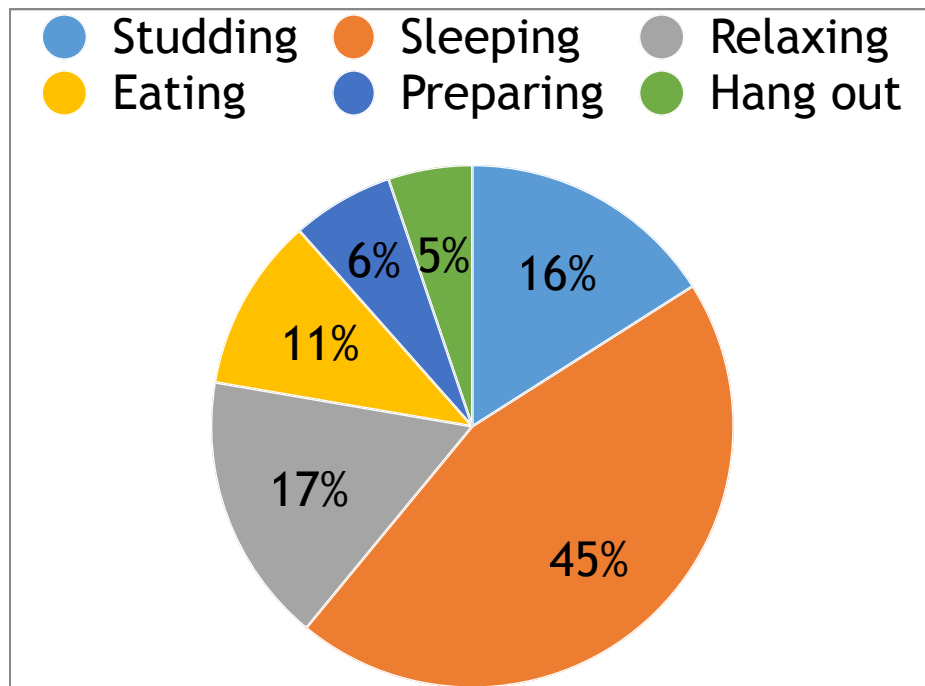
Although the chart shows that relaxing still more than studding, the number has decreased. In week 1, total of relaxing time is 37.5. Week 2 is 22.5, it was good because I always worried about assignments and courses, in week 2, I was easier to prepare assignments and classes, when I see this result, I can't describe how much a sense of achievement I had.

For daily intentions, when I really did it every day, I feel my concentration has increased. I feel more peaceful. I always did meditation after I applied lotion.

When I was tired, I will tell myself, "you even finished lotion step! Why not go on?" This is why I can persist.

• C):

Having the opportunity to travel, using creation, having passion in jobs, and the most important is, no financial problem, that my preferred future. Time is money, only manage time can let us have options, I do not know how to move toward my prefer future, but I will try my best to seize the day.



(two appendixes)

ARTS 1100

3 Credits

Experiencing the Arts

Students will be introduced to a broad range of liberal arts-related fields of study within the academic world. They will explore various disciplined-based and interdisciplinary approaches to a specific, current and compelling unifying theme, which will change periodically. Students will learn a number of key concepts and methods that shape and inform the perspectives developed in these fields, and how they articulate and inform one another. They will learn to view their world through multiple, and sometimes contrasting, perspectives and develop intellectual skills which are essential for learning in various disciplines and for continued learning in life beyond the University.

PSYC 1100

3 Credits

Introduction to Psychology: Basic Processes

Students will study topics related to basic psychological processes. They will critically examine areas such as the biological basis of behaviour, sensation, perception, states of consciousness, learning and memory. Students will learn about the historical and philosophical contexts behind the development of psychology and the research methods used by psychologists.