To improve your grade, or to make up for an absence, complete any of the extra credit activities listed below. Extra credit assignments are due no later than Tuesday, November 29, 2011. Follow the guidelines on the back of this sheet.

1. Nursing Advising Sessions- attend one of the monthly Nursing Majors’ advising sessions held in the Nursing Building room 100. Share features of the R.N. program with the class, or write a report using the guidelines on the back of this page. Go online from the LAHC web site (click on Academic Departments) for the dates and times. The next session is October 11 at 2:00pm.

2. Attend and write a summary of a Life Skills workshop. Various topics offered each month. Go to lahc.edu/student services for complete workshop schedule. Upcoming workshop topics include: managing test anxiety, putting your own needs first, healthy at every size, etc.

3. Attend the TAP Conference bus trip to UCLA on Friday, November 18 (all day). Sign up in the Career & Transfer Center ($5 deposit holds your space. The $5 is returned to you once you are on the bus.).

4. Attend the October 28 Loyola Marymount University Bus Trip. Sign up in the Career & Transfer Center. ($5 deposit holds your space. The $5 is returned to you once you are on the bus.).

5. Do exercise #8 c. on Page 36 (at the end of Chapter 1), which is a poster, or collage, of pictures that express who you are.


7. Read a chapter in the book What Should I Do with My Life, by Po Bronson. Summarize the chapter you choose, either out loud to the class, or in writing. (I have a copy of this book in my office, but it is also available in many Libraries.)

8. Attend and write a summary of one or more of the Health & Wellness Information Sessions. For a list of topics, visit the Health Office.

9. Schedule an appointment with a Harbor College counselor and develop a Student Educational Plan together. Bring me a copy of the plan.