

# L&S 160B

# Effective Personal Ethics for the 21<sup>st</sup> Century

## Continuing Experiential Assignment

Spend at least 5 minutes/day, 5 days/week, during the 15 weeks of the course, being completely quiet. Create a retreat from interruption. Spend the time away from everyone and everything. Don't *do* anything. Take one additional minute to note your experience each time on the form provided. [Tip: Make 2 additional copies of the form and then cut them into individual weeks and carry the current week's log with you.] Put your name on the back of each week's log and turn it in your discussion section. All submissions will be considered confidential.

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Week \_\_

1. Date: \_\_\_\_\_ Time: \_\_\_\_\_ Experience: \_\_\_\_\_
2. Date: \_\_\_\_\_ Time: \_\_\_\_\_ Experience: \_\_\_\_\_
3. Date: \_\_\_\_\_ Time: \_\_\_\_\_ Experience: \_\_\_\_\_
4. Date: \_\_\_\_\_ Time: \_\_\_\_\_ Experience: \_\_\_\_\_
5. Date: \_\_\_\_\_ Time: \_\_\_\_\_ Experience: \_\_\_\_\_

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Week \_\_

1. Date: \_\_\_\_\_ Time: \_\_\_\_\_ Experience: \_\_\_\_\_
2. Date: \_\_\_\_\_ Time: \_\_\_\_\_ Experience: \_\_\_\_\_
3. Date: \_\_\_\_\_ Time: \_\_\_\_\_ Experience: \_\_\_\_\_
4. Date: \_\_\_\_\_ Time: \_\_\_\_\_ Experience: \_\_\_\_\_
5. Date: \_\_\_\_\_ Time: \_\_\_\_\_ Experience: \_\_\_\_\_

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4. Date: \_\_\_\_\_ Time: \_\_\_\_\_ Experience: \_\_\_\_\_
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Week \_\_

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