**Monday**

*Morning, 9:00-12:00*

Introduction

X-13ARIMA-SEATS Overview

Exercise 1: Setting up Win X-13

R Seasonal Overview

R Exercise 1: Setting up R seasonal

*Afternoon, 1:00-4:00*

Transformations and ARIMA Models

Exercise 2: ARIMA Models

Regression

**Tuesday**

*Morning, 9:00-12:00*

Exercise 3: Regression

User-Defined Holiday Effects with Genhol

Exercise 4: Genhol

*Afternoon, 1:00-4:00*

RegARIMA Diagnostics

Exercise 5: RegARIMA Diagnostics

**Wednesday**

*Morning, 9:00-12:00*

Introduction to Seasonal Adjustment

Worksheet 1: Decomposition

Filters

Worksheet 2: Filters

*Afternoon, 1:00-4:00*

X-11 Seasonal Adjustment

X-11 Worksheet

**Thursday**

*Morning, 9:00-12:00*

SEATS Seasonal Adjustment

Seasonal Adjustment Diagnostics

*Afternoon, 1:00-4:00*

Exercise 6: Seasonal Adjustment

Composite Adjustments

**Friday**

*Morning, 9:00-12:00*

Wrap-Up

Exercise 7: Composite Adjustments

Workshop