

2022-23

# STUDENT ACADEMIC & WELLNESS PLANNER



THE UNIVERSITY OF  
**MEMPHIS**



## **The University of Memphis**

### **2022/2023 Student Academic & Wellness Planner**

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by the Office of the Dean of Students

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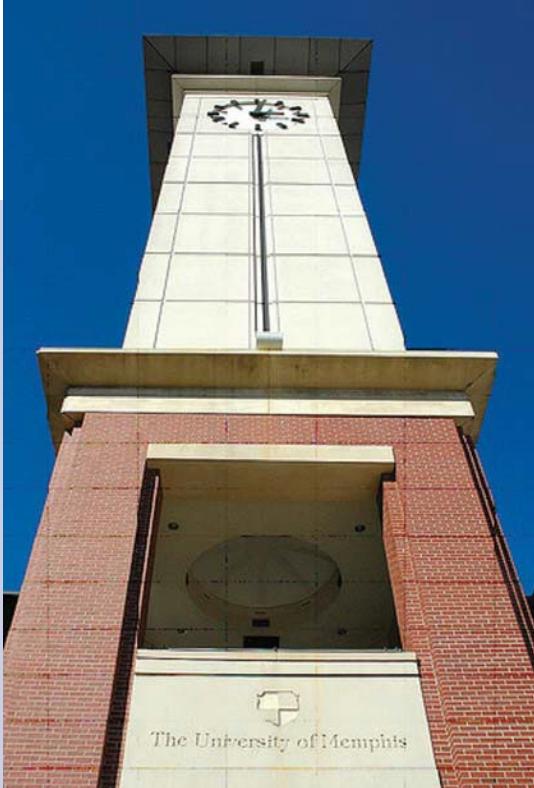
#### **This Handbook Belongs To:**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

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The University reserves the right to cancel or alter any part of this Handbook without notice.

The policies, procedures and programs of The University of Memphis are continually under examination and revision. The Student Handbook and Planner represents information in effect at the time of publication, but there is no guarantee that such information will not be changed or revoked.

This Handbook and Planner is not intended to state contractual terms and does not constitute a contract between the student and The University of Memphis.

The University of Memphis reserves the right to make changes as required to calendar dates, programs, activities, policies and other rules and regulations affecting students and to determine when such change shall take effect. Failure to read this Handbook and Planner does not exempt students from following policies, procedures, regulations, and requirements described herein. Please contact University offices responsible for the programs and policies in this Handbook for verification and updates.

The University of Memphis offers equal opportunity to all persons without regard to race, religion, sex, creed, color, national origin or disability. The University does not discriminate on these bases in recruitment and admission of students or in the operation of its programs and activities, as specified by federal laws and regulations. Designated coordinators for university compliance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 are the Vice President for Student Affairs and the Equal Opportunity Compliance Officer. Information in this document will be provided in alternate format upon request. The University of Memphis is an Equal Opportunity/Affirmative Action University. It is committed to education of a non-racially identifiable student body.



### **DEAN OF STUDENTS**

Dean of Students,  
Chief Health and Safety Officer  
**Dr. Justin Lawhead**  
[jtlawhed@memphis.edu](mailto:jtlawhed@memphis.edu)

## **WELCOME TIGERS!!!**

Welcome Back Tigers! It is great to you have back on campus as we begin a new academic year.

The Dean of Students Office is here to help you. Our goal is to make your college experience a very fulfilling and successful one. We assist students in the resolution of problems, mitigation of crisis and referral to campus resources.

We will work with you to address any concerns or challenges you may have. Our office is an excellent place to start if you can't figure out what to do, where to go or who to ask.

Our primary departmental focus is inclusive practices focusing on student service and success. I want you to feel very comfortable contacting our office at [deanofstudents@memphis.edu](mailto:deanofstudents@memphis.edu) or 901.678.2187. Our staff is student-centered and ready to support you.



Student Government Association

214 University Center  
Memphis, TN 38152-3370  
Office: 901.678.2051  
Fax: 901.678.4534  
[www.memphis.edu/sga](http://www.memphis.edu/sga)



## "The Voice of the Students!"

We hope that you will get involved with SGA through our freshman council, townhall discussions, tabling initiatives, and connect with us on social media! If you have any questions, concerns, or ideas, please contact any member of SGA. It is our pleasure to represent you and advocate on your behalf as the 'voice of the students.'

**[Click here to learn more about SGA and current leadership](#)**

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# MISSION

The University of Memphis is a learner-centered metropolitan research university providing high quality educational experiences while pursuing new knowledge through research, artistic expression, and interdisciplinary and engaged scholarship.

# VALUES

The University of Memphis, as an engaged learning community, celebrates:

The pursuit of excellence in teaching and research as the highest measures of successful achievement.

- Interdisciplinary collaboration, artistic expression, and research as vehicles for leveraging our resources, solving problems, and multiplying our accomplishments.
- The transfer and dissemination of knowledge with community stakeholders for the intellectual, economic, and social advancement of our community.
- Innovation and creativity in everything we do.
- Respect for diversity and individual worth.
- Integrity and transparency in all our actions.
- Responsible stewardship and conservation of resources.
- Stewardship of wisdom, knowledge, and information created by our predecessors.
- Leadership and involvement in the economic, social, and professional growth of Memphis, the state of Tennessee, and the nation.

## **TIGER SPIRIT**

**U of M Alma Mater**

**Stand Firm, O Alma mater**

**Through All The Years To Come;**

**In Days Of Youth And Beauty**

**Thy Halls Have Been Our Home.**

**In Time Of Preparation**

**Great Lessons Didst Thou Teach**

**Till Now O Alma Mater,**

**The Stars We'll Strive To Reach.**

## **U of M Fight Song**

**Go Tigers Go, Go On To Victory,**

**Be A Winner Thru And Thru;**

**Fight Tigers, Fight Cause We're**

**Going All The Way –**

**Fight, Fight**

**For The Blue And Gray.**

**Come On Let's Go Tigers Go,**

**Go On To Victory.**

**Show Your Colors Bright And True;**

**So Fight Now Without A Fear,**

**Right Now Let's Shout A Cheer,**

**Fight For Dear Ole Memphis U.**

**(Yell)**

**Go Tigers Go, Go Tigers Go.**



## WHY TIGERS?

When The University of Memphis first fielded a football team in the fall of 1912, no one had selected a nickname for the squad. Early references to the football team tabbed them only as the Blue and Gray Warriors of West Tennessee Normal School.

After the final game of the 1914 season, there was a student parade. During this event, several Normal students shouted, "We fight like Tigers".

The nickname was born.

More and more the nickname "Tigers" was used, particularly in campus publications. But it did not catch on with the newspapers downtown. They continued to use "Normals" or the "Blue and Gray" when referring to the University.

Under Coach Lester Barnard in 1922, Normal's football team gave a ring of truth to that old student yell about Tigers. The team adopted a motto- "Every Man A Tiger" and went on to score 174 points while allowing their opponents just 29 points.

In the late 1920s, student publications and downtown newspapers began referring to the football team as the "Teachers" or "Tutors". The Tiger nickname would return. But not until 1939 was it initially adopted as the official nickname for the University of Memphis.

# CAMPUS DIRECTORY

For all emergencies: 678.HELP

**Academic Counseling Center**  
212 Wilder Tower  
678.2062  
[memphis.edu/acc](http://memphis.edu/acc)

**Admissions - Undergraduate**  
101 Wilder Tower  
678.2111  
[memphis.edu/admissions](http://memphis.edu/admissions)

**Admissions - Graduate**  
FedEx Institute of Technology  
365 Innovations Drive, Suite 201  
678.3685  
[memphis.edu/graduateadmissions/index.php](http://memphis.edu/graduateadmissions/index.php)

**Athletic Ticket Office**  
570 Normal Street  
678.2331  
[gotigersgo.com](http://gotigersgo.com)

**Barbara K Lipman Early Learning and Research Center**  
3771 Poplar Avenue  
678.2120  
[memphis.edu/lipman](http://memphis.edu/lipman)

**Campus Post Office**  
259 University Center  
678.2380  
[bf.memphis.edu/mail](http://bf.memphis.edu/mail)

**Campus Recreation**  
3735 Southern Avenue  
678.3285  
[memphis.edu/campusrec](http://memphis.edu/campusrec)

**Counseling Center**  
214 Wilder Tower  
678.2068  
[memphis.edu/counseling](http://memphis.edu/counseling)

**Career Services**  
400 Wilder Tower  
678.2239  
[memphis.edu/careerservices](http://memphis.edu/careerservices)

**Cecil C. Humphreys School of Law**  
1 North Front St  
678.2421  
[memphis.edu/law](http://memphis.edu/law)

**Center for Academic Retention & Enrichment Services (CARES)**  
500 Wilder Tower  
678.2393  
[memphis.edu/cares](http://memphis.edu/cares)

**Center for International Educational Services**  
110 International Center  
678.2814  
[memphis.edu/cies](http://memphis.edu/cies)

**Center for Service Learning & Volunteerism**  
243 University Center  
678.2644  
[memphis.edu/service](http://memphis.edu/service)

**Class Cancellation Hotline (due to inclement weather)**  
678.0888

**College of Arts and Sciences**  
107 Scates Hall  
678.5454  
[memphis.edu/cas](http://memphis.edu/cas)

**College of Communication and Fine Arts**  
232 Communication & Fine Arts Building  
678.2350  
[memphis.edu/ccfa](http://memphis.edu/ccfa)

**College of Education**

215 Ball Hall  
678.4265  
[memphis.edu/education](http://memphis.edu/education)

**College of Professional & Liberal Studies**

218 Brister Hall  
678.2716  
[memphis.edu/cpls](http://memphis.edu/cpls)

**Commencement Office**

101 Brister Hall  
678.5547  
[memphis.edu/commencement](http://memphis.edu/commencement)

**Conference & Event Services**

FedEx Institute of Technology, Suite 210  
678.5000  
[memphis.edu/conferences](http://memphis.edu/conferences)

**Counseling, Educational Psychology & Research**

100 Ball Hall  
678.2841  
[memphis.edu/cepr](http://memphis.edu/cepr)

**Daily Helmsman**

113 Meeman Journalism Building  
678.2191  
[dailyhelmsman.com](http://dailyhelmsman.com)

**Dean of Students**

359 University Center  
678.2187  
[memphis.edu/deanofstudents](http://memphis.edu/deanofstudents)

**Disability Resources for Students (DRS)**

110 Wilder Tower  
678.2880  
[memphis.edu/drs](http://memphis.edu/drs)

**Educational Support Programs (ESP)**

217 Mitchell Hall  
678.2704  
[memphis.edu/esp](http://memphis.edu/esp)

**Experiential Learning Credit**

800 Wilder Tower  
678.2754  
[memphis.edu/innovation/elc/experientiallearning.php](http://memphis.edu/innovation/elc/experientiallearning.php)

**Finish Line**

800 Wilder Tower  
678.7366  
[memphis.edu/innovation/finishline/index.php](http://memphis.edu/innovation/finishline/index.php)

**Fogelman College of Business and Economics**

678.2432  
[memphis.edu/fcbe](http://memphis.edu/fcbe)  
Undergraduate Student Services Office  
678.2855  
Graduate Programs Office  
678.4705

**Graduate Student Association**

214 Administration Building  
678.1408  
[memphis.edu/gsa/](http://memphis.edu/gsa/)

**Herff College of Engineering**

[memphis.edu/herff/index.php](http://memphis.edu/herff/index.php)  
**Biomedical Engineering**  
330 Engineering Technology Building  
678.3733

**Civil Engineering**

104 Engineering Science Building  
678.2746  
**Electrical and Computer Engineering**  
206 Engineering Science Building  
678.2175

**Engineering Technology**

209 Engineering Technology Building  
678.2225

**Mechanical Engineering**

312 Engineering Science Building  
678.2173

**Holiday Inn**

3700 Central Avenue  
678.8200

**Helen Hardin Honors College**

425 Patterson  
678.2690  
[memphis.edu/honors](http://memphis.edu/honors)

**Information Technology Services**

100 Administration Building  
678.8888  
[memphis.edu/its](http://memphis.edu/its)

**Kemmons Wilson School of Hospitality & Resort Management**

Fogelman Executive Center, 4<sup>th</sup> Floor  
678.8021  
[memphis.edu/Wilson](http://memphis.edu/Wilson)

**Lactation Rooms for Nursing Mothers**

For access visit the Dean of Students Office  
359 University Center (UC)  
678.2187  
Browning Hall 212  
University Center (UC) 240  
Clement Hall 118  
Patterson Hall 124  
Health Center 202  
McCord Hall 222 (Coming Jan '23)

**Loewenberg School of Nursing**

2502 Community Health Building  
4055 N. Park Loop  
UofM Park Avenue Campus  
678.2003  
[memphis.edu/nursing](http://memphis.edu/nursing)

**Marketing and Communication**

308 Administration Building  
678.2843  
[memphis.edu/communications](http://memphis.edu/communications)

**McWherter Library**

126 Ned R. McWherter Library  
678.2205- Circulation Desk  
678.2201- Administration Department  
[memphis.edu/libraries](http://memphis.edu/libraries)

**Multicultural Affairs Office**

223 University Center  
678.2054  
[memphis.edu/multiculturalaffairs](http://memphis.edu/multiculturalaffairs)

**Parking & Transportation Services**

120 Zach Curlin Parking Garage  
678.2212  
[memphis.edu/parking/index.php](http://memphis.edu/parking/index.php)

**Police Services**

100 Zach Curlin Parking Garage  
678.HELP (4357) EMERGENCY  
678.3848 Non-Emergency  
678.HOME (4663) Tiger Patrol  
[memphis.edu/police](http://memphis.edu/police)

**Procurement and Contract Services**

556 Colonial Rd  
Peggy Robinson  
762.7017  
[memphis.edu/procurement/travel](http://memphis.edu/procurement/travel)

**Professional & Continuing Education**

678.5077  
[memphis.edu/pace](http://memphis.edu/pace)

**Registrar's Office**

003 Wilder Tower  
678.2810 – Registration and General Inquiries  
678.3927 – Transcripts  
678.2996 – Veterans Educational Benefits & Certification  
[memphis.edu/registrar](http://memphis.edu/registrar)

**Residence Life**

Centennial Place, suite 175  
678.2295 – Administration  
[memphis.edu/reslife](http://memphis.edu/reslife)

-Centennial Place 678.2836  
-Graduate & Student Family Housing & Park Ave. Apartments, 678-2087  
-Living Learning Residence Complex, 678.5726  
-Rawls Hall, 678.2130  
-Carpenter Complex, 678.1641  
-Smith Hall, 678.2151  
-South Hall, 678.2820  
-Carney-Johnston at Lambuth, 731.425.1951

**ROTC**

-Air Force  
118 Hayden Hall  
678.2681  
[memphis.edu/afrotc](http://memphis.edu/afrotc)

-Army  
123D Hayden Hall  
678.2934  
[memphis.edu/armyrotc](http://memphis.edu/armyrotc)

-Naval  
120 Hayden Hall  
678.2370  
[memphis.edu/nrotc](http://memphis.edu/nrotc)

**Rudi E. Scheidt School of Music**

123 Music Building  
678.2541  
[memphis.edu/music](http://memphis.edu/music)

**Student Leadership & Involvement (SLI)**

211 University Center  
678.8679  
[memphis.edu/studentinvolvement](http://memphis.edu/studentinvolvement)

**School of Communication Sciences and Disorders**  
4055 North Park Loop  
Memphis, TN 38152  
678.5800  
[memphis.edu/csd](http://memphis.edu/csd)

**Student Accountability, Office of**  
405 Mitchell Hall  
678.2298  
[memphis.edu/osa](http://memphis.edu/osa)

**Student Employment Services**  
[memphis.edu/studentemployment](http://memphis.edu/studentemployment)  
See Career Services for questions about TigerLink/Handshake

**Student Financial Aid**  
103 Wilder Tower  
678.4825  
[memphis.edu/financialaid](http://memphis.edu/financialaid)

**Student Government Association (SGA)**  
214 University Center  
678.2051  
[memphis.edu/sga](http://memphis.edu/sga)

**Student Health Center**  
200 Hudson Health Center  
678.2287  
[memphis.edu/health](http://memphis.edu/health)

**Testing Center**  
111 & 112 Brister Hall  
678.2428  
[memphis.edu/testing](http://memphis.edu/testing)

**Theatre & Dance**  
143 Theatre Building  
678.2523  
[memphis.edu/theatre](http://memphis.edu/theatre)

**Theatre & Dance Ticket Office**  
100 Theatre Building  
678.2576  
[memphis.edu/theatre/boxoffice](http://memphis.edu/theatre/boxoffice)

**The University of Memphis Institute on Disability**  
4050 South Park Loop  
Bldg. 29, Room 119  
678.4303  
[memphis.edu/umid](http://memphis.edu/umid)

**Tiger Dining Services**  
292.9674  
[dineoncampus.com/uofm](http://dineoncampus.com/uofm)

**University & Student Business Services**  
115 Wilder Tower  
678.2712  
[memphis.edu/usbs](http://memphis.edu/usbs)

**University Campus School**  
535 Zach Curlin Street  
678.2285  
[memphis.edu/campusschool](http://memphis.edu/campusschool)

**University Center**  
678.5000 Scheduling  
[saweb.memphis.edu/](http://saweb.memphis.edu/)

**UofM Global**  
200 Brister Hall  
844.302.3886  
[memphis.edu/uofmglobal](http://memphis.edu/uofmglobal)

**UofM Media Room**  
303 Administration Building  
678.2843  
[memphis.edu/mediaroom](http://memphis.edu/mediaroom)

**University of Memphis Bookstore**  
506 University Dr.  
678.2011  
[bkstr.com/memphisstore/home](http://bkstr.com/memphisstore/home)

**University Operator**  
678.2000

**Veterans & Military Student Services**  
222 University Center  
678.4269  
[memphis.edu/veterans](http://memphis.edu/veterans)

**Victim Services**  
122 Clement Hall  
678.4471  
[memphis.edu/victimservices](http://memphis.edu/victimservices)

# Lambuth Campus Directory

## For all emergencies: 731.425.1942

**University of Memphis Lambuth Information Desk**  
731.425.5087  
[memphis.edu/lambuth](http://memphis.edu/lambuth)





Parking and Transportation Services

120 Zach Curlin Parking Garage  
Memphis, TN 38152-3370

Office: 901.678.2212  
Fax: 901.678.4962

[www.memphis.edu/parking/blueline](http://www.memphis.edu/parking/blueline)

# The Blue Line

## Fall 2022 Hours of Operation

**Main Campus Blue Route:**

Monday – Thursday 7am – 5pm

**Park Avenue Campus Gray Route:**

Monday – Thursday 7am – 5pm

**Evening Route:**

Monday – Thursday 5pm – 11pm

**Afternoon Route:**

Friday 2pm – 5pm

**Main Campus Friday Route:**

Friday 7am – 2pm

**Park Avenue Campus Friday Route:**

Friday 7am – 2pm

**Target Route:**

Thursday 1 trip with 2pm pickup & 4pm return

**Kroger Route:**

Friday runs continuously 2pm – 4:45pm

[Click here for more information about routes, stops, and locations.](#)



The Office of Student Accountability

405 Mitchell Hall  
Memphis, TN 38152-3370  
Office: 901.678.2298  
[www.memphis.edu/osa](http://www.memphis.edu/osa)

# The Office of Student Accountability

## Mission

The Office of Student Accountability at the University of Memphis advocates for student rights and promotes academic and personal success.

## Guiding Principles

- a. Maintain an environment which is conducive to academic success;
- b. Promote a safe and secure campus by protecting the rights of all members of the University of Memphis community;
- c. Encourage students to assume self and social responsibility;
- d. Provide opportunities for individual growth and development;
- e. Enhance student decision making and conflict resolution skills;
- f. Advance the development of student ethical values.

**[Click here to access the Student Code Rights & Responsibilities](#)**



Housing & Residence Life

175 Centennial Place  
Memphis, TN 38152-3370  
Office: 901.678.2295  
Fax: 901.678.5219  
[www.memphis.edu/reslife](http://www.memphis.edu/reslife)

## Housing & Residence Life

The University of Memphis main campus offers eight different communities including Graduate and Student Family Housing for graduate students or students who are married and/or have families. International Students transitioning and starting their collegiate careers are also directly supported by our department. Further, we have an on-campus residential living at our Lambuth campus. Whether you're interested in a traditional style residence hall or apartment style living, the University of Memphis has accommodations to meet your needs.

[Click here to learn more about RESIDENCE LIFE—  
POLICIES](#)





Student Leadership & Involvement  
210 & 211 University Center  
Memphis, TN 38152-3370  
Office: 901.678.8679  
[www.memphis.edu/studentinvolvement](http://www.memphis.edu/studentinvolvement)

## POLICIES AND PROCEDURES FOR REGISTERED STUDENT ORGANIZATIONS

### Types of Student Organizations

Student Organizations may be either organizations sponsored by The University of Memphis, such as student government association, associated student body organizations, and professional and honors societies, or organizations officially registered by The University of Memphis. Organizations which may be registered to operate on campus include the following:

- g. honors and leadership organizations and recognition societies
- h. departmental organizations and professional fraternities and sororities
- i. social fraternities and sororities (national organizations only; must follow official chartering procedures)
- j. special interest groups (political, religious, athletic, etc.)

[Click here for more information on Student Organizations](#)





Office for Institutional Equity

156 Administration Building  
Memphis, TN 38152-3370  
Office: 901.678.2713  
Fax: 901.678.4800  
[www.memphis.edu/oie](http://www.memphis.edu/oie)

## HARASSMENT/DISCRIMINATION POLICY

It is against university policy to harass or to discriminate against any member of the University community on the basis of sex, race, color, national origin, age, disability, and/or veteran status. Harassment is reprehensible and will not be tolerated by the University. It is prohibited by University policy, Title VII of the Civil Rights Act of 1964 as amended, Title XI of the Educational Amendments of 1972, and other applicable law. Violation of these acts may subject the University and/or individuals to disciplinary action and may have legal consequences.

Sexual harassment is especially serious when it threatens relationships between teacher and student or superior and subordinate. The University does not tolerate behavior between or among members of the University community that creates an unacceptable work or educational environment.

Sexual harassment is defined as unwelcome sexual advances, request for sexual favors and other verbal or physical conduct of a sexual nature when submission to such conduct is explicitly or implicitly a term of condition of the individual's employment decisions, evaluation, reward, or work performance. Sexual harassment is verbal, visual, and/or physical.

Racial harassment/discrimination includes, but is not limited to, objectionable epithets, threatened or actual physical harm or abuse, or other intimidating or insulting conduct directed against the individual because of his/her race, color, or national origin. Harassment or discrimination on the basis of religion, disability, or other protected status includes any conduct which has the purpose of reasonably foreseeable effects of interfering with an individual's academic efforts, employment, or participation in institutionally sponsored activities.

**[For more information about policies and how to report, please click here.](#)**

# LIMITED TOBACCO USE ON CAMPUS

In 2011 a tobacco-free initiative was originally proposed by SGA, which enacted a resolution calling for a smoke-free campus. Similar resolutions were passed by the Faculty and Staff Senates. Building on these developments, the University's Policy Review Board approved a comprehensive policy to limit the use of tobacco on all U of M campuses by faculty, staff, students, contractors and visitors. The complete policy can be viewed at [memphis.edu/tobacco](http://memphis.edu/tobacco), but key components include:

- Tobacco use is not permitted in any UofM-owned or leased property, including grounds, vehicles and buildings. The only exception is residential rental properties governed by tenant leases.
- Several areas on the main, Park Avenue (South Campus), Lambuth, Law School and Millington campuses have been designated where the use of tobacco products is permitted. These sites are noted via links on the Designated Areas page on the following website: [memphis.edu/tobacco](http://memphis.edu/tobacco).

*[For more information and a map of designated smoking locations please click here.](#)*



# **PRIVACY RIGHTS OF PARENTS AND STUDENTS – NOTICE TO STUDENTS**

The University of Memphis intends to comply fully with the Family Educational Rights and Privacy Act of 1974 and its subsequent amendments. A complete copy of the procedure may be obtained in the Office of the Registrar. Also, the Registrar publishes an Annual Notification of Student Rights under FERPA on its website.

[\*\*\*Click here for more details\*\*\*](#)

## **Directory Information**

"Directory Information" is defined as: the student's name, U-Number, address, telephone listing, e-mail address, major field of study, date of birth, participation in officially recognized activities and sports, weight and height of members of athletic teams, dates of attendance, degrees and awards received, the most recent previous educational agency or institution attended by the student, the student's enrollment status (number of enrolled hours, full-time or part-time status), the student's classification(level),University student-employment status, and cumulative earned hours.

## **Restricted Release of Directory Information**

After registering for courses, a student may request that directory information not be released. The student can request the restriction either by visiting the Registrar's Office and completing an official request form, or by logging into <https://iam.memphis.edu> and selecting the option.

## **Access to Records**

To gain access, the student must request the custodian of the records to allow perusal of the education record according to University Policy UM1248, Privacy of Education Records (Compliance with FERPA). Students may contact the Registrar's Office if assistance is needed in identifying the custodian of the record in question.

## **Review, Amend, Consent to Release Records**

Students and eligible parents have the right to review the education records, request amendments to the record, file a complaint related to the University's compliance with the requirements of the Family Educational Rights and Privacy Act (FERPA), and provide consent form release of personally identifiable information according to the University's Compliance policy.

Release of non-Directory, personally identifiable student education records to any party other than those specified by FERPA (e.g., another institution at which the student seeks or intends to enroll) is not permitted without the student's written consent.

# 2022–2023 Academic Calendar

<https://www.memphis.edu/registrar/calendars/academic/ay2223.php>

## Fall 2022

### All Parts of Term

- Registration Period Begins: **April 4, 2022 / Monday**

### Full Part of Term

- First Day of Classes: **August 22, 2022 / Monday**
- Labor Day: **September 5, 2022 / Monday**
- Fall Break: **October 8-11, 2022 / Saturday-Tuesday**
- Thanksgiving Holidays: **November 23-27, 2022 / Wednesday-Sunday**
- Last Day of Classes: **November 30, 2022 / Wednesday**
- Study Day: **December 1, 2022 / Thursday**
- Exams: **December 2-8, 2022 / Friday-Thursday**

### 1st Half Part of Term

- First Day of Classes: **August 22, 2022 / Monday**
- Last Day of Classes/Exams: **October 7, 2022 / Friday**

### 2nd Half Part of Term

- First Day of Classes: **October 12, 2022 / Wednesday**
- Last Day of Classes/Exams: **November 30, 2022 / Wednesday**

## Spring 2023

### All Parts of Term

- Registration Period Begins: **November 14, 2022 / Monday**

### Full Part of Term

- M. L. King, Jr. Holiday: **January 16, 2023 / Monday**
- First Day of Classes: **January 17, 2023 / Tuesday**
- Spring Break: **March 6-12, 2023 / Monday-Sunday**
- Last Day of Classes: **April 26, 2023 / Wednesday**
- Study Day: **April 27, 2023 / Thursday**
- Exams: **April 28 - May 4, 2023 / Friday-Thursday**

### 1st Half Part of Term

- First Day of Classes: **January 17, 2023 / Tuesday**
- Last Day of Classes/Exams: **March 3, 2023 / Friday**

### 2nd Half Part of Term

- First Day of Classes: **March 13, 2023 / Monday**
- Last Day of Classes/Exams: **April 26, 2023 / Wednesday**

Academic year calendars record the major activity dates (class start/end dates, exam dates, and commencement) for each term and its parts. Each academic year begins with the Fall term and ends at the conclusion of the Summer term. Students wanting specific registration, add/drop, fee payment, etc., dates and deadlines for a recent or upcoming term should review the Dates & Deadlines calendar for that term.

*Note:* On all academic calendars, the abbreviation, POT, stands for Part(s) of Term.

At the University of Memphis, the Academic Year is divided into three terms or semesters-- Fall, Spring, and Summer. Each term consists of several Parts of Term (POT). When registering for a term, you may register for courses in any one or combination of the POTs.

***What's the difference between one POT and another?***

The primary differences between one POT and another have to do with POT lengths (starting and ending dates) and lengths of class periods. It's important to remember that the same course offered in any POT requires the same minimum amount of class time as when it is offered in another POT. Also, the credit is the same. Thus, HMSE 1100 taken in the Pre Summer-POT is the equal of HMSE 1100 taken in the Fall Full POT or the Spring 2nd Half POT, and so on.

Some POTs--Regents, 1st Teacher, and 2nd Teacher--have a purpose of their own, so they are different from the other POTs in ways other than calendar days and meeting times.



# **Undergraduate & Graduate Calendar**

**University & Student Business Services Deadlines and Dates**

## **Fall 2022 Calendar**

### **Locations:**

**Main Campus Office and**

**Mailing Address:** 115 Wilder  
Tower, Memphis, TN 38152

**Lambuth Campus Office and**

**Mailing Address:** 109 Varnell-Jones  
Jackson, TN 38301

### **Office Hours:**

Monday - Friday, 8:00 a.m. to 4:30 p.m.

**Phone:** 901.678.2712

**Fax:** 901.678.0288 or 901.678.2772





Student Activities Council   Professional Development  
**discover** **experience** Frosh Camp **connect**  
**belong** **STUDENT LEADERSHIP** **TigerZone**  
Weeks of Welcome   Leader to Leader  
Fraternity & Sorority Life   create Homecoming  
**engage** **Blue Crew**   Rising Leaders  
Student Engagement   Emerging Leaders   Student Event Allocation  
Registered Student Organizations   **pride** leadership   Community Engagement  
Tigers for St. Jude   Presidents Leadership Awards



211 University Center | 901.678.8679 | [studentinvolvement@memphis.edu](mailto:studentinvolvement@memphis.edu)



# REFLECTION ON FRIENDSHIP

Think of the friends in your life right now, whether they are close by or you live in different places. Where did you meet them?

How did you connect with them?

How can you improve your friendships?

What are your shared interests?



# august 2022

monday	tuesday	wednesday
1	2	3
8	9	10 <ul style="list-style-type: none"><li>• WSOC vs UT Martin 7pm</li></ul>
15 <ul style="list-style-type: none"><li>• Residence Hall Move-In</li><li>• Movie on the Lawn – Monsters University</li></ul>	16 <ul style="list-style-type: none"><li>• Residence Hall Move-In</li><li>• MSU Blockparty</li><li>• UC Takeover</li></ul>	17 <ul style="list-style-type: none"><li>• Residence Hall Move-In</li><li>• Coffee with the Colleges</li><li>• Volunteer 101 Info Session</li><li>• Scavenger Hunt</li></ul>
22 <ul style="list-style-type: none"><li>• First Day of Classes (Full Term/1st Half POT)</li><li>• First Day of School Photos</li><li>• Goat Yoga</li><li>• Involvement Fair</li><li>• NPHC Step Show</li></ul>	23 <ul style="list-style-type: none"><li>• Student Employment Fair</li><li>• Tiger Trivia Tuesday</li></ul>	24 <ul style="list-style-type: none"><li>• Hump Day Petting Zoo and Camel Rides</li><li>• Multicultural Affairs Mixer</li></ul>
29	30	31

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	thursday	friday	saturday/sunday
	4	5	6 • Summer Commencement 7
	11	12	13 • WSOC vs UT Auburn 6pm 14
<b>Janmashtami (Hindu)</b> • First Year Student Picnic • WSOC vs Little Rock 7pm • Mighty Sound of the South Preview Show	18  • Rec Relay • Frosh Frenzy	19  • Service on Saturday • Tiger Talent Show  • Religious Life Pancake Breakfast • Rec Fest	20 21
25 • Silent Disco • WSOC vs Iowa State 7 pm	26 • Spirit Swap • 80s Pool Party	27  - Campus Outreach Tiger Bash	28
	• Think of it as packing before you go on a trip. Buy textbooks now. Be prepared! • Looking for a competitive advantage? How about free tutoring sessions? Good students go to tutoring at least 6 times and are more likely to make A's, B's and C's. • Study groups, free tutoring and supplemental instruction sessions. They're your resources — use them! • There's strength in numbers — join a study group. Use your resources!		

week of **august 1** to **august 7**

# Driven by doing.

monday

**august 1**

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tuesday

**august 2**

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wednesday

**august 3**

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thursday

friday

sunday

august 7

Saturday

august 6

august 4

august 5

M	T	W	T	F	S	S
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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

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

M	T	W	T	F	S	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

JUL 2022

AUG 2022

SEP 2022

week of **august 8** to **august 14**

# Driven by doing.

monday

**august 8**

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tuesday

**august 9**

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wednesday

**august 10**

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thursday

friday

sunday

august 14

Saturday

august 13

august 11

M	T	W	T	F	S	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

M	T	W	T	F	S	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

M	T	W	T	F	S	S
				1	2	3
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		

JUL 2022

AUG 2022

SEP 2022

week of **august 15** to **august 21**

# Driven by doing.

monday

**august 15**

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tuesday

**august 16**

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wednesday

**august 17**

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thursday

friday

sunday

august 21

Saturday

august 20

august 18

Janmashtami (Hindu)

M T W T F S 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

M T W T F S 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

JUL 2022

AUG 2022

SEP 2022

week of **august 22** to **august 28**

# Driven by doing.

monday

**august 22**

• First Day of Classes (Full Term/1st Half POT)

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tuesday

**august 23**

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wednesday

**august 24**

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thursday

friday

sunday

august 28

satrday

august 27

august 25

M	T	W	T	F	S	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

M	T	W	T	F	S	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				

M	T	W	T	F	S	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		

JUL 2022

AUG 2022

SEP 2022

## FEELING UNWELL? VISIT THE HEALTH CENTER.

Monday, Wednesday, Thursday, Friday | 8 AM–4:30 PM  
Tuesday | 9 AM–4:30 PM  
200 Hudson Health Center  
901.678.2287

## FEELING STRESSED?

VISIT THE RELAXATION ZONE.

Monday–Friday | 9 AM–4 PM  
Summer Hours | Monday–Friday | 10  
AM–3 PM 302 Brister Hall  
901.678.2068

## FEELING DOWN?

VISIT THE COUNSELING CENTER.

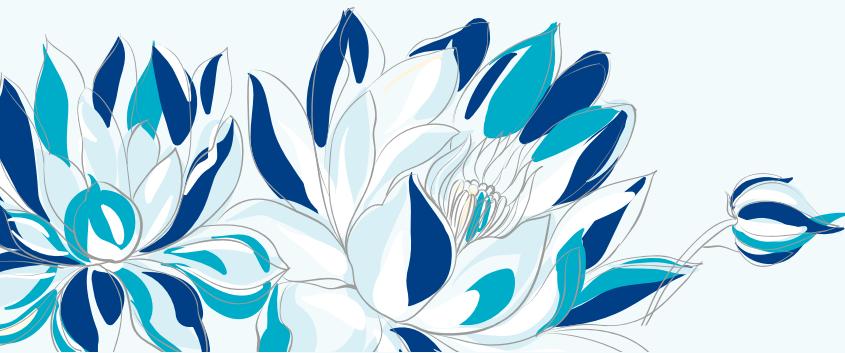
Monday–Thursday | 8 AM–7 PM  
Friday | 8 AM–4:30 PM  
214 Wilder Tower  
901.678.2068

To learn more about Student Health and Counseling Services, visit  
[memphis.edu/counseling/wellness](http://memphis.edu/counseling/wellness)



Student Health and  
Counseling Services

The University of Memphis is an Equal Opportunity/Affirmative Action University. It is committed to the education of a non-racially identifiable student body. UOM1185-FY1819



# Take a Moment to Journal

ON A SCALE OF 1 TO 10, HOW STRESSED DO YOU FEEL? WHAT CAN YOU DO TO DECREASE THAT NUMBER BY 1?

## ACTION STEPS

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## ROADBLOCKS

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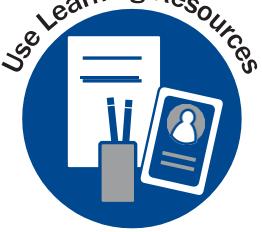
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# september 2022

monday	tuesday	wednesday
 <p><b>Be an Engaged Student</b></p>	<ul style="list-style-type: none"> <li>You're here for four years — get the most out of it. Get involved. Show your pride.</li> <li>Stay connected to campus life and increase your odds of graduating on time.</li> <li>Leadership experience leads to jobs. Find a registered student organization or honor society that is meaningful to you and plug in.</li> <li>Be of sound mind and body. Take advantage of wellness resources, like campus recreation, counseling, student health center, religious organizations, etc.</li> <li>Part-time students still enjoy the full UofM experience. Get involved. Show your pride.</li> <li>When you look back on your college experience, will you remember more about what happened inside or outside the classroom? Get plugged in.</li> </ul>	 <p><b>Use Learning Resources</b></p>
<b>Labor Day</b> <ul style="list-style-type: none"> <li>University Closed</li> </ul>	5	6
		7
12	13	14
19	20	21
<b>Navratri (Hindu)</b> <b>Rosh Hashanah (Jewish)</b>	<b>Rosh Hashanah (Jewish)</b> <ul style="list-style-type: none"> <li>Tiger Blue Goes Green, 10:00am-2:00pm</li> </ul>	<ul style="list-style-type: none"> <li>Student Health Fair, 10:00am-2:00pm</li> </ul>
26	27	28

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	thursday	friday	saturday/sunday
	1	2	3 • Football @ Mississippi State 6:30 pm 4
• WSOC vs Virginia 7pm	8	9	10 • Football @ Navy 6:30 pm 11
• WSOC vs UCF 7pm	15	16	17 • Football vs Kansas @ Liberty Bowl 18
• WSOC vs Virginia 7pm	22	23	24 • Football vs North Texas @ Liberty Bowl 25 Rosh Hashanah (Jewish)
	29	30	

week of **august 29** to **september 4**

# Driven by doing.

monday

august 29

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tuesday

august 30

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wednesday

august 31

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thursday

friday

sunday

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
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8	9	10	11	12	13	14
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22	23	24	25	26	27	28
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22	23	24	25	26	27	28
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M	T	W	T	F	S	S
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september 1

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september 2

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september 3

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Saturday

september 4

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week of **september 5** to **september 11**

# Driven by doing.

monday

**september 5**

Labor Day

- University Closed

tuesday

**september 6**

wednesday

**september 7**

thursday

friday

sunday

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31				
M	T	W	T	F	S	S
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22	23	24	25	26	27	28
29	30	31				
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22	23	24	25	26	27	28
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M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
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september 8

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september 9

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september 10

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Saturday

september 11

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week of **september 12** to **september 18**

# Driven by doing.

monday

september 12

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tuesday

september 13

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wednesday

september 14

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thursday

friday

sunday

M	T	W	T	F	S	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
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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				
M	T	W	T	F	S	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				

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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				
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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 15

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september 16

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september 17

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Saturday

september 18

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week of **september 19** to **september 25**

# Driven by doing.

monday

september 19

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tuesday

september 20

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wednesday

september 21

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thursday

friday

sunday

# september 25

**saturday**

september 24

september 22

september 23

	M	T	W	T	F	S	S
AUG 2022	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				

SEP 2022	M	T	W	T	F	S	S	
						1	2	3
	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 **september 26** to **october 2**

# Driven by doing.

monday

september 26

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tuesday

september 27

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wednesday

september 28

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M	T	W	T	F	S	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				

AUG 2022

M	T	W	T	F	S	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		

SEP 2022

M	T	W	T	F	S	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						

OCT 2022

september 29

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september 30

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october 1

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saturday

october 2

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thursday

friday

sunday

## 1 Study Space (nap Space!)

McWherter Library has extended hours during semesters and keeps its 1st Floor Learning Commons open 24 hours during exams. Find group and silent study spaces for every study style. Reserve a group study room online at llbcal.memphis.edu

## 2 Research Access

Your student ID is your library card. Check out up to 35 books for 30 days. Access millions of books, eBooks, journals and databases for every course. Start your research with our search box at memphis.edu/libraries



## 3 Find Help Now

Don't get up! Chat online.

Call, chat, text, email or visit the Research Assistance Desk (McWherter Library, 1st floor) for immediate answers to research questions: memphis.edu/libraries/help

## 4 One-On-One Help

Make an appointment with a librarian for more in-depth help, in person or online, at llbcal.memphis.edu/appointments

## 5 Research Guides

We offer research guides with Library Help Videos, online tutorials, citation resources and more. We also offer subject guides for each discipline packed with relevant databases, journal titles and more. Visit llbguides.memphis.edu

## 6 Free Technology

Find computers and printers on all floors of McWherter Library. Visit the Checkout Desk (McWherter, 1st floor) to borrow laptops (4-hour or semester loan), charging cords, art tablets, cameras, audio recorders, microphones, projectors and more: memphis.edu/libraries/technology



University Libraries

## TOP 10 LIBRARIES TIPS



## 7 the sandbox creatorspace

The sandbox creatorspace (McWherter, 1st floor) is a collaborative learning space, which includes 3D printers, a laser cutter, vinyl cutter, Adobe software, workshop space and more. The sandbox also includes studios for audio, video and podcast production and presentation practice.

## 8 Interlibrary Loan

If we don't have the materials you need, request them from other libraries free of charge at llilloan.memphis.edu



## 9 View History

Find primary sources and more in Special Collections (McWherter, 4th floor, appointment only) and in Government Publications (McWherter, 1st floor). Access their online collections at digitalcommons.memphis.edu

## 10 Writing Help

The Center for Writing and Communication (McWherter Library, 1st floor) helps with brainstorming, revisions, citations and more, in person or online: memphis.edu/cwc

## McWherter Map

Need help navigating the library?  
Check out our map online.



# Books to Read



# october 2022

monday	tuesday	wednesday
 <p><b>Use Advising Resources</b></p> <ul style="list-style-type: none"> <li>• Chart your path now, before registration—schedule an advising appointment!</li> <li>• You don't know what you don't know. Career counselors know that. Set your appointment today!</li> <li>• Their job is to get you to your career as quickly as possible. Talk to your advisors.</li> <li>• Track progress, find classes, plan for registration—UM Degree can help with all of that.</li> <li>• Don't think of them as advisors, but wise, Kungfu masters. Use your resources, grasshopper.</li> <li>• Don't be late—Courses to Consider can help you finish your degree on time.</li> </ul>	<ul style="list-style-type: none"> <li>• Chart your path now, before registration—schedule an advising appointment!</li> <li>• You don't know what you don't know. Career counselors know that. Set your appointment today!</li> <li>• Their job is to get you to your career as quickly as possible. Talk to your advisors.</li> <li>• Track progress, find classes, plan for registration—UM Degree can help with all of that.</li> <li>• Don't think of them as advisors, but wise, Kungfu masters. Use your resources, grasshopper.</li> <li>• Don't be late—Courses to Consider can help you finish your degree on time.</li> </ul>	 <p><b>Commit to a Major</b></p>
3	4	5
<p><b>Indigenous Peoples Day</b>  <b>Sukkot (Begins at Sundown - Jewish)</b></p> <ul style="list-style-type: none"> <li>• Fall Break</li> </ul>	<p><b>Yom Kippur (Begins at sundown – Jewish)</b></p> <ul style="list-style-type: none"> <li>• Fall Break</li> </ul>	<p><b>Navaratri/Dassehra Ends (Hindu)</b></p>
10	11	12
<p><b>Shemini Atzeret (Begins at Sundown - Jewish)</b></p>	<ul style="list-style-type: none"> <li>• Fall Break</li> </ul>	<ul style="list-style-type: none"> <li>• 1st Day of Classes (2nd Half POT)</li> </ul>
17	18	19
<p><b>Diwali (Hindu)</b></p>	<p><b>Simchat Torah (Jewish)</b></p>	
24	25	26
<p><b>Halloween</b></p>		
31		

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	thursday	friday	saturday/sunday
			<p>1</p> <ul style="list-style-type: none"> <li>Football vs Temple @ Liberty Bowl</li> </ul> <p>2</p>
	6	7	<p>8</p> <ul style="list-style-type: none"> <li>Fall Break</li> </ul> <p>9</p> <p>Sukkoth (Jewish)</p> <ul style="list-style-type: none"> <li>WSOC vs East Carolina @ 7 pm</li> </ul>
	13	14	<p>15</p> <ul style="list-style-type: none"> <li>Football @East Carolina</li> </ul> <p>16</p>
	20	21	<p>22</p> <ul style="list-style-type: none"> <li>Football @Tulane</li> </ul> <p>23</p>
	27	28	<p>29</p> <ul style="list-style-type: none"> <li>Homecoming</li> <li>Football vs Tulsa @ Liberty Bowl</li> </ul> <p>30</p>

week of **october 3** to **october 9**

# Driven by doing.

monday

**october 3**

Rosh Hashanah (Jewish)

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tuesday

**october 4**

Rosh Hashanah (Jewish)

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wednesday

**october 5**

Yom Kippur (Jewish)

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thursday

friday

sunday

M	T	W	T	F	S	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		

M	T	W	T	F	S	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					

OCT 2022

M	T	W	T	F	S	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		

october 6

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october 7

Mawlid al-Nabi (*Islamic*)

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october 8

- Fall Break

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Saturday

october 9

- Fall Break

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week of **October 10** to **October 16**

# Driven by doing.

monday

**october 10**

**Sukkot** (Begins at Sundown - Jewish)

**Indigenous Peoples Day**

• Fall Break

tuesday

**october 11**

• Fall Break

wednesday

**october 12**

thursday

friday

sunday

M	T	W	T	F	S	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		

M	T	W	T	F	S	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						

M	T	W	T	F	S	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		

october 13

october 14

october 15

october 16

saturday

week of **October 17** to **October 23**

# Driven by doing.

monday

october 17

Shemini Atzeret (*Jewish*)

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tuesday

october 18

Shemini Torah (*Jewish*)

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wednesday

october 19

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thursday

friday

sunday

M	T	W	T	F	S	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		

M	T	W	T	F	S	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					

M	T	W	T	F	S	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		

october 20

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october 21

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october 22

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Saturday

october 23

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week of **October 24** to **October 30**

# Driven by doing.

monday

october 24

Diwali (Hindu)

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tuesday

october 25

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wednesday

october 26

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thursday

friday

sunday

october 30

satrday

october 29

october 27

october 28

M	T	W	T	F	S	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		

M	T	W	T	F	S	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					

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



**INFORMING. ADVISING. REFERRING. ASSISTING. NAVIGATING.**

## **THE DEAN OF STUDENTS OFFICE AND THE STUDENT OUTREACH AND SUPPORT PROGRAM IS HERE TO HELP IF YOU:**

- Experience personal concerns and are unsure of what to do
- Need access to basic resources (Housing, Food, etc.) or financial benefits
- Were you recently hospitalized or unable to attend classes
- Need help coordinating communication with your instructors due to an emergency



**VISIT**

[memphis.edu/deanofstudents](http://memphis.edu/deanofstudents)

or contact our office at | **901.678.2187**



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Dean of Students

# My Road to Success

WHAT SUPPORTS DO I NEED TO BE SUCCESSFUL IN COLLEGE?

**Physical Supports/Resource**

**Supportive People**

**How can I support myself?**

# november 2022

monday	tuesday	wednesday
 Attend Class	1	2
7 • Registration Period Begins	8	9
14 • Registration Period Begins	15	16
21	22	23 • Thanksgiving Holiday (No Classes)
28	29	30 • Last Day of Classes/Exams (Full Term/2nd Half POT)

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	thursday	friday	saturday/sunday
	3	4	5 • Football vs UCF @ Liberty Bowl 6
	10 • Football vs Tulsa @ Liberty Bowl	11 Veterans Day	12 13
	17	18	19 • Football vs North Alabama @ Liberty Bowl 20
	24 <b>Thanksgiving Day</b> • Thanksgiving Day (University Closed)	25 <b>Native American Heritage Day</b> • Thanksgiving Holiday (University Closed)	26 • Thanksgiving Holiday (University Closed) • Football @ SMU 27 • Thanksgiving Holiday (University Closed)
	<ul style="list-style-type: none"> <li>You know who expects you to show up every day and on time? The real world. Go to class!</li> <li>Learning in class is more effective. Show up. Learn more.</li> <li>Are you committed to your future? Commit to coming to class.</li> <li>Skipping class? You're throwing away \$25-88 with every absence. Get what you paid for.</li> </ul>		

week of **october 31** to **november 6**

# Driven by doing.

monday

october 31

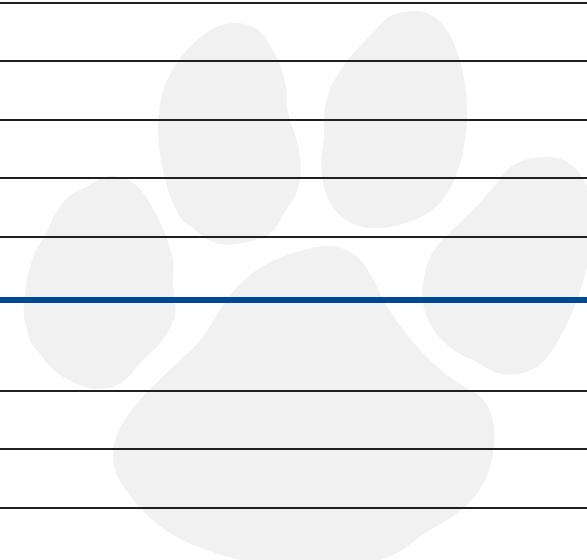
Halloween

november 1

tuesday

november 2

wednesday



thursday

friday

sunday

M	T	W	T	F	S	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						

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

M	T	W	T	F	S	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						

november 3

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november 4

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november 5

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Saturday

november 6

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week of **november 7** to **november 13**

# Driven by doing.

monday

november 7

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tuesday

november 8

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wednesday

november 9

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OCT	M	T	W	T	F	S	S
2016					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						

NOV	M	T	W	T	F	S	S
2016			1	2	3	4	5
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

DEC	M	T	W	T	F	S	S
2016					1	2	3
	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	

november 10

november 11

Veterans Day

november 12

november 13

Saturday

thursday

friday

sunday

week of **november 14** to **november 20**

# Driven by doing.

monday

november 14

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tuesday

november 15

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wednesday

november 16

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thursday

friday

sunday

M	T	W	T	F	S	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						

M	T	W	T	F	S	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				

M	T	W	T	F	S	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						

november 17

november 18

november 19

november 20

Saturday

week of **november 21** to **november 27**

# Driven by doing.

monday

**november 21**

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tuesday

**november 22**

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wednesday

**november 23**

Thanksgiving Holiday (University Closed)

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thursday

friday

sunday

Oct 2022	M	T	W	T	F	S	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						

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

DEC 2022	M	T	W	T	F	S	S
					1	2	3
	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	

november 24

Thanksgiving Day

Thanksgiving Day (University Closed)

november 25

Native American Heritage Day

Thanksgiving Holiday (University Closed)

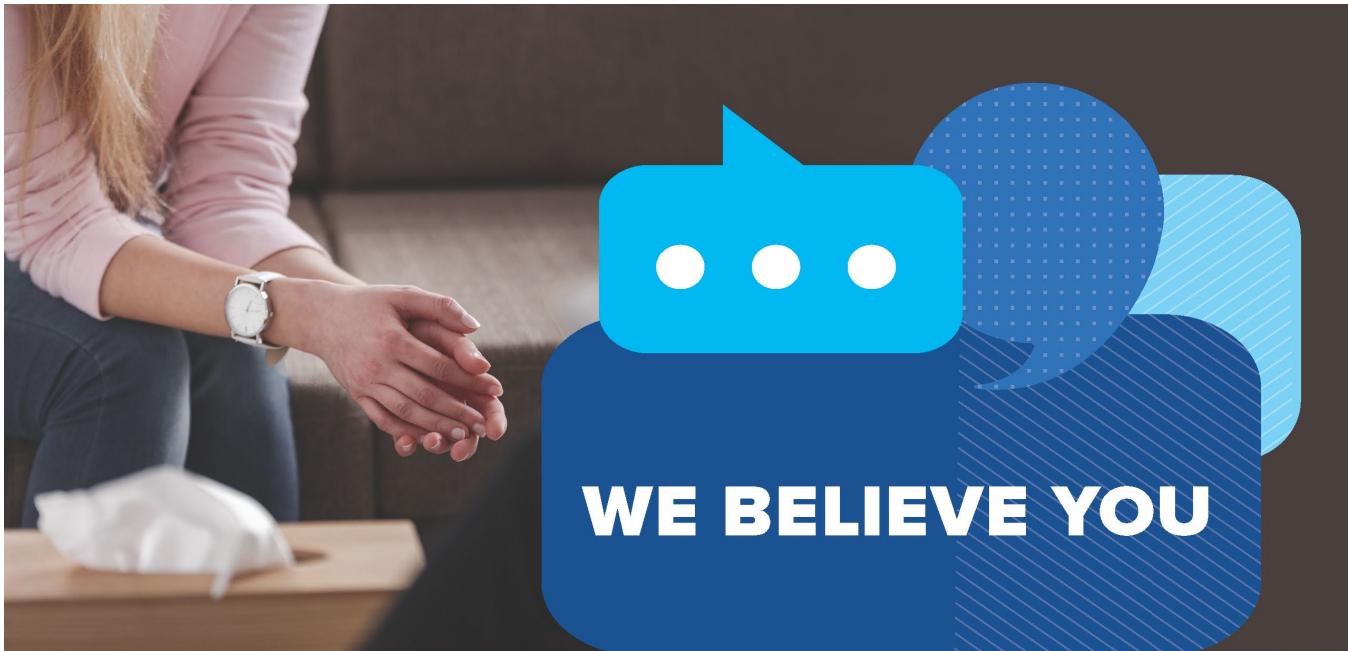
november 26

Thanksgiving Holiday (University Closed)

Saturday

november 27

Thanksgiving Holiday (University Closed)



## VICTIM SERVICES IS HERE TO LISTEN.

Victim Services advocates for students' rights, provides resources and support in the immediate aftermath of a crime, and offers continuous support to minimize associated trauma. We also facilitate participation in criminal justice processes, medical and counseling support, and assist in maneuvering through the University's process.

### FREE & CONFIDENTIAL SERVICES

This is a **FREE** resource. What you share with a victim coordinator is confidential and will not be shared without your permission. A victim coordinator is mandated to report shared information if:

- An intention to harm oneself or another is disclosed; or
- There is suspicion of child abuse or neglect.

**No one deserves to be battered or abused. All sexual contact without consent is against the law. You can get help for yourself, your friends and your coworkers.**



**VICTIM SERVICES**  
901.678.4471



Today I'm grateful for...

# december 2022

monday	tuesday	wednesday
	<ul style="list-style-type: none"><li>You've got a good thing going. So keep going. Stay enrolled!</li><li>Student loans are easier to repay when you have a degree. Stay enrolled!</li><li>Your scholarship may have a problem with taking a semester off. Stay enrolled!</li><li>Don't trade tiger-like focus for sloth-like meandering. Stay enrolled!</li><li>No one stops in the middle of a marathon. Stay enrolled!</li></ul>	
5 • Exams	6 • Exams	7 • Exams
12	13	14
19 Kwanzaa (Begins) • University Closed	20	21
26	27 • University Closed	28 • University Closed

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	thursday	friday	saturday/sunday
	<b>1</b> <ul style="list-style-type: none"> <li>• Study Day</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Exams</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Exams</li> <li>• Football vs AAC Championship</li> </ul>
	<b>8</b> <ul style="list-style-type: none"> <li>• Exams</li> </ul>	<b>9</b>	<b>10</b> <ul style="list-style-type: none"> <li>• MBB vs Auburn Holiday Hoopsgiving</li> </ul>
	<b>15</b>	<b>16</b>	<b>17</b> <b>18</b> Hannukah (Begins at sundown)
	<b>22</b>	<b>23</b> <ul style="list-style-type: none"> <li>• University Closed</li> </ul>	<b>24</b> Christmas Eve <ul style="list-style-type: none"> <li>• University Closed</li> </ul>
	<b>29</b> <ul style="list-style-type: none"> <li>• University Closed</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• University Closed</li> </ul>	<b>25</b> Christmas Day <ul style="list-style-type: none"> <li>• University Closed</li> </ul>
			<b>31</b> New Year's Eve <ul style="list-style-type: none"> <li>• University Closed</li> </ul>

week of **november 28** to **december 4**

# Driven by doing.

monday

november 28

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tuesday

november 29

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wednesday

november 30

•Last day of Classes

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thursday

friday

sunday

M	T	W	T	F	S	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				

JAN  
2023

M	T	W	T	F	S	S
	1	2	3	4	5	6
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	

DEC  
2022

M	T	W	T	F	S	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				

NOV  
2022

december 1

- Study Day

december 2

- Exams

december 3

- Exams

Saturday

december 4

week of **december 5 to december 11**

# Driven by doing.

monday

**december 5**

• Exams

tuesday

**december 6**

• Exams

wednesday

**december 7**

• Exams

thursday

friday

sunday

M	T	W	T	F	S	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				

JAN  
2023

M	T	W	T	F	S	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				

M	T	W	T	F	S	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				

NOV  
2022

december 8

• Exams

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december 9

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december 10

Saturday

december 11

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week of **december 12** to **december 18**

# Driven by doing.

monday

december 12

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tuesday

december 13

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wednesday

december 14

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thursday

friday

sunday

M	T	W	T	F	S	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				

JAN  
2023

M	T	W	T	F	S	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	

DEC  
2022

M	T	W	T	F	S	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				

NOV  
2022

december 15

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december 16

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december 17

Saturday

december 18

Hannukah (Begins at sundown)

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week of **december 19** to **december 25**

# Driven by doing.

monday

december 19

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tuesday

december 20

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wednesday

december 21

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thursday

friday

sunday

M	T	W	T	F	S	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				

JAN  
2023

M	T	W	T	F	S	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				

M	T	W	T	F	S	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				

NOV  
2022

DEC  
2022

december 22

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december 23

• University Closed

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december 24

Christmas Eve

• University Closed

Saturday

december 25

Christmas Day

• University Closed

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week of **december 26** to **january 1**

# Driven by doing.

monday

**december 26**

Kwanzaa (Begins)

- University Closed

tuesday

**december 27**

- University Closed

wednesday

**december 28**

- University Closed

thursday

friday

sunday

M	T	W	T	F	S	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				

JAN  
2023

M	T	W	T	F	S	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	

M	T	W	T	F	S	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				

NOV  
2022

DEC  
2022

december 29

- University Closed

december 30

- University Closed

december 31

New Year's Eve

- University Closed

saturday

january 1

New Year's Day

- University Closed



## VETERANS & MILITARY STUDENT SERVICES

### HONORING VETERANS AND MILITARY FAMILIES

OUR GOAL IS SIMPLE. WE HELP YOU:  
Get in. Get through. Get out. Get paid.

#### OFFICE HOURS

Monday-Friday | 9 AM–5 PM

#### CONTACT US

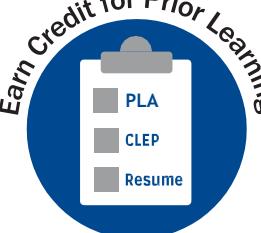
222 University Center  
[veterans@memphis.edu](mailto:veterans@memphis.edu)  
[memphis.edu/veterans](http://memphis.edu/veterans) | 901.678.4269



W H A T I S A H E R O ?



# january 2023

monday	tuesday	wednesday
 <p>Earn Credit for Prior Learning • PLA • CLEP • Resume</p>	<ul style="list-style-type: none"><li>What's better than learning from your past? Earning from your past. Check out experiential learning credit.</li><li>Put your previous skills to work now with experiential learning. Learn more at</li><li>Learning happens off campus. Get credit for it. Learn about experiential learning credit.</li><li>Life teaches you lessons. We give you credit for them. Learn about experiential learning credit.</li></ul>	 <p>Use Learning Resources</p>
2 <ul style="list-style-type: none"><li>New Year's Day (observed)</li><li>University Closed</li></ul>	3	4
9	10	11
16 <b>Martin Luther King, Jr. Day</b> <ul style="list-style-type: none"><li>University Closed</li></ul>	17 <ul style="list-style-type: none"><li>1st Day of Classes (Full Terms/1st Half POT)</li></ul>	18
23	24	25
30	31	

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**MEMPHIS**<sup>®</sup>

	thursday	friday	saturday/sunday
			1 New Year's Day
	5	6	7 8
	12	13	14 15
	19	20	21 22
	26	27	28 29

week of **january 2** to **january 8**

# Driven by doing.

monday

**january 2**

- New Year's Day(observed)

- University Closed

tuesday

**january 3**

wednesday

**january 4**

thursday

friday

sunday

M	T	W	T	F	S	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	

M	T	W	T	F	S	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					

DEC  
2022

JAN  
2023

FEB  
2023

january 5

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january 6

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january 7

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Saturday

january 8

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week of **january 9** to **january 15**

# Driven by doing.

monday

january 9

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tuesday

january 10

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wednesday

january 11

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thursday

friday

sunday

M	T	W	T	F	S	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	

M	T	W	T	F	S	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

DEC  
2022

JAN  
2023

FEB  
2023

january 12

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january 13

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january 14

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Saturday

january 15

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week of **january 16** to **january 22**

# Driven by doing.

monday

**january 16**

Martin Luther King, Jr. Day

- University Closed

tuesday

**january 17**

- 1st Day of Classes (Full Terms/1st Half POT)

wednesday

**january 18**

thursday

friday

sunday

M	T	W	T	F	S	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	

M	T	W	T	F	S	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					

DEC  
2022

JAN  
2023

FEB  
2023

january 19

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january 20

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january 21

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Saturday

january 22

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week of **january 23** to **january 29**

# Driven by doing.

monday

january 23

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tuesday

january 24

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wednesday

january 25

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thursday

friday

sunday

january 29

satrday

january 28

january 27

january 26

M	T	W	T	F	S	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	

M	T	W	T	F	S	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

M	T	W	T	F	S	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	



**EMBRACE THE DIVERSITY AROUND YOU**

**FOR MORE INFORMATION**

223 University Center  
[memphis.edu/multiculturalaffairs](http://memphis.edu/multiculturalaffairs) | 901.678.2054



# *Letter to Self*

**What would you like to tell your future self?**



# february 2023

monday	tuesday	wednesday
	<ul style="list-style-type: none"><li>• Clock in and maximize your learning potential – gain practical experience!</li><li>• Why become an intern? More than half become full-time employees. Connect with Career Services.</li><li>• You've learned the lessons — now apply them with an internship. Work with a faculty member on an undergraduate research project.</li><li>• Don't just learn. Create or add to the knowledge base in your field with undergraduate research experiences.</li></ul>	<p>1</p> <ul style="list-style-type: none"><li>• Black History Month (Begins)</li></ul>
6	7	8
13 Presidents' Day	14 Valentine's Day	15
20	21	22
27	<ul style="list-style-type: none"><li>• Black History Month (Ends)</li></ul>	

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	thursday	friday	saturday/sunday
	Groundhog Day 2	3	4 5
	9	10	11 12
	16	17	18 Maha Shivaratri (Hindu) 19
	23	24	25 26
			

week of **january 30** to **february 5**

# Driven by doing.

monday

**january 30**

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tuesday

**january 31**

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wednesday

**february 1**

- Black History Month (Begins)

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thursday

friday

sunday

february 5

Saturday

february 4

february 2

Groundhog Day

february 3

february 1

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

M	T	W	T	F	S	S
			1	2	3	4
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					

M	T	W	T	F	S	S
				1	2	3
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					

JAN  
2023

FEB  
2023

MAR  
2023

week of **february 6** to **february 12**

# Driven by doing.

monday

**february 6**

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tuesday

**february 7**

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wednesday

**february 8**

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thursday

friday

sunday

february 12

Saturday

february 11

february 9

february 10

M	T	W	T	F	S	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					

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

M	T	W	T	F	S	S
			1	2	3	4
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		

JAN  
2023

FEB  
2023

MAR  
2023

week of **february 13** to **february 19**

# Driven by doing.

monday

**february 13**

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tuesday

**february 14**

Valentine's Day

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wednesday

**february 15**

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thursday

friday

sunday

M	T	W	T	F	S	S
					1	2
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					

MAR 2023

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

FEB 2023

M	T	W	T	F	S	S
					1	2
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					

JAN 2023

february 16

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february 17

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february 18

Maha Shivaratri (Hindu)

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Saturday

february 19

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week of **february 20** to **february 26**

# Driven by doing.

monday

**february 20**

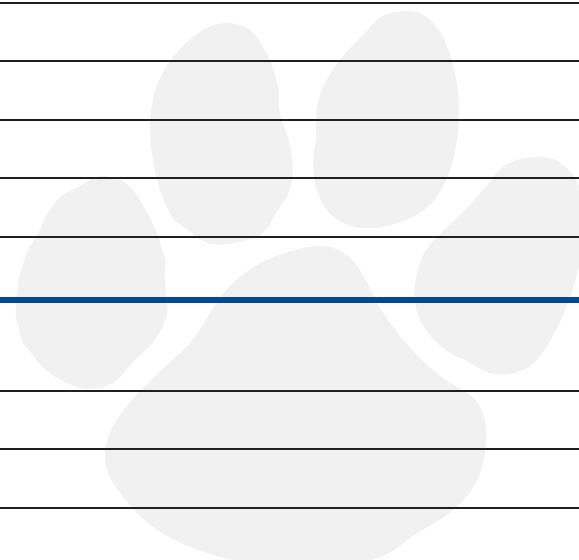
Presidents' Day

**february 21**

tuesday

**february 22**

wednesday



thursday

friday

sunday

february 26

Saturday

february 25

february 23

M	T	W	T	F	S	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					

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

M	T	W	T	F	S	S
			1	2	3	4
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		

JAN  
2023

FEB  
2023

MAR  
2023



## FREE Tutoring@ESP

Where Students Get Better 2023

**Individual and group learning centers (in person and virtually)**

**Appointments not required**

**Weekly workshops**

**Consultations**

### **ESP WORKSHOPS**

Focuses on specific academic issues providing tips, techniques and tools for better grades

**For schedule:**

[memphis.edu/esp/workshops/php](http://memphis.edu/esp/workshops/php)

### **ESP TUTOR TRAINING**

ESP is always looking to hire tutors

For more information,

Email [tutoringesp@memphis.edu](mailto:tutoringesp@memphis.edu)

### **CONTACT US**

ESP Office | 217 Mitchell

901.678.2704 | [esp@memphis.edu](mailto:esp@memphis.edu)

Dr. Barbara Bekis | [bbekis@memphis.edu](mailto:bbekis@memphis.edu)

Jamion McNeil | [jgmcneil@memphis.edu](mailto:jgmcneil@memphis.edu)

### **FOLLOW ESP ON SOCIAL MEDIA**



TutoringESPUofM



tutoringespufm



TutoringESPUofM

## MONTHLY REFLECTION

Learning can be challenging. When was the last time you had a difficult time learning something new? What did you do to help?

# march 2023

monday	tuesday	wednesday
 <ul style="list-style-type: none"> <li>• Life has enough hassles. Eliminate traffic. Live on campus.</li> <li>• Why be a tourist when you can be a native? Live on campus.</li> <li>• "Sorry I'm late. I was stuck at the train." –Something you won't say when you live on campus.</li> <li>• Students who live on campus tend to graduate at higher rates than those who don't.</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>• Spring Break</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>• Women's History Month Begins</li> </ul>
	<p>7</p> <p>Purim (Jewish) Holi (Hindu)</p> <ul style="list-style-type: none"> <li>• Spring Break</li> </ul>	<p>8</p> <p>Holi (Hindu)</p> <ul style="list-style-type: none"> <li>• Spring Break</li> </ul>
<p>13</p> <ul style="list-style-type: none"> <li>• 1st Day of Classes (2nd Half POT)</li> </ul>	<p>14</p>	<p>15</p>
<p>20</p>	<p>21</p>	<p>22</p>
<p>27</p>	<p>28</p>	<p>29</p>

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	thursday	friday	saturday/sunday
	2	3 • Last Day of Classes/Exams (1st half POT)	4 5
• Spring Break	9	10 • Spring Break	11 • Spring Break 12 • Spring Break
	16	17 St. Patrick's Day • Last Day to Drop Course	18 19
Beginning of Ramadan (Islamic)	23	24	25 26
Ramanavami (Hindu)	30	31 • Women's History Month Ends	

week of **february 27** to **march 5**

# Driven by doing.

monday

**february 27**

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tuesday

**february 28**

Black History Month (Ends)

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wednesday

**march 1**

Women's History Month (Begins)

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thursday

friday

sunday

M	T	W	T	F	S	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					

M	T	W	T	F	S	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		

M	T	W	T	F	S	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					

march 2

march 3

•Last Day of Classes/Exams (1st half POT)

march 4

Saturday

march 5

week of **march 6** to **march 12**

# Driven by doing.

monday

**march 6**

• Spring Break

tuesday

**march 7**

Purim (*Jewish*)

• Spring Break

wednesday

**march 8**

Holi (*Hindu*)

thursday

friday

sunday

March 12

• Spring Break

Saturday

March 11

• Spring Break

March 9

• Spring Break

March 10

• Spring Break

M	T	W	T	F	S	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					

M	T	W	T	F	S	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		

M	T	W	T	F	S	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

FEB 2023

MAR 2023

APR 2023

week of **march 13** to **march 19**

# Driven by doing.

monday

**march 13**

1st Day of Classes (2nd Half POT)

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tuesday

**march 14**

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wednesday

**march 15**

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thursday

friday

sunday

M	T	W	T	F	S	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					

M	T	W	T	F	S	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		

M	T	W	T	F	S	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					

march 16

march 17

St. Patrick's Day

march 18

Saturday

march 19

week of **march 20** to **march 26**

# Driven by doing.

monday

**march 20**

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tuesday

**march 21**

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wednesday

**march 22**

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thursday

friday

sunday

march 26

Saturday

march 25

march 23

Beginning of Ramadan (*Islamic*)

M T W T F S 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

M T W T F S 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

M T W T F S 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

FEB 2023

MAR 2023

APR 2023

week of **march 27** to **april 2**

# Driven by doing.

monday

**march 27**

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tuesday

**march 28**

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wednesday

**march 29**

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thursday

friday

sunday

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

M	T	W	T	F	S	S
			1	2	3	4
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		

M	T	W	T	F	S	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

march 30

Ramanavami (Hindu)

march 31

- Women's History Month Ends

april 1

April Fool's Day

saturday

april 2



# CAMPUS RECREATION

THE R. BRAD MARTIN STUDENT WELLNESS CENTER

## HOURS

MONDAY-THURSDAY, 6 AM-11 PM  
(Outdoor Leisure Pool 1-7 PM)

FRIDAY, 6 AM-8 PM  
(Outdoor Leisure Pool 1-7 PM)

SATURDAY, 9 AM-6 PM  
(Outdoor Leisure Pool 12-5 PM)

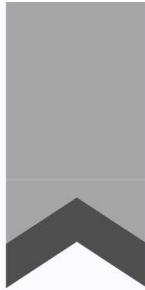
SUNDAY, 1-6 PM  
(Outdoor Leisure Pool 1-5 PM)

Students have **FREE** access, including our group fitness classes!

## VISIT

3735 Southern Avenue  
[memphis.edu/campusrec](http://memphis.edu/campusrec) | 901.678.3285





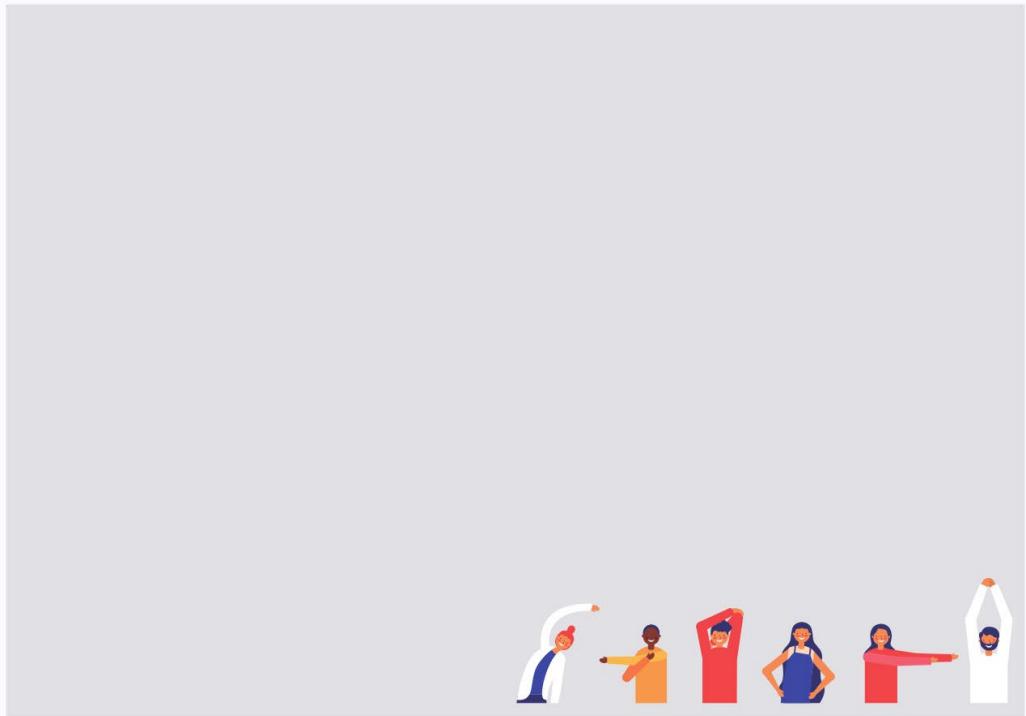
# MONTH OF PHYSICAL WELLNESS



HEALTHY FOODS AND RECIPES TO TRY

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- \_\_\_\_\_
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WHAT ARE A FEW NEW THINGS YOU COULD  
TRY THIS MONTH TO BE MORE ACTIVE?



# april 2017

monday	tuesday	wednesday
	<ul style="list-style-type: none"> <li>• Time is money. Your money. Stay on track. Complete 15 hours every semester.</li> <li>• Are you just going to let people beat you to the job market? Complete 15 hours every semester. Degree completion = Better candidate + Better earnings.</li> <li>• Complete 15 hours every semester. Because earning income beats paying for classes.</li> <li>• Complete 15 hours every semester and maintain momentum. Your dream job is waiting.</li> <li>• Couldn't get the hours you needed this semester or year? Here are some options:           <ul style="list-style-type: none"> <li>• Register for summer school</li> <li>• Test out of a class</li> <li>• Earn experiential learning credit</li> </ul> </li> </ul>	
3	4	5
10	11	12
Laylat al-Qadr (Islamic)	17	18
24	25	<ul style="list-style-type: none"> <li>• Last Day of Classes (Full Term/2nd Half POT)</li> </ul>
		19
		26

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	thursday	friday	saturday/sunday
			1 April Fool's Day 2
	6 Passover Begins (Jewish)	7 Good Friday (Christian)	8 Visakha Bucha Day (Buddhist) 9 Easter (Christian)
	13 Passover Ends (Jewish)	14	15 16
	20	21 Eid al-Fitr (End of Ramadan)	22 Earth Day 23
	27 • Study Day	28 • Exams	29 • Exams 30

week of **april 3** to **april 9**

# Driven by doing.

monday

april 3

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tuesday

april 4

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wednesday

april 5

Passover Begins (Jewish)

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thursday

friday

sunday

M	T	W	T	F	S	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		

MAR 2023

M	T	W	T	F	S	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

APR 2023

M	T	W	T	F	S	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				

MAY 2023

april 6

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april 7

Good Friday (Christian)

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april 8

Visakha Bucha Day (Buddhist)

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Saturday

april 9

Easter (Christian)

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week of **april 10** to **april 16**

# Driven by doing.

monday

april 10

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tuesday

april 11

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wednesday

april 12

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thursday

friday

sunday

april 16

Saturday

april 15

april 13

Passover Ends (Jewish)

M T W T F S 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

M T W T F S 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

M T W T F S 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

MAR 2023

APR 2023

MAY 2023

week of **april 17** to **april 23**

# Driven by doing.

monday

april 17

Laylat al-Qadr (*Islamic*)

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tuesday

april 18

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wednesday

april 19

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thursday

friday

sunday

M	T	W	T	F	S	S
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27	28	29	30	31		

MAY  
2023

M	T	W	T	F	S	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

APR  
2023

M	T	W	T	F	S	S
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13	14	15	16	17	18	19
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MAR  
2023

april 20

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april 21

Eid al-Fitr (*Islamic*)

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april 22

Saturday

april 23

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week of **april 24** to **april 30**

# Driven by doing.

monday

**april 24**

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tuesday

**april 25**

• Last Day of Classes (Full Term/2nd Half POT)

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wednesday

**april 26**

• Study Day

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thursday

friday

sunday

M	T	W	T	F	S	S
			1	2	3	4
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

M	T	W	T	F	S	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 27

- Exams

april 28

- Exams

april 29

saturday

april 30

- Exams
- Asian-Pacific American Heritage Month
- Begins

# THE TIME IS NOW

WILL YOU BE  
**#TIGERTALENTREADY**



## DISCOVER: PLAN IT

Need help choosing a major? Want to know what you can do with your major? We have the tools to assist you in this process!



## DESIGN: BUILD IT

Want to know how to write an effective resume? Don't know what to say or wear during an interview? Our team can support you in these efforts.



## DO: WORK IT

Looking for an internship or meaningful part-time job? Meet with a career specialist or log into TigerLink powered by Handshake to upload your resume, view jobs or register for events.

It takes work to explore your options and find the ones that fit you best, but you do not have to do the work alone! Visit Career Services to see how we can help you along the way. Remember, **THE TIME IS NOW!**



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**MEMPHIS**<sup>®</sup>

| Career Services

[memphis.edu/careerservices](http://memphis.edu/careerservices)

The University of Memphis is an Equal Opportunity/Affirmative Action University. It is committed to the education of a non-racially identifiable student body. UOM935-FY2021

# **THE TIME IS NOW**

**Career Advising**

**Resume and Cover Letter Review**

**Mock Interviewing**

**Career Assessment**

**Job and Internship Searching**

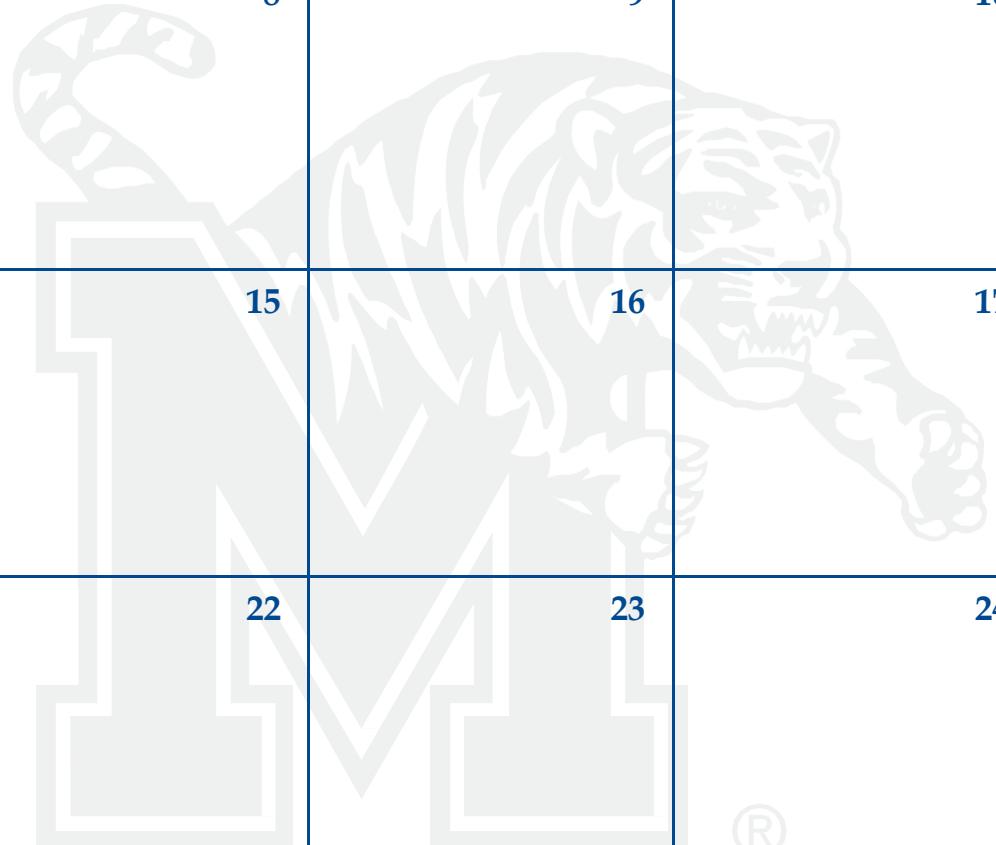
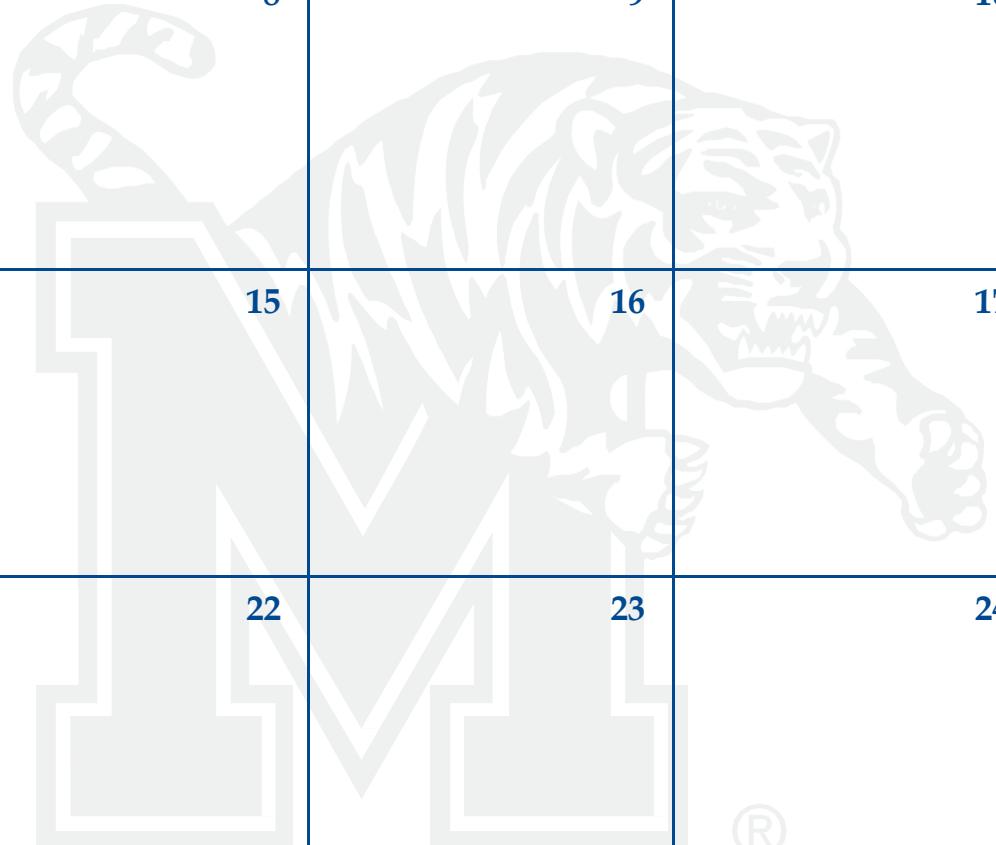
**Graduate School Planning**

**Virtual Resources and Appointments**

**Employer Networking**

(Career Fairs, Workshops, On-Campus Interviews,  
Information/Recruiting Tables and Virtual Events)

# may 2023

monday	tuesday	wednesday
<p>1</p> <ul style="list-style-type: none"><li>• Exams</li><li>• Asian-Pacific American Heritage Month Begins</li></ul>	<p>2</p> <ul style="list-style-type: none"><li>• Exams</li></ul>	<p>3</p> <ul style="list-style-type: none"><li>• Exams</li></ul>
<p>8</p> 	<p>9</p>	<p>10</p>
<p>15</p> 	<p>16</p>	<p>17</p>
<p>22</p> 	<p>23</p>	<p>24</p> 
<p>29</p> <p><b>Memorial Day</b></p> <ul style="list-style-type: none"><li>• University Closed</li></ul>	<p>30</p>	<p>31</p> <ul style="list-style-type: none"><li>• Asian-Pacific Heritage Month Ends</li></ul>

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**MEMPHIS**<sup>®</sup>

	thursday	friday	saturday/sunday
	4 • Exams	5	6 7
	11	12	13 Mother's Day
	18	19	20 21
	25 Shavuot (Jewish)	26 Shavuot (Jewish)	27 28
	 <ul style="list-style-type: none"> <li>You've got a good thing going. So keep going. Stay enrolled!</li> <li>Student loans are easier to repay when you have a degree. Stay enrolled!</li> <li>Your scholarship may have a problem with taking a semester off. Stay enrolled!</li> <li>Don't trade tiger-like focus for sloth-like meandering. Stay enrolled!</li> <li>No one stops in the middle of a marathon. Stay enrolled!</li> </ul>		

week of **may 1** to **may 7**

# Driven by doing.

monday

**may 1**

• Exams

tuesday

**may 2**

• Exams

wednesday

**may 3**

• Exams

thursday

friday

sunday

M	T	W	T	F	S	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

JUN  
2023

M	T	W	T	F	S	S
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22	23	24	25	26	27	28
29	30	31				

M	T	W	T	F	S	S
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

APR  
2023

may 4

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may 5

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may 6

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Saturday

may 7

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week of **may 8** to **may 14**

# Driven by doing.

monday

may 8

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tuesday

may 9

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wednesday

may 10

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thursday

friday

sunday

M	T	W	T	F	S	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

JUN  
2023

M	T	W	T	F	S	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				

M	T	W	T	F	S	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

APR  
2023

may 11

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may 12

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may 13

Mother's Day

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Saturday

may 14

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week of **may 15** to **may 21**

# Driven by doing.

monday

may 15

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tuesday

may 16

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wednesday

may 17

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thursday

friday

sunday

M	T	W	T	F	S	S
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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

JUN  
2023

M	T	W	T	F	S	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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MAY  
2023

M	T	W	T	F	S	S
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APR  
2023

may 18

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may 19

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may 20

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Saturday

may 21

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week of **may 22** to **may 28**

# Driven by doing.

monday

may 22

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tuesday

may 23

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wednesday

may 24

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thursday

friday

sunday

M	T	W	T	F	S	S
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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

JUN  
2023

M	T	W	T	F	S	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				

MAY  
2023

M	T	W	T	F	S	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

APR  
2023

may 25

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may 26

Shavuot (Jewish)

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may 27

Shavuot (Jewish)

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saturday

may 28

Memorial Day

- University Closed

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# DISABILITY RESOURCES FOR STUDENTS

## What We Do

- We partner with the University community to design an educational environment that is inclusive and accessible
- We work individually with students to identify barriers and implement accommodations and services that reduce those barriers

## Who We Serve

- Students conditions that affect learning, attention, mental health, physical health, mobility, hearing, seeing, speaking, and more.
- Students with temporary injuries

## Visit Us

Students with disabilities are welcome to schedule an appointment to meet with a DRS staff member or contact us to learn about the resources which may be available to them while they are enrolled in classes at the University. To schedule a visit with DRS, please call 901-678-2880 (731-425-1906 for Lambuth students) at least 2 business days in advance of your planned visit.



## Connect With Us

Connecting with DRS to request accommodations is easy. Once you have been admitted to the University, just follow this 3-step process:

1. Complete the Student Introduction Form. Go to DRS Online to complete and submit the form at [www.yukon.accessiblelearning.com/Memphis/ApplicationStudent.aspx](http://www.yukon.accessiblelearning.com/Memphis/ApplicationStudent.aspx)
2. Submit documents. If you have documents related to your diagnoses and/or past use of accommodations (e.g., IEPs, 504 plans), you can upload that information on DRS Online, or you can mail, email ([drs@memphis.edu](mailto:drs@memphis.edu)), fax (901-678-3070), or drop off information to our office (110 Wilder Tower). You may also contact DRS for a form your current treating professional can complete and return to us. It is unnecessary to submit documentation before being admitted to the University. If you do not have any readily available documentation, please proceed to step 3.
3. Schedule an initial appointment. Once your Student Introduction Form has been completed and reviewed, we will contact you to schedule your initial appointment. You may also contact us at 901-678-2880 to schedule your appointment.

FOR MORE INFORMATION  
110 Wilder Tower  
[memphis.edu/drs](http://memphis.edu/drs) | 901.678.3520

# june 2023

monday	tuesday	wednesday
	<ul style="list-style-type: none"> <li>• Time is money. Your money. Stay on track. Complete 15 hours every semester.</li> <li>• Are you just going to let people beat you to the job market? Complete 15 hours every semester. Degree completion = Better candidate + Better earnings.</li> <li>• Complete 15 hours every semester. Because earning income beats paying for classes.</li> <li>• Complete 15 hours every semester and maintain momentum. Your dream job is waiting.</li> <li>• Couldn't get the hours you needed this semester or year? Here are some options:           <ul style="list-style-type: none"> <li>• Register for summerschool</li> <li>• Test out of a class</li> <li>• Earn experiential learning credit</li> </ul> </li> </ul>	
5	6	7
12	13	14
Juneteenth	19	20
26	27	Eid al-Adha (Islamic)

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	thursday	friday	saturday/sunday
	1	2	3
	8	9	10
	15	16	17
	22	23	24
	29	30	

week of **may 29** to **june 4**

# Driven by doing.

monday

may 29

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tuesday

may 30

Shavout (Jewish)

- Asian-Pacific Heritage Month Ends

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wednesday

may 31

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thursday

friday

sunday

MAY	M	T	W	T	F	S	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				

MAY 2023

JUN 2023

M	T	W	T	F	S	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUL 2023

june 1

june 2

june 3

**saturday**

week of **june 5** to **june 11**

# Driven by doing.

monday

june 5

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tuesday

june 6

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wednesday

june 7

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thursday

friday

sunday

june 11

Saturday

june 10

june 8

june 9

M	T	W	T	F	S	S
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8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31				
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22	23	24	25	26	27	28
29	30	31				

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19	20	21	22	23	24	25
26	27	28	29	30		

M	T	W	T	F	S	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MAY  
2023

JUN  
2023

JUL  
2023

week of **june 12** to **june 18**

# Driven by doing.

monday

june 12

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tuesday

june 13

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wednesday

june 14

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thursday

friday

sunday

MAY 2023	M	T	W	T	F	S	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				

JUN 2023

M	T	W	T	F	S	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JUL	M	T	W	T	F	S	S
2023							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 16

june 17

june 18

**saturday**

week of **june 19** to **june 25**

# Driven by doing.

monday

june 19

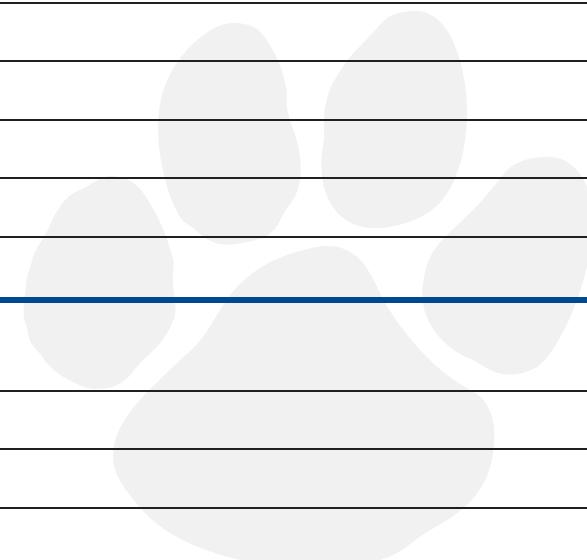
Juneteenth

june 20

tuesday

june 21

wednesday



thursday

friday

sunday

MAY 2023	M	T	W	T	F	S	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				

JUN 2023

M	T	W	T	F	S	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		

JUL 2023	M	T	W	T	F	S	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 22

june 23

june 24

**saturday**

week of **june 26** to **july 2**

# Driven by doing.

monday

june 26

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tuesday

june 27

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wednesday

june 28

Eid al-Adha (*Islamic*)

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thursday

friday

sunday

M	T	W	T	F	S	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				

JUL  
2023

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

JUN  
2023

M	T	W	T	F	S	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				

MAY  
2023

june 29

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june 30

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july 1

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saturday

july 2

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# Police Services

University of Memphis police officers are responsible for providing all police/law enforcement services to the University community. Our mission is to keep the University of Memphis a safe place to learn, live and work. The University of Memphis is consistently one of the safest large campuses in the State of Tennessee.

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## Tiger Patrol

The personal escort program staffed by students to enhance the safety of persons on campus seven days a week, from 6–11 p.m. To request an escort, call 901.678.4663 or (678.HOME).

## Live Save App

The UofM's personal safety mobile app provides a convenient and discreet way to communicate directly with Police Services via text, pictures, video and audio directly to Police Services in real time

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## Contact Us

Emergency Phone: 901.678.HELP (4357)

Non-Emergency Phone: 901.678.3848

Fax: 901.678.5498 | Email: [police@memphis.edu](mailto:police@memphis.edu)

Mailing Address: 100 Zach Curlin Parking Garage



*Life is about using the whole box of crayons.*

# july 2023

monday	tuesday	wednesday
 <p><i>Gain Practical Experience</i></p>	<ul style="list-style-type: none"><li>Clock in and maximize your learning potential – gain practical experience!</li><li>Why become an intern? More than half become full-time employees. Connect with Career Services.</li><li>You've learned the lessons — now apply them with an internship. Work with a faculty member on an undergraduate research project.</li><li>Don't just learn. Create or add to the knowledge base in your field with undergraduate research experiences.</li></ul>	 <p><i>Live On or Near Campus</i></p>
3	4 <b>Independence Day</b> <ul style="list-style-type: none"><li>University Closed</li></ul>	5
10	11	12
17	18	19 Muharram (Islamic)
24	25	26
31		

THE UNIVERSITY OF  
**MEMPHIS**<sup>®</sup>

	thursday	friday	saturday/sunday
			1 2
	6	7	8 9
	13	14	15 16
	20	21	22 23
	27	28	29 30

week of **july 3** to **july 9**

# Driven by doing.

monday tuesday wednesday

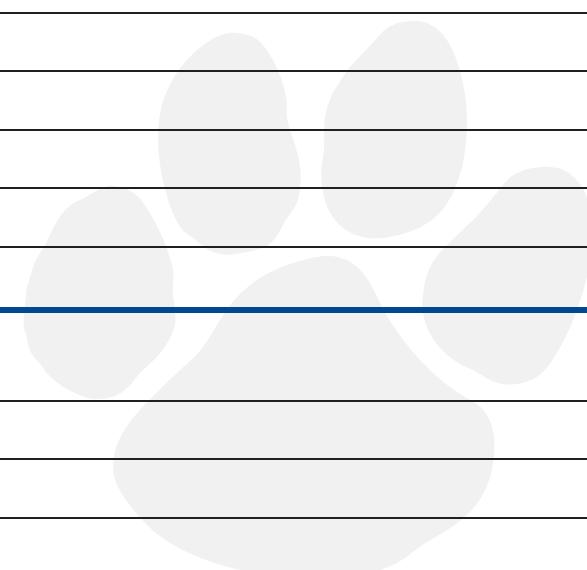
**july 3**

Independence Day

- University Closed

**july 4**

**july 5**



thursday

friday

sunday

M	T	W	T	F	S	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		
M	T	W	T	F	S	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						

M	T	W	T	F	S	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						

JUN  
2023

JUL  
2023

AUG  
2023

july 6

july 7

july 8

Saturday

july 9

week of **july 10** to **july 16**

# Driven by doing.

monday

**july 10**

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tuesday

**july 11**

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wednesday

**july 12**

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thursday

friday

sunday

M	T	W	T	F	S	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		
M	T	W	T	F	S	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						

M	T	W	T	F	S	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						

JUN  
2023

JUL  
2023

AUG  
2023

july 13

july 14

july 15

Saturday

july 16

week of **july 17** to **july 23**

# Driven by doing.

monday

july 17

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tuesday

july 18

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wednesday

july 19

Muharram (*Islamic*)

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thursday

friday

sunday

M	T	W	T	F	S	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		
M	T	W	T	F	S	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						

M	T	W	T	F	S	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						

JUN  
2023

JUL  
2023

AUG  
2023

july 20

july 21

july 22

Saturday

july 23

week of **july 24** to **july 30**

# Driven by doing.

monday

july 24

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tuesday

july 25

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wednesday

july 26

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thursday

friday

sunday

M	T	W	T	F	S	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		
M	T	W	T	F	S	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			

M	T	W	T	F	S	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			

JUN  
2023

JUL  
2023

AUG  
2023

july 27

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july 28

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july 29

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saturday

july 30

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# notes



