*Welcome to CALM 20*

**Your Assignment:**

This course is all about you. Your choices, your dreams, your goals. In order to get the most out of this course, you must first establish who you are at this moment in time and who you want to become in the future. You have two parts for this introductory assignment: one create a tattoo and two create a CD cover.

 TATTOO: for this assignment, you will create a tattoo that symbolizes who you are now and who you want to become. You will then give a written explanation of why you chose the symbols you did (approximately 1 page in length)

 CD COVER: for this assignment, you will create a CD cover as well as a list of a minimum of six songs that represent who you are now and who you want to be- come in the future. You will also include an explanation of why you chose the songs that you did.

When you think about this assignment, try to include include as much as possible. Include  future careers and family life, your current belief system, and hobbies that you enjoy now or would like to build on. Think about why this is important to you.