**INSTRUCTIONS for the cgdc journal:**

1. Select the date for using the Calendar function on the Date Field
2. Click on the blue bar for guide questions for reflection and journaling
3. Select the competency from the drop down menu and begin your journal entry.

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| Wednesday, December 2, 2015 |
| **Click here to guide you in your reflection and journaling** |
| **Select Competency**Begin your journal entry |
| Select Date |
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