

COURSE SYLLABUS***SOC 357 - Sociology of Japan*****University of Hawai'i at Mānoa****Focus Designation: WI****CRN #3308 (3 Credits)****University of Hawaii at Manoa****Online Extension****SPRING 2017****Jan 23rd to May 12th****Instructor: Dr. Michael Dzieszinski**

Office Hours:	Via email anytime or Skype
Email:	dzesins@hawaii.edu
Class Meeting Times:	course is conducted online, Mon – Sat
Course Websites:	laulima.hawaii.edu

I. COURSE DESCRIPTION

SOC 357 Sociology of Japan (3) (from the course catalogue): Persistence and change in economy, policy, religion, education, family, and other institutions of modern Japan. This is an online class offered via Laulima. After registering for the course, students may access the class at <https://laulima.hawaii.edu>. Students are required to use their UH account (username@hawaii.edu) for the duration of the course. For additional information about online classes, see www.hawaii.edu/dl.

Detailed Course Description

How do we understand peoples in other societies with different cultures from our own? To better understand Japanese society, culture, and its people, this course will use the lens of sociological inquiry and theory in order to examine how cultural constructions and social relations structure everyday life in contemporary Japan. The course examines the structural foundations of post-war Japanese society as well as the contemporary challenges facing Japanese culture today. Through academic readings and online media students should acquire an analytical sociological perspective on contemporary Japanese culture and society by the end of the course.

II. STUDENT LEARNING OBJECTIVES

When students complete this course, they should be able to:

- 1) Describe and understand the basic theoretical approaches in sociology that are used to analyze Japanese society.
- 2) Identify key societal features and the mental maps for those patterns of behavior within Japanese society.
- 3) Understand and deconstruct the differing viewpoints and perspectives on Japanese culture and social structure.
- 4) Evaluate persistent social issues in Japan as well as be able to identify emerging problems for Japanese society in the coming decades.
- 5) Provide in-depth sociological analysis on particular features of Japanese society in the form of social science papers that use the American Sociological Association (ASA) citation style.

Requirements: Student Responsibilities for Online Courses

With an online course every student has full access to the class source material via an Internet connection any time of day, anywhere in the world, at his or her convenience, without the hassle of commuting to campus or finding a parking spot. But as with face-to-face classes, online courses also come with certain responsibilities.

One is that you should have reliable access to an Internet connection with decent bandwidth as you will need to watch online video. Further, you will need to be able to log in several times a week in order to satisfy participation requirements for the class. Missed deadlines will not be excused by “my internet was down”- you should make arrangements for internet access alternatives before critical deadlines. Another requirement is you should have a working knowledge for basic internet usage and computer software. *See below for a list of required computer software for this class, all of which are free to download.*

Second, with an online course it is important to *thoroughly read* the syllabus and weekly assignments *carefully* so that you know exactly what you need to do over the term. As an online course, the syllabus provides a road map for the course from start to finish. You are encouraged to read ahead, as most all of the assigned material is right there in the syllabus on day one.

Third, an online course has the same class participation responsibilities as in a regular classroom. Online class participation is in the written form of weekly assignments and weekly discussions with your online classmates about the assigned readings and topics.

III. REQUIRED TEXTBOOKS/MEDIA

Required Computer Software

- *A multi-platform web browser that is up-to-date*. Check for software updates within the browser if you are not sure.
 - Firefox www.mozilla.org/en-US/firefox/new/
 - Chrome www.google.com/chrome
 - Safari www.apple.com/safari/
- For multi-media materials, this course will link to web sites outside Lualima and will require *video or streaming plug-ins for your browser*. While some sites might have custom video players, these are the most common on the web.
 - Adobe Flash Player www.adobe.com/support/flashplayer/downloads.html
 - Quicktime Player www.apple.com/quicktime/download/
- Software or browser *add-ons in order to read the PDF document format*.

Optional Computer Software

If you choose to buy or rent a digital version of the textbooks you will need the Kindle eReader app for your computer or mobile platform. The Kindle app is free and available to download at the following link: <http://www.amazon.com/gp/feature.html?docId=1000493771>. If the link does not work, simply go to the Kindle Store on Amazon.com.

Textbooks

Weekly reading assignments listed in the course outline will be taken from the two course textbooks, PDFs available on Laulima, or as clickable web links. *You should complete reading/watching all assigned materials before posting in the weekly discussions.*

You can save considerably on the cost of the textbooks by buying or renting or digital copies through Amazon.com's Kindle format.



Understanding Japanese Society
Fourth Edition



Joy Hendry

NISSAN INSTITUTE/ROUTLEDGE JAPANESE STUDIES SERIES



Format: Paperback textbook, Kindle digital text

Author: Joy Hendry

Title and edition: *Understanding Japanese Society. 4th Edition.*

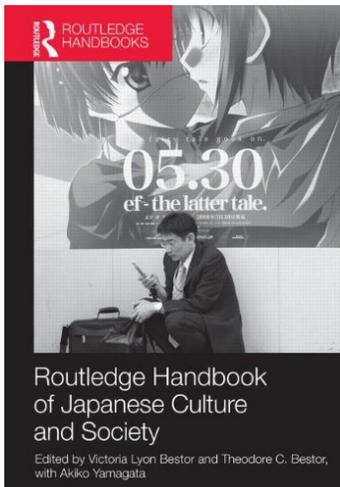
ISBN: 0415679141

Publisher: Routledge, 2012

Required or optional text (R or O): *Required*

Kindle Edition, ASIN: B009P366PQ

Also available as Amazon Digital Services Rental at a discount



Format: Paperback textbook, Kindle digital text

Editors: Victoria Bestor, Theodore C. Bestor, Akiko Yamagata

Title and edition: *Routledge Handbook of Japanese Culture and Society. Reprint edition.*

ISBN: 0415709148

Publisher: Routledge, 2013

Required or optional text (R or O): *Required*

Kindle Edition, ASIN: B004XYN3E4

Also available as Amazon Digital Services Rental at a discount

Streaming Media Services

Several **important cultural texts** about Japanese society are readily available online and provide an excellent focus for sociological analysis. For this reason, it is recommended you have access to online streaming services. The best source, at the moment, for Japanese films and documentaries is Netflix.com.

Other sources for streaming will be YouTube, PBS, Hulu, and Amazon Prime.

One-time digital rentals are another possibility from iTunes or the Google Store. I will provide further details after the term starts when the need arises to view streaming content.

V. COURSE REQUIREMENTS

Class Work Flow

<u>Deadlines</u>	<u>Task</u>
Forum Phase One <i>BY</i> Midnight, Wednesday	<ul style="list-style-type: none"> • <i>By Wednesday each week</i>, read ALL assigned reading/video materials. • <i>By Wednesday each week</i>, post your initial TWO forum posts in weekly topic thread introduced by instructor.
Forum Phase Two <i>BY</i> Midnight, Friday	<ul style="list-style-type: none"> • <i>By Friday each week</i>, read everyone's forum responses in Forum Phase One activities and respond to <i>at least TWO</i> other students' Phase One posts. <i>These should be paragraph-length analysis posts.</i>
Lab Phase One <i>BY</i> Midnight, 1 st Saturday	<ul style="list-style-type: none"> • <i>On the first week a Lab task is assigned by instructor</i>, post your initial "Field Lab" (Lab) data and findings to the Field Lab forum.
Lab Phase Two <i>BY</i> Midnight, 2 nd & 3 rd Saturday	<ul style="list-style-type: none"> • <i>On the second week a Lab task is assigned by instructor</i>, compare and contrast your Lab Phase One findings with <i>at least THREE other students</i>. Responses are due by Saturday.

There are SIX components to your grade in this course.

1) Six (6) Sociology Field Lab [Lab] Assignments (20% of final grade).

For Field Lab activities you are expected to post at least FOUR times OVER two weeks:

[Lab Phase One]

Deadline: Week assigned. Midnight, 1st Saturday (11:59:59 PM, Hawaii time).

- At the start of each course unit, the instructor will post a Field Lab activity in a separate forum on Lulima (every 2-3 weeks). This social science activity is related to assigned chapter topics and usually *entails direct observation or interaction with people outside of the class*.
- Follow the instructions for the Field Lab activity. It's best that you take notes or write up a few paragraphs of observations while you are doing the activity to help you analyze the situation later.
- By Saturday night, post your findings and conclusions to the stickied thread within the appropriate "Field Lab" forum on Lulima. *Your findings Phase One post is a social science report and should be at least couple paragraphs in length breaking down what you did, the data you gathered, your findings, and your analysis. **Note that this is part of your WI grade, so spelling, grammar, and structure are important.***

[Lab Phase Two]

Deadline: By following Week. Midnight, 2nd Saturday (11:59:59 PM, Hawaii time).

- Read everyone's findings in the weekly Field Lab forum thread. **Respond to THREE (3) posts** from Phase 1 *by midnight, Saturday the following week*. Your feedback should compare your findings on the task with other students. Were your conclusions similar? If they were different findings, why do you think so? *Each answer should be at least 1-2 paragraphs in length.*

2) Thirteen (13) Weekly Discussion Forums (20% of final grade).

For forum discussions you are expected to post at least FOUR times throughout EACH week:

[Forum Phase One]

Deadline: Midnight, Wednesday (11:59:59 PM, Hawaii time).

- The instructor will post several discussion topics centered on the week's readings by each Monday for the week's topic.
- Read ALL the assigned reading materials, and **answer TWO (2) of the topic questions** presented by the instructor in the "Weekly Forum" section in Laulima under the marked weekly thread by midnight, Wednesday. *Each answer should be at least 2 paragraphs in length. Note that this is part of your WI grade, so spelling, grammar, and structure are important.*
- *Use ASA style citation with specific pages in the textbook (Hendry 2012:1-22) to support arguments. It will prepare you for the format expected in the Mid-term, Final Exam and Term Paper.*

Note: You are expected to FULLY ANSWER TWO FORUM QUESTIONS EACH WEEK. Treat them as assigned, graded essays.

[Forum Phase Two]

Deadline: Midnight, Friday (11:59:59 PM, Hawaii time).

- **FULLY analyze and respond to TWO (2) classmates Phase One posts.** *You should strive to use citation of the assigned readings to support any arguments or expansions to the original poster's analysis. Each answer should be at least 2 paragraphs in length and be scholarly in content. Note that this is part of your WI grade, so spelling, grammar, and structure are important.*

Forum Guidelines (For both Lab and Weekly Discussion posts)

- a. **Both activities are part of your WI grade, so spelling, grammar, and structure are important.**
- b. In order to get full credit for the week's participation, you must clearly state in each post:
 - Which question # you are answering.
 - For Phase 2, include the name and quote of the student your response post is directed toward.
 - Include cited sourcing to the assigned readings; American Sociological Association (ASA) style citations with author and page number required.
- c. *If your forum posts are time-stamped by the topic due date, you will receive full class participation credit. Forum threads are locked after their due date. Be on time.*
- d. Students are required to participate in the weekly assigned reading topic by contributing to a collaborative forum thread found on Laulima in the "Forums" section. The discussion forum presents the opportunity for online classmates to directly interact and collectively discuss/analyze the weekly topic as they build a shared understanding.
- e. Questions about assigned course material posted by the instructor will be tested for in the Unit Quizzes, Mid-term and Final exam. The weekly discussion forums present a low-pressure opportunity to improve your understanding of the assigned topics with fellow classmates before being tested. Use the forums!
- f. **Weekly posts are read and monitored by the instructor and should become a shared conversation between the instructor and all students throughout the week on the particular topic.** Your post must demonstrate intellectual engagement with the topic, show evidence of thoughtfulness, be constructive, not be disrespectful, *and be on time.* The instructor will respond in the forums from time to time, responding to the instructor does count towards your phase two participation.

3) Five (5) Unit Quizzes (10% of final grade)

On the final week of each class unit, a **short** quiz of 5-10 questions will be administered on Lulima. This short quiz will be comprised of multiple choice and true/false questions about the unit material covered. Further information on quiz format and grading will be provided during the semester.

4) A Mid-Term Essay Exam (15% of final grade)

This assignment is comprised of short and long form essay answers. Students will write approximately 750 words for these essays. The midterm will be comprised of questions based on the first seven (7) weeks of course content. The midterm questions will be announced the end of Week 7. Students will have one week to complete their midterm essays and turn them in at the end of Week 8. Information on the expected formatting and grading rubrics of the midterm essay will be provided during the semester.

5) A Final Essay Exam (15% of final grade)

This assignment is comprised of short and long form essay answers. Students will write approximately 750 words for these essays. The final essay questions will be drawn from the course materials covered between weeks 8 to 14. The final essay questions will be posted the end of Week 13. Students will have about one week to complete their final essays and turn them in on the last day of the term in Week 14. Information on the expected formatting and grading rubrics of the final essay will be provided during the semester.

6) Semester Research Project (20% of final grade)**Research Paper Content**

First, the topic must be on Japan, but can deal with any aspect of Japanese society covered over the semester. Second, the class research project can be either a) research paper using academic articles or b) based on field data collected by you outside of the classroom. Your choice. You must send the Instructor a brief ½ page topic proposal for approval before proceeding with your research.

Stage 1:**PowerPoint Presentation & Peer Feedback (5%)**

Students will prepare a ten (10) slide report on the results of their semester research project to upload for forum discussion with the rest of the class on Lulima. Classmates will then provide constructive feedback and peer evaluation on the presented project topic. These student presentations must be uploaded by Week 12 to allow for two weeks of discussion. The goal is to address any flaws before writing the final paper.

Stage 2:**Research Paper (15%)**

After noting and suggestions from peer feedback in Stage 1, each student must upload a *final research paper, of at least 1,500 words* to Lulima on the last day of class for instructor evaluation. Not counting the cover sheet and bibliography, that's about five to seven (7-8) pages in length in a double-spaced format with 12-point fonts. The final research paper is to be comprised of a cover sheet, a research statement, literature review, a body with three or so core arguments, a conclusion, and a bibliography. The purpose of this assignment is to apply course content to a semester research project of interest to you.

Final Paper

File names: “Your family name-Course #-paper #” (e.g. Dziesinski-SOC357-Research Project Title).

File types: Microsoft .doc, .doc x, or .PDF

Document formatting: Single-spaced. Use the Font Times New Roman, 12 point.

Layout: Your name, date, reaction paper #, and title should be included on the top of each page.

Word count: 7-8 page paper of *at least 1500 words* (not including your name, date and title).

Citation: For quotes or sources in your paper, use the ASA citation format. URL: goo.gl/FTzX0Q

Submission: In Stage 1, upload your PowerPoint as a PDF to the forums for discussion. In Stage 2, submit your paper as a file attachment in the “Assignments” section of Lulima.

Rubrics: Papers are graded based on clarity of expression, structure, format, thoughtfulness, and demonstration of critical thinking. Each paper will be evaluated by the instructor using a point scale.

VI. GRADING CRITERIA

The final grade for the course will be based on the total number of points earned in the six components of the course. The weight assigned for each component is as follows:

Component	Number	x Point Value Ea.	= Total points	% of Course Grade
Sociology Field Lab	5	40	200	20
Weekly Discussions	13	15~	200	20
Unit Quizzes	5	20	100	10
Mid-Term Essay Exam	1	150	150	15
Final Essay Exam	1	150	150	15
Project Presentation	1	50	50	5
Project Paper	1	150	150	15
Total Possible			1000	100

Final Grades

97-100%	A+	82-84%	B	69-71%	C-
93-96	A	79-81	B-	65-68	D+
89-92	A-	75-78	C+	62-64	D
85-88	B+	72-74	C	59-61	D-
				0-58	F

Deadlines, Late Assignments, and Missed Assignments

The due date for all class assignments are indicated in the course syllabus at the beginning of the semester with details for each assignment provided the week before the due date. Assignments include reaction papers, weekly forum posts, the midterm essay, and the final essay. A finished copy of each assignment is to be uploaded by the student to Lulima as a forum post, *PDF*, or Microsoft Word *.doc* document as appropriate by the posted due date. Assignments turned in after the due date will be assessed a grade penalty. **Late assignments are penalized one letter grade per day after the posted due date until delivered to the instructor.** If a student has a valid reason for which they are unable to deliver work during the assigned period, they should be prepared to provide documentation to the instructor. Otherwise, students will receive a zero on their course grade for any assignments not turned in.

KOKUA – Students with Disabilities or Special Needs

For students with disabilities who may feel the need for assistance during the semester, please feel free to contact me in private. Further, we can work with the KOKUA Program to offer additional assistance. If you are not familiar with the KOKUA program, here is their contact information: <http://www.hawaii.edu/kokua/>

Academic Integrity - Cheating & Plagiarism

Students in this course are expected to comply with the University of Hawaii's Policy on Academic Integrity. *"The integrity of a university depends upon academic honesty, which consists of independent learning and research. Academic dishonesty includes cheating and plagiarism. The following are examples of violations of the Student Conduct Code that may result in suspension or expulsion from UH Manoa."*

The original source, and further detail on these policies, can be found here:

<http://www.catalog.hawaii.edu/about-uh/campus-policies1.htm>

It is the responsibility of each student to know the University of Hawaii code of conduct, and in relevance to this class, the rules regarding, and the consequences of, cheating and plagiarism. Ignorance of these rules will not excuse any misconduct. To quote from page 6 of the University of Hawaii Student Code of Conduct:

"Plagiarism includes, but is not limited to, submitting, in fulfillment of an academic requirement, any document that has been copied in whole or in part from another individual's work without attributing that borrowed portion to the individual; neglecting to identify as a quotation another's idea and particular phrasing that was not assimilated into the student's language and style or paraphrasing a passage so that the reader is misled as to the source; submitting the same written or oral material in more than one course without obtaining authorization from the instructors involved; or dry labbing, which includes obtaining and using experimental data and laboratory write-ups from other sections of the course or from previous terms or fabricating data to fit the desired or expected results."

The original source, in full, is here:

www2.honolulu.hawaii.edu/sites/www2.../policies-student-conduct.pdf

In particular, ethical breaches of dry-labbing will not be tolerated in this course. Borrowing data from another source or fabricating results is a serious offense in academics as it weakens the entire scientific foundation upon which professional research is based. *If a student is found to have fabricated or plagiarized any part of their Field Lab projects, I will have no recourse but to recommend UH academic disciplinary action.*

VII. COURSE SCHEDULE

UNIT ONE: *Japanese Identity & Family***Week One****Topic:** *Introduction to Japanese Society***Reading List:** Hendry, Chapter 1: "Sources of Japanese Identity" (1-22)
Bestor, 1: (Duus) Showa era Japan and beyond (13-28)
PDF: Week 1 Lecture (Dziesinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
Field Lab #1 Results (1 Post, Findings) Sa**Week Two****Topic:** *Japanese Identity***Reading List:** PDFs: From *Reimagining Japan* - "Why Japan Must be Reimagined" (1-7), "March 11-Japan's Zero Hour" (8-14), "Reflating Japan" (22-27), "Myth of Change-Resistant Japan" (62-68).
Videos: *The Tsunami & the Cherry Blossom*, Frontline, "Inside Japan's Nuclear Meltdown"
PDF: Week 2 Lecture (Dziesinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
Field Lab #1 Discussion (3 posts) Sa**Week Three****Topic:** *Family***Reading List:** Hendry, Chapter 2: "The House and Family System" (23-40)
Bestor, 10: (White) "Change and diversity in the Japanese family" (129-139)
Video: *Like Father, Like Son*
PDF: Week 3 Lecture (Dziesinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
Unit #1 Quiz (Week 1, 2, & 3 Content) Sa

UNIT TWO: *Social Class, Status, & Ethnic Multiculturalism***Week Four****Topic:** *Social Class and Identity***Reading List:** Hendry, Chapter 3: "Socialization and Classification" (41-56)
Bestor, 8: (Slater) "Social class and social identity in postwar Japan" (103-115)
PDF: Week 4 Lecture (Dziesinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
Field Lab #2 Results (1 Post, Findings) Sa**Week Five****Topic:** *Status and Multiculturalism***Reading List:** Hendry, Chapter 6: "Status, Hierarchy and Ethnic Diversity" (91-114)
Bestor, 12: (Siddle) "Race, ethnicity, and minorities in modern Japan" (150-162)
PDF: Week 5 Lecture (Dziesinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
Field Lab #2 Discussion (3 posts) Sa
Unit Quiz #2 (Week 4 & 5 Content) Sa

UNIT THREE: *Religion, Ritual, & Community***Week Six****Topic:** *Religion and Ritual*

Reading List: Hendry, Chapter 7: Religious Influences (115-133)
 Hendry, Chapter 8: Ritual and the Life Cycle (134-151)
 Video: *Departures*
 PDF: Week 6 Lecture (Dziesinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
 Field Lab #3 Results (1 Post, Findings) Sa

Week Seven**Topic:** *Community and Social Welfare*

Reading List: Hendry, Chapter 4: "Community and Neighborhood" (57-73)
 Bestor, 14: (Thang) Aging and social welfare in Japan (172-185)
 PDF: (Eberstadt) "Demography & Japan's Future," Reimaging Japan
 PDF: Week 7 Lecture (Dziesinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
 Field Lab #3 Discussion (3 posts) Sa
Unit Quiz #3 (Week 6 & 7 Content) Sa

UNIT FOUR: *Education & Work***Week Eight****Topic:** *Education*

Reading List: Hendry, Chapter 5: "The Education System" (74-90)
 Bestor, 4: (Goodman) Japanese Education and Education Reform (52-62)
 Video: *TBD*
 PDF: Week 8 Lecture (Dziesinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
 Field Lab #4 Results (1 Post, Findings) Sa
Mid-Term Essay Due Monday

Week Nine**Topic:** *Work*

Reading List: Hendry, Chapter 9: "Opportunities for Working Life" (152-168)
 Bestor, 13: (Stevens) "Life on the margins in Japan: homeless, migrant day laborers, and people with disabilities" (163-171)
 Video: *Jiro Dreams of Sushi*
 PDF: Week 9 Lecture (Dziesinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
 Field Lab #4 Discussion (3 posts) Sa
Unit Quiz #4 (Week 8 & 9 Content) Sa

SPRING BREAK
(non-instructional holiday) 3/27- 3/31

UNIT FIVE: *Politics, Social Control, & Social Deviance*

Week Ten

Topic: *Politics*

Reading List: Hendry, Chapter 11: “Government and the Craft of Politics” (188-206)
 Bestor, 2: (Leheny) “Four Cultures of Japanese Politics” (29-41)
 PDF: Week 10 Lecture (Dzieszinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
 Field Lab #5 Results (1 Post, Findings) Sa

Week Eleven

Topic: *Social Control*

Reading List: Hendry, Chapter 12: “The Legal System and Social Control” (207-222)
 Bestor, 6: (Repeta) “Law and Society in Japan” (75-88)
 PDF: Week 11 Lecture (Dzieszinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
 Field Lab #5 Discussion (3 posts) Sa

Week Twelve

Topic: *Violence, Crime, and Suicide*

Reading List: Video: Organized Crime in Japan, The Yakuza
 PDF: Yoneyama and Naito, “Bullying”
 PDF: Kawanishi, “Suicide by Overwork”
 Videos: *Bullying, the Aftermath, Karoshi: Death by Overwork*
 PDF: Week 12 Lecture (Dzieszinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
Unit Quiz #5 (Week 10, 11 & 12 Content) Sa

UNIT SIX: *Entertainment, Leisure, and Consumption*

Week Thirteen

Topic: *Leisure and Consumption in Japan*

Reading List: Hendry, Chapter 10: “Arts, Entertainment and Leisure” (169-187)
 Bestor, 17: (Gerow) “Japanese Film and Television” (213-225)
 Bestor, 19: (Condry) “Popular Music in Japan” (238-250)
 Video: *In the Kingdom of Dreams and Madness*
 PDF: Week 13 Lecture (Dzieszinski) <Laulima/SOC 357/Resources>

Assignments: Weekly Forum (4 posts) We, Fr, Sa
Upload Final Project Presentations for Peer Review Monday

Week Fourteen

Topic: *Final Project Presentations and Peer Review*

Assignments: **Final Exam** Last day of class
Upload Final Project Paper Last day of class

Notes:

- Assignments are due the day listed
- Mo = Monday, We = Wednesday, Fr = Friday, Sa = Saturday