

- Concentration of Sodium Carbonate in $\text{HCO}_3^- / \text{CO}_3^{2-}$ buffer at assigned pH?

$$\text{assigned pH} = 10.33 + \log \frac{[\text{CO}_3^{2-}]}{0.1 \text{ M}}$$
$$[\text{CO}_3^{2-}] = (10^{(\text{assigned pH} - 10.33)}) (0.1 \text{ M})$$

- grams anhydrous Sodium Carbonate needed?

$$\text{MW Na}_2\text{CO}_3 = 105.99 \text{ g/mol}$$

- Volumes of HCl & NaOH stock solns are calculated using $M_1 V_1 = M_2 V_2$ which I know you know how to do.