I need help with....

Adapting to life in Canada / at UVic ................................................................. 1, 4, 6, 8, 9, 10, 11
Chemistry ...................................................................................................................... 2
Co-op .............................................................................................................................. 5
Computer science ......................................................................................................... 3
Computer science program ........................................................................................... 21
Cultural transition ......................................................................................................... 4, 6, 8, 9, 10, 11, 22
Disabilities .................................................................................................................... 20
Engineering program .................................................................................................... 12
English .......................................................................................................................... 1, 6, 8, 9
Exchange, Visiting Student or Study Abroad programs ................................................. 6, 9
Health ............................................................................................................................ 7
Health insurance ........................................................................................................... 9
Immigration .................................................................................................................... 9
Interview skills ............................................................................................................. 4, 5
Learning skills ............................................................................................................. 13
Mathematics ................................................................................................................ 15
Meeting new people .................................................................................................... 6, 8, 9, 10, 11, 22
Mental health ............................................................................................................. 4, 7, 18
My courses .................................................................................................................. 17, 20 (also see the individual courses)
Personal concerns ..................................................................................................... 4, 7, 16, 18
Physics .......................................................................................................................... 19
Religious practices ....................................................................................................... 16
Resume writing ........................................................................................................... 16
Sexual health and birth control ................................................................................... 5
Statistics ....................................................................................................................... 7
Study skills ................................................................................................................... 15
Suicidal thoughts ......................................................................................................... 13, 20
Work visa ..................................................................................................................... 4
Writing ........................................................................................................................... 1

Anything else ................................................................................................................ 14
#1) Centre for Academic Communication

Email: twccoortvic.ca  
Phone number: 250-853-3675  
Location: McPherson Library, Rooms 135K, L and M  
Website: http://www.uvic.ca/library/locations/home/learning/cac.php

Services available:  
- Support for academic expectations, writing, reading and speaking  
- Seminars, workshops and group practice sessions  
- One-on-one appointments with tutors

#2) Chemistry Drop-In Centre

Email:  
Phone number:  
Location: Elliot Office Wing, 2nd floor lobby  
Website: http://web.uvic.ca/~chem101/

Services available:  
- Quiet space to study Chemistry alone or in small groups  
- Upper year or graduate Chemistry student there to help with problems

#3) Computer Science Course Clinic

Email:  
Phone number:  
Location: Engineering & Computer Science Building, room 251  
Website: http://www.csc.uvic.ca/labspg/

Services available:  
- Help with Computer Science or Software Engineering courses

#4) Counselling Services

Email: counsell@uvic.ca  
Phone number: 250-721-8341  
Location: University Centre, room B270  
Website: http://www.coun.uvic.ca/

Services available:  
- Free, confidential counselling  
- Individual appointments  
- Counselling groups
• Anxiety and stress, relationship difficulties, depression, health and wellness, loss and grief, family, self-esteem, loneliness, compulsive behavior, panic attacks, learning difficulties, drug or alcohol problems, suicidal thoughts, career direction, self-awareness and values, academic performance, procrastination, time management, transition and adjustment
• Anger, assertiveness, body image and food, international/cultural issues, personal growth, relationships, stress and anxiety

#5) Engineering and Computer Science/Math Co-op

Email: engrcoop@uvic.ca          Phone number: 250-472-5800
Location: Engineering & Computer Science Building, room 204
Website: www.uvic.ca/coopandcareer/engrcoop

Services available:
• Applying to the co-op program
• Obtaining work visas
• Preparing your resume
• Applying for jobs
• Interview skills
• Job-site visits during your work terms

#6) Global Community

Email: ioprgms@uvic.ca          Phone number: 250-853-3959
Location: University Centre, room A205
Website: http://www.uvic.ca/international/home/home/global-community/index.php

Services available:
• International, indigenous and domestic students, staff and faculty working together to cultivate global mindfulness
• Socio-cultural programs and events
• Mentor program
• Email newsletter to stay informed about upcoming events, important dates, and opportunities
• Facebook group: UVic Global Community
#7) Health Services

Email: heal@uvic.ca    Phone number: 250-721-8492
Location: Jack Petersen Health Centre, Lower Parking Lot #5
Website: http://www.health.uvic.ca

Services available:
- All the standard services of a family doctor / general practitioner
- Fully confidential
- Emergency first aid
- Allergy shots
- Vaccinations
- Birth control advice
- Sexually transmitted infection tests
- Minor surgery
- Specialist referrals

#8) International Commons

Email: iccoor@uvic.ca    Phone number: 250-721-8270
Location: McPherson Library, room 151A
Website: http://ltc.uvic.ca/servicesprograms/InternationalCommons.php

Services available:
- A welcoming place to study and connect
- Opportunities to connect with domestic students and profs
- Academic support and referrals
- Workshops, group studies and mentoring
- Help with communicating your needs to departments and groups in the University

#9) International Office

Email: issinfo@uvic.ca    Phone number: 250-721-6361
Location: University Centre, room A205
Website: http://www.uvic.ca/international/students/international-degree-program/new-to-uvic/index.php

Services available:
- Advice and support to exchange, visiting and study abroad students
- Pre-arrival support
- Immigration questions
• Health insurance questions
• Travel arrangement questions
• Accommodation questions
• Employment and income tax questions
• Orientation to UVic and Victoria
• Links to other information and services on- and off-campus

#10) International Student Association

Email:                        Phone number: 
Location: 
Website: http://uvicisa.com/

Services available:
• Campus-wide student-run group
• Platform to meet people from all across the globe and celebrate cultural diversity
• International Representative program to connect new international students with current UVIC students from their homeland
• Campus tours in multiple languages
• Social events
• Facebook group: UVic International Student Association

#11) Leadership Through Diversity in Engineering

Email: ltd@uvic.ca                        Phone number: 
Location: 
Website: https://onlineacademiccommunity.uvic.ca/ltd/

Services available:
• Faculty of Engineering student-run group
• Mission to engage minority groups and promote equality and inclusivity throughout the Faculty of Engineering and within its industry
• Social and networking events
• Tri-mentorship program to connect first year students, senior students, and industry mentors
• Chances to get involved in leadership-building opportunities and develop your soft skills
• Facebook group: UVic Leadership Through Diversity in Engineering (LTD)
#12) LeAnne Golinsky, Engineering First Year Advising Officer

Email: engradav@uvic.ca  Phone number: 250-721-6018
Location: Engineering Office Wing, room 206
Website: http://www.uvic.ca/engineering/current/undergrad/programs/index.php#section-0-16

Services available:
- Advice on choosing first year Engineering courses
- Adding and dropping first year Engineering courses
- Modifying your first year Engineering program (for example, to reduce the number of courses you’re taking each term)
- Other questions about the Engineering program

#13) Learning Skills Program

Email: tbest@uvic.ca  Phone number: 250-721-8341
Location: McPherson Library, room 135F
Website: http://www.coun.uvic.ca/learning/

Services available:
- Individual appointments about study and learning concerns
- Workshops on academic success
- Assistance in setting up study groups
- Intensive Learning Skills course

#14) Margaret Gwyn, Faculty of Engineering

Email: mgwyn@uvic.ca  Phone number: 250-472-4051
Location: Engineering Office Wing, room 206
Website:

Services available:
- General support for international students
- Referrals to other groups and people on campus
#15) Mathematics and Statistics Assistance Centre

Email: msassist@uvic.ca       Phone number: 
Location: Various locations
Website: http://www.math.uvic.ca/~msassist/

Services available:
- Quiet space to study Math and Stats alone or in small groups
- Upper year or graduate Math and Stats student there to help with problems
- Job opportunities

#16) Multifaith Services

Email: chaplain@uvic.ca       Phone number: 250-721-8338
Location: Campus Services Building, room 151
Website: http://web.uvic.ca/multifaith/

Services available:
- Religious support and spiritual care
- Prayer and meditation groups
- Retreats and workshops
- Counselling
- Muslim prayer
- Catholic mass
- 11 chaplains from various traditions

#17) Office Hours

Email:       Phone number: 
Location: Various
Website: 

Services available:
- All professors who teach courses offer office hours – see the information they provide on the first day of class for times and locations
- Time to meet one-on-one with your professor for help and guidance
- A chance to get to know your professor better (and for them to get to know you!)
- One of the best ways to help you succeed in a course
#18) Peer Helpers

**Email:** jts@uvic.ca or emason@uvic.ca  
**Phone number:** 250-853-3664  
**Location:** McPherson Library, room 135e  
**Website:** http://web.uvic.ca/~peerhelp/

**Services available:**
- One-on-one sessions with trained student volunteers
- Information about services on- and off-campus
- Personal support
- Study solutions
- Non-judgmental, confidential and unbiased listeners

#19) Physics Aid Service

**Email:**  
**Phone number:**  
**Location:** McPherson Library, room 129  
**Website:** http://www.uvic.ca/science/physics/current/undergraduate/pas/

**Services available:**
- Quiet space to study Physics alone or in small groups
- Upper year or graduate Physics student there to help with problems

#20) Resource Centre for Students with a Disability

**Email:** inforcsd@uvic.ca  
**Phone number:** 250-472-4947  
**Location:** Campus Services Building, room 150  
**Website:** http://www.uvic.ca/services/rcsd/index.php

**Services available:**
- Services for students with chronic health issues, learning disabilities, ADHD, mental health issues and long-term recurring physical or sensory disabilities
- Works with students and instructors to create learning environments that are equitable, inclusive and usable
- Coordinates academic accomodations including special exam arrangements
- Provides alternate text formats and assistive technology
- Learning strategists and tutor programs
#21) Susan Butler, Computer Science Undergraduate Advising Officer

Email: cscadvisor@uvic.ca  Phone number: 250-472-5757  
Location: Engineering and Computer Science Building, room 512  
Website: http://csc.uvic.ca/Student_Information/undergraduate_advising_centre.htm

Services available:
- Advice on choosing Computer Science courses
- Adding and dropping Computer Science courses
- Modifying your Computer Science program
- Declaring your Computer Science program
- Other questions about the Computer Science program

#22) UVSS Student Clubs

Email:  Phone number:  
Location:  
Website: http://uvss.ca/student-groups/clubs/current-clubs/

Services available:
- Student-run clubs, supported by the University
- Cultural clubs include the Bangladeshi Students Association, Chinese Students and Scholars Association, Indian Students Association, Korean Students Association, Persian Club, Pakistani Students Association, Saudi Student Society, Taiwanese Association, and others
- Also many religious, sports and special interest clubs
- You can start your own club!