I need help with....

Adapting to life in Canada / at UVic .................................................. 1, 4, 7, 8, 9, 10, 20
Chemistry ........................................................................................................ 2
Co-op .................................................................................................................. 5
Computer science ............................................................................................ 3
Computer science program .............................................................................. 18
Cultural transition ............................................................................................ 4, 7, 8, 9, 10, 20, 21
Disabilities ........................................................................................................ 16
Engineering program ........................................................................................ 11
English ................................................................................................................. 1, 7, 9, 20
Exchange, Visiting Student or Study Abroad programs .................................. 9, 20
Health ..................................................................................................................... 6
Health insurance ................................................................................................. 9
Immigration .......................................................................................................... 9
Interview skills .................................................................................................. 4, 5
Learning skills .................................................................................................... 17
Mathematics ....................................................................................................... 12
Meeting new people .......................................................................................... 7, 8, 9, 10, 20, 21
Mental health ..................................................................................................... 4, 6
My courses ......................................................................................................... 14, 16 (also see the individual courses)
Personal concerns ........................................................................................... 4, 13
Physics ............................................................................................................... 15
Religious practices ............................................................................................ 13
Resume writing .................................................................................................. 5
Sexual health and birth control ......................................................................... 6
Statistics .............................................................................................................. 12
Study skills .......................................................................................................... 16, 17
Suicidal thoughts ............................................................................................... 4
Work visa .............................................................................................................. 5, 9
Writing ............................................................................................................... 1

Anything else ..................................................................................................... 19
#1) Centre for Academic Communication

Email: thecac@uvic.ca  
Phone number: 250-853-3675  
Location: McPherson Library, rooms 135 J, K, L and M in the Academic Help corridor of the Learning Commons in the Mearns Centre for Learning  
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 Assistance Centre

Email:  
Phone number:  
Location: Engineering & Computer Science Building, room 251  
Website: https://connex.csc.uvic.ca

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) Health Services

Email: heal@uvic.ca  Phone number: 250-721-8492
Location: 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
#7) International Commons

**Email:** issinfo@uvic.ca  
**Phone number:** 250-721-6361  
**Location:** McPherson Library, room 151A  
**Website:** http://www.uvic.ca/international/students/home/international-commons

**Services available:**
- A welcoming place within the Learning Commons to study and connect
- Programs and initiatives to support academic success

#8) International Student Association

**Email:**  
**Phone number:**  
**Location:**  
**Website:** https://www.facebook.com/groups/432425033470357

**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

#9) International Student Services

**Email:** issinfo@uvic.ca  
**Phone number:** 250-721-6361  
**Location:** University Centre, room A205  
**Website:** www.uvic.ca/international/students

**Services available:**
- International student advising for degree program students, exchange students and visiting students
- Answers to your questions about Canadian immigration documents, health insurance, housing, social insurance numbers, income tax, identification cards, banking and other non-academic issues
- Information sessions on topics related to your international student experience
- Referrals to helpful resources, both on and off campus
• UVic Global Community
• Student Exchange Program
• International Commons

#10) 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)

#11) 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#section0-16

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
#12) Mathematics and Statistics Assistance Centre

Email: msacc@uvic.ca  
Phone number:  
Location: Various locations  
Website: http://www.uvic.ca/science/math-statistics/current-students/undergraduate/msac/

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

#13) Multifaith Services

Email: chaplain@uvic.ca  
Phone number: 250-721-8338  
Location: Multifaith Services Centre at the UVic Interfaith Chapel, Finnerty Gardens  
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

#14) 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
#15) Physics Aid Service

Email: Phone number: 
Location: Elliott 038 or Learning Commons 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

#16) 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 accommodations including special exam arrangements
• Provides alternate text formats and assistive technology
• Learning strategists and tutor programs

#17) Study Solutions Office

Email: Phone number: 250-721-8743
Location: McPherson Library Learning Commons, room 135F
Website: http://www.uvic.ca/services/counselling/success/study/index.php

Services available:
• Research-based learning strategies and study solutions
• Individual sessions based on your unique learning needs
• Regular drop-in hours
#18) 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](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

#19) Tracy Kirkendale, Faculty of Engineering

**Email:** engr@uvic.ca  
**Phone number:** 250-721-6023  
**Location:** Engineering Office Wing, room 206  
**Website:**

**Services available:**
- General support for international students
- Referrals to other groups and people on campus

#20) UVic Global Community

**Email:** acirillo@uvic.ca  
**Phone number:** 250-853-3959  
**Location:** University Centre, room A205  
**Website:** [http://www.uvic.ca/international/students/home/global-community/index.php](http://www.uvic.ca/international/students/home/global-community/index.php)

**Services available:**
- International, indigenous and domestic students, staff and faculty working together to celebrate diversity, advance inter-cultural competency and cultivate an inclusive and globally minded campus
- Arrival programs and orientation events
- UVic Global Community facebook group with daily updates
- Bi-weekly newsletter to help you stay informed  
  Socio-cultural programs and events
- Volunteer and leadership opportunities
#21) 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!