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 .................................................................................................................... 4, 5
Interview skills ............................................................................................................. 17
Learning skills ............................................................................................................ 12
Mathematics ................................................................................................................. 13
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 in the Academic Help corridor of the Learning Commons in the Mearns Centre for Learning  
**Website:** [http://www.uvic.ca/learningandteaching/cac/](http://www.uvic.ca/learningandteaching/cac/)

**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:**

**Services available:**  
- Quiet space to study Chemistry alone or in small groups  
- Upper year or graduate Chemistry student there to help with problems  
- Check course spaces for all related course information including drop-in schedule, location and contact.

#3) Computer Science Assistance Centre

**Email:**  
**Phone number:**  
**Location:** Engineering & Computer Science Building, Room 251  
**Website:** [https://connex.csc.uvic.ca/](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.uvic.ca/services/counselling/](http://www.uvic.ca/services/counselling/)

**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: http://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](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](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 (ISS)

Email: issinfo@uvic.ca  
Phone number: 250-721-6361  
Location: University Centre, Room B272  
Website: [http://www.uvic.ca/international/students](http://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/](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  

Services available:
- Quiet space to study Physics alone or in small groups
- Upper year or graduate Physics student there to help with problems
#16) Centre for Accessible Learning (CAL)

**Email:** infocal@uvic.ca  
**Phone number:** 250-472-4947  
**Location:** Campus Services Building, Room 150  
**Website:** [www.uvic.ca/cal](http://www.uvic.ca/cal)

**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:** learning@uvic.ca  
**Phone number:** 250-721-8743  
**Location:** McPherson Library Learning Commons, Room 135F  
**Website:** [http://www.uvic.ca/services/counselling/success/study/index.php](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
- Learning Strategist Program

#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 B272
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/](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!