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Week 1
January 3 – 9

Sunday January 3

ISS presents...
International Music Trivia
Sunday, January 3
7:30 p.m. – 9 p.m.
This event is open to all students.
Do you enjoy listening to music from around the world? If yes, International Music Trivia is the session for you! This will include all musical genres, so join us and your peers to put your knowledge to the test! This will also be a great chance to learn and listen to different international music hits. You are also more than welcome to sing along!

Access International Music Trivia

Monday January 4

ISS presents...
Academic Integrity and Avoiding Accidental Plagiarism: Part 2
Monday, January 4
9 a.m. - 10:30 a.m.
This event is recommended for international graduate students, but open to all students.
Most cases of plagiarism at UVic happen as a result of lack of clarity regarding the basics of citing and paraphrasing in the Canadian context. In this second part of our workshop, we will review academic integrity, examine additional examples of poorly integrated direct quotations, incorrect citations, and inadequate paraphrasing, and discuss ways to correct. This session is for both undergraduate and graduate students. This is a part II conversation to our workshop in the Fall semester. If you haven’t already seen the video, please do your best to watch the recorded workshop before the session.

Access Academic Integrity and Avoiding Accidental Plagiarism: Part 2

ISS presents...
Introduction to Canadian Culture with the Global Community
Monday, January 4
7 p.m. - 8:30 p.m.
This event is recommended for International students, but open to all students.
Come with an open mind and join us to learn more about Canadian Culture! This will be an interactive session where you will learn some tips to help with your adjustment and transition to Canada. You will also have the opportunity to play a game to familiarize yourself with various aspects of Canadian Culture!

Access Introduction to Canadian Culture with the Global Community

Tuesday January 5

ISS and Centre for Academic Communications presents...
Basics of Academic Writing and Research for Grad Students: Part 2
Tuesday, January 5
8 a.m. - 9:30 a.m.
This event is recommended for international graduate students, but open to all students.
As an international grad student used to writing in a different academic context, you might be unsure of the expectations and standards of academic writing and research in a North American university context. Building on our September session, we will review the importance of writing from research and practical strategies for planning, writing, and revising. We will focus on strategic approaches to self-edit in this workshop.

This is a part II conversation to our workshop in the Fall semester. If you haven’t already seen the video, please do your best to watch the recorded workshop before the session.

Access Basics of Academic Writing and Research for Grad Students: Part 2

ISS presents...
Student Social Drop-in with the Global Community
Tuesday, January 5
6:30 p.m. - 8 p.m.
This event is open to all students.
Whether you came on an 18-hour flight or just a 20-minute drive, join our virtual student social drop-in where we will talk about our experiences in coming to UVic. A great opportunity to meet new people and play some fun online games. Drop-in or stay for the whole time and share your stories and experiences with us!

Access Student Social Drop-in with the Global Community
Wednesday January 6

Games Drop-in: Skribbl.io
Wednesday, January 6
12 p.m. – 1 p.m.
This event is open to all students.
Similar to Pictionary – can you get the other players to guess what you are drawing? No drawing skills required; everyone is equally bad at drawing with a mouse!
No registration required

Access Games Drop-in: Skribbl.io

Let's Talk about Sex: Positivity and Consent
Wednesday, January 6
12 p.m. – 1 p.m.
This event is open to all students.
Join the Office of Student Life (OSL) and the Gender Empowerment Centre (GEM) for a deep dive into consent and sex positivity, the building blocks of a healthy and happy sex life! In this workshop, you will expand your knowledge on what consent looks, feels, and sounds like. Participants will learn about UVic’s work in sexualized violence prevention and will explore what sex positivity and sex negativity look like. Together, we will develop strategies for creating consensual, sex positive relationships, based in respect and inclusion.

Register for Let's Talk about Sex: Positivity and Consent

Multifaith Centre presents…
Noon Meditation
Wednesday, January 6
12:15 p.m. - 12:50 p.m.
This event is open to all students.
“We practice a simple mantra meditation to: still the mind & reduce stress, nurture inner awareness, foster mindfulness and open ourselves to peace and well being. We start with a basic meditation instruction at 12:15 p.m. followed by a 20 minute breath meditation at 12:25 p.m. We are done by 12:50 p.m. This online program is open to all, staff, faculty and students.

Register for Noon Meditation

Games Drop-in: Among Us
Wednesday, January 6
6 p.m. – 7 p.m.
This event is open to all students.
There is an imposter among us! To attend this program please ensure you have the mobile app downloaded on your mobile device, and a separate device to call into the zoom from. It will be helpful to be familiar with the rules ahead of attending (the rules are on the app!)
No registration required

Access Games Drop-In: Among Us

Thursday January 7

Residence Move-in and Orientation
Thursday, January 7 and Friday, January 8
This event is for new students living in residence.
If you're living in a UVic residence this winter, we highly recommend you participate in Residence Orientation events. They will help you get to know your neighbours, introduce you to your residence community, and help you learn your way around campus.

New students living in residence will automatically receive communication about Residence Orientation.

ISS presents…
Academic Success and Online Learning for International Students in the Canadian Context: Part 2
Thursday, January 7
8 a.m. - 9:30 a.m.
This event is recommended for international students, but open to all students.
What strategies help us achieve our academic goals in an online environment? This workshop is for international students who are joining the UVic community from afar, but is open to anyone taking online classes this fall. In part 2 of this session, we will review practical strategies for managing communication across time zones and tips to prepare for online academic success, drawing from resources such as Learning to Learn Online and Theories of Online Learning. In this second session, we will focus on effective strategies for participating in online class discussions. This session is intended for both undergraduate and graduate students. This is a part two session to our workshop in the Fall semester. If you haven't already seen the video, please do your best to watch the recorded workshop.
No registration required

Access Academic Success and Online Learning for International Students in the Canadian Context: Part 2

Winter WELCOME
Games Drop-in: Codenames
Thursday January 7
12 p.m. – 1 p.m.
This event is open to all students.
Come join us to play a virtual game with other students at UVic and brushing up on your telepathy! Codenames is a game of guessing which words are related to a hint-word given by another player.
No registration required
Access Games Drop-in: Codenames

Social Justice at UVic: Creating Safer Spaces
Thursday January 7
1 p.m. – 2 p.m.
This event is open to all students.
In this session, you will explore key concepts and terms related to anti-oppression, as well as ways to create a safer campus community. You will learn how to incorporate ideas of power, privilege, equity, intersectionality and justice into your life as a UVic student. We will also profile the different groups on campus supporting and advocating for students and share how to continue learning about social justice projects and initiatives at UVic.
Registration not mandatory
Register for Social Justice at UVic: Creating Safer Spaces
Or directly access Social Justice at UVic: Creating Safer Spaces

Anti-Racism Awareness Pathways
Thursday January 7
5 p.m. - 7:30 p.m.
This event is open to all students.
The Anti-racism pathway awareness workshop is part of a series of anti-racism education strategies (ARAES) developed by the UVic Equity and Human Rights office (EQHR), in collaboration with various university partners. The ARAES strategy aims to combat racism and create educational events and programs that directly address the societal and systemic attitudes and behaviors that perpetuate racial discrimination and other intersecting social inequities such as classism, sexism, ableism, homophobia, religious bigotry, among others. Such an intersectional anti-racism approach also aims to understand how social differences of ‘race’, class, gender, sexuality, sexual orientation, and ability are mediated in peoples’ historical and everyday lives (Dei, 1995).
Register for Anti-Racism Awareness Pathways

Multifaith Centre presents...
Campus Conversations
Thursday January 7
5:30 p.m. – 6 p.m.
This event is open to all students.
A monthly opportunity for students to make new connections, share meaningful conversations in a relaxed environment... your home, and get to know significant people supporting campus life. Stay tuned for upcoming topics! Past speakers include: Journalist | Marine Biologist | Writer | Activist Death Doula | Minimalist
Register for Campus Conversations

Games Drop-in: Among Us
Thursday January 7
6 p.m. – 7 p.m.
This event is open to all students.
There is an imposter among us! To attend this program please ensure you have the mobile app downloaded on your mobile device, and a separate device to call into the zoom from. It will be helpful to be familiar with the rules ahead of attending (the rules are on the app!)
No registration required
Access Games Drop-in: Among Us

Friday January 8
Multifaith Centre presents...
Morning Meditation
Friday, January 8
8 a.m. - 8:45 a.m.
This event is open to all students
Join Henri for a morning meditation on-line to get you ready for the day, and to support your own daily meditation practice.
Register for Morning Meditation

Be Well and Stay Well
Friday, January 8
11 a.m. - 11:30 a.m.
This event is open to all students.
Come find out how to apply 5 simple evidence-based actions to be well and stay well while learning online.
No registration required
Access Be Well and Stay Well
**Games Drop-in: Speed Friending**
Friday, January 8
12 p.m. – 1 p.m.
This event is open to all students.
A super fun way for you to virtually meet other students at UVic, and talk about the topics/questions for each round! Everyone always comes back from these sessions smiling!
No registration required

**Access Speed Friending**

**Learning Strategy & Academic Success**
Friday, January 8
4 p.m. - 5:30 p.m.
This event is open to all students.
Start the year off right by developing the skills and knowledge that will set you up for success and help you meet your fall term goals. Join Learning Strategists from the CAL Learning Assistance Program to learn practical strategies building your schedule, taking notes in class, and how to prepare for tests. The workshop will be hosted virtually over Zoom and feature interactive activities and break out rooms.
No registration required

**Access Learning Strategy and Academic Success**

**Games Drop-in: Among Us**
Friday, January 8
6 p.m. – 7 p.m.
This event is open to all students.
There is an imposter among us! To attend this program please ensure you have the mobile app downloaded on your mobile device, and a separate device to call into the zoom from. It will be helpful to be familiar with the rules ahead of attending (the rules are on the app!)
No registration required

**Access Games Drop-in: Among Us**

**Saturday January 9**

**ISS presents…**
**The International Student Experience: Student Panel and Q&A**
Saturday, January 9
6 p.m.-8 p.m.
*This event is for new international students only.
Are you interested in learning more about the international student experience at UVic? In this session, you will hear from international students who will share their experiences of studying at the university. You will have the opportunity to engage with the student panelists and ask any questions you may have!
No registration required

**Access The International Student Experience: Student Panel and Q&A**

**Register for International Student Welcome**

Winter WELCOME
Week 2  
January 10 – 16

Sunday January 10

**January Orientation**  
**Tuesday, January 5**  
10 a.m. – 2 p.m.  
*This event is for new students only.*

January Orientation is UVic’s official orientation day for all new-to-UVic undergraduate, graduate and exchange students. The program will introduce you to campus, student life, support services and your fellow students.

**ISS presents…**  
**Virtual Victoria**  
**Sunday, January 10**  
2 p.m. – 4 p.m.  
*This event is open to all students.*

Are you new to Victoria and ready to explore? Join our virtual tour to learn about best places to visit, parks and hikes nearby, and fun things to do in the city. A great place to find adventure buddies for future trips and meet new friends!

**Monday January 11**

**Indigenous Student Orientation**  
**Monday, January 11**  
10 a.m. – 11:30 a.m.  
*This event is open to all students.*

Indigenous Student Orientation will provide information about academic and cultural supports, and opportunities and events available to Indigenous students at UVic.

**Multifaith Centre presents…**  
**Learn to Meditate**  
**Monday, January 11**  
4:30 p.m. - 5:15 p.m.  
*This event is open to all students.*

Our core practice is Meditation and Mindful Awareness. These are key tools in the development of conscious and compassionate ways of being present to the complex and stressful reality of our lives. No experience necessary.

**Week of Welcome for Indigenous Students.**

No registration required

Register for January Orientation  
Register for Virtual Victoria  
Register for Indigenous Student Orientation  
Register for Learn to Meditate  
Register for IACE Meet and Greet
ISS presents…
Succeeding in your Canadian Job Search
Monday, January 11
7 p.m. – 9 p.m.
This event is for International Students
Students may be used to different job search strategies and workplace culture than those common in Canada. This workshop discusses these differences, and how students can use their intercultural competencies to succeed in their Canadian job search and in Canadian workplaces. An International Student Adviser from International Student Services (ISS) will be present at the workshop to provide an overview on international students’ work authorization. Key takeaways: Students will:
• Understand Canadian cultural values as well as their own
• Know how to adjust their behavior to fit better in a new environment
• Grasp the need to adjust their approaches effectively in Canadian job search activities
No registration required
Register for Access Succeeding in your Canadian Job Search

Co-op and Career Services Info Session
Tuesday, January 12
11:30 a.m. – 12 p.m. and 1 p.m. – 1:30 p.m.
This event is open to all students.
Co-op and Career Services can help you make the most out of your education through co-op experience, career preparation and on campus experimental learning opportunities. Career exploration experiences and opportunities improve academic performance. They also increase the likelihood that post-secondary education is successful. Bring your questions for this interactive information session.
No registration required

Register for Access Co-op and Career Services Info Session

IACE presents…
Virtual Art Tour
Tuesday, January 12
2 p.m. - 3:45 p.m.
This event is for Indigenous students.
Join Lorilee Wastasecoot, curatorial Intern at Legacy Art Gallery, for a virtual tour of Indigenous Art on Campus. Participants are free to come and go as needed with your class schedule! This event is part of Week of Welcome for Indigenous Students.

Register for Virtual Art Tour

Student Wellness Centre presents…
Fresh Start 2021
Tuesday, January 12
4 p.m. - 6 p.m.
This event is open to all students.
It’s time to hit the reset button! Let’s approach 2021 with intention, ready to make the best of this new year.

Register for Fresh Start 2021

Multifaith Centre presents…
Heart to Heart Talks
Tuesday, January 12
12:30 p.m. – 1 p.m.
This event is open to all students.
Need direction for your day-to-day challenges? Take some time out of your busy schedule for yourself and discuss what’s important to you.
We will discuss topics such as: How can I stop doubting myself? / How can I get people to like me? / Finding light in our darkest moments. / Healing after a breakup / Who am I?

Register for Heart to Heart Talks

Multifaith Centre presents…
Awakening the Gifts of Character
Tuesday, January 12
6 p.m. – 7 p.m.
This event is open to all students.
Through self-exploration learn how to connect successfully with others on a higher level through creating a culture of compassion, kindness and care. Everyone welcome!

Register for Awakening the Gifts of Character

Register for Morning Meditation
ISS presents…
Harry Potter Student Social Drop-in
Tuesday, January 12
6:30 p.m. – 8 p.m.
This event is open to all students.
Do you love quidditch, butter beer, and Weasleys' Wizard Wheezes as much as we do? Decorate your Hogwarts Zoom background as you get ready to join the sorting hat ceremony and other fun Harry Potter themed games and chit chat. Drop-in or stay for the whole time. Everyone is welcome and encouraged to invite their friends!
No registration required
Access Harry Potter Student Social Drop-In

Wednesday January 13

IACE presents…
Noon Networking:
Campus Cousins Bingo
Wednesday, January 13
11:30 a.m. – 1 p.m.
This event is for Indigenous Students.
Meet your peers, visit with the Elders, and win prizes at this Noon Networking session. Receive a food card of your choice to have a lunch on us! This event is part of Week of Welcome for Indigenous Students.
Register for Noon Networking: Campus Cousins Bingo

UVSS presents…
Clubs and Course Union Days
Wednesday, January 13
Noon – 4 p.m.
This event is open to all students.
Are you looking to get involved with the UVic community? Drop in to Clubs and Course Union Days held on Discord for an opportunity to meet and join various clubs and course unions through the UVSS.
For more information about Clubs and Course Union Days, visit uvss.ca/event/clubsandcourseuniondays
No registration required
Access Clubs and Course Union Days Discord Server

IACE presents…
Campus Cousins Crafting
Wednesday, January 13
3 p.m. – 5 p.m.
This event is for Indigenous Students.
Join the Campus Cousins for a crafting circle. This event is part of Week of Welcome for Indigenous Students.
To register for Campus Cousins Crafting, email lenonet@uvic.ca

Multifaith Centre presents…
Noon Meditation
Wednesday, January 13
12:15 p.m. - 12:50 p.m.
This event is open to all students, staff and faculty
“We practice a simple mantra meditation to: still the mind & reduce stress, nurture inner awareness, foster mindfulness and open ourselves to peace and well being. We start with a basic meditation instruction at 12:15 p.m. followed by a 20 minute breath meditation at 12:25 p.m.. We are done by 12:50 p.m..
Register for Noon Meditation

Vikes presents…
Roundtable and Q&A with Vikes Athletics and Recreation
Wednesday, January 13
1 p.m. – 2 p.m.
This event is open to all students.
Join us for a discussion with Vikes Athletics and Recreation where we share our program offerings for the Spring Term! We’ll cover all there is to know about finding fitness and recreation at UVic and we’ll save time to answer any questions. Hope to see you there!
No registration required
Access Roundtable and Q&A with Vikes Athletics and Recreation
Time Management
Wednesday, January 13
5 p.m. – 6 p.m.
*This workshop is open to all students.*

This workshop will focus on proper semester scheduling, time management strategies, avoiding procrastination, and setting appropriate goals for academic success. We will discuss specific examples relating to online learning and how to seek help when you need it. Students will take away a guide to accessing supports that they can continue to refer to throughout the semester.

No registration required

**Access Time Management Workshop**

GSS presents…
**AVI Naloxone Training**
Wednesday, January 13
5:30 p.m. – 7:30 p.m.
*This event is for Graduate students only.*

This is the first in a speaker series hosted by the Graduate Students Society. For more information, visit [gss.uvic.ca](http://gss.uvic.ca).

No registration required

**Access AVI Naloxone Training**

UVSS presents…
**Clubs and Course Union Days**
Wednesday, January 13
Noon – 4 p.m.
*This event is open to all students.*

Are you looking to get involved with the UVic community? Drop in to Clubs and Course Union Days held on Discord for an opportunity to meet and join various clubs and course unions through the UVSS.

For more information about Clubs and Course Union Days, visit [uvss.ca/event/clubsandcourseuniondays](http://uvss.ca/event/clubsandcourseuniondays)

No registration required

**Access Clubs and Course Union Days Discord Server**

Thursday January 14

IACE presents…
**Campus Cousins Virtual Hang Out**
Thursday, January 14
11 a.m. – 1 p.m.
*This event is for Indigenous Students.*

Join the Campus Cousins for a virtual hangout. This event is part of [Week of Welcome for Indigenous Students](https://www.uvic.ca/aap/weeklywelcome/).

To register for Campus Cousins Virtual Hang Out, email lenonet@uvic.ca

UVSS presents…
**Heart to Heart Talks**
Thursday January 14
12:30 p.m. – 1 p.m.
*This event is open to all students.*

Need direction for your day-to-day challenges? Take some time out of your busy schedule for yourself and discuss what is important to you. We will discuss topics such as: How can I stop doubting myself? / How can I get people to like me? / Finding light in our darkest moments. / Healing after a breakup / Who am I

To register for Heart to Heart Talks, email lenonet@uvic.ca

UVSS presents…
**Yoga for Meditation**
Thursday, January 14
3:30 p.m. - 4:20 p.m.
*This event is open to all students.*

A free guided gentle 50 minute yoga session to relax and restore.

To register for Yoga for Meditation, email lenonet@uvic.ca

Multifaith Centre presents…
**Learn to Meditate**
Thursday, January 14
4:30 p.m. - 5:15 p.m.
*This event is open to all students.*

Our core practice is Meditation and Mindful Awareness. These are key tools in the development of conscious and compassionate ways of being present to the complex and stressful reality of our lives. No experience necessary.

To register for Learn to Meditate, email lenonet@uvic.ca
Online Learning Strategies  
Thursday, January 14  
5 p.m. – 6 p.m.  
*This event is open to all students.*  
This workshop will focus on strategies for successful online learning. It will be based on 7 tips for online learning: organization, learning technology, getting help, making time and space, staying in touch, focusing on specific tasks, and taking appropriate breaks. We will touch on balancing digital school/life/health habits as well as where to turn for support.

*No registration required*

Tools for Change  
Thursday, January 14  
6 p.m. 7:30 p.m.  
*This event is open to all students.*  
This workshop is for students who want to be a part of a culture shift at UVic. It is especially important and useful for those who have not taken sexualized violence prevention training in the past and/or those who want to learn more about UVic’s work to prevent sexualized violence. The workshop is peer-led, highly interactive, and focused on learning skills. Attendees are invited to participate in accessible discussions and group activities.

*Register for Tools for Change*

Global Community Language Exchange  
Thursday, January 14  
6:30 p.m. – 8 p.m.  
*This event is open to all students.*  
Join us to learn interesting facts about different cultures. Bi-weekly we will explore two new countries through the lens of a native speaker. Let’s chat about language, traditions, music, and food. On January 14th we will learn more about Colombia and India.

*Register for Global Community Language Exchange*

Friday January 15

Morning Meditation  
Friday, January 15  
8 a.m. - 8:45 a.m.  
*This event is open to all students.*  
Join Henri for a morning meditation on-line to get you ready for the day, and to support your own daily meditation practice.

*Register for Morning Meditation*

Native Students Union (NSU) Two Spirit Circle  
Friday, January 15  
2 p.m. – 3 p.m.  
*This event is for self identified Indigenous 2Spirit/Indigiqueer students only.*  
Join fellow two-spirit/Indigiqueer students in this virtual circle! Hosted by Peter from the NSU and Yvonne from the IACE office. Receive a food card of your choice to have a lunch on us! This event is part of Week of Welcome for Indigenous Students.

*Register for Virtual Visit to the Shaw Center for the Salish Sea*

Indigenous Recognition Ceremony  
Friday, January 15  
5 p.m. – 6 p.m.  
*This event is for Indigenous Students.*  
Celebrate the Indigenous Graduates who registered for the Virtual Indigenous Recognition Ceremony. This event is part of Week of Welcome for Indigenous Students.  
*No registration required*

Virtual Visit to the Shaw Center for the Salish Sea  
Saturday, January 16  
7 p.m. - 8:30 p.m.  
*This event is open to all students.*  
Have you ever looked out at the ocean and wondered what lies beneath the waves and the kelp? Join us in exploring local species and learning more about Vancouver Island's Salish Sea during this virtual tour of the Shaw Centre for the Salish Sea.

*Register for Virtual Visit to the Shaw Center for the Salish Sea*