



PSYCHOLOGY 201 – Section A01
Research Methods in Psychology (CRN 31224)
Summer, May 12 – June 27, 2025

Instructor: Patrick Montgomery Office: [REDACTED] Office Hours: [REDACTED] Email: [REDACTED]		Teaching Assistant: Lillea Hohn Office: [REDACTED] Office Hours: [REDACTED] Email: [REDACTED]	
Classes:	[REDACTED]	[REDACTED]	[REDACTED]
Labs:	[REDACTED]	[REDACTED]	[REDACTED]

TERRITORY ACKNOWLEDGMENT

We acknowledge and respect the Lək'wəḡən (Songhees and X'wəpsəm/Esquimalt) Peoples on whose territory the university stands, and the Lək'wəḡən and W̱SÁNEĆ Peoples whose historical relationships with the land continue to this day.

PREREQUISITES & REGISTRATION

The prerequisites for PSYC 201 are the completion of Psychology 100A and 100B.

LEARNING OUTCOMES

By the end of this course, you will have...

- A basic understanding of foundational principles underlying research practices in psychology.
- Knowledge of the strengths and weaknesses of various research designs.
- Practice in critical analysis of the quality of research and of research claims.
- Comprehension of statistical analysis techniques on a conceptual level and proficiency in interpreting qualities of relational and differential statistical results.
- Real experience in all stages of running an experiment (in the lab portion).

REQUIRED TEXT:

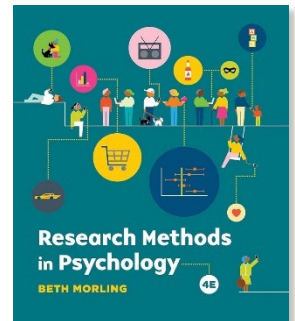
Morling, B. (2021). *Research Methods in Psychology* (4E). Norton.

- Must have access to InQuizitive (comes with book & ebook purchase from UVic Bookstore).

CLASS EXPECTATIONS:

Students are responsible for governing themselves in order to meet the below expectations. Please contact the instructor for any anticipated issues. Students are expected to...

- *Regularly attend classes and labs.*
- *Be respectful of other students.*
- *Complete required readings or assignments before the due date.*
- *Be aware of the necessary components required to pass Psyc201, as laid out in this syllabus.*
- *Attend office hours or email the course/lab instructor if they are having issues in the course.*
- *Familiarize themselves with university policies regarding Plagiarism and Generative AI usage.*



COURSE EVALUATION

Exams		45%
<i>Exam 1 (May 26th)</i>		15%
<i>Exam 2 (June 9th)</i>		15%
<i>Exam 3 (June 25th)</i>		15%
InQuizitive		15%
iClicker		5%
Lab Assignments		10%
Tri-Council Ethics Tutorial (TCPS-2)		5%
IAT Participation		2%
Research Poster Project		18%
TOTAL		100%
<i>Spurious Research Claim Assignment*</i>	<i>Bonus</i>	1%

LECTURE GRADES

(A) EXAMS (45%):

There are a total of three in-class exams worth 15% each. Grades will be posted on Brightspace following each exam. For questions and to view your exam, the course TA will set up viewing times following the grade posting.

Exam Format: Tentatively, exams will consist of approximately 30 multiple choice questions (worth 1 mark each) and five short-answer questions. The exams are intended to take no more than an hour to complete, but 90 minutes will be provided for everyone in the class. This access-centered approach means that students who have up to 1.5x time accommodations can write in the regular classroom if there are no other accommodations.

POLICY ON MISSED EXAMS: (Important!)

You are responsible for attending the in-class exams as scheduled. If you miss an exam due to illness, accident, or family affliction, you must send me an email as soon as possible indicating that you have missed the exam. Students are not required to provide documentation to support their request for academic concession unless it is for conflicting responsibilities. If the missed exam is one of the two first exams, a grade for the missing midterm will be generated by proportionally weighting the performance on the remaining exams. **The third exam must be attended to complete this course. Students without academic concession who miss the final exam, or two exams overall, will receive a grade of “N” in the course.**

(B) Online Quizzes (InQuizitive; 15%)

InQuizitive quizzes can be accessed through the textbook digital resources (link provided in Brightspace). These quizzes are built with learning strategies in mind and are intended to act as an additional study tool to facilitate course material comprehension. InQuizitives are open-book and allow students to continue answering questions until they are content with their grade.

(C) iClicker (5%)

iClicker questions can help both learner and instructor. Learners are provided with another form of retrieval practice while instructors gain insight into which content benefits from further explanation and more examples. Grading for iClicker questions will be based on accumulated correct responses, meaning that there is no penalty for incorrect responses as long as enough correct responses are accumulated by the end of the course. Requirements for full iClicker marks will be set such that students who are prepared for lectures should still be capable of receiving full marks after missing up to two full classes.

(BONUS) SPURIOUS RESEARCH CLAIM ASSIGNMENT (1%)

One of the goals of this course is to increase student's ability to critically analyze spurious claims based on poorly conducted research, misinterpretations of research, or claims using research findings out of context. For a bonus mark, students may find such a claim from anywhere in media and complete the associated worksheet.

LAB GRADES

You must pass the lab component of PSYC 201 to pass this course. If you do not get a passing grade in the labs, you will be ineligible to write the final exam and will receive a failing grade (F) in the course regardless of your performance on the rest of the material.

Lab attendance and participation is mandatory in PSYC 201. **Students who do not receive a passing grade ($\geq 50\%$) on Lab Assignments will not pass this course.** Please note that lab assignments are completed during the lab period, meaning that attendance and participation are essential to meeting this requirement. See the PSYC 201 Lab Brightspace for further information.

(D) LAB ASSIGNMENTS (10%)

The lab is an important part of this course. Its purpose is to provide you with a smaller group learning experience where you will apply concepts learned in the lecture and textbook. You will also learn important skills such as library research, research design, data collection and entry, and communicating research.

(E) COMPLETION OF TCPS-2 ETHICS TUTORIAL (5%)

The Canadian funding "Tri-Council" has prepared a tutorial that is required for all graduate students conducting research at UVic. Anyone involved in research should complete this tutorial. You receive credit towards this course for completing it and you can add it to your resume.

(F) IAT EXPERIMENT PARTICIPATION (2%)

To ensure that each group collects an adequate amount of data for analysis, each student will be required to complete other group's IAT experiments. The number of completed experiments required for full marks will be determined once the experiments are posted.

(G) RESEARCH POSTER (18%)

The culmination project for the Psyc201 labs is an APA-style poster that each student will create. You will receive a detailed rubric for the poster in lab.

OVERALL GRADE (% OF TOTAL MARKS)

Your final grade will be a straight percentage rounded at the 0.5% level (E.g., 84.50 will be rounded to 85; 84.49 will be rounded to 84.00). Rounding will only occur for the final grade.

NOTE. All deadlines and grades submitted for exams, quizzes, and assignments are final. There are no make-up assignments, no make-up exams, no bonus or extra assignments that you can do *post-hoc* to alter your grades. The time to invest in achieving the best possible grade is during the course, not afterward.

IMPORTANT

To pass this course, students must meet all the following criteria:

- Last exam and one more exam written.
- Received $\geq 50\%$ on lab assignments.
- Received $\geq 50\%$ in the lab overall.
- Received $\geq 50\%$ in the course overall (Lab & Lecture).

COURSE SCHEDULE

WEEK	DATE	TOPIC	Chapter/InQuizitive	DUE DATES
1	Mon, May 12 th	Course Overview, (1) Science	How to Use InQuizitive, 1	Tue, May 13 th
	Wed, May 14 th	(2) Research, (3) Validity	2*, 3	Wed, May 14 th
	Thu, May 15 th	Lab – Overview	4, 5	Tue, May 20 th TCPS-2, May 19 th
2	Mon, May 19 th	<i>VICTORIA DAY – NO CLASS</i>		
	Wed, May 21 st	(4) Ethics, (5) Measurement		
	Thu, May 22 nd	Section Review		
3	Mon, May 26 th	EXAM 1	7, 6*	Tue, May 27 th
	Wed, May 28 th	(7) Sampling, (6) Qualitative Research	8, 9	Sun, June 1 st
	Thu, May 29 th	Lab – APA Posters I		Post IAT, June 1 st
4	Mon, June 2 nd	(8) Correlation, (9) Regression	11	Tue, June 3 rd
	Wed, June 4 th	(11) Threats to Validity		
	Thu, June 5 th	Section Review		IAT Participation, June 6 th
5	Mon, June 9 th	EXAM 2	Pg. 467-522*	Tue, June 10 th
	Wed, June 11 th	Conceptual Overview of Statistics (Pg. 467-522)	10, 12	Sun, June 15 th
	Thu, June 12 th	Lab – APA Posters II		
6	Mon, June 16 th	(10) Simple Designs, (12) Complex Designs	13	Tue, June 17 th
	Wed, June 18 th	(13) Quasi-Experimental Designs, (14) Critical Analysis	14	Wed, June 18 th
	Thu, June 19 th	TBD		
7	Mon, June 23 rd	Section Review		POSTER PROJECT, June 22 nd
	Wed, June 25 th	EXAM 3		

Note 1. InQuizitives are due by midnight of the specified date.

Note 2. Asterisk (*) indicates “read only” chapters. Chapters designated “read only” do not have an InQuizitive assignment but the content of the chapter is still important and will be tested on.

Note 3. Dark red writing are lab due dates.

GENERAL INFORMATION

COURSE ANNOUNCEMENTS

On occasion, announcements will be sent via the course Brightspace. These will be visible on Brightspace and will also automatically be sent to the email provided on your university profile. Please make sure to check Brightspace occasionally, or that your email is up to date so that you receive these announcements.

USE OF GENERATIVE AI

The appropriate use of GenAI is accepted in this course. Appropriate uses include utilizing GenAI to aid brainstorming, clarifying concepts, helping to locate project materials*, or reworking your own ideas into a more cohesive format. Essentially, you may use GenAI to help with your work, but not to do your work.

If work included in an assignment has been altered using GenAI (e.g., editing), you must cite it. Failure to do so is plagiarism and will be treated as such. You may not use GenAI to write your assignments.

Directly copying the output of a GenAI, even with editing, is considered an academic integrity violation. Students caught inappropriately using GenAI in their work will, at minimum, receive a grade penalty, with more severe actions following recurring violations. If you are unsure whether a specific use of GenAI on a project is acceptable, please contact the instructor to clarify.

The University of Victoria provides the free use of Microsoft Copilot to all staff and students. This is the recommended GenAI tool as it comes with privacy and security measures built in. The reference for Microsoft Copilot is provided below for students who opt to use it.

**Caution is recommended when using GenAI to locate peer-reviewed research articles. Make sure to check the source as GenAI models are known to give references or citations for articles that do not exist.*

Microsoft Copilot Reference

Copilot. (2025). Microsoft Copilot: Conversational AI model. Retrieved from <https://www.microsoft.com/copilot>

UNIVERSITY OF VICTORIA

Department of Psychology Important Course Policy Information Summer Session 2025

Accessible Learning

The University of Victoria is committed to creating a learning experience that is as accessible as possible. If you are registered with the [Centre for Accessible Learning](#) and anticipate or experience any barriers to learning in this course, please feel welcome to discuss your concerns with me. If you are a student with a disability or chronic health condition, you can meet with a CAL advisor to discuss access and accommodations.

Attendance and Absences

Attendance is important. Students are expected to attend all classes in which they are enrolled. Students may be assigned a final grade of N or debarred from writing final examinations if they fail to satisfy a minimum attendance requirement set by the instructor for lectures, laboratories, online course discussions or learning activities, tutorials, or other learning activities set out in the course outline.

Medical documentation for short-term absences is **not required** (approved by Senate). Students who cannot attend due to illness are asked to notify their instructors immediately. If illness, accident, or family affliction causes a student to miss the final exam or to fail to complete any required assignment/assessment by the end of the term students are required to submit a request for academic concession (see below).

Children and Pets

If you need to bring your children or pet to class, please do not hesitate to do so. It is understood that sometimes this is necessary due to care circumstances. However, please aim to have minimal class disturbance so that student learning is not impacted.

Class Recording and Auto-Captioning Statement

The instructor may record class sessions and those recordings may be made available to all students in the class via Brightspace. If you have questions or concerns regarding class recording and privacy, please contact privacyinfo@uvic.ca

Auto-generated captioning may be enabled in this course. Auto-captioning is highly error-prone, especially for specialized terminology and proper names. Students are asked to refer to the audio feed for clarification of any errors. If you find captioning errors that are offensive, please contact your instructor and/or teaching assistant so that they are aware. If you require captions as part of an academic accommodation, please contact [CAL](#).

Commitment to Inclusivity, Diversity, and Respectful Environments in the Classroom and Online

The University of Victoria is committed to providing a positive and supportive and safe learning and working environment for all its members. All members of the university community have the right to this experience and the responsibility to help *create* such an environment. The University will not tolerate racism, sexualized violence, or any form of discrimination, bullying, or harassment.

Please be advised that, by logging into UVic's learning systems or interacting with online resources and course-related communication platforms, you are engaging in a University activity.

All interactions within this environment are subject to the university expectations and policies. Any concerns about student conduct may be reviewed and responded to in accordance with the appropriate university policy.

To report concerns about online student conduct: onlineconduct@uvic.ca

Copyright

All course content and materials are made available by instructors for educational purposes and for the exclusive use of students registered in their class¹. The material is protected under copyright law, even if not marked with ©. Any further use or distribution of materials to others requires the written permission of the instructor, except under fair dealing or another exception in the Copyright Act. Violations may result in disciplinary action under the [Resolution of Non-Academic Misconduct Allegations policy \(AC1300\)](#) or the [Academic Integrity Policy](#), whichever is more appropriate for the situation.

Course Experience Survey (CES)

I value your feedback on this course. Toward the end of term, you will have the opportunity to complete a confidential course experience survey (CES) regarding your learning experience. The survey is vital to providing feedback to the instructor regarding the course and their teaching, as well as to help the department improve the overall program for students in the future. When it is time for you to complete the survey, you will receive an email inviting you to do so. If you do not receive an email invitation, you can go directly to <http://ces.uvic.ca>. You will need to use your UVic NetLink ID to access the survey, which can be done on your laptop, tablet or mobile device. You will be reminded nearer the time, but please be thinking about this important activity, especially the following three questions, during the course.

1. What strengths did your instructor demonstrate that helped you learn in this course?
2. Please provide specific suggestions as to how the instructor could have helped you learn more effectively.
3. Please provide specific suggestions as to how this course could be improved.

Disclaimer

The above schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances.

Grading

In classes that are based on a percentage grading scheme, the following [Undergraduate Grading Scale](#) is used

Grade	A+	A	A-	B+	B	B-	C+	C	D	F
Percentage	90-100	85-89	80-84	77-79	73-76	70-72	65-69	60-64	51-59	< 50
GP Value	9	8	7	6	5	4	3	2	1	0

Rounding is only applied to the final grade and is rounded up at the 0.5% level (e.g., 84.49% is rounded to 84% and 84.50% is rounded to 85%).

Medical Documentation for absences

No medical documentation for short-term absences is required (Approved by Senate).

If you are seeking a Withdrawal Extenuating Circumstances or an Aegrotat grade, medical documentation may be required if relevant.

Ombudsperson and Academic Concerns

From the course calendar...

Depending on the nature of the academic matter of concern to the student, the order in which the student should normally try to resolve the matter is: first, the course instructor; second, the Chair of the department; third, the Dean of the faculty; and finally, the Senate.

If you are having an academic concern or problem that cannot be resolved with your instructor or the Department Associate Chair, you may wish to consult with the Office of the Ombudsperson (<https://uvicombudsperson.ca>). Current contact information for the office can be found here <https://uvicombudsperson.ca/contact/>.

¹ Syllabi belong to the department through which the course is administered.

Policy on Academic Integrity including Plagiarism and Cheating

The Department of Psychology fully endorses and intends to enforce rigorously the [Senate Policy on Academic Integrity](#). It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else's. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.
2. **Unauthorized Use of an Editor.** The use of an editor is prohibited unless the instructor grants explicit written authorization.
3. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.
4. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.
5. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has a policy of not making old examinations available for study purposes. Therefore, use of old exams without the express written permission of the instructor constitutes cheating by the user, and abetting of cheating by the person who provided the exam.
6. **Aiding Others to Cheat.** It is a violation to help others or attempt to help others to engage in any of the conduct described above.

The use of a generative artificial intelligence (AI) is strictly prohibited in any submitted work (unless expressly endorsed by the instructor as part of an assignment).

Instructors are expected to make every effort to prevent cheating and plagiarism. This may include the assignment of seating for examinations, asking students to move during examinations, requests to see student identification cards, and other measures as appropriate. Instructors also have available to them a variety of tools and procedures to check for Internet and electronic media-based cheating. In instances of suspected or actual plagiarism or cheating, instructors, following prescribed procedures, are authorized to take steps consistent with the degree of the offence. These measures will range from a zero on the test or assignment or a failing grade for the course, probation within a program to temporary or even permanent suspension from the University.

Rights of Appeal are described in the Policy on Academic Integrity in the University calendar Spring 2025.

The definitive source for information on Academic Integrity is the University Calendar

Other useful resources on Plagiarism and Cheating include:

1. The Ombudsperson's office: <https://uvicombudsperson.ca/academic-integrity/>
The [Office of the Ombudsperson](#) is an independent and impartial resource to assist with the fair resolution of student issues. A confidential consultation can help you understand your rights and responsibilities. The Ombudsperson can also clarify information, help navigate procedures, assist with problem-solving, facilitate communication, provide feedback on an appeal, investigate and make recommendations. Phone: 250-721-8357; Email: ombuddy@uvic.ca; Web: uvicombudsperson.ca.
2. UVic Library Resources: <http://www.uvic.ca/library/research/citation/plagiarism/>
3. UVic Library Document on [Avoiding Plagiarism](#)

Prerequisites

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites **ARE NOT** exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

Program Requirements

For more information see the [UVic Calendar](#).

Registration Status

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the [deadlines](#) set out in the current UVic Calendar.

Students who do not attend classes must not assume that they have been dropped from a course by an academic unit or an instructor. Courses that are not formally dropped will be given a failing grade, students may be required to withdraw and will be required to pay the tuition fee for the course.

Request for Academic Concessions

Students can apply for [academic concessions](#) if their course requirements are affected by (i) unexpected and/or unavoidable circumstances (e.g., illness, family affliction, etc.), or (ii) conflicting responsibilities (e.g., service in the armed forces or first responder, representing the university).

- **Request an in-course extension**
If you require more time to complete a course requirement or miss a test or midterm exam, then you will need to complete the "[In-Course Extension Form](#)" and submit it directly to your course instructor. All course requirements must be completed prior to the submission of final grades.
- **What to do if you miss the final exam scheduled during the formal exam period**
Apply at Records Services for a "[Request for Academic Concession](#)", normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.
- **What to do if you require additional time to complete course requirements beyond the normal term.**
Apply at Records Services for a "[Request for Academic Concession](#)", normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation. Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record if the missing work has been deemed required. Note, only required course components may be deferred.

Research Participation Opportunities with the Department of Psychology

The Department of Psychology offers multiple opportunities to participate in research studies over the year. Students are encouraged to learn more about the field of psychology by volunteering in these studies. Information about studies can often be found posted on notice boards around the Department as well as through our Participant Pool webpage at <https://www.uvic.ca/socialsciences/psychology/research/participants/>.

Student Support Services

[Learn Anywhere](#) is the student support portal for a full range of student academic and support services. Services include: [Centre for Academic Communication](#), [Math & Stats Assistance Centre](#), [Counselling Services](#), [Health Services](#), [Library](#), [Ombudsperson](#), and [Computer Help Desk](#)

This classroom is a trans-inclusive space

Please indicate if you have a preferred name and pronoun that you'd like to be used in the classroom. Please e-mail your instructor or your TA if you would like to discuss the climate of this classroom for trans students. Gender neutral bathrooms are available at UVic.

University of Victoria Students' Society (UVSS)

The [UVSS](#) is a social justice based non-profit run by students, for students and is entirely separate from UVic. As an undergrad student, you are already a member! We work on issues affecting students such as affordability, public transit, sexualized violence, sustainability, student employment, and much more. We fund clubs and course unions, and have several advocacy groups. We also have a Food Bank and Free Store, a Peer Support Centre, and run your health and dental plan. We are here to support you, so please reach out to us at uvss.ca!

Academic Important Dates

Summer session – (May – August)

Wednesday, May 7 th	May – August (Term 1) courses begin for all faculties
Monday, May 12 th	May (Term 4) and May-June (Term 2) courses begin
Monday, May 19 th	University Closed (Victoria Day)
Saturday, May 31 st	Fee deadlines for summer
Wednesday, June 4 th	May (Term 4) Courses End
Thursday, June 5 th	June (Term 5) Courses Begin
Monday, June 9 th	First registration date for Winter Session 2025/2026
Friday, June 27 th	May-June (Term 2) and June (Term 5) Courses End
Monday, June 30 th	Reading Break May-August (Term 1) sections only (except Law)
Tuesday, July 1 st	University Closed (Canada Day)
Tuesday, July 1 st	Reading Break May-August (Term 1) sections only (except Law)
Thursday, July 3 rd	July (Term 6) and July-August (Term 3) courses begin
Friday, July 25 th	July (Term 6) courses end
Monday, July 28 th	August (Term 7) courses begin
Friday, August 1 st	May-August (Term 1) classes end for all faculties
Monday, August 4 th	University Closed (British Columbia Day)
Tuesday, August 5 th	May-August (Term 1) examinations begin for all faculties
Saturday, August 16 th	May-August (Term 1) examinations end for all faculties
Wednesday, August 20 th	July-August (Term 3) and August (Term 7) courses end

Add and drop dates for standard 2024-2025 Winter Session courses

Term	Start Date	End Date	100% Fee Reduction	Add Deadline	50% Fee Reduction	Academic Drop no Fee Reduction
1	May 7	Aug 1	May 19	May 22	Jun 8	Jul 2
2	May 12	Jun 27	May 18	May 19	May 29	Jun 11
3	Jul 3	Aug 20	Jul 9	Jul 10	Jul 21	Aug 3
4	May 12	Jun 4	May 15	May 15	May 20	May 27
5	Jun 5	Jun 27	Jun 7	Jun 7	Jun 13	Jun 19
6	Jul 3	Jul 25	Jul 5	Jul 5	Jul 11	Jul 17
7	Jul 28	Aug 20	Jul 31	Jul 31	Aug 5	Aug 12

Sexualized Violence Prevention and Response at UVic

UVic takes sexualized violence seriously, and has raised the bar for what is considered acceptable behaviour. We encourage students to learn more about how the university defines sexualized violence and its overall approach by visiting www.uvic.ca/svp. If you or someone you know has been impacted by sexualized violence and needs information, advice, and/or support please contact the sexualized violence resource office in Equity and Human Rights (EQHR). Whether or not you have been directly impacted, if you want to take part in the important prevention work taking place on campus, you can also reach out:

Where: Office of Equity and Human Rights, Sedgewick Building, Room C115

Phone: 250 721 8021

Email: svpcoordinator@uvic.ca

Web: <https://www.uvic.ca/sexualizedviolence/>

BE WELL



A note to remind you to take care of yourself. Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone.

Social Life, Friends, & Community at UVic:

Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.

<https://www.uvic.ca/undergraduate/housing-student-life/student-life/index.php>

Counselling Services:

The Student Wellness Centre can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. <https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-counsellors>

Health Services:

The Student Wellness Centre also provides a full service primary health clinic for students. <https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-physicians>

Centre for Accessible Learning:

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations <https://www.uvic.ca/accessible-learning/index.php>. The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

Elders' Voices:

The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being.

www.uvic.ca/services/indigenous/students/programming/elders/

Mental Health Supports and Services:

Mental health supports and services are available to students from all areas of the UVic community: <https://www.uvic.ca/student-wellness/wellness-resources/mental-health/>