

3. Differentiate prominent biological, psychological, and sociocultural theories of mental health and wellbeing
4. Analyze the role of factors such as sex and gender, culture, and typical development in framing mental health issues
5. Identify issues relevant to diversity and social justice in the context of mental health and wellbeing, including the ongoing impact of colonialism
6. Explain the impact of mental health challenges on individuals, their families, and communities
7. Advocate for empathic and non-stigmatizing representations of mental health
8. Critique the strengths and weakness of current systems of classifying mental health challenges
9. Assess information about mental health and wellbeing for accuracy and/or bias

Prerequisites. The prerequisites for this course are PSYC 260 and PSYC 201. 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. Given the demand for this course, students who do not attend the first two classes (and do not provide notification to the instructor if valid circumstances prevent attendance) will likely be dropped from class registration.

Emilie Longtin Emilie Longtin is a PhD Candidate in the Clinical Psychology program at UVic. As a graduate student, she balances teaching, research, and clinical practice. Her clinical interests focus on supporting children and adolescents through a systems lens that considers the roles of families, schools, and communities in shaping wellbeing. Emilie identifies as neurodiverse and grew up alongside a sister with autism. She integrates this lived experience with her clinical training, drawing on both personal insight and relevant case examples to help students connect course concepts to real-world contexts. Her research focuses on the strengths and challenges of the Canadian refugee sponsorship program and on how communities can foster inclusion and belonging. Her current work explores the intersection of resettlement and identity among LGBTQ+ refugees within the contemporary geopolitical climate.

Barbie Jain is a doctoral student in the Clinical Psychology program at UVic (Lifespan Stream). Her research interests include examining access to and utilization of culturally responsive, strengths-based mental health care among newcomers and other equity-deserving communities through an intersectional and community-informed approach.

Learning Format. This course will be offered in person. You are expected to read the textbook prior to class. Lectures address some of the core textbook content, but will also expand beyond the material in the textbook. We will also use class time for questions and group discussions. If you are not feeling well, you are encouraged to stay home. I will make all slides available on our Brightspace page.

Respect for Diversity. I am committed to promoting, providing, and protecting a positive, supportive, and safe learning environment. It is my intent that students from all diverse backgrounds and perspectives be well-served by this course and that students' learning needs will be addressed both in and out of class. I view the diversity that students bring to this class as a resource, strength and benefit. I aim to present materials and activities that are respectful of diversity: gender, sexuality, age, disability, physical appearance, socioeconomic status, ethnicity, race, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally or for other students or student groups. In addition, if any of our class meetings conflict with your religious events, please let me know so that we can make arrangements for you.

PSYC 366 Anticipated Schedule of Topics and Due Dates - Spring 2026

Any changes to this schedule will be announced in-class and on Brightspace. Please regularly check the course website for updates and announcements.

Date	Topic	Chapter	Evaluations
Jan 5	Introduction and Overview		
Jan 7	Organizing frameworks	1	
Jan 12 & 14	Theoretical Models of Psychopathology	2	
Jan 19 & 21	Culture and Diagnosis	4.1 - 4.3	
Jan 26 & 28	Trauma and Stress-related disorders	12	Culture and Child Mental Health Reflection due 1/29
Feb 2	Exam #1 in class	Covers chapters 1, 2, 4.1-4.3, 12, and in-class material	Exam 1
Feb 4 & 9	Autism Spectrum Disorder	6	
Feb 11	Attention-Deficit/Hyperactivity Disorder (ADHD) Part 1	8	
Feb 16 & 18	No Classes – Reading Break		
Feb 23	Attention-Deficit/Hyperactivity Disorder (ADHD) Part 2	8	
Feb 25 & Mar 2	Conduct Problems	9	
Mar 4	Exam #2 in class	Covers chapters 6, 8, 9, and in-class material	Exam 2
Mar 9 & 11	Anxiety and Obsessive Compulsive Disorders	11	Brightspace Forum opens March 9
March 16 & 18	Depressive Disorders & Non-Suicidal Self-Injury	10	Brightspace Forum original response due March 20
March 23 & 25	Eating Disorders	14	Brightspace Forum peer response due March 27
March 30	Prevention & Intervention	4.4 - 4.5	
April 1	Exam #3 in class	Covers chapters 11, 10, 14, 4.4-4.5, and in-class material	Exam 3

Course Requirements and Evaluation

This course requires attendance, preparation for, and active participation in class. Final grades will be calculated based on the following specific elements:

<i>Evaluation</i>	<i>Date</i>	<i>% of Grade</i>
Culture and Child Mental Health reflection	Jan 29	15%
Exam 1	Feb 2 in class	22.5%
Exam 2	March 4 in class	22.5%
Case Study Discussion Forum original post	March 20	15%
Case Study Discussion Forum responses	March 27	10%
Final exam	April 1 in class	15%

In-class group discussions. You will get more out of the class if you have completed the readings prior to lectures and come to class prepared to actively participate in discussions. In order to help facilitate active engagement with the course material in our large class, we will regularly break into small groups. These small groups will be an opportunity to share relevant insights, knowledge, or experiences with each other during class. To structure these discussions, I will present the class with thought questions, case studies, or other activities designed to help you integrate and apply the concepts and theories discussed in class and in the textbook. **Group discussion material will be evaluated on the exams.**

Culture and Child Mental Health reflection. This two-page reflection paper asks you to consider a child mental health topic from a different cultural vantage point. The profession of psychology is grounded largely in Euro-centric assumptions and ways of knowing, with theories of health, illness, and intervention typically oriented toward people whose identities align with the dominant culture (e.g., white, cisgender, heterosexual, able-bodied, native-born). This assignment encourages you to examine a course topic from a critical, culturally expansive lens. You will choose a topic covered this term (e.g., Autism, ADHD) or reflect more broadly on definitions of mental health and wellness. Then, you will locate a resource (e.g., an empirical or theoretical article) that approaches the topic from a different cultural perspective—either within Canada (e.g., Indigenous perspectives, Black Canadians) or from a global context (e.g., a different country). Then you will write about what child clinical psychology can learn by incorporating these additional cultural viewpoints. More information will be provided in class and on Brightspace.

Case Study Discussion Forum. A Discussion forum will be completed within peer learning groups that I will randomly assign in Brightspace. I will post a description of a child or adolescent, and you will post your conceptualization of the case, as well as respond to the ideas of others. Since the forum is open for more than one week, there will be no make-up forums available except under extenuating circumstances. More information will be posted on Brightspace.

Three non-cumulative exams will be given that cover both the readings and the lectures/ class discussions. Exams will include multiple choice and short answer questions. No accommodations will be made for those wanting to leave Victoria prior to the end of courses. The three in class exams will be designed to be completed in 50 minutes. However, all students will have the full 80 minute class time to complete.

Missed Exams and Assignments. It is your responsibility to attend class and exams as scheduled. If you miss an exam due to illness, accident, or family affliction, you should notify me by e-mail as soon as possible. If you are too ill to take an exam, please do not! I will not be able to drop your exam mark after the fact. Make-up exams for Exams 1 and 2 will be offered within two weeks of the originally scheduled exam. If you are unable to take the exam in that time frame, the other two exams will be weighted more heavily in calculating your final mark for this course. If you miss the *final exam* due to illness, accident, or family affliction, contact me as soon as possible and also apply for academic concession.

As per university policy, your final grade in the course will be based on your total percent score. Grades that end with a decimal point of 0.5 or above will be rounded to the next higher whole number, and grades that end with a decimal point below 0.5 will be rounded to the next lower whole number:

A+	(Exceptional performance)	90 - 100%
A	(Outstanding performance)	85 - 89%
A-	(Excellent performance)	80 - 84 %
B+	(Very good performance)	77 – 79%
B	(Good performance)	73 – 76%
B-	(Solid performance)	70 – 72%
C+	(Satisfactory)	65 – 69%
C	(Minimally satisfactory)	60 – 64%
D	(Marginal performance)	50 – 59%
F	(Failing grade)	0 – 49%

Students who have completed the following elements will be considered to have completed the course: at least two exams, the case discussion forum, and the culture and mental health reflection. Failure to complete one or more of these elements will result in a grade of “N” regardless of the cumulative percentage on other elements of the course. N is a failing grade and factors into GPA as a value of 0. In accordance with the University’s policy on academic concessions, “A student who completes all course requirements is not eligible for an academic concession”. Consequently, students can only request deferrals for the completion of required course components and not for non-essential course components.

Research Participation. Students in this course may earn up to 2% extra credit toward their final grade by participating in approved research studies conducted in the Department of Psychology. One (1) hour of participation earns students one (1) SONA credit and credits are given in 0.5 increments, with one (1) credit required for a 1% increase in the student's final grade. Thus, two hours of participation would earn the full 2% extra credit. There is a one (1) SONA bonus credit for in-person experiments regardless of the overall participation time. For details on participating in research studies, go to the Department of Psychology web site: <https://www.uvic.ca/socialsciences/psychology/research/participants/>. You must be sure to assign your credits to this course (and this section of the course) no later than the last day of class, otherwise you will not receive extra credit in this course. If you do not wish to participate in research, but still wish to have the opportunity to earn an equivalent amount of extra credit, you may contact your course instructor to arrange for an alternative option involving written assignments.

Important Notes

1. I am committed to promoting, providing and protecting a **positive, supportive and safe learning and working environment**. Please feel free to talk with me anytime during the semester. I welcome the opportunity to assist you in your learning. If there is a problem that is negatively affecting your performance, contact me early so that we can develop a plan to help you succeed in this class. This is often ultimately more helpful than struggling and trying to push through on your own.
2. **When you email me, please include “PSYC 366” in the subject line.** I receive a very large volume of emails and want to be able to find yours easily!
3. It is your responsibility to **check your registration status** by the drop deadline to ensure you are registered only in courses you have been attending. 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. The last day to add courses online is January 21 for courses that begin in the second term. Undergrad course adds after this date will require an Undergraduate Course Change form and are subject to the approval of the Director of the Academic Advising Centre. It is your responsibility to check your registration status by the drop deadline to ensure that you are registered in the course.
4. You should familiarize yourself with the Department of Psychology **Important Course Policy Information**, including the Policy on Academic Integrity including Plagiarism and Cheating.
5. **Academic Integrity.** Please complete the *Integrity Matters* module that is available in Brightspace before handing in *any* coursework for evaluation. You need to self-enroll in this module by searching for it under the Discover tab (drop-down menu) on the Brightspace homepage. Resources that can help avoid plagiarism and cheating include the Libraries’ plagiarism guide <https://libguides.uvic.ca/AvoidingPlagiarism>.

Note that the use of a generative artificial intelligence (AI) is strictly prohibited in any submitted work. The Department reserves the right to use plagiarism detection software or other platforms to assess the integrity of student work including AI detectors.

All lecture notes and course materials that I make available to you, and all exams and quizzes are my intellectual property, and are made available to students for instructional purposes only. You may not distribute lecture notes or any exams or quizzes from the course without my permission. To do so, through note-sharing sites or other means, violates the Policy on Academic Integrity.

6. **Centre for 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.
7. **Counselling Centre:** If you feel that you need help with personal, career, or learning issues, the Counselling Centre provides free and confidential counselling to UVic students: <https://www.uvic.ca/students/health-wellness/counselling/>.

UNIVERSITY OF VICTORIA
Department of Psychology
Important Course Policy Information
Spring Session 2026

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 class^[1]. The material is protected under copyright law, even if not marked with a ©. 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 \(AC1300\)](#).

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.

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 round 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

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/>.

Online Conduct

The University of Victoria is committed to promoting critical academic discourse while providing a respectful and supportive learning environment. 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

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). The Department reserves the right to use AI detectors.

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.

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 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/>.

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: Sexualized violence resource office in EQHR, Sedgewick C119
- Phone: 250.721.8021, Email: svpcoordinator@uvic.ca, Web: www.uvic.ca/svp

Student Support Services

[UVicLearn \(formerly Learn Anywhere\)](#) 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 email 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

[Spring session – second term \(January – April\)](#)

Tuesday, January 1 st	University Closed (Winter Break)
Monday, January 5 th	Second term classes begin for all faculties
Sunday, January 18 th	Last day for 100% reduction of second term fees for standard courses 50% of tuition fees will be assessed for courses dropped after this date.
Wednesday, January 21 st	Last day for adding courses that begin in the second term
Wednesday, January 31 st	Last day for paying second term fees without penalty
Sunday, February 8 th	Last day for 50% reduction of tuition fees for standard courses
Monday, February 16 th	University Closed (Family Day)
February 16 th – 20 th	Reading Break for all faculties
Saturday, February 28 th	Last day for withdrawing from second term courses without penalty of failure
Thursday, April 2 nd	Last day of classes for all faculties
Friday, April 3 rd – Monday, April 6 th	S.E.L. days (Student Experience of Learning survey)
Monday, April 6 th	University closed (Easter Monday)
Tuesday, April 7 th	Second term examinations begin for all faculties
Wednesday, April 22 nd	Second term examinations end for all faculties

Add and drop dates for standard 2026 Winter Session courses

Term	Start Date	End Date	100% Fee Reduction	Add Deadline	50% Fee Reduction	Academic Drop no Fee Reduction
Second term	Jan 5	Apr 2	Jan 18	Jan 21	Feb 8	Feb 28



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-wellnessteam/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-wellnessteam/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/accessiblelearning/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/>