Psychology 100B (A01) Course Outline
Introductory Psychology II – Social and Applied Emphasis
Fall 2022
CRN: 13004

Course Details

Location: Online, on Brightspace (bright.uvic.ca)

Time: Exams 1 and 2 will take place during scheduled class time @ 6:00 – 7:20 pm on Thursday, October 13th and Thursday, November 17th. Lectures will be delivered asynchronously

Instructor: Morgan Teskey | mteskey@uvic.ca | Virtual office hour: Monday @ 2:00- 3:00, or by appointment on Zoom (link found under Zoom tab)

TA: Christina Robillard | christinarobillard@uvic.ca | Virtual office hour: Friday @ 10:30 – 11:30 (Zoom link TBD)

Textbook: Psychology- 1st Canadian Edition by Stangor and Walinga. Available through BCcampus Open Education at no cost to you. The book can be viewed or downloaded @ https://opentextbc.ca/introductiontopsychology/

Course Description

This course will provide an introduction to the main areas of social and applied psychology, including topics such as personality, intelligence, emotions, and psychological disorders. We will discuss main findings in these areas and the methods used to gather information about human behaviour. Textbook readings and lecture videos will focus on delivering content relating to psychological principles, while assignments and skills tutorials (in lecture) have been designed to encourage development of fundamental skills such as communicating information from primary sources.

In this outline...

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Your final letter grade in the course will be based on the official University of Victoria grading scale and the following criteria:

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Date</th>
<th>% of final grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>October 13th @ 6:00 pm</td>
<td>22</td>
</tr>
<tr>
<td>Exam 2</td>
<td>November 17th @ 6:00 pm</td>
<td>22</td>
</tr>
<tr>
<td>Exam 3</td>
<td>Final Exam Period, TBA</td>
<td>28</td>
</tr>
<tr>
<td>Intro survey</td>
<td>Due September 20th @ 6:00 pm</td>
<td>1</td>
</tr>
<tr>
<td>Assignment 1</td>
<td>Due October 20th @ 6:00 pm</td>
<td>6</td>
</tr>
<tr>
<td>Assignment 2</td>
<td>Due December 1st @ 6:00 pm</td>
<td>15</td>
</tr>
<tr>
<td>Textbook quizzes</td>
<td>Due throughout (see schedule on pg. 3)</td>
<td>6 (1% each, lowest score dropped)</td>
</tr>
<tr>
<td>Bonus</td>
<td>Research credits and bonus assignments due December 5th</td>
<td>Up to 2 bonus %</td>
</tr>
</tbody>
</table>

Note: All due dates/times correspond to local time in Victoria, BC. If you are located in a different time zone be sure to make the necessary adjustments.

Only students who have written the final exam and at least one other exam will be considered to have completed the course.

Failure to complete one or more of these elements will result in a grade of “N” regardless of the cumulative percentage of all 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.
Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Lecture 1 (Tuesday)</th>
<th>Lecture 2 (Thursday)</th>
<th>Due dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>No class</td>
<td>Course Introduction</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Topic 1: Intelligence</td>
<td>Topic 1: Intelligence</td>
<td></td>
</tr>
</tbody>
</table>
| 3    | Topic 1: Intelligence & Skills Tutorial 1 | Topic 2: Motivation | Introductory Survey due Tuesday, September 20th  
Topic 2 textbook quiz due Thursday, September 22nd @ 6:00 pm |
| 4    | Topic 2: Motivation | Topic 3: Emotions and Stress | Topic 3 textbook quiz due Thursday, September 29th @ 6:00 pm |
| 5    | Topic 3: Emotions and Stress | Topic 3: Emotions and Stress |           |
| 6    | Topic 4: Development | Exam 1 – Thursday, October 13th @ 6:00 PM  
(Covers topics 1, 2, & 3) | Topic 4 textbook quiz due Tuesday, October 11th @ 6:00 pm |
| 7    | Topic 4: Development | Topic 4: Development | Assignment 1 due Thursday, October 20th @ 6:00 pm |
| 8    | Skills Tutorial 2 & Topic 5: Social Psychology | Topic 5: Social Psychology | Topic 5 textbook quiz due Tuesday, October 25th @ 6:00 pm |
| 9    | Topic 5: Social Psychology | Topic 6: Personality | Topic 6 textbook quiz due Thursday, November 3rd @ 6:00 pm |
| 10   | Topic 6: Personality | No Class-Reading Break |           |
| 11   | Topic 7: Disorders | Exam 2 - Thursday, November 17th @ 6:00 pm  
(Covers topics 4, 5, & 6) | Topic 7 textbook quiz due Tuesday, November 15 @ 6:00 pm |
| 12   | Topic 7: Disorders | Topic 7: Disorders |           |
| 13   | Topic 8: Treatment | Topic 8: Treatment | Topic 8 textbook quiz due Tuesday, November 29 @ 6:00 pm  
Assignment 2 due Thursday, December 1st @ 6:00 pm |

**Monday, December 5th**: last day to earn bonus research credits/submit bonus assignments.

The final exam will occur during the final exam period, date and time TBA.

Note: All due dates/times correspond to local time in Victoria, BC. If you are located in a different time zone be sure to make the necessary adjustments.

Lectures will be posted on Brightspace by class time (6:00 pm), according to the schedule, and will remain available for viewing until after the final exam.
**Introductory Survey:** This survey (found under the *Surveys* tab) will be used to provide me with some general information, such as your previous knowledge of course content and your goals for the class.

**Textbook readings and quizzes:** For each topic there is a set of assigned textbook readings. Not all relevant textbook sections are listed as required readings. Excluded sections still contain valuable and interesting material, but I have made them optional in an effort to keep the amount of required reading more manageable. Ideally, you should be reading this material before we begin the relevant lectures. To help keep your readings on track, there will be a quiz on each topic (excluding the first: Intelligence). These quizzes are *open book/note* and *untimed*. Each quiz is due before the first lecture on the corresponding topic (see the schedule on page 3 for details). Your lowest quiz score will be dropped (will not contribute towards your final grade). This drop policy is implemented in lieu of an extension policy, therefore late quiz submissions will not be accepted.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Required textbook readings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intelligence</td>
<td>10.0 – 10.2</td>
</tr>
<tr>
<td>Motivation</td>
<td>11.4</td>
</tr>
<tr>
<td>Emotion and Stress</td>
<td>11.1 – 11.3 &amp; 16.2</td>
</tr>
<tr>
<td>Development</td>
<td>7.0 – 7.4</td>
</tr>
<tr>
<td>Social Psychology</td>
<td>15.0 – 15.4</td>
</tr>
<tr>
<td>Personality</td>
<td>12.0 – 12.4</td>
</tr>
<tr>
<td>Psychological Disorders</td>
<td>13.0 – 13.3 &amp; 13.5</td>
</tr>
<tr>
<td>Treatment</td>
<td>14.0 – 14.5</td>
</tr>
</tbody>
</table>
Exam Policies

**Exams:** Exams 1 and 2 will take place during scheduled class time @ 6:00 – 7:20 pm on Thursday, October 13th and Thursday, November 17th. Exam 3 will be scheduled by UVIC during the final exam period.

*Exam materials.* Exams will cover material from lectures as well as the required textbook readings. Exam 1 will cover topics 1, 2, and 3. Exam 2 will cover topics 4, 5, and 6. Exam 3 will be cumulative and cover all course topics, with an emphasis on topics 7 and 8.

*Exam format.* All exams will be administered on Brightspace (found under the quizzes tab). I will be on Zoom during the exam time to offer help or technical assistance if needed. You should not join the Zoom call unless you need to ask me something during the exam.

Questions will be mainly multiple-choice format, with 1 or 2 written answer questions. These exams are open-book/open-note exams. This means you are free to refer to your own notes, and/or the textbook during the duration of the exam.

You are **not authorized** to collaborate or communicate with another person(s) during the exam. **Exams must be completed on your own.** Use of any online resources (such as Google, Chegg, etc) other than the textbook is **not authorized.** Any collaboration or use of unauthorized resources will be considered a violation of the academic integrity policy and will result in a 0 grade for the assessment or a failure of the course.

*Make-up exams.* It is your responsibility to write examinations as scheduled. If you have a known, unmovable conflict you must email me **at least 5 days before the scheduled exam time** to schedule a make-up exam. In cases of emergencies/sudden illnesses that render you incapable of writing the exam, you must email me **within 3 days of the missed exam** to schedule a make-up exam. Make-up exams will only be offered within the first five days after the missed exam. In the case of extended illness/unresolvable circumstance that does not allow for a make-up exam to be written, the weight of the missed exam will be added to Exam 3.
Assignments and Bonus Credit

**Assignments:** This class has 2 assignments that have been designed to help develop your research and writing skills. Additionally, during lectures on September 20th and October 25th, I will provide short tutorials on these skills that will aid you in the completion of these assignments. In Assignment 1 you will select a topic related to the course content that you are interested in exploring in more depth. Through the creation of an annotated bibliography you will build a foundation of knowledge, which you will use in Assignment 2 to write a mini literature-review on your topic.

Assignments must be submitted in **PDF format** in the relevant assignment drop box on Brightspace (drop boxes can be found under the *Assignment* tab). Assignments uploaded in any other format may be assigned a grade of 0 if the TA is unable to open/access the file.
Assignment 1 is due October 20th @ 6:00 pm
Assignment 2 is due December 1st @ 6:00 pm
Late work will be accepted, with a 20% deduction from the assignment grade every day (or partial day in the case of the due date) that the submission is late.

You are responsible for familiarizing yourself with UIVCs academic integrity policies (which can be found under the *UVIC resources tab*). Any violation or form of plagiarism will result in a grade of 0 for the assessment and will be reported. Repeat violations will result in a failing grade for the course.

**Bonus Credits:** You can earn up to 2% in bonus credit in this course by participating in research or submitting bonus assignments. Visit https://uvic.sona-systems.com/ for more information on how earn research participation credits. This is a very fun and informative way to learn more about psychology and the type of interesting work happening in the department right here at UVIC!
Further information about the bonus assignments can be found under the *Assignments* tab.
**Discussion Boards:** Discussion boards are an ungraded portion of the class, designed to help you engage with your classmates and instructor. These should be your first point of contact if you have any general question about course content, course policies, assignments, etc. Before asking a question, check to see if any of your peers have posted a similar question, if so, please add your thoughts to their discussion thread rather than creating another. I will be periodically checking the discussion boards for questions and will post responses to questions that have been posted. Be sure to keep your discussions and questions relevant to the topic of the discussion board. Respectful and professional communication is expected at all times.

**Office Hours:** Each Monday I will hold a virtual office hour over Zoom from 2-3pm. Links to the office hour can be found under the *Zoom* tab. These are informal drop-in sessions that you are free to join at any time. Please come with questions! These sessions will not be recorded.

**Announcements:** I will be using the announcements feature in Brightspace to provide information and updates throughout the course. Announcements will be posted on the front page of the course page on Brightspace, and you can opt to have Brightspace announcements sent to your email as well. It is expected that you will read and/or watch each announcement within a day or so after it has been posted.

**Territory Acknowledgment**

We acknowledge and respect the ləkʼwən̓ən peoples on whose traditional territory the university stands and the Songhees, Esquimalt, and W̱SÁNEĆ peoples whose historical relationships with the land continue to this day.
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
UNIVERSITY OF VICTORIA
Department of Psychology
Important Course Policy Information
Winter Session 2022

Accessible Learning
The University of Victoria is committed to creating a learning experience that is as accessible as possible. If you anticipate or experience any barriers to learning in this course, please feel welcome to discuss your concerns with me. If you have a disability or chronic health condition, or think you may have a disability, you may also want to meet with an advisor at the Centre for Accessible Learning (CAL).

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. 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:

<table>
<thead>
<tr>
<th>Grade</th>
<th>A+</th>
<th>A</th>
<th>A-</th>
<th>B+</th>
<th>B</th>
<th>B-</th>
<th>C+</th>
<th>C</th>
<th>D</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage</td>
<td>90-100</td>
<td>85-89</td>
<td>80-84</td>
<td>77-79</td>
<td>73-76</td>
<td>70-72</td>
<td>65-69</td>
<td>60-64</td>
<td>51-59</td>
<td>&lt; 50</td>
</tr>
<tr>
<td>GP Value</td>
<td>9</td>
<td>8</td>
<td>7</td>
<td>6</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

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

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/.

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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.

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 September 2022.

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/](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.


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: In the Event of Illness, Accident or Family Affliction
Request for Academic Concession form: http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf

- **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 miss an exam other than one scheduled during the formal exam period**
  Do not apply at Records Services for a “Request for Academic Concession”. Instead, contact your course instructor (or designated teaching assistant) to let them know why you missed the exam. Medical documentation is not required.

- **What to do if you require additional time to complete course requirements**
  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**

**Winter session - first term (September – December)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, Sept 7th</td>
<td>First term classes begin for all faculties</td>
</tr>
<tr>
<td>Tuesday, Sept 20th</td>
<td>Last day for 100% reduction of tuition fees for standard first term and full year courses 50% of tuition fees will be assessed for courses dropped after this date.</td>
</tr>
<tr>
<td>Friday, Sept 23rd</td>
<td>Last day for adding courses that begin in the first term</td>
</tr>
<tr>
<td>Friday, Sept 30th</td>
<td>National Day for Truth and Reconciliation (No Classes)</td>
</tr>
<tr>
<td>Monday, Oct 10th</td>
<td>Thanksgiving Day (No Classes)</td>
</tr>
<tr>
<td>Tuesday, Oct 11th</td>
<td>Last day for 50% reduction of tuition fees for standard courses 100% of tuition fees will be assessed for courses dropped after this date.</td>
</tr>
<tr>
<td>Monday, Oct 31st</td>
<td>Last day for withdrawing from first term courses without penalty of failure</td>
</tr>
<tr>
<td>Nov 9th - Nov 11th</td>
<td>Reading Break for all faculties</td>
</tr>
<tr>
<td>Monday, Dec 5th</td>
<td>National Day of Remembrance and Action on Violence Against Women Classes and exams cancelled from 11:30 am - 12:30 pm</td>
</tr>
<tr>
<td>Monday, Dec 5th</td>
<td>(Friday course schedule) Last day of classes in first term for all faculties</td>
</tr>
<tr>
<td>Dec 7th - Dec 21st</td>
<td>First-term formal examination period</td>
</tr>
</tbody>
</table>

**Winter session - second term (January – April)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Jan 9th</td>
<td>Second term classes begin for all faculties</td>
</tr>
<tr>
<td>Sunday, Jan 22nd</td>
<td>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.</td>
</tr>
<tr>
<td>Wednesday, Jan 25th</td>
<td>Last day for adding courses that begin in the second term</td>
</tr>
<tr>
<td>Sunday, Feb 12th</td>
<td>Last day for 50% reduction of tuition fees for standard courses 100% of tuition fees will be assessed for courses dropped after this date.</td>
</tr>
<tr>
<td>Feb 20th - Feb 24th</td>
<td>Reading Break for all faculties</td>
</tr>
<tr>
<td>Tuesday, Feb 28th</td>
<td>Last day for withdrawing from full year and second term courses without penalty of failure</td>
</tr>
<tr>
<td>Thursday, Apr 6th</td>
<td>Last day of classes in second term for all faculties</td>
</tr>
<tr>
<td>Apr 11th - Apr 26th</td>
<td>Second-term formal examination period</td>
</tr>
</tbody>
</table>
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.


**Counselling Services:**
Counselling Services can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. [www.uvic.ca/services/counselling/](www.uvic.ca/services/counselling/)

**Health Services:**
University Health Services (UHS) provides a full service primary health clinic for students, and coordinates healthy student and campus initiatives.
[www.uvic.ca/services/health/](www.uvic.ca/services/health/)

**Centre for Accessible Learning:**
The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations [www.uvic.ca/services/cal/](www.uvic.ca/services/cal/). 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/](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: [www.uvic.ca/mentalhealth/undergraduate/](www.uvic.ca/mentalhealth/undergraduate/)