



University of Victoria
Department of Psychology
Introduction to Indigenous Health and Well Being
PSYC 191 A01
Psychology in Contemporary Society
CRN: 13005, 1.5 Units
Fall 2022
TWF 1:30pm – 2:20pm
Class Location: COR A121

Territory Acknowledgement: We acknowledge and respect the ləkʷəŋən peoples on whose traditional territory the university stands, and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.

I reserve the right to modify this course outline. Any changes will be announced to you in advance (both in class and posted on Brightspace).

Instructor	Emily A. P. Haigh, Ph.D.
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Teaching Assistant	Sabrina Francescangeli
Office	TBD
Office Hours	TBD
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Calendar Description

This course will draw from Canadian Indigenous perspectives to explore mental health and healing. Topics will consider some of the important historical and contemporary influences on the mental health of Indigenous People in Canada, including traditional forms and modalities of healing, the impact of colonialism on traditional healing, decolonizing approaches to mental health services, and community healing and restoration.

Prerequisites

None

Course Instructor

I am Anishinaabe Métis from Thessalon First Nation (Robinson-Huron Territory) on my mom's side. My dad's family is from England/Scotland. I grew up in Toronto and completed my undergraduate degree at McGill University. I earned my MA and PhD in clinical psychology at Kent State University in Ohio and completed a postdoctoral research fellowship at the Aaron T. Beck Psychopathology Research Unit at the University of Pennsylvania, School of Medicine. Before joining UVic this summer, I was an associate professor and Director of Clinical Training at the University of Maine. In this role I conducted mainstream research on cognitive and emotional theories of depression and self-injurious behaviors. In recent years, I have taken steps to increase my understanding of Indigenous approaches to mental wellness. Outside of being an associate professor, I am mom to Annabel and partner to Bryan. Thank you for your interest in Indigenous mental wellness and for the opportunity to learn together.

Keep in Touch

- Please contact me at: emilyhaigh@uvic.ca
- Do not message me through Brightspace
- ***Please include "PSYC 191" in the subject line of your e-mail*** and make sure you put your name and student number at the end of your message
- Please allow 2 business days for a reply. If I have not replied within that time frame, re- send your message and let me know it is the second time you are sending it

Required Text and Readings

There is no textbook for this course. Instead, you will be reading selected chapters and articles, all of which will be posted on Brightspace

Course Website

We will use Brightspace to manage the course. On Brightspace you will find the syllabus, readings, media, assignments, information necessary for in-class and online activities, and relevant announcements (e.g., grades).

Please make sure you regularly check your email linked to Brightspace for course announcements.

Microsoft 365

We will use Microsoft teams to host online discussion groups. Use the following link to sign up for your free Uvic Microsoft 365 Account:

<https://www.uvic.ca/systems/support/computerssoftware/microsoft365/index.php>

Course Description

Through in-person lectures and online synchronous discussion, this course will introduce students to the broad issues relating to Indigenous Peoples mental wellbeing in Canada through a decolonizing lens. Students will critically reflect on the impact of colonialism and role of Indigenous knowledge systems on mental wellbeing.

Intended Learning Outcomes

By the end of this course, students will be able to:

- Demonstrate emerging cultural sensitivity and humility with respect to Indigenous Peoples in Canada
- Contextualize Indigenous mental wellness by understanding historical trauma and resilience
- Better understand, identify and explain key theoretical concepts and issues related to Indigenous mental wellness both in Canada
- Critically engage in decolonial perspectives and how these have shaped Indigenous peoples' experiences within mental health systems.

Sensitive Material

As we discuss the impact of colonialism on the mental wellness of Indigenous Peoples in Canada, lectures will necessarily contain material that will likely make students feel periodically uncomfortable and possibly distressed. You may also experience discomfort as you discuss course material during your small group discussions. This class will allow students the opportunity to gain experience navigating their own and other's reactions to painful truths in a respectful and thoughtful manner.

To engage most effectively with the course, students are encouraged to proactively develop a self-care plan (e.g., schedule a walk after class) and monitor their physical and psychological wellness. If students have concerns or are unable to engage with the course material, they are

encouraged to reach out to the instructor or teaching assistant. Students may also take advantage of additional supports such as:

UVic Counseling Center; <https://www.uvic.ca/student-wellness/index.php>

Indigenous students may wish to connect with Indigenous Counsellors, Roger John (indigcoun1@uvic.ca) and Marcey Louis (indigcoun2@uvic.ca).

Lydia Toorenburgh, Tri-faculty Indigenous Resurgence Coordinator, Faculty of Social Sciences (tfirc@uvic.ca)

Evaluation

Students who have completed the following assignments will be considered to have completed the course:

Assignments	Value (%)	Due Date
Group Discussion Participation	40%	Ongoing
Level 1 Decolonizing Toolbox: Activity and Reflection	15%	SEPT 16, 2022
Level 2 Decolonizing Toolbox: Activity and Reflection	15%	SEPT 23, 2022
Test 1	10%	OCT 11, 2022
Test 2	10%	NOV 08, 2022
Test 3	10%	DEC 12, 2022

Description of Assignments

Readings

Students are expected to come to class, and small group discussions having completed weekly assigned readings.

Group Discussion Participation (40%)

In additions to lectures, there will be near weekly opportunities to discuss the course content (e.g., readings, lectures, media) in small groups. At the beginning of the semester, students will be assigned to a virtual group that will meet regularly via Teams. During group meetings, students should be prepared to discuss course material in a respectful and collegial manner.

Each group will collaboratively record the group's reflections on a cloud-based Word document. The instructor and TA will visit each group to answer questions and facilitate engagement with the material. Grades will be based upon attendance and evidence of meaningful discussion (i.e., bringing course content in as a foundation when discussing the readings and topics of interest) as captured by the reflection document. Students will receive periodic feedback on the quality of their discussion group reflection document.

Decolonial Toolbox Level 1: Activity and Reflection Activity (15%)

To increase knowledge and awareness of Indigenous realities in Canada, students will select and complete one activity from the Decolonial Toolbox Level 1. After engaging with the material,

students will complete a reflection form (due Sept 16) where they will consider how the material challenges their own thoughts, ideas, assumptions or refines their thinking about a particular topic. A link to the reflection form will be posted on Brightspace.

Decolonial Toolbox Level 2: Activity and Reflection Activity (15%)

To increase knowledge and awareness of the impact of settler colonialism on Indigenous Peoples in Canada, students will select and complete one activity from the Decolonial Toolbox Level 2. After engaging with the material, students will complete a reflection form (due Sept. 23) where they will consider how the material challenges their own thoughts, ideas, assumptions or refines their thinking about a particular topic. A link to the reflection form will be posted on Brightspace.

Tests (30%)

To increase engagement with the course material and assess comprehension students will complete 3 short tests worth 10% each. Each test will be 50 minutes in length and will begin at 1:30pm PST on the test day. Each test will consist of a series of short multiple-choice questions. We do not have a final exam during the exam period.

Policy on Attendance, Late/Missed Assignments/Tests

Successful completion of the course requires consistent attendance for all lectures and virtual discussion groups. Students should arrive on time for class and for the virtual small group discussion. It is the student's responsibility to obtain any missed notes or assignments from classmates. Repeated absences in the virtual discussion groups will lead to a lower grade.

All assignments must be successfully completed to pass this class. A student should submit requests for an extension BEFORE the due date. Extensions will not be granted on, or following, the due date. If a student cannot complete an assignment or test due to serious illness, accident, or family affliction, please contact the TA by email as soon as possible to make alternative arrangements. If a student misses a test and fails to contact the TA within seven days of the exam date, the student will be assigned an N mark (failure due to not completing a course requirement) for the course.

Grades

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.

Grades are assigned according to the department grading policy for undergraduate courses (i.e., "Performance that is at expected levels and demonstrates a clear understanding of all, or most aspects of the course material examined normally receives a grade of A- or higher. Performance that demonstrates a good understanding of some but not all aspects of the course material normally receives a grade of B or B+.") Please see the department website for more

detail on the grading policy. The conversion from percent to final grade is listed below. When the final grade is a fraction, values of .5 or more will be rounded up to the next highest grade. See the University Calendar for the conversion of letter grades to grade points.

A+	90 – 100	B+	77 – 79	C+	65 – 69	F	0 – 49
A	85 – 89	B	73 – 76	C	60 – 64	N	Incomplete
A-	80 – 84	B -	70 – 72	D	50 – 59		

If a student is disappointed with a grade, it is the student's responsibility to arrange to meet with the instructor or TA to review the assignment at the time the material is graded, not at the end of the term when the final grade is awarded.

Tentative Course Schedule:

Please note that this is a tentative outline. The order might be changed and additional/alternate materials may be added as deemed necessary by the instructor.

DATE	TOPIC	READINGS ASSIGNMENTS
SEPT 7	Welcome	Syllabus
SEPT 9	Virtual small group	Indigenous Ally Toolkit Meet your peers and locate yourself
SEPT 13	Names for Indigenous peoples'	Vowel, C. (2016). Just don't call us late for supper: Names for Indigenous peoples'. <i>Indigenous Writes: A Guide to First Nations, Métis, & Inuit Issues in Canada</i> , 7-13. Decolonial Toolbox: Level 1 and 2
SEPT 14	Setting the context: determinants of health	Reading, C. (2018). Structural determinants of Aboriginal peoples' health. <i>Determinants of Indigenous Peoples' Health, Second Edition: Beyond the social</i> , 3-17.
SEPT 16	Virtual Discussion	Decolonial Toolbox Activity: Level 1 Reflection due by 1pm
SEPT 20, 21	Setting the context: determinants of health	Czyzewski, K. (2011). Colonialism as a broader social determinant of health. <i>International Indigenous Policy Journal</i> , 2(1) doi: https://doi.org/10.18584/iipj.2011.2.1.5
SEPT 23	Virtual Discussion	Decolonial Toolbox Activity: Level 2 Reflection due by 1pm
SEPT 27	<i>miyo-pimatisiwin</i>	Mussell, B. (2015). Mental Health from an Indigenous Perspective. In P. Menzies & L. Lavallée (Eds.),

		Journey to Healing. (187-199). Centre for Addiction and Mental Health.
SEPT 28	Residential Schools in Canada	“Acknowledge residential school experiences, impacts and consequences” (p.340, Truth and Reconciliation Commission of Canada, 2015)
SEPT 30	National Day for Truth and Reconciliation (no class)	
OCT 4	<i>miyo-pimatisiwin</i>	Steinhauer, D. & Lamouche, J. (2018) <i>miyo-pimatisiwin</i> , “A Good Path”: Indigenous Knowledges, Languages, and Traditions in Education and Health. In M. Greenwood, S. de Leeuw, & N.M. Lindsay (Eds.), <i>Determinants of Indigenous Peoples' Health</i> , Second Edition. (80-92). Canadian Scholars.
OCT 5	NO CLASS	
OCT 7	Virtual Discussion	
OCT 11	Test 1	Online open book
OCT 12	Indigenous approaches to mental wellness	Hart, M.A. (2015). Indigenous Ways of Helping. In P. Menzies & L. Lavallée (Eds.), <i>Journey to Healing</i> . Centre for Addiction & Mental Health (73-85). Centre for Addiction and Mental Health.
OCT 14	Virtual Discussion	
OCT 18, 19,	Indigenous Mental Wellness: mainstream indicators of risk and resilience	Nelson, & Wilson, K. (2017). The mental health of Indigenous peoples in Canada: A critical review of research. <i>Social Science & Medicine</i> (1982), 176, 93–112. https://doi.org/10.1016/j.socscimed.2017.01.021
OCT 21	Virtual Discussion	
OCT 25, 26	Historical Trauma	McQuaid, R.J., Bombay, A., & Matheson, K. (2019). Contextualizing Indigenous mental health and wellness by understanding historical trauma and resilience. <i>Psynopsis</i> , 41(3), 12-14. Burrage, Momper, S. L., & Gone, J. P. (2022). Beyond trauma: Decolonizing understandings of loss and healing in the Indian Residential School system of Canada. <i>Journal of Social Issues</i> , 78(1), 27–52.
OCT 28	Virtual Discussion	
NOV 1, 2	Substance Use	Wendt, D. C. (2019, December). “Careful the tale you tell”: Indigenous Peoples and alcohol use problems. <i>Psynopsis</i> (Magazine of the Canadian Psychological Association), 41(3), pp. 11, 13. https://cpa.ca/docs/File/Psynopsis/2019/Psynopsis_Vol_41-3.pdf

		Vowel, C. (2016). The Myth of the Drunken Indian. <i>Indigenous Writes: A Guide to First Nations, Métis, & Inuit Issues in Canada</i> , 7-13.
NOV 4	Virtual Discussion	
NOV 8	Test 2	Online open book
NOV 9	READING BREAK	
NOV 11	REMEMBRANCE DAY	
NOV 15, 16	Loss, Suicide	https://www.kanopy.com/en/product/133734 Chandler, M. J., & Dunlop, W. L. (2018). Cultural wounds demand cultural medicines. Determinants of Indigenous peoples' health: Beyond the social, 145-160. A Mind Spread out on the Ground Life Promotion Toolkit
NOV 18	https://www.uvic.ca/equity/education/5-days-action/index.php	
NOV 22,23	Canadian Psychological Association: Response to TRC	Canadian Psychological Association & the Psychology Foundation of Canada. (2018). Psychology's response to the truth and reconciliation commission of Canada's report. Indigenous Cultural Safety List
NOV 25	Virtual Discussion	
NOV 29, 30	Decolonial and Indigenous approaches to mental health and healing	Pomerville, Burrage, R. L., & Gone, J. P. (2016). Empirical Findings From Psychotherapy Research With Indigenous Populations: A Systematic Review. <i>Journal of Consulting and Clinical Psychology</i> , 84(12), 1023–1038. https://doi.org/10.1037/ccp0000150 Wendt, & Gone, J. P. (2016). Integrating Professional and Indigenous Therapies: An Urban American Indian Narrative Clinical Case Study. <i>The Counseling Psychologist</i> , 44(5), 695–729. https://doi.org/10.1177/0011000016638741
DEC 2	Test 3	Open book online
DEC 7 to DEC 21	FINAL EXAM PERIOD	No Final Exam

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 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 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/>.

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/>
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: 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)

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

Winter session - second term (January – April)

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

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/mentalhealth/undergraduate/connecting/index.php>

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/

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/

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/. 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: www.uvic.ca/mentalhealth/undergraduate/