

**UNIVERSITY OF VICTORIA**  
**PSYCHOLOGY 100B – Section A04 Spring 2024**  
**Introductory Psychology: Social and Applied Emphasis**  
**CRN 22791**

**Instructor:** Dr. Randal Tonks  
**Office:** At Home on email  
**E-mail:** *rgtonks -@- uvic.ca*  
**Office Hours:** Wed 18:00-18:30 \*Zoom\*

**Teaching Assistant:** Imran Tatla **Email:** imrantatla -@- uvic.ca

---

**Welcome to Introductory Psychology!**

Psychology is an exciting and complex scientific discipline, as well as an essential part of various helping professions.

The goals of PSYC 100A and PSYC 100B are to provide an overview of psychology and its most interesting findings through:

- The main areas, findings and methods of modern psychology.
- Different theoretical perspectives and professional orientations within psychology.
- Scientific methods of gathering information and forming conclusions about human behaviour and functioning.
- Some ways psychological principles have been used to help people lead better, healthier lives and solve real world problems.
- How to locate and utilize psychological research information.
- Psychology that will serve as a foundation for taking more advanced courses in psychology and other related disciplines.

PSYC 100A covers the topics of: historical, methodological, evolutionary, consciousness, biological, learning, memory, thinking and language areas of psychology.

**PSYC 100B** is an introduction to concepts, theories and research findings of modern psychology. Topics include: *human intelligence, personality, child and adult development, health psychology and social relations* as well as *motivation, psychological disorders and psychological treatments*.

While you may wish to take 100A if you have not already done so, you should also be aware that you must complete both PSYC 100A and PSYC 100B if you wish to take any further courses in Psychology at the University of Victoria, as these two courses serve as pre-requisites for most other courses.

In understanding psychology you know that it is considered to be a scientific discipline which requires considerable thought and time to understand psychological research and principles.

**Class times: Mon 18:00-19:00 - Online through Zoom**

As a FULLY ONLINE COURSE, you will need to keep active every week.

**This course is partially asynchronous, which means that we will have one hour of online class time and the rest of student learning time is done individually with podcasts, lecture notes, practice quizzes, and activities on Brightspace.**

**Important Dates:**

**No classes: February 19-23 Reading Break**

**The last day to add courses online is Jan 24, 2024.\***

**Last Day to withdraw without Penalty: Feb 29<sup>th</sup>, 2024.**

**\*Note:** You can only access the course materials if you are properly registered.

---

**REQUIRED TEXT: There are two options**

**1) Myers, D. M. and DeWall, C. N. (2021). *Psychology (13th ed.)*. Worth Publishers.**

You can purchase the textbook through the UVic Bookstore. You can purchase a new text in one of two formats:

- as an ebook (\$70) **OR** as looseleaf pages that go into a binder (\$136)
- Both options include access to online study resources via the Achieve platform, including an online version of the text.

To purchase your textbook (and the Achieve platform) go to the UVic bookstore website then search for Psyc 100A (and whichever section you're registered in: A01):

<https://www.uvicbookstore.ca/text/>

**Accessing your textbook**

To access the textbook online ("Achieve") go to: TBA – link in syllabus on Brightspace

- To make it easy to return to, please bookmark the page.
- For further guidance on accessing and utilizing Achieve, see:  
<https://macmillan.force.com/macmillanlearning/s/article/Achieve-Getting-Started-Guide-for-Students>

- You can reach a virtual representative 24 hours a day, 7 days a week through the online form:

<https://macmillan.force.com/macmillanlearning/s/chat-with-us>

- You can also find useful FAQ information 24 hours a day, 7 days a week through the online form:

<https://mhe.my.site.com/macmillanlearning/s/>

**OR**

2) Alternatively students can download a **free** online textbook - **Introduction to Psychology: 1st Canadian edition by C. Stangor & J. Walinga (2020)** - available inside Brightspace and through <https://collection.bccampus.ca/textbooks/introduction-to-psychology-1st-canadian-edition-bccampus-190/>

**Note: Clickers will NOT be used in this course and the study guide is optional.**

---

### **REQUIRED ONLINE RESOURCE MATERIALS:**

[Brightspace](#) site is where you will find all course materials including: Lecture Notes, Podcasts, Chapter Quizzes, Activities, Discussion Forums and Exams. Grades will also be posted inside Brightspace.

### **Additional Online Learning Support Materials:**

<https://uvic.zoom.us/> is where you can set up your own Zoom profile and download the zoom program for video conferencing using your Uvic username and password. This will be used for Office Hours.

### **Student Evaluation**

#### **1) Examinations:**

There will be three (3) examinations:

<b>Midterm 1</b>	<b>– 20 %</b>	<b>- Feb 3, 2021</b>
<b>Midterm 2</b>	<b>– 25 %</b>	<b>- Mar 17, 2021</b>
<b>Midterm 3</b>	<b>– 25 %</b>	<b>- April exam period</b>

**TOTAL VALUE: 70%**

Exams will be on Brightspace and will mostly consist of multiple choice and true-false questions with some short answer questions (1 to 5 marks). There will be a limited time for each exam and students are expect to start and finish the exam during class time.

#### **• Note: If you miss an exam due to illness:**

1. Contact Dr. Tonks by [email](#) as soon as possible.
2. Submit medical documentation to Dr. Tonks when you return.
3. Upon receipt of acceptable documentation, you will be informed when the make-up exam will be held. You must write the make-up exam at the designated time.
  - Make-up examinations can be scheduled with Dr. Tonks.
  - Students who miss an exam and do not contact Dr. Tonks within 2 days of the exam date or who do not submit medical documentation within 5 days will be deemed to have not completed a course requirement, and will receive an *N* grade (failure due to not completing a course requirement) for the course.

**Students registered with CAL who require special arrangements for exams should discuss such arrangements with Dr. Tonks.** A referral from the Student Services office may be required in order to receive accommodations.

## **2) Take-Home Activities:**

There will be six (6) opportunities for short take-home (on-line) activities, however, only the best five (5) will each count 4% towards your final grade. These assignments will require students to carryout various activities where students can engage in some practical applications of the contents and materials covered in the lecture. Links to the list of these are found on the [course home page](#), or through [Brightspace](#).

To hand in your [activities](#) you can do so online through the assignments drop box.

To minimize difficulties in grading electronic submissions, students are expected to submit a word.docx otherwise it is *important that the assignments are saved in .pdf, rich text format (.rtf) or text only (.txt) since open office, word perfect, and other formats are often unreadable.*

**TOTAL VALUE: 20%**

## **3) Chapter Quizzes:**

There are eight (8) chapter quizzes to be completed in Brightspace, one for each topic in the course. You can do each quiz two times and the highest score of those two attempts will stand as your grade for that Chapter Quiz. Each will count 1.25% each towards your final grade.

**TOTAL VALUE: 10%**

## **PSYCHOLOGY 100--Extra Credit for Research Participation:**

Students in this course may earn up to 3 % of extra credit toward their final grade by participating in research studies conducted in the Department of Psychology. Each 15 minutes of participation will earn 0.5 point and up to 6 points may be credited toward this course, with 2 points required for a 1% increase in the student's final grade. Thus, five hours of participation would earn the full 3% extra credit. For details on participating in research studies, go to the Department of Psychology web site ([University of Victoria - Department of Psychology - Research - Participant pool](#)) and click on the [Click here for information on how to register for and use the Pool](#) link near the bottom of the page.

## **COURSE SYLLABUS:**

<b>Class</b>	<b>Date</b>	<b>Reading *</b>	<b>Topic</b>	<b>Online Media</b>
<b>1</b>	<b>Jan 09 &amp; 11</b>	Outline	Course Introduction/ Intelligence	Podcasts: Intel 1, 2, 3

2	Jan 16 & 18	Ch 10	Intelligence / Development	Podcasts: Intel 4, 5, 6; Devel 1,2,3
3	Jan 23 & 25	Ch 5	Development / Review	Podcasts: Devel 4, 5, 6
4	Jan 30 & Feb 1		Midterm1 (Chs 10, 5)	Feb 1 Midterm 1 18:00-19:30
5	Feb 6 & 8	Ch 14	Personality	Podcasts: Pers 1, 2, 3, 4, 5, 6.
6	Feb 13 & 15	Ch 13	Social	Podcasts: Soc 1, 2, 3, 4, 5, 6, 7, 8
7	Feb 20 & 22		Reading Break	
8	Feb 27 & 29	Ch 12	Emotion	Podcasts: Emotion 1, 2, 3.
9	Mar 5 & 7	Ch 12	Health & Review	Podcasts: Health 1, 2, 3.
10	Mar 12 & 14		Midterm2 (Chs 12, 13, 14)	Midterm 2 Mar 14 18:00-19:30
11	Mar 19 & 21	Ch 11	Motivation	Podcasts: Motiv 1, 2, 4, 5, 6.
12	Mar 26 & 28	Ch 15	Disorders	Podcasts: Disor 1, 3, 4, 5, 6, 7, 8, 9
13	Apr 2 & 4	Ch 16	Therapies	Podcasts: Ther 1, 2, 3, 4, 5
14			(Chs 11, 15, 16)	Final Exam TBA

\*See the Course home Page <http://rgtonks.ca/Courses/IntroB/> for alternate textbook readings

**If you have any further questions be sure to ask!**

## 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](http://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](mailto:svpcoordinator@uvic.ca)

Web: [www.uvic.ca/svp](http://www.uvic.ca/svp)

# UNIVERSITY OF VICTORIA

## Department of Psychology Important Course Policy Information Spring Session 2024

### 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](mailto: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](mailto: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<sup>1</sup>. 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/>.

---

<sup>1</sup> Syllabi belong to the department through which the course is administered.



## Policy on Academic Integrity including Plagiarism and Cheating

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

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

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

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

Rights of Appeal are described in the Policy on Academic Integrity in the University calendar Fall 2023.

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](mailto:ombuddy@uvic.ca); Web: [uvicombudsperson.ca](http://uvicombudsperson.ca).
2. UVic Library Resources: <http://www.uvic.ca/library/research/citation/plagiarism/>
3. UVic Library Document on [Avoiding Plagiarism](#)

## Prerequisites

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

## Program Requirements

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

## Registration Status

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

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

## Request for Academic Concessions

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

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

## Research Participation Opportunities with the Department of Psychology

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

## Student Support Services

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

### **This classroom is a trans-inclusive space**

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

### **University of Victoria Students' Society (UVSS)**

The [UVSS](http://uvss.ca) 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](http://uvss.ca)!

### **Academic Important Dates**

#### **Spring session – second term (January – April)**

Monday, January 1 <sup>st</sup>	University Closed (Winter Break)
Monday, January 8 <sup>th</sup>	Second term classes begin for all faculties
Sunday, January 21 <sup>st</sup>	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 24 <sup>th</sup>	Last day for adding courses that begin in the second term
Wednesday, January 31 <sup>st</sup>	Last day for paying second term fees without penalty
Sunday, February 11 <sup>th</sup>	Last day for 50% reduction of tuition fees for standard courses
Monday, February 19 <sup>th</sup>	University Closed (Family Day)
February 19 <sup>th</sup> – 23 <sup>rd</sup>	Reading Break for all faculties
Thursday, February 29 <sup>th</sup>	Last day for withdrawing from second term courses without penalty of failure
Friday, March 29 <sup>th</sup>	University Closed (Good Friday)
Monday, April 1 <sup>st</sup>	University Closed (Easter Monday)
Monday, April 8 <sup>th</sup>	Last day of classes for all faculties
Thursday, April 11 <sup>th</sup>	Second term examinations begin for all faculties
Friday, April 26 <sup>th</sup>	Second term examinations end for all faculties

### **Add and drop dates for standard 2023-2024 Winter Session courses**

<b>Term</b>	<b>Start Date</b>	<b>End Date</b>	<b>100% Fee Reduction</b>	<b>Add Deadline</b>	<b>50% Fee Reduction</b>	<b>Academic Drop no Fee Reduction</b>
<b>Second term</b>	Jan 8	Apr 8	Jan 21	Jan 24	Feb 11	Feb 29

# BE WELL



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

## ***Social Life, Friends, & Community at UVic:***

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

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

## ***Counselling Services:***

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

## ***Health Services:***

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

## ***Centre for Accessible Learning:***

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

## ***Elders' Voices:***

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

[www.uvic.ca/services/indigenous/students/programming/elders/](http://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/>