**PSYC 231 (A02)**  
**Social Psychology**  
Spring (aka Winter) 2024, CRN 22811

**Lecturer:** Ronald Porter, PhD (he/him/his)  
**E-mail:** ronaldporter@uvic.ca  
**Classroom:** Cornett A120  
**Office Hours:** Th 09:00-12:00  
or by appointment  
**TA:** Christina Robillard

**Telephone:** 250.721.5087  
**Office:** Cornett A214  
**Class Time:** T, W & F 08:30 - 09:20  
**Pre-Requisites:** PSYC 100A & PSYC 100B  
**Credits / Lecture Hours:** 1.5  
**E-mail:** christinarobillard@uvic.ca

**Territory Acknowledgment:** We acknowledge and respect the lək̓ʷəŋən 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.

We are committed to making our best efforts to provide a safe, supportive, and effective learning environment for all students. See [https://www.uvic.ca/equity/index.php](https://www.uvic.ca/equity/index.php) and the section below on Health and Wellness Promotion.

**Course description:** This course provides an overview of the major topics and issues in social psychology, focusing on how we think about ourselves and interact with others. The course emphasises the unique contribution of social psychologist to the theory and understanding of social behaviour in such areas as the self, social beliefs and judgments, behaviour and attitudes, attitude change, culture and gender, conformity and obedience, persuasion, prejudice and discrimination, and aggression.

**Learning Outcomes:** Upon successful completion of the course students will be able to:

- understand the theories, methodologies, issues, and current experimental findings in the field of social psychology.
- understand the unique contribution of social psychologist to the theory of social behaviour in such areas as social beliefs and judgments, behaviour and attitudes, attitude change, culture and gender, conformity and obedience, persuasion, prejudice and discrimination, aggression, and social conflict.
- apply critical thinking to the conceptual and empirical issues related to social psychology.

**Required Textbook:**


**Note:** All previous editions of this text are suitable for this course.

**Grades:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>90-100%</td>
</tr>
<tr>
<td>A</td>
<td>85-89%</td>
</tr>
<tr>
<td>A-</td>
<td>80-84%</td>
</tr>
<tr>
<td>B+</td>
<td>77-79%</td>
</tr>
<tr>
<td>B</td>
<td>73-76%</td>
</tr>
<tr>
<td>B-</td>
<td>70-72%</td>
</tr>
<tr>
<td>C+</td>
<td>65-69%</td>
</tr>
<tr>
<td>C</td>
<td>60-64%</td>
</tr>
<tr>
<td>D</td>
<td>50-59%</td>
</tr>
<tr>
<td>F</td>
<td>&lt;50%</td>
</tr>
</tbody>
</table>

**Add and drop dates for standard 2024 Winter Session courses:**

<table>
<thead>
<tr>
<th>Term</th>
<th>Start date</th>
<th>End date</th>
<th>Add/Drop Deadline</th>
<th>Academic drop no fee reduction</th>
<th>50% fee reduction</th>
<th>100% fee reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Jan 08</td>
<td>Apr 08</td>
<td>Jan 18</td>
<td>Jan 21</td>
<td>Feb 11</td>
<td>Feb 29</td>
</tr>
</tbody>
</table>
Assessment:

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

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Course Grade Value</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly Quizzes</td>
<td>10 x 1.5% (Total = 15%)</td>
<td>Various</td>
</tr>
<tr>
<td>Perusall Articles</td>
<td>3 x 5% (Total = 15%)</td>
<td>Various</td>
</tr>
<tr>
<td>Examinations (In-Class)</td>
<td>3 x 10% (Total = 30%)</td>
<td>See Lecture Schedule</td>
</tr>
<tr>
<td>Final Examination</td>
<td>40%</td>
<td>Set by Registrar</td>
</tr>
<tr>
<td>Research Participation (SONA)</td>
<td>3% (Bonus)</td>
<td></td>
</tr>
</tbody>
</table>

Failure to complete the Case Study (or Literature Review, as selected by the class) and examinations will result in a grade of “N” regardless of the cumulative percentage of all other elements of the course. Note, “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.

**Weekly quizzes (15%)**: There will be a total of 12 quizzes throughout the course. You are only required to complete 10 out of 12 quizzes. They will be available on our course Brightspace page and will consist of 15 multiple-choice questions. The quizzes will be available from 2:30 PM (noon) each Friday, and close at 11:59 PM each Monday of the term. The quizzes will have a time limit of 25 minutes (adjusted for those students with accommodation) and you have one attempt. Missed quizzes will receive a grade of zero (you can miss two without affecting your quiz grade), and there will be no makeup opportunity for the quizzes.

**Perusall Articles (15%)**: For each of the three sections, students will be assigned 3 articles and asked to comment on the paper via Perusall (https://perusall.com/). Perusall is an e-reader platform that allows students to annotate the assigned readings and engage in topic discussion similar to social media posting using “like” comments, hashtags, emoticons, and link. Engagement will be evaluated according to the frequency and quality of the comments and responsiveness to the comments of others. Each article will be worth 5%.

Please make sure that you register for Perusall as soon as possible using the instructions below!

1. Go to https://perusall.com/, click Login, and then either log in using your Facebook, Twitter, or Google account, or create an account using your email address and password.
2. Select I am a student and enter the following course code: PORTER-JXCPH

Articles will be posted on Perusall 10-11 days in advance. Perusall will not allow you to make any comments or changes after the due date has passed (11:59pm on the due date). Engagement will be evaluated according to the frequency and quality of the comments and responsiveness to the comments of others. Perusall has a built-in grading system, which will grade your comments based on their depth and insight. For each reading assignment you will be evaluated on a “0” to “10” scale. Please see the general Perusall guidelines posted on the course Brightspace page.
In-Class Examinations: (10%): 3 x examinations that will be comprised of multiple-choice questions (MCQ) and/or short answer questions. These Examinations will normally be given at the end of each major topic in the course. See the course Lecture Schedule (page 3) for examination dates.

Research Participation (3% Bonus): You have the option of either participating in psychology studies through the Research Participation Pool (or completing short journal article reviews). NOTE: 1 SONA credit = 1% towards your grade.

Late Submissions:

The penalty for late submissions of the term paper is 25% per day up to a maximum of 100% (4 calendar days, after which a grade of zero will be assessed (but the assignment must still be submitted)).

### Lecture Schedule

<table>
<thead>
<tr>
<th>Week Commencing</th>
<th>Chapter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 08</td>
<td>General introduction &amp; Research Methods in Social Psychology</td>
</tr>
<tr>
<td>15</td>
<td>The Social Self</td>
</tr>
<tr>
<td>22</td>
<td>Perceiving Others</td>
</tr>
<tr>
<td>29</td>
<td>Examination #1 (Jan 30th) Attitudes &amp; Behaviour</td>
</tr>
<tr>
<td>Feb. 05</td>
<td>Persuasion</td>
</tr>
<tr>
<td>12</td>
<td>Conformity Examination #2 (Feb 16th)</td>
</tr>
<tr>
<td>19</td>
<td>Reading Week</td>
</tr>
<tr>
<td>26</td>
<td>Group Influence</td>
</tr>
<tr>
<td>Mar. 04</td>
<td>Helping Others</td>
</tr>
<tr>
<td>11</td>
<td>Hurting Others Examination #3 (Mar 15th)</td>
</tr>
<tr>
<td>18</td>
<td>Attraction &amp; Close Relationships</td>
</tr>
<tr>
<td>25</td>
<td>Stereotypes and Prejudice</td>
</tr>
<tr>
<td>Apr. 01</td>
<td>Conflict &amp; Peace Making</td>
</tr>
</tbody>
</table>

End of Fall Term Examination – Scheduled by the Registrar

Note: Schedule of topics may change with little notice.
Other Important Information

**Emailing the lecturer:** Use your UVic email address. The subject line should include the course number (PSYC 231) and a clear statement of purpose. Email represents formal correspondence; as such, you should use proper salutations and full sentences. If you have a specific question about the course material or assignment, please see me after class, during office hours or by appointment. Course assignments cannot be submitted by email.

**Attendance and Absences:** Medical documentation for short-term absences is not required. **Attendance is important.** 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 examination or to fail to complete any assignment by the end of term students are required to submit a request for academic concession.

- Policies regarding undergraduate student academic concession and deferral are also detailed on the [Undergraduate Records](#). Students must submit a [Request for Academic Concession](#).

**Learning Experience:** 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.

**Academic Integrity:** Students are required to abide by all academic regulations as set out in the University calendar, including standards of academic integrity. Violations of academic integrity (e.g., cheating and plagiarism) are considered serious and may result in significant penalties.

**Copyright ©:** All course content and materials made available by the instructors for educational purposes and for the exclusive use of students registered in their class[^1]. The material is protected under copyright law, even if not marked with a ©. Any further use or distribution of the materials requires written permission from 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).

**Online Conduct:** The University of Victoria is committed to promoting critical academic discourse while providing a respectful and supportive learning environment. All members of the university community have the right to this experience and the responsibility to help create such an environment. The university will not tolerate racism, sexual violence, or any form of discrimination, bullying or harassment.

Please be advised that, by logging in 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)
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
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

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/.

1 Syllabi belong to the department through which the course is administered.
Policy on Academic Integrity including Plagiarism and Cheating

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

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

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else’s. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.

2. **Unauthorized Use of an Editor.** The use of an editor is prohibited unless the instructor grants explicit written authorization.

3. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.

4. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.

5. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has a policy of not making old examinations available for study purposes. Therefore, use of old exams without the express written permission of the instructor constitutes cheating by the user, and abetting of cheating by the person who provided the exam.

6. **Aiding Others to Cheat.** It is a violation to help others or attempt to help others to engage in any of the conduct described above.

The use of a generative artificial intelligence (AI) is strictly prohibited in any submitted work (unless expressly endorsed by the instructor as part of an assignment). 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/](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](http://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
Students can apply for academic concessions if their course requirements are affected by (i) unexpected and/or unavoidable circumstances (e.g., illness, family affliction, etc.), or (ii) conflicting responsibilities (e.g., service in the armed forces or first responder, representing the university).

- Request an in-course extension
  If you require more time to complete a course requirement or miss a test or midterm exam, then you will need to complete the “In-Course Extension Form” and submit it directly to your course instructor. All course requirements must be completed prior to the submission of final grades.

- What to do if you miss the final exam scheduled during the formal exam period
  Apply at Records Services for a “Request for Academic Concession”, normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student’s academic record.

- What to do if you require additional time to complete course requirements beyond the normal term.
  Apply at Records Services for a “Request for Academic Concession”, normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation. Where a concession is not applied for or where such application is denied, an N grade will be entered on the student’s academic record if the missing work has been deemed required. Note, only required course components may be deferred.

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

Student Support Services
Learn Anywhere is the student support portal for a full range of student academic and support services. Services include: Centre for Academic Communication, Math & Stats Assistance Centre, Counselling Services, Health Services, Library, Ombudsperson, and Computer Help Desk.
This classroom is a trans-inclusive space

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

University of Victoria Students’ Society (UVSS)

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

Academic Important Dates

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Monday, January 1st</td>
<td>University Closed (Winter Break)</td>
</tr>
<tr>
<td>Monday, January 8th</td>
<td>Second term classes begin for all faculties</td>
</tr>
<tr>
<td>Sunday, January 21st</td>
<td>Last day for 100% reduction of second term fees for standard courses</td>
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<tr>
<td></td>
<td>50% of tuition fees will be assessed for courses dropped after this</td>
</tr>
<tr>
<td></td>
<td>date.</td>
</tr>
<tr>
<td>Wednesday, January 24th</td>
<td>Last day for adding courses that begin in the second term</td>
</tr>
<tr>
<td>Wednesday, January 24th</td>
<td>Last day for paying second term fees without penalty</td>
</tr>
<tr>
<td>Sunday, February 11th</td>
<td>Last day for 50% reduction of tuition fees for standard courses</td>
</tr>
<tr>
<td>Monday, February 19th</td>
<td>University Closed (Family Day)</td>
</tr>
<tr>
<td>February 19th – 23rd</td>
<td>Reading Break for all faculties</td>
</tr>
<tr>
<td>Thursday, February 29th</td>
<td>Last day for withdrawing from second term courses without penalty</td>
</tr>
<tr>
<td>Friday, March 29th</td>
<td>University Closed (Good Friday)</td>
</tr>
<tr>
<td>Monday, April 1st</td>
<td>University Closed (Easter Monday)</td>
</tr>
<tr>
<td>Monday, April 8th</td>
<td>Last day of classes for all faculties</td>
</tr>
<tr>
<td>Thursday, April 11th</td>
<td>Second term examinations begin for all faculties</td>
</tr>
<tr>
<td>Friday, April 26th</td>
<td>Second term examinations end for all faculties</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Term</th>
<th>Start Date</th>
<th>End Date</th>
<th>100% Fee Reduction</th>
<th>Add Deadline</th>
<th>50% Fee Reduction</th>
<th>Academic Drop no Fee Reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Second term</td>
<td>Jan 8</td>
<td>Apr 8</td>
<td>Jan 21</td>
<td>Jan 24</td>
<td>Feb 11</td>
<td>Feb 29</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:**
The Student Wellness Centre can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. https://www.uvic.ca/student-wellness/contacts/student-wellness-team/index.php#ipn-counsellors

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

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

**Elders’ Voices:**
The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being.
www.uvic.ca/services/indigenous/students/programming/elders/

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