PSYC 451B: Advanced Neuropsychology
Spring 2024

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.

Course Information
Section: A01
CRN: 22860
Instructor: Dr. Jordana Wynn (she/her), Dr. Daniel Bub (he/him)
*Note: Dr. Bub will take over the class following reading week
Course Meeting: Tuesdays & Thursdays 4:30-5:50pm
Course Location: Clearihue C111
Office Hours: By appointment
Email: jordwynn@uvic.ca or dbub@uvic.ca; please include “PSYC 451B” in the subject line
Prerequisites:
   Complete all of:
   PSYC 300A
   Complete 1 of the following:
   All of: PSYC 351B
   2 of: PSYC 351A, PSYC 351C, PSYC 351D
   Completed or currently enrolled in all of:
   PSYC 300B (Statistical Methods in Psychology II).

Course Overview
In this class, we will learn all about cognition and the brain, primarily through the lens of case studies. Most of these case studies involve lesion patients, but we will also cover some interesting neuropsychological disorders. The course will be broadly divided into themes centering around various cognitive functions (e.g., attention, memory). Each class we will read and discuss a scientific paper (either an empirical study or a review paper) related to the week’s theme. Assigned papers will span the domains of cognitive psychology, clinical psychology, medicine, and neuroscience and will include a variety of scientific and methodological techniques including patient work, MRI, TMS, and intracranial recordings. I hope you find this content as interesting as I do!

Grading
Assignment I: 10%, Feb 6
Assignment II: 30% (5% proposal + 25% paper), Proposal: Mar 14, Assignment: Apr 2
Reading responses: 20%
Participation: 20%
Reading presentation: 15% (7.5% presentation + 7.5% discussion)
Final presentation: 5%
Extra credit: 2%

• Assignment I (10%)
• In 2-3 (maximum) pages describe a research finding involving a single or group case study (from any field of psychology or neuroscience research) from the last 10 years that either:
a) Evidences the benefits of the single or group case study method or
b) That would be better addressed or augmented by neuroimaging methods

**Assignment II (30%)**
- For your final paper, you will find and present a case study of a patient that challenges a widely held view or theory of brain organization/cognition. Your case study cannot be one from class (although you may find other cases with similar lesions/damage) but should challenge one of the theories covered in class. Your paper should include a summary of the patient’s lesion and (spared and impaired) cognitive abilities and a discussion of how their profile challenges a widely held theory. Finally, you should address how (a) another theory or (b) a modification to the discussed theory would fit the presented data. Your paper should be between 8-10 (maximum) pages.

**Reading responses (20%)**
- Each week you will be assigned 2-3 readings, which you will need to comment on using Perusall. Your comments must be submitted by 10am on class day. Please see Perusall Instructions document for instructions.
  * There are 2 classes for which you will not need to submit a response: the class during which you are presenting, and 1 other class (of your choosing). Any other missed responses will result in a 0 grade. The 2 classes that you skipped (or if you do not skip, your 2 lowest scores) will be dropped.

**Participation (20%)**
- To get the most out of this class, participation in both class discussion and activities is key. Participation can take many forms including: showing up on time, being engaged, being respectful of others, asking for clarification, sharing insights, voicing, or demonstrating agreement or disagreement, raising questions of interest, responding to classmates’ questions, etc. Your participation grade will reflect the entire semester, so it is important that you try to engage with the material and your classmates on a regular basis.
  * I will post a tentative grade (subject to change) mid-way through the semester to update you on your progress regarding participation. You will then have the opportunity to increase your participation in the second half of the semester.

**Reading presentation (15%)**
- Using a form that I will send out on the first week of class, you will sign up to present one of the assigned readings in a short (~7-10 minute) PowerPoint (or other presentation software) presentation. You are responsible for ensuring that your materials are prepared to present (you can do this by either signing into your UVic account on the AV system or by connecting your laptop with an adaptor that you will need to bring).
- On the day of your presentation, you will also be responsible for guiding our class discussion. You can do this by either asking questions, leading an activity, or both. You must upload your questions/activity to Brightspace at least 24 hours before your presentation.

**Final presentation (5%)**
- For your final presentation, you will share your final paper with the class in a data blitz format. You will have 5 minutes (+1 min for questions) to present your case, how it challenges a widely held theory, and how you would “solve” that problem.

**Extra credit (2%)**
- You can earn up to 2% extra credit toward your final grade by participating in research studies conducted in the Department of Psychology. One hour of participation earns you 1 SONA credit. Credits are given in 0.5 increments, with 2 credits required for a 1% increase in your final grade. For details on participating in research studies, go to the
Department of Psychology web site: https://www.uvic.ca/socialsciences/psychology/research/participants/. You must be sure to assign your credits to this course (and this section of the course) no later than the last day of class, otherwise you will not receive extra credit in this course.

- If you do not wish to participate in research studies for some reason, but still wish to have the opportunity to earn an equivalent amount of extra credit, you may contact me to arrange for an alternative option involving an assignment. If you wish to select this option, you must notify me by no later than Mar 15.

* Students who have completed the following elements will be considered to have completed the course: 50% of reading responses, 2 assignments
  - Failure to complete one or more of these elements will result in a grade of “N” regardless of the cumulative percentage of all other elements of the course. N is a failing grade and factors into GPA as a value of 0.
  - In accordance with the University’s policy on academic concessions, “A student who completes all course requirements is not eligible for an academic concession”. Consequently, students can only request deferrals for the completion of required course components and not for non-essential course components.

Course Policies

1. **Assignments:** All written assignments should be written in 12-point Times New Roman font and double spaced with standard 1-inch margins. Any portion of your writing which draws on an outside source must follow APA citation guidelines (7th edition). Assignments are due at class time and must be turned in on time (notwithstanding exceptional circumstances). 1% will be deducted for each day late up to 3 days, after which 5% will be deducted per day.

2. **Academic Integrity:** You are not permitted to use an external editor or generative artificial intelligence without explicit permission from the instructor, which may be granted in exceptional circumstances (e.g., translation tools). All assignments will be run through AI detection and plagiarism software. Suspected violations of UVic’s academic integrity policy (https://www.uvic.ca/students/academics/academic-integrity/index.php) will be reported to and dealt with by the undergraduate chair.

3. **Etiquette:** In this class, you will be expected to follow the same standards for etiquette as are expected of any academic or professional (and definitely of a scientist/psychologist).

   **Respect:** As with any class or work environment, you will be expected to demonstrate respect for your instructor, your colleagues, and yourself. While debates and disagreements are to be expected, it is important that professionalism is maintained at all times. This means refraining from any personal attacks (e.g., “you wouldn’t understand because you’re ___”), or phrasing/language that might belittle or hurt others (e.g., “how could you think that? That doesn’t make any sense”), whether intentional or unintentional. Instead, please practice positive language (e.g., “that’s a great point. Though I might add _____”). Keep in mind that others in the classroom may bring different and unique perspectives that may differ from your own but are no less valid. In fact, hearing diverse perspectives may even help you to better understand or engage
with the research in question. Following these rules will help us to collectively cultivate a safe and warm atmosphere for discussion, which will support all our learning!

*Note: As with other STEM fields, Psychology has a history of excluding or marginalizing under-represented minorities (URMs). We can do our part to combat historical and current injustices not only through our work, but also through our practices. As you progress through this class, I encourage you to consider the role of privilege in who has the ability to conduct, and obtain access to, science, and to think about what you personally, and we as a field, can do to amplify the voices of URMs.

4. **Presentations:** As this is a seminar style class, you will be graded on oral presentations. There will be no substitutions for presentations. If you are a nervous presenter, I am happy to work with you towards the goal of presenting in class. Keep in mind that the goal of these presentations is to practice oral presentation skills- you are not expected to be an expert, but you are expected to try your best.

5. **In-class Participation:** As noted above, you are expected to maintain professionalism and respect in all class discussions and activities. A few other things to keep in mind: while discussions can be light and fun, and we will occasionally go off on tangents, please do try to keep your comments on topic. Similarly, while personal experience can often be relevant to the topic at hand, the goal of our in-class discussions and activities is to engage with the readings. Sometimes it can be interesting to relate the readings to a topic of personal interest or experience, but to get the most out of this class, I expect you to go beyond the material you are most comfortable or familiar with.

### Schedule

| Week 1: How to study the brain |
| Jan 9 |
| Jan 11 |
| Week 2: Language I |
| Jan 16 | Speaking and understanding |
| Jan 18 |
| Week 3: Language II |
| Jan 23 | Language vs. other functions |
| Jan 25 |
| Week 4: Vision I |
| Jan 30 | Systems for seeing and acting |
| Feb 1 |
| Week 5: Vision II |
| Feb 6 | Faces and objects **Assignment I: Feb 6** |
| Feb 8 |
| Week 6: Vision III |
| Feb 13 | Category selectivity |
| Feb 15 |

**Reading Week Feb 19-23; Dr. Bub takes over**

<p>| Week 7: Attention I |
| Feb 27 | Consciousness and volition |
| Feb 29 |
| Week 8: Attention II |
| Mar 5 | Neglect |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Mar 7</td>
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<tr>
<td><strong>Week 9: Memory I</strong></td>
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<tr>
<td>Mar 12</td>
<td>Episodic vs. semantic <strong>Proposal: Mar 14</strong></td>
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<td>Mar 14</td>
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<td><strong>Week 10: Memory II</strong></td>
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<td>Mar 19</td>
<td>Recollection vs. familiarity</td>
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<td>Mar 21</td>
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<tr>
<td><strong>Week 11: Memory III</strong></td>
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<td>Mar 26</td>
<td>Reconsidering the hippocampus</td>
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<tr>
<td>Mar 28</td>
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<tr>
<td><strong>Week 12:</strong></td>
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<tr>
<td>Nov 21 Apr 2</td>
<td>Final presentations <strong>Assignment II: Apr 2</strong></td>
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<td>Apr 4</td>
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**Readings**

Readings will be posted on Perusall. You should come to class having already read the required papers carefully. They will form the basis of our discussions each class, which you will be expected to take part in (this will contribute to your participation grade).

* Note that the readings posted on Perusall may change. Science is fluid and new papers are published every day with the potential to shift our thinking. I may decide to change the assigned papers based on our class discussions or emerging research that I find relevant. You will always be advised of these changes a minimum of 1 week in advance.
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>
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</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/
   The Ombudsperson is an independent and impartial resource to assist with the fair resolution of student issues. A confidential consultation can help you understand your rights and responsibilities. The Ombudsperson can also clarify information, help navigate procedures, assist with problem-solving, facilitate communication, provide feedback on an appeal, investigate and make recommendations. Phone: 250-721-8357; Email: ombuddy@uvic.ca; Web: uvicombudsperson.ca.
2. UVic Library Resources: http://www.uvic.ca/library/research/citation/plagiarism/
3. UVic Library Document on Avoiding Plagiarism
Prerequisites
Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

Program Requirements
For more information see the UVic Calendar.

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

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

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

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

- What to do if you 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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<tbody>
<tr>
<td>Monday, January 1st</td>
<td>University Closed (Winter Break)</td>
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<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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<td>50% of tuition fees will be assessed for courses dropped after this</td>
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<tr>
<td>Wednesday, January 24th</td>
<td>Last day for adding courses that begin in the second term</td>
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<tr>
<td>Wednesday, January 31st</td>
<td>Last day for paying second term fees without penalty</td>
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<tr>
<td>Sunday, February 11th</td>
<td>Last day for 50% reduction of tuition fees for standard courses</td>
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<tr>
<td>Monday, February 19th</td>
<td>University Closed (Family Day)</td>
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<tr>
<td>February 19th – 23rd</td>
<td>Reading Break for all faculties</td>
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<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>
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<tr>
<td>Monday, April 1st</td>
<td>University Closed (Easter Monday)</td>
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<tr>
<td>Monday, April 8th</td>
<td>Last day of classes for all faculties</td>
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<tr>
<td>Thursday, April 11th</td>
<td>Second term examinations begin for all faculties</td>
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<tr>
<td>Friday, April 26th</td>
<td>Second term examinations end for all faculties</td>
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</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>
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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.


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.


Health Services:
The Student Wellness Centre also provides a full service primary health clinic for students.


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/