

Psychology 100A - Introductory Psychology |

Biological and Cognitive Emphasis
Fall (Sept. – Dec.) 2024, 12880 Section A04
MW 6:00 p.m.- 7:20 p.m.
MacLaurin Building (MAC) 144

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Territorial Acknowledgements

We acknowledge with respect the Lekwungen peoples on whose traditional territory the University of Victoria stands, and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.

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WHAT IS THIS COURSE ABOUT?

Psychology is an exciting and complex scientific discipline, and it is an essential part of the helping professions as well. We designed PSYC 100A and PSYC 100B to provide an overview

of:

- the main areas, findings, and methods of modern psychology
- various theoretical perspectives and professional orientations within psychology
- scientific methods of gathering information and forming conclusions from the study of human behaviour and functioning
- psychological principles that serve as a foundation for taking more advanced courses in psychology and related disciplines
- how psychological principles have been used to help people lead better, healthier lives, and to solve real world problems
- how to locate and utilize psychological research information

PSYC 100A focuses on the historical, methodological, biological, learning, and cognitive aspects of psychology. PSYC 100B focuses on human intelligence, personality, child and adult development, psychological disorders and psychological treatment. You do not have to continue on to PSYC 100B after you have completed PSYC 100A, but you should be aware that if you wish to take any further courses in Psychology at the University of Victoria you will have to complete both PSYC 100A and B.

WHO DO I GO TO IF I HAVE QUESTIONS?

We get a lot of e-mails from students in this class. In order for us to answer your questions in a timely fashion, please contact us only after you check if the answer is on the full course syllabus (available on BrightSpace) or on other documents in there. You can also check if your peers know the answer to your question.

If you have questions regarding ...	Contact:
Exam scoring, exam accommodation, practice quizzes, forums, and course content.	Teaching Assistant: Geneva Mason
Course content and questions your TA is not able to answer, anything else regarding your experience in the class	Instructor: Dr. Heydari
Research participation bonus points	Research participation coordinator: Dr. James Tanaka(p100res@uvic.ca)
Adding or dropping classes	https://events.uvic.ca/dates/

MATERIALS: WHAT WILL YOU NEED FOR THIS COURSE?

Required text

- Myers, D.M. and DeWall, C.N. (2021). *Psychology (13th ed.)* New York: Worth Publishers. You can purchase this required edition of the textbook at the UVic Bookstore, and you should have continuing access to it in order to master the material.
- A study guide comes included with the book if you purchase it through the UVic bookstore.
- You have the option to purchase the text in one of three ways: as a hard cover text, as looseleaf pages that go into a binder, or as an ebook. All three options include access to online resources, including an online version of the text, at the publishers LaunchPad website.

Course Website

- All course materials, including lecture notes (after class), will be available through BrightSpace (<https://bright.uvic.ca/>). This site will be your guide on what needs to get done every day. The course outline, and other material will be posted on the course website. You can sign into BrightSpace using your NetLink ID.

GENERAL FORMAT

For each chapter there will be (1) assigned reading from the textbook, (2) class group activities at the end of some sessions, (3) forum postings that include topics for your critical thinking exercises, and (4) exams. In class we will cover material related to the chapter in various forms – through lecture, demonstrations, discussion, and videos with guided questions.

WHAT WE EXPECT FROM YOU

Psychology is a scientific discipline, and as such it requires considerable thought and time to develop an understanding of psychological research and principles. We expect students to complete the assigned readings before each class, to attend and engage in the classes, and to spend many hours a week towards mastering the course material.

Attend class regularly. Attending class regularly will help you increase your understanding of the material by providing you with opportunities to engage with and discuss the material.

Prepare for class. To facilitate discussion and allow you to clarify any questions you may have about the material, it is best if you come prepared for class.

Check the course website often. All of the course materials, including lecture notes, will be available through BrightSpace (<https://bright.uvic.ca/>).

Conduct yourself appropriately. You should listen to and interact with others in a respectful manner. We are all very diverse and have different values, beliefs, and opinions. Please maintain an open mind to these differences. You may discuss your views with others who hold opinions different from your own, but you must remain respectful at all times. Respect also includes creating an environment conducive to learning, which means being on time, not leaving class early, turning off cell phones, listening, and only using computers to take notes and not to check e-mail or surf the web.

Provide constructive feedback. We are always looking for ways to improve the course to facilitate learning. You are highly encouraged to provide constructive feedback about your experiences in the course. Please see us in office hours to discuss your concerns or suggestions.

Let us know if there are any special circumstances. We learn in different ways and with varying degrees of success. If you know of any factors in your life that hinder your ability to learn up to your potential in this course, please contact the Centre for Accessible Learning (CAL; <https://www.uvic.ca/accessible-learning/index.php>) and let us know at once.

WHAT YOU CAN EXPECT FROM US

We are available to help. We are available to help via e-mail and office hours. For e-mail, please include “Psyc 100A:” in your subject headline and before you compose your e-mail, check the course syllabus, notes, with your classmates, and on the course website for the answer to your question.

Please attend office hours for your more detailed or complicated questions. We will be available during office hours to discuss your grades, understanding of the material, or discuss more generally your interest in Psychology.

We will give and receive feedback. We will be available in office hours to give feedback on the critical thinking exercises and exams. We are also open to receiving constructive feedback about your experiences with the course.

HOW WILL WE EVALUATE YOUR PROGRESS?

Percent of grade	Evaluation tool	Dates
25%	Exam 1 (Chapters 3,4,6)	October 7
25%	Exam 2 (Chapters 7, 8, 9)	November 6
25%	Exam 3 (Chapters 2,1, Prologue)	December 2
15%	Forums	See table below for dates
10%	Group Activities	See table below for dates

*Although you are expected to complete all course requirements (exams, forums, and quizzes), you must complete all three exams to receive credit for the course. Students who do not complete all three exams will receive an “N” grade.

Please review the following important information regarding your evaluation:

Failure to complete one or more of the exams 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 addition, there are bonus points for research participation, up to a maximum of 3% (See BrightSpace for details).

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.

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.

Grading Criteria

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

Exam Format

You will write three in-class exams. Most (70-80%) of the exam questions will be based on lecture material; the remainder will be drawn from information in the textbook. Exams will cover only material since the previous exam (i.e., they are not cumulative). The format of all three exams will be multiple-choice questions; be sure to bring a pen, and your valid student photo ID. You will have 80 minutes for each exam.

Exam Policies

You are responsible for attending exams as scheduled. **You will have to be present to write the exams during the scheduled class period. Be sure not to schedule any trips that overlap with exam dates.** You must notify the instructor or the TA **before** the exam session if there are scheduled absences that you cannot change in order to receive accommodation. If you miss one midterm exam due to illness, accident, or family affliction, you must supply documentation for your absence (e.g., doctor's note) within one week of missing the exam. If your documentation is approved, then we will inform you when the make-up exam will be held. You will have to write the make-up exam at the designated time.

All grades will be posted on BrightSpace following each exam. Please take the time to check this posting to make sure the grade is correct.

Forums

Twenty percent of your grade in Psyc 100A is derived from forums that you will submit in BrightSpace by 11:59 pm on their due dates. To give you flexibility, you will be given different exercises and you only need to complete 2 out of those exercises. You have the option to choose which exercises you wish to complete and these forum grades will count towards your final grade. More information about the exercises will be provided on BrightSpace. This aspect of the course is designed with the following goals in mind:

- To keep you involved in the course outside of classes and exams.
- To give you an incentive to read and think about the chapters prior to the class where we will discuss that chapter.
- To provide you with an opportunity to ask questions that you did not think of in class and to follow up on issues that we began to discuss in class.

Group Activities

We will base 10% of your final grade on group activities. There will be 2-4 opportunities to submit group activities. Your team chooses 2 of the suggested topics for submission. The topics and deadlines will be discussed in class and shared on BrightSpace during the semester.

WHAT ELSE CAN YOU DO TO DO WELL IN THIS COURSE?

Check that you have completed all the work. Keep up with the reading and the critical thinking exercises. These are designed to help you keep up with the reading in our condensed semester.

Check your performance early in the course. Make sure you check your grades, critical thinking exercises, and research participation ahead of time so that any discrepancies can be resolved early on in the semester. It is also important to check your marks on the exams. If you are not getting the marks you want, immediately come to office hours to ask for help improving the way you study the material. At the end of the term, if you are short of your target (pass, C+, A+), there are no extra opportunities to improve your grade.

Create study groups. You can meet regularly in groups of 2-4 people to work through the material together. Not only can it be helpful to have others explain concepts to you but it can also be helpful to have to explain concepts to others!

Tentative Course Outline

Week	Date	Lecture Topic	Forums
Part 1: The Story Our Mind Constructs; Why We Are the Same – and Different			
1	Wed Sept. 4	Introduction/Course outline/Ch. 3 Consciousness	
2	Mon Sept. 9	Ch. 3 Consciousness	
2	Wed. Sept. 11	Ch. 3 continued	
Sunday Sept. 15 - Forum 1 Deadline			
3	Mon. Sept. 16	Ch. 4 Nature, Nurture, Diversity	
3	Wed. Sept. 18	Ch. 4 continued	
4	Mon. Sept. 23	Ch. 6 Sensation and Perception	
4	Wed. Sept. 25	Ch. 6 continued	
Sunday Sept. 29 - Forum 2 Deadline			
5	Mon. Sept. 30	Stat Holiday (No Class)	
5	Wed. Oct. 2	Ch. 6 Continued/Ch. 7 Learning	
6	Mon. Oct. 7	Exam 1 (Ch. 3, 4, 6)	
Part 2: The Architecture of Mind: Storing, Processing and Using Information			
6	Wed. Oct. 9	Ch. 7 Learning	
7	Mon. Oct. 14	Thanksgiving Holiday (No Class)	
Thur. Oct. 17 – Forum 3 Deadline			
7	Wed. Oct. 16	Ch. 7 continued	
8	Mon. Oct. 21	Ch. 8 Memory	
8	Wed. Oct. 23	Ch. 8 continued	
Sun. Oct. 27 – Forum 4 Deadline			
9	Mon. Oct. 28	Ch. 9 Thinking & Language	
9	Wed. Oct. 30	Ch. 9 continued	
10	Mon. Nov. 4	Ch. 9/ Ch. 2 Biology of Mind	
10	Wed. Nov. 6	Exam 2 (Ch. 7, 8, 9)	
Thurs. Nov. 7 – Forum 5 Deadline			
11	Mon. Nov. 11	Reading Break (No Class)	

11	Wed. Nov. 13	Reading Break (No Class)	
12	Mon. Nov. 18	Ch. 2 continued	
12	Wed. Nov. 20	Ch. 1 Research Methods	
Sun. Nov. 24 – Forum 6 Deadline			
13	Mon. Nov. 25	Ch. 1 continued/ Prologue and Appendix B	
13	Wed. Nov. 27	Prologue and Appendix B	
14	Mon. Dec. 2	Exam 3 (Ch. 1, 2, Prologue, Appendix B)	
Wed. Dec. 4 – Forum 7 Deadline			

UNIVERSITY OF VICTORIA

Department of Psychology Important Course Policy Information Fall 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 class¹. The material is protected under copyright law, even if not marked with ©. Any further use or distribution of materials to others requires the written permission of the instructor, except under fair dealing or another exception in the Copyright Act. Violations may result in disciplinary action under the [Resolution of Non-Academic Misconduct Allegations policy \(AC1300\)](#) or the [Academic Integrity Policy](#), whichever is more appropriate for the situation.

Course Experience Survey (CES)

I value your feedback on this course. Toward the end of term, you will have the opportunity to complete a confidential course experience survey (CES) regarding your learning experience. The survey is vital to providing feedback to the instructor regarding the course and their teaching, as well as to help the department improve the overall program for students in the future. When it is time for you to complete the survey, you will receive an email inviting you to do so. If you do not receive an email invitation, you can go directly to <http://ces.uvic.ca>. You will need to use your UVic NetLink ID to access the survey, which can be done on your laptop, tablet or mobile device. You will be reminded nearer the time, but please be thinking about this important activity, especially the following three questions, during the course.

1. What strengths did your instructor demonstrate that helped you learn in this course?
2. Please provide specific suggestions as to how the instructor could have helped you learn more effectively.
3. Please provide specific suggestions as to how this course could be improved.

Disclaimer

The above schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances.

Grading

In classes that are based on a percentage grading scheme, the following [Undergraduate Grading Scale](#) is used

Grade	A+	A	A-	B+	B	B-	C+	C	D	F
Percentage	90-100	85-89	80-84	77-79	73-76	70-72	65-69	60-64	51-59	< 50
GP Value	9	8	7	6	5	4	3	2	1	0

Rounding is only applied to the final grade and is rounded up at the 0.5% level (e.g., 84.49% is round to 84% and 84.50% is rounded to 85%).

Medical Documentation for absences

No medical documentation for short-term absences is required (Approved by Senate).

If you are seeking a Withdrawal Extenuating Circumstances or an Aegrotat grade, medical documentation may be required if relevant.

Ombudsperson and Academic Concerns

From the course calendar...

Depending on the nature of the academic matter of concern to the student, the order in which the student should normally try to resolve the matter is: first, the course instructor; second, the Chair of the department; third, the Dean of the faculty; and finally, the Senate.

If you are having an academic concern or problem that cannot be resolved with your instructor or the Department Associate Chair, you may wish to consult with the Office of the Ombudsperson (<https://uvicombudsperson.ca>). Current contact information for the office can be found here <https://uvicombudsperson.ca/contact/>.

¹ Syllabi belong to the department through which the course is administered.

Policy on Academic Integrity including Plagiarism and Cheating

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

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

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

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).

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; 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](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!

Academic Important Dates

Fall session – first term (September – December)

Wednesday, September 4 th	First term classes begin for all faculties
Tuesday, September 17 th	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.
Friday, September 20 th	Last day for adding courses that begin in the first term
Monday, September 30 th	Last day for paying first term fees without penalty
Monday, September 30 th	University Closed (National Day for Truth and Reconciliation)
Tuesday, October 8 th	Last day for 50% reduction of tuition fees for standard courses
Monday, October 14 th	University Closed (Thanksgiving Day)
Thursday, October 31 st	Last day for withdrawing from first term courses without penalty of failure
Monday, November 11 th	University Closed (Remembrance Day)
November 11 th - 13 th	Reading Break for all faculties
Wednesday, December 4 th	Last day of classes in first term for all faculties
Wednesday, December 4 th	National Day of Remembrance and Action on Violence Against Women - (Classes and exams cancelled from 11:30am - 12:30pm)
Saturday, December 7 th	First-term examinations begin for all faculties
Friday, December 20 th	First term examinations end for all faculties
December 25 th - 31 st	University Closed (Winter Break)

Add and drop dates for standard 2024-2025 Winter Session courses

Term	Start Date	End Date	100% Fee Reduction	Add Deadline	50% Fee Reduction	Academic Drop no Fee Reduction
First term	Sep 4	Dec 4	Sep 17	Sep 20	Oct 8	Oct 31
Second term	Jan 6	Apr 4	Jan 19	Jan 22	Feb 9	Feb 28

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: Office of Equity and Human Rights, Sedgewick Building, Room C115

Phone: 250 721 8021

Email: svpcoordinator@uvic.ca

Web: <https://www.uvic.ca/sexualizedviolence/>

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/

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/>