when PERSPECTIVES CHANGE so does THE WORLD
When perspectives change, so does the world

Once you start looking in new directions, you will discover all the different perspectives that exist around you. Learning something new is like painting a new layer of knowledge to the canvas of your mind. When you allow yourself to hear diverse ideas and concepts, the relationship with yourself, others and the world becomes colourful and more meaningful.

At Continuing Studies at the University of Victoria, we offer an ever-evolving selection of courses and programs each term, exploring the latest in a wide range of topics, taught in small classes and online environments. Start looking at the bigger picture and make long-lasting change in our world.

STAY CONNECTED

/uviccontinuingstudies /ContinuingstudiesCa

Find the calendar online!
The calendar is available online in an interactive format—nothing to download, just flip the pages and click on a course title to register.
continuingstudies.uvic.ca/calendar
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Become a host with UVic Homestay program
We’re recruiting new homestay hosts!

Are you looking to broaden your cultural experiences?
What if you could do it from your very own home?

We offer…

• **Excellent support services** – including orientation and community-building opportunities
• **Updated policies and guidelines** – that continue to keep both host and student safety a top priority
• **Increased compensation** – to match rising costs of living (receive $1,260/month)

Host an international student with UVic Homestay and broaden your cultural experiences.

250-472-4268 | homestaysupport@uvic.ca
continuingstudies.uvic.ca/elc/new-host
### Constantly striving to bring you new learning perspectives, each term we introduce a number of new courses. As you browse through this calendar look for the **NEW** symbol to see our latest offerings.

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ART HISTORY

**NEW** Western Art History: The Greatest Hits

A survey-style lecture class to explore the depth and context behind some of the most well-known artworks in Western art history. We will discuss Michelangelo’s David, van Gogh’s Sunflowers, and Frida Kahlo’s self-portraits. Through an in-depth analysis of these iconic works, you will gain a deeper understanding of the cultural, historical and artistic significance of these masterpieces.

**Instructor:** Amber Morrison (MFA)
**Delivery Style:** Online Synchronous
**Date:** Wednesdays, Sept. 27 to Nov. 15
**Time:** 6 to 7:30 pm
**Register by:** Tuesday, Sept. 19
**Duration:** 8 sessions
**Fee:** $130 plus $6.50 GST
**Code:** ASHA152 2023F D01

**Classics of Film Noir**

What is *film noir* and why are we still fascinated by it? You will view clips from six classic *film noir* films from the key era of 1944 to 1958, starting with *Double Indemnity*, *The Killers*, *Gilda*, *The Big Sleep*, *Out of the Past*, and ending with Orson Welles’ film, *Touch of Evil*, all considered key films of the classic period.

The course will provide an opportunity to analyze and discuss elements that make up *film noir*, and discover how a brief period of mostly B-movies, derided at the time by American movie critics, became one of the most influential movements in film history.

**Instructor:** Peter Sandmark
**Delivery Style:** Face to Face
**Date:** Wednesdays, Nov. 1 to Dec. 6
**Time:** 7 to 9 pm
**Register by:** Tuesday, Oct. 24
**Duration:** 6 sessions
**Fee:** $130 plus $6.50 GST
**Code:** ASHA141 2023F C01

FOR MORE INFORMATION:
Art History
250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/art-history
Let's Sing! Level 1

This is a course for anyone wanting to learn to sing. We will concentrate on the fundamentals of vocal technique, and work on developing good breath control and proper placement of the voice. The goal of this course is to develop a good understanding of basic vocal technique, which will, in turn, help produce a well-supported, stable voice. There will be opportunities to work on different genres of music: folk songs, ballads, art songs, as well as basic harmony through the use of canons and rounds. No previous music knowledge is required.

Instructor: Debra Laprise

Delivery Style: Face to Face

Date: Wednesdays, Sept. 13 to Nov. 29
Time: 6 to 7:30 pm
Register by: Tuesday, Sept. 5
Duration: 12 sessions
Fee: $195 plus $9.75 GST
Code: ASMU204 2023F C01

Let's Sing! Level 2

This course follows Let's Sing Level 1. You will continue to build on basic vocal techniques and develop diaphragmatic breathing to support breath correctly. Different genres of music will be explored and you will use resonance to improve your vocal quality.

Instructor: Debra Laprise

Delivery Style: Face to Face

Date: Tuesdays, Sept. 12 to Nov. 28
Time: 6 to 7:30 pm
Register by: Monday, Sept. 4
Duration: 12 sessions
Fee: $195 plus $9.75 GST
Code: ASMU310 2023F C01

A Soundtrack for Change

It has been suggested that every great movement — intellectual, philosophical and social — has been addressed through music. From Medieval Scholasticism to the Age of Enlightenment, Romantic Nationalism and Democratic Socialism, music has a significant influence. Through listening to selections from the Western classical music repertoire, you will explore the sounds that have accompanied and inspired change. No prior experience with music is required to enjoy this course.

Instructor: Mary Byrne (PhD)

Delivery Style: Face to Face

Date: Mondays, Sept. 18 to Nov. 27
No class Oct. 2 & 9; Nov. 13
Time: 9:30 to 11:30 am
Register by: Sunday, Sept. 10
Duration: 8 sessions
Fee: $165 plus $8.25 GST
Code: ASMU477 2023F C01

How to Listen to Classical Music

Are you a non-musician wondering if you are missing something when you listen to classical music? The truth is that no two people hear the same thing when they listen to music. Through language and live piano demonstrations, you will learn about the nature of harmony, rhythm, melody, form and more.

Instructor: Jan Randall (BMus)

Delivery Style: Face to Face

Date: Wednesdays, Sept. 20 to Oct. 25
Time: 2:30 to 4:30 pm
Register by: Tuesday, Sept. 25
Duration: 6 sessions
Fee: $130 plus $6.50 GST
Code: ASMU400 2023F C01

NEW Intermediate Guitar

Join a musical community with fun jam-sessions mixed with practical instruction on technique, repertoire building and relevant music theory. If you have your open chords and basic strumming down and would like to expand your repertoire of songs, chord-types and techniques, this is the course for you! You will learn about movable chord forms, fingerpicking, 12-bar blues and the basics of music theory.

Textbook: Simple Songs: The Easiest Easy Guitar Songbook Ever; App: iReal Pro, available for iOS, OS X or Android

Instructor: Patrick Walters (BMus)

Delivery Style: Face to Face

Date: Thursdays, Sept. 21 to Dec. 7
Time: 7:30 to 9 pm
Register by: Wednesday, Sept. 13
Duration: 12 sessions
Fee: $190 plus $9.50 GST
Code: ASMU469 2023F C01

NEW Beginner Guitar

Would you like to be able to strum a few chords at the beach with friends? Do you have a dream of becoming a shred virtuoso? Or do you really want to play in a classic rock band on the weekends? You will learn to develop the basic guitar skills to set you on the path of achieving your musical goals. Bring your guitar to each session.

Textbook: Simple Songs: The Easiest Easy Guitar Songbook Ever; App: iReal Pro, available for iOS, OS X or Android

Instructor: Patrick Walters (BMus)

Delivery Style: Face to Face

Date: Thursdays, Sept. 21 to Dec. 7
Time: 7:30 to 9 pm
Register by: Wednesday, Sept. 13
Duration: 12 sessions
Fee: $190 plus $9.50 GST
Code: ASMU469 2023F C01

NEW How to Play Semi-Tenor

Join a musical community with fun jam-sessions mixed with practical instruction on technique, repertoire building and relevant music theory. If you have your open chords and basic strumming down and would like to expand your repertoire of songs, chord-types and techniques, this is the course for you! You will learn about movable chord forms, fingerpicking, 12-bar blues and the basics of music theory.

Textbook: Simple Songs: The Easiest Easy Guitar Songbook Ever; App: iReal Pro, available for iOS, OS X or Android

Instructor: Patrick Walters (BMus)

Delivery Style: Face to Face

Date: Thursdays, Sept. 21 to Dec. 7
Time: 7:30 to 9 pm
Register by: Wednesday, Sept. 13
Duration: 12 sessions
Fee: $190 plus $9.50 GST
Code: ASMU469 2023F C01
**Operate Live in High Definition**
Celebrate the 20th season of our popular course in-person! Explore the captivating world of opera with four thrilling performances. We’ll discuss the story of each selected opera, watch great singers from past and present, and learn how each was created. Kevin Put’s contemporary masterpiece, *The Hours*, begins the journey. Pacific Opera Victoria’s *Die Walküre* follows in October, and Andrea Chenier and Nabucco explore themes of oppression and rebellion. Join us for an unforgettable journey celebrating music, art, and storytelling. No prior experience in music is necessary.

**Instructor:** Mikki Reintjes (MMus)

**Delivery Style:** Face to Face
**Date:** Sept. 21 to Nov. 9
**Time:** Thursdays, Sept. 21, Oct. 5 & 26, Nov. 9, 4 to 6 pm
**Register by:** Wednesday, Sept. 13
**Duration:** 4 sessions
**Fee:** $90 plus $4.50 GST
**Code:** ASMU381 2023F C01

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**Symphonic Masterpieces**
Enhance your concert experience with these pre-performance lectures! Each lecture corresponds with a different concert selected from the Victoria Symphony’s 2023–24 Masterworks series, Sundays at the Farquhar. You will learn what to listen for musically and structurally in the programmed works including Beethoven’s *7th Symphony*, Nielsen’s *Flute Concerto*, and Bach’s *Musical Offering*. Both fun and educational, this course will increase your enjoyment of musical performance!

**Instructor:** Mikki Reintjes (MMus)

**Delivery Style:** Face to Face
**Date:** Oct. 1 to Nov. 19
**Time:** Sundays, Oct. 1, Nov. 5 and 19, 1 to 2pm
**Register by:** Friday, Sept. 22
**Duration:** 3 sessions
**Fee:** $38 plus $1.90 GST
**Code:** ASMU212 2023F C01

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**NEW ** **Miracle Numbers in Music**
Explore the fundamental nature of music through the lens of mathematics and physics. No previous experience required. Through presentations, listening and experiments you will learn about wave phenomenon, harmonics of sound, various musical interval systems and will understand the fret positions of a standard guitar. Discover how music works!

**Instructor:** Gokhun Tanyer (PhD)

**Delivery Style:** Face to Face
**Date:** Wednesdays, Oct. 11 to Nov. 1
**Time:** 6 to 8 pm
**Register by:** Tuesday, Oct. 3
**Duration:** 4 sessions
**Fee:** $90 plus $4.50 GST
**Code:** ASMU420 2023F C01

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**NEW ** **The Life and Times of Bob Dylan**
Is Bob Dylan a poet or a songwriter? Did he nearly die in a 1966 motorcycle accident? What do his lyrics mean? There are more questions than answers about the enigmatic Mr. Zimmerman, but the only things that do matter are his music and his lyrics. He doesn’t care for labels like the voice of a generation, but there is no doubt that Bob Dylan had a monumental impact on the struggle for Civil Rights and the Anti-war movement of the 1960s. In this course, we’ll explore the life and music of His Bobness.

**Instructor:** John Mitchell

**Delivery Style:** Synchronous
**Date:** Tuesdays, Oct. 17 to Nov. 21
**Time:** 10 am to noon
**Register by:** Monday, Oct. 9
**Duration:** 6 sessions
**Fee:** $130 plus $6.50 GST
**Code:** ASMU456 2023F D01

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**NEW ** **How to Write a Song**
Veteran songwriter Jan Randall reveals how to unlock your creativity in this hands-on workshop series. No experience is required, but if you have an idea for a lyric or a part of a tune you’ve been humming to yourself, Jan can show you how to collect, nurture and develop those ideas into a finished song. There will be a piano available and we will be making recordings of individual and group creations to share with the class. If you play another instrument, bring it along! This class will have something for everyone, whether you want to write a song or simply observe the process.

**Instructor:** Jan Randall (BMus)

**Delivery Style:** Face to Face
**Date:** Sept. 14 to Oct. 5
**Time:** Thursdays, Sept. 14 to Oct. 5, 6 to 8 pm (4 classroom sessions); Saturdays, Sept. 16 & 23, 10:30 am to 12:30 pm (2 photo walks)
**Register by:** Wednesday, Sept. 6
**Duration:** 6 sessions
**Fee:** $165 plus $8.25 GST
**Code:** ASVA181 2023F C01

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**NEW ** **Capture Better Smartphone Photos**
Improve your composition skills by learning to capture and control light. Unleash your artistic potential using the medium that is transforming photography. Learn new techniques to take better nature, architecture, people and travel photos with your smartphone.

**Requirements:** A smartphone released in 2018 or later with at least two, preferably three, camera lenses. (iPhone, Google Pixel, Samsung or other model with three lenses).

**Instructor:** Andrew Kielbowicz

**Delivery Style:** Face to Face
**Date:** Sept. 14 to Oct. 5
**Time:** Thursdays, Sept. 14 to Oct. 5, 6 to 8 pm (4 classroom sessions); Saturdays, Sept. 16 & 23, 10:30 am to 12:30 pm (2 photo walks)
**Register by:** Wednesday, Sept. 6
**Duration:** 6 sessions
**Fee:** $165 plus $8.25 GST
**Code:** ASVA181 2023F C01

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**FOR MORE INFORMATION:**
Music
250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/music
Photography Plus: Understand Your Camera and Improve Your Photos

Do you love photography, but aren't always happy with your photographs? This course, for those new to photography or their camera, will cover the basics of camera use and composition. You'll learn how to operate your camera, take part in creative exercises and create new images.

Instructor: Donald Denton

Delivery Style: Face to Face
Date: Tuesdays, Sept. 26 to Nov. 14
Time: 6:30 to 9 pm
Register by: Monday, Sept. 18
Duration: 8 sessions
Fee: $220 plus $11 GST
Code: ASVA085 2023F C01

NEW The North American Landscape

Immersive yourself into the captivating world of Alec Soth's documentary-style photography, with an emphasis on his depictions of the North American landscape. Through lectures, discussions, field trips and weekly assignments, you will gain a deeper understanding of Soth's artistic vision, techniques and philosophies. With a focus on storytelling using natural light and colour, you'll gain the skills to create your own compelling photographs.

Instructor: Meghan Krauss (MFA)

Delivery Style: Face to Face
Date: Sept. 26 to Nov. 7
Time: Tuesdays, Sept. 26 to Nov. 7, 6:30 to 9 pm (6 classroom sessions); Saturdays, Oct. 14, 7 to 9:30 am, Oct. 21, 10 am to 12:30 pm (2 field trips);
No class Oct. 31
Register by: Monday, Sept. 18
Duration: 8 sessions
Fee: $220 plus $11 GST
Code: ASVA182 2023F C01

Close-Up Photography

Are you a photographer with a macro lens, extension tubes or close-up filter? Are you capable of using manual exposure and focus setting? In this course, you will learn the features of close-up tools and how to light and expose close-up scenes. By the end of the course, you will have the necessary skills to capture the beautiful close-up images you have always wanted.

Instructor: Andrea Sirois

Delivery Style: Online Synchronous
Date: Thursdays, Oct. 5 to Nov. 23
Time: 6:30 to 9 pm
Register by: Wednesday, Sept. 27
Duration: 8 sessions
Fee: $220 plus $11 GST
Code: ASVA157 2023F D01

iPhone as an Artist Tool

Take your iPhone and iPad photography from ordinary to extraordinary! Discover how by using a number of unusual apps and processes to enhance and transform your images. You will define your personal photographic style and sharpen your skills in shooting, preproduction and post-production techniques. See the world in a different way, and find out what you and your mobile devices are truly capable of.

Instructor: Tony Bounsall (BAPA)

Delivery Style: Online Synchronous
Date: Wednesdays, Oct. 18 to Nov. 22
Time: 6:30 to 9 pm
Register by: Tuesday, Oct. 10
Duration: 6 sessions
Fee: $180 plus $9 GST
Code: ASVA128 2023F D01

Travel and Street Photography Basics

How do I learn to overcome shyness when photographing people? Why are my landscape photos pale and lifeless? How do I select photos for Instagram or travel photo books? Pre-photographer Andrew Kielbowicz will answer those and other essential photography questions. You will also learn: what gear is best for street and travel photography; how to set up your camera for fast shooting; how to use composition rules and lighting for natural vistas or cityscapes; and how to capture the genuine emotion of people.

We will analyze masters of photography for inspiration and take a photo walk in downtown Victoria.

Prerequisites: DSLR or mirrorless camera with manual controls is required for this course, released at 2016 or later.

Instructor: Andrew Kielbowicz

Delivery Style: Face to Face
Date: Oct. 19 to Nov. 16
Time: Thursdays, Oct. 19 to Nov. 16, 6 to 8:30 pm (5 classroom sessions); Saturday, Oct. 28, 10:30 am to 12:30 pm (1 photo walk)
Register by: Wednesday, Oct. 11
Duration: 6 sessions
Fee: $180 plus $9 GST
Code: ASVA133 2023F C01

Delivery style definitions

Online Asynchronous – When learning does not occur in the same place or at the same time. It uses resources that facilitate information sharing outside the constraints of time and place among a network of people.

Online Synchronous – When a group of students are engaging in learning at the same time, at a specific time.

Online Hybrid – A combination of synchronous and asynchronous learning.

Online Self-paced – When a learner engages in online learning, individually, and at their own speed within the start and end dates of a course without instructor facilitation.

Face to Face – When learning occurs in person, at a physical location.

Blended – A combination of face to face and any type of online delivery style.

Multi-access – Instruction is offered face to face and remotely simultaneously.
**NEW Great Adaptations - Classic Plays**

Read classic plays and watch their film adaptations on your own schedule before meeting in person to discuss them. You will also have access to articles about the works studied, as well as readings about the art of adaptation. Discussions focus on meaning, interpretation and technique. The plays include: Shakespeare’s *Macbeth*, Chekhov’s *Uncle Vanya*, Williams’ *A Streetcar Named Desire* and Mamet’s *Glengarry Glen Ross*.

**Instructor:** Rachel Ditor (MFA)

**Delivery Style:** Face to Face

**Date:** Thursdays, Oct. 12 to Nov. 30

**Time:** 6:30 to 8:30 pm

**Register by:** Wednesday, Oct. 4

**Duration:** 8 sessions

**Fee:** $170 plus $8.50 GST

**Code:** ASTH100 2023F C01

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**NEW Drawing Fundamentals**

In this introductory course, we will explore the complex topic of portrait drawing and break it down into manageable concepts. With easy-to-follow exercises, we’ll examine the face in sections and focus on understanding how to get more accurate proportions; how to draw eyes, nose and mouth; and how to put it all together in a well-proportioned drawing. A supply list will be attached to your receipt.

**Instructor:** Jeannette Siros (MEd)

**Delivery Style:** Online Synchronous

**Date:** Saturdays, Sept. 16 to Oct. 21

**Time:** 9:30 am to 12:30 pm

**Register by:** Friday, Sept. 8

**Duration:** 5 sessions

**Fee:** $180 plus $9 GST

**Code:** ASVA138 2023F D01

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**Contemporary Chinese Brush Painting**

Come learn about traditional and contemporary techniques of Chinese brush painting. You will learn about Chinese ink, rice paper, colour, texture, composition and the aesthetic principles of Chinese brush painting. Through hands-on practice, you will develop technical skills such as loading the brush with ink and water and dry and wet brush stroke control.

A supply list will be included with your receipt.

**Instructor:** Andy Lou (MFA)

**Delivery Style:** Face to Face

**Date:** Saturday, Sept. 23

**Time:** 10 am to 4 pm

**Register by:** Friday, Sept. 15

**Duration:** 1 session

**Fee:** $85 plus $4.25 GST

**Code:** ASVA005 2023F W01

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**Introduction to Portrait Drawing with Graphite**

In this introductory course, we will explore the complex topic of portrait drawing and break it down into manageable concepts. With easy-to-follow exercises, we’ll examine the face in sections and focus on understanding how to get more accurate proportions; how to draw eyes, nose and mouth; and how to put it all together in a well-proportioned drawing. A supply list will be attached to your receipt.

**Instructor:** Jeannette Siros (MEd)

**Delivery Style:** Online Synchronous

**Date:** Saturdays, Sept. 16 to Oct. 21

**Time:** 9:30 am to 12:30 pm

**Register by:** Friday, Sept. 8

**Duration:** 5 sessions

**Fee:** $180 plus $9 GST

**Code:** ASVA138 2023F D01

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**Introduction to Collage**

This course will inspire you, whether you are just discovering the medium of collage or would like to add to your knowledge and skills. We will cover different approaches to collage using colour, surface treatments, typographic elements, photographs, found objects, ephemera and image transfer. We’ll also explore various media and techniques used to augment finished pieces. Each class will involve demonstrations in a relaxed, fun and creative environment. No experience is required, just your enthusiasm! A supply list will be attached to your receipt.

**Instructor:** Tony Bounsall (BAPA)

**Delivery Style:** Online Synchronous

**Date:** Mondays, Sept. 18 to Dec. 11

**Time:** 6:30 to 9 pm

**Register by:** Sunday, Sept. 10

**Duration:** 10 sessions

**Fee:** $265 plus $13.25 GST

**Code:** ASVA056 2023F D01

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**NEW Drawing Fundamentals**

You will be introduced to the five basic skills of representational drawing. The focus will be on basic shapes and forms, architectural perspective, human figure, head structure and drawing from life. Your drawing practice will be taken to the next level with more confidence in your picture-making, stronger picture composition and higher realism.

A supply list will be included with your receipt.

**Instructor:** Ken Campbell (BA)

**Delivery Style:** Face to Face

**Date:** Tuesdays, Sept. 19 to Oct. 24

**Time:** 1 to 4 pm

**Register by:** Monday, Sept. 11

**Duration:** 6 sessions

**Fee:** $205 plus $10.25 GST

**Code:** ASVA186 2023F C01

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**Drawing Fundamentals**

You will be introduced to the five basic skills of representational drawing. The focus will be on basic shapes and forms, architectural perspective, human figure, head structure and drawing from life. Your drawing practice will be taken to the next level with more confidence in your picture-making, stronger picture composition and higher realism.

A supply list will be included with your receipt.

**Instructor:** Andy Lou (MFA)

**Delivery Style:** Face to Face

**Date:** Saturday, Sept. 23

**Time:** 10 am to 4 pm

**Register by:** Friday, Sept. 15

**Duration:** 1 session

**Fee:** $85 plus $4.25 GST

**Code:** ASVA005 2023F W01

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**FOR MORE INFORMATION:**

**Theatre**

250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/theatre
Watercolour for Beginners Workshop
This is a course for novice watercolour painters. You will learn about watercolour paper, brush techniques and care, colour mixing and some surprisingly easy colour theory. We will do a variety of wash techniques using mixed and pure colours, dry brush and wet-on-wet. Expect to have fun and learn through still life and abstract painting exercises. A supply list will be attached to your receipt.

Instructor: Joanne Thomson (MAdEd)
Delivery Style: Face to Face
Date: Oct. 13 to 15
Time: Friday, Oct. 13, 7 to 9 pm; Saturday, Oct. 14, 9 am to 4 pm; Sunday, Oct. 15, 1 to 5 pm
Register by: Thursday, Oct. 5
Duration: 3 sessions
Fee: $175 plus $8.75 GST
Code: ASVA019 2023F W01

Low Impact Basketry
In addition to hands-on learning of basketry techniques, we will consider ethical/sustainable methods of collecting basketry materials. Using non-native, non-endemic plant species, you will walk away with three small woven baskets or other objects, and the techniques to create larger baskets in the future. This class is appropriate for both learners with no previous basket weaving experience, as well as advanced students. All materials are included.

Instructor: Aurora Skala (MA)
Delivery Style: Face to Face
Date: Nov. 3 to 5
Time: Friday, Nov. 3, 7 to 9 pm; Saturday, Nov. 4, 9 am to 4 pm; Sunday, Nov. 5, 1 to 5 pm
Register by: Thursday, Oct. 26
Duration: 3 sessions
Fee: $175 plus $8.75 GST
Code: ASVA019 2023F W11

Artist Books
Artist books can be intimate, share ideas and hold memory. You will learn introductory book binding and folding methods to make your own artist books. Through collage techniques, including hand sewing and combining text and image, you will be able to reproduce artist books of different sizes and mediums.

Some basic supplies are included in the cost of the course. A small supply list will be attached to your receipt.

Instructor: Corrie Peters, (MFA)
Delivery Style: Face to Face
Date: Thursdays, Oct. 19 to Nov. 9
Time: 6:30 to 8:30 pm
Register by: Wednesday, Oct. 11
Duration: 4 sessions
Fee: $110 plus $6.10 GST (includes partial materials)
Code: ASVA184 2023F C01

Basic Observational Drawing with Graphite
Knowing the fundamental methods of observational drawing is an important tool for successfully and accurately depicting a subject. Using graphite, you will explore the elements of drawing through mark making, line, shape, texture and volume. We'll study basic perspective, work towards understanding positive and negative space and understand how light and shade is applied on various forms and surfaces. This course is for people who are new to drawing or who want to work on improving their basic observational drawing skills.

Instructor: Jeannette Sirois (MEd)
Delivery Style: Online Synchronous
Date: Saturdays, Nov. 4 to Dec. 16
Time: 9:30 am to 12:30 pm
Register by: Friday, Oct. 27
Duration: 6 sessions
Fee: $205 plus $10.25 GST
Code: ASVA141 2023F D01

Focus on Composition
In this studio workshop, you will create four mini paintings of the same subject in a variety of compositions. You will also explore the elements of colour, contrast, juxtaposition and narrative. As we explore different composition challenges and rewards, you will be asked to evaluate a previously created but problematic work. Students taking this course should have some previous painting experience.

A supply list will be included with your receipt.

Instructor: Joanne Thomson (MAdEd)
Delivery Style: Face to Face
Date: Saturday, Nov. 4, 9 am to 4 pm;
Time: Thursdays, Oct. 19 to Nov. 9
Register by: Wednesday, Oct. 19
Duration: 6:30 to 8:30 pm
Fee: $175 plus $8.75 GST
Code: ASVA019 2023F W11

FOR MORE INFORMATION:
Visual Arts
250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/visual
Creative Nonfiction: Writing from Everyday Life

Creative nonfiction uses personal narrative to engage readers in real life stories. It seeks to reflect the rich and multilayered details of lived experience. There are five main types: memoir, biography, travel writing, reportage and personal essay. In this course, you will learn how to overcome common problems when using the narrative form, while exploring the research and writing techniques of various creative nonfiction writers.

Instructor: Alex Bertram (PhD)

Delivery Style: Face to Face
Date: Tuesdays, Sept. 12 to Oct. 17
Time: 7 to 9 pm
Register by: Monday, Sept. 4
Duration: 6 sessions
Fee: $155 plus $7.75 GST
Code: ASWL127 2023F C01

Where Shall Wisdom Be Found

You will explore possible answers to the question “Where shall wisdom be found?” from Job, Ecclesiastes, Plato, Robert Pirsig, Annie Dillard and Joni Mitchell. Our approach will draw upon the traditional disciplines of Philosophy, Religion, Mythology, Literature, Music and Psychology to define wisdom. You will navigate the various paths and gain an understanding of both the theory and practice of wisdom.

Instructor: Matthew Manera (PhD)

Delivery Style: Face to Face
Date: Tuesdays, Sept. 20 to Oct. 25
Time: 6:30 to 9 pm
Register by: Wednesday, Sept. 13
Duration: 6 sessions
Fee: $180 plus $9 GST
Code: ASWL129 2023F C01

Writing for Children: Releasing the Child Within

Do you long to write picture books for children or stories for young adults, but don’t know where to start? Join us in exploring the delicate art of writing compelling stories in few words. Activities and discussion will focus on techniques for building character, setting, plot and perspective, and crafting an exciting story for young audiences. We will practice writing techniques, examine successful children’s books and discover why it is important to be aware of the child as audience. You will also learn what editors look for in a cover letter, and how manuscripts should be formatted for submissions to a publisher. Come with enthusiasm and bring your ideas.

Instructor: Carol Ann Sokoloff (BA (Hons.))

Delivery Style: Face to Face
Date: Wednesdays, Sept. 20 to Oct. 25
Time: 6:30 to 9 pm
Register by: Tuesday, Sept. 12
Duration: 6 sessions
Fee: $180 plus $9 GST
Code: ASWL041 2023F C01

Fabulous Fiction

Did you know that there are over 140 types of fiction? In this course, you’ll learn which type best suits your ideas. These six interactive classes will offer a trove of information to take your ideas from flop to fabulous, with assignments that range from simple iambic pentameter to writing hooks and creating surreal settings. By the end of the course, you’ll have a solid understanding of what goes into your novel of choice, and how to create a novel that readers will love.

Instructor: Darcy Nybo

Delivery Style: Online Synchronous
Date: Tuesdays, Sept. 12 to Oct. 17
Time: 6:30 to 9 pm
Register by: Tuesday, Sept. 12
Duration: 6 sessions
Fee: $180 plus $9 GST
Code: ASWL114 2023F D01

Memoir: How to Write Your Own Life Story

You are the main character in your life story, and it’s a story that needs to be told. This course will encourage you to have your story heard. You will learn creative nonfiction techniques to help you get your memories down on paper. You will be inspired by in-class examples, writing prompts and surprise yourself by producing a draft of your own memoir!

Instructor: Maureen Moore (MA)

Delivery Style: Face to Face
Date: Saturdays, Oct. 14 to Dec. 2
No class Nov. 11
Time: 1 to 3 pm
Register by: Friday, Oct. 6
Duration: 7 sessions
Fee: $175 plus $8.75 GST
Code: ASWL133 2023F W01

Editing Your Words

Editing your own writing can be difficult. Our own eyes often overlook the mistakes and missing pieces. In this course we will review the five major types of editing: content and developmental editing, structural editing, copy editing, line editing and proofreading. You’ll learn what each editing type means and how to apply them to your manuscript. This course will help you improve your writing by developing editing knowledge and skills.

Bring a completed chapter or story to class to work on.

Instructor: Darcy Nybo

Delivery Style: Online Synchronous
Date: Tuesdays, Sept. 26 to Nov. 7
Time: 6:30 to 8:30 pm
Register by: Monday, Sept. 18
Duration: 7 sessions
Fee: $175 plus $8.75 GST
Code: ASWL121 2023F D01
NEW  Writer’s Bootcamp

Take your story idea from a thought to having a solid plot, outline, timeline and great characters. You will gain a better understanding of what your story will look like, what you need to finish it and a basic understanding of editors, proofreaders, agents and publishers. This workshop is good for all genres, both fiction and non-fiction writing. Sharing is encouraged but not mandatory.

Instructor: Darcy Nybo

Delivery Style: Online Synchronous
Date: Saturdays, Oct. 14 to Dec. 2
No class Nov. 11
Time: 9 to 11 am
Register by: Friday, Oct. 6
Duration: 7 sessions
Fee: $175 plus $8.75 GST
Code: ASWL132 2023F D01

NEW  Through a Woman’s Lens: Writing with Photographs

This course offers a toolkit for all writers in a piece of creative nonfiction writing. You will explore the work of various women photographers and historians and discuss why photographs are important to them. Through writing exercises, applying different techniques to your own work and using your own photographs, you will have a new way of thinking about words and pictures.

Instructor: Alex Bertram (PhD)

Delivery Style: Face to Face
Date: Tuesdays, Oct. 31 to Dec. 5
Time: 7 to 9 pm
Register by: Monday, Oct. 23
Duration: 6 sessions
Fee: $155 plus $7.75 GST
Code: ASWL131 2023F C01

NEW  Writing for Children: Advanced

For those who have completed the Writing for Children course, this advanced level course offers a deeper exploration focusing on language, style, content, character and conflict, as well as the editing and submission processes. Develop and polish ongoing projects, whether picture or chapter books, in a supportive atmosphere with in-class writing and suggested assignments to keep the creative juices flowing. You’ll be assisted in setting goals, organizing your work, researching publication prospects and preparing book submissions.

Instructor: Carol Ann Sokoloff (BA (Hons.))

Delivery Style: Face to Face
Date: Wednesdays, Nov. 8 to Dec. 13
Time: 6:30 to 9 pm
Register by: Tuesday, Oct. 31
Duration: 6 sessions
Fee: $180 plus $9 GST
Code: ASWL059 2023F C01

NEW  Create Attention-Grabbing Query Letters

In this course, you will learn how to properly write your author biography and where to use it. Get to the point with your back of book synopsis and the one you send out to agents/publishers. Then learn how to create a query letter to catch the attention of those who can get your book into the hands of readers.

Instructor: Darcy Nybo

Delivery Style: Online Synchronous
Date: Thursdays, Nov. 9 to 30
Time: 6:30 to 8 pm
Register by: Wednesday, Nov. 1
Duration: 4 sessions
Fee: $85 plus $4.25 GST
Code: ASWL130 2023F D01

Delivery style definitions

Online Asynchronous – When learning does not occur in the same place or at the same time. It uses resources that facilitate information sharing outside the constraints of time and place among a network of people.

Online Synchronous – When a group of students are engaging in learning at the same time, at a specific time.

Online Hybrid – A combination of synchronous and asynchronous learning.

Online Self-paced – When a learner engages in online learning, individually, and at their own speed within the start and end dates of a course without instructor facilitation.

Face to Face – When learning occurs in person, at a physical location.

Blended – A combination of face to face and any type of online delivery style.

Multi-access – Instruction is offered face to face and remotely simultaneously.
The UVic Philippine Community Club or UPC’s mission is to act as a community and home away from home for Filipino students studying with Continuing Studies at UVic. The club was started in January 2022 and was ratified as an official UVSS club for the second time last fall.

“When I came here in the fall of last year, I attended clubs and course unions days together with fellow Filipino students. We couldn’t help but notice that there weren’t any clubs we felt we could fit in,” says Ryan Justin Garcia, chair of UPC and Diploma in Business Administration (DBA) graduate. “There was a Brazilian club and other international clubs, but nothing specific for us.”

Since starting the club, Ryan and the other 300 members have hosted a variety of in-person and online events. In addition to social events like game nights, UPC also hosts informational webinars. These sessions are geared toward future and prospective international students. Attendees have the opportunity to connect with peers as well as learn about what to expect when arriving in Canada and at UVic.

“International students right now are so lucky, ” says Claudine. “They have a community that will not just help and support their transition into the school and work, but also provide a sense of belonging.”

“Creating a community on campus is especially important for Continuing Studies students,” says Ryan. “The good thing about joining a club or creating your own community is that you have a voice.”

By Ashlee Levy, Marketing Services
CREATING a COMMUNITY on CAMPUS

The UVic Philippine Community Club or UPC’s mission is to act as a community and home away from home for Filipino students studying with Continuing Studies at UVic. The club was started in January 2022 and was ratified as an official UVSS club for the second time last fall.

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“It’s hard to uproot your life,” says the club’s vice-chairperson and ScoutBees founder, Gaze Del Castillo. “Having a solid support system that truly understands what you’re going through is something that I’m very proud of and something that I want to continue.”

UPC members say that mentorship and community are some of the main benefits of joining the club. In the face of the isolation and culture shock that many international students experience, a community like UPC can make all the difference.

“It’s nice to know that you’re not doing life alone,” says Ryan. “It’s really comforting to know… that someone here understands what I’m going through.”

As Continuing Studies students, the group feels it is especially important to have a community on campus. “The good thing about joining a club or creating your own community is that you have a voice,” says Ryan.

“International students right now are so lucky,” says Claudine. “They have a community that will not just help and support their transition into the school and work, but also provide a sense of belonging.”

― Ashlee Levy, Marketing Services

17
Business and Management

**Essential Soft Skills Training**

Essential Soft Skills Training provides learners with foundational soft skills such as communication, creativity, productive conflict resolution, self-awareness, social intelligence, problem solving, process management and more. In light of how digital work environments affect these skills, this micro-credential will prepare learners to be more effective in working collaboratively and constructively with colleagues, thus increasing their competitive advantage in the workplace.

**Instructor:** Anna Marie White (MA, BA)

**Delivery Style:** Online Asynchronous

**Date:** Oct. 16 to Nov. 26

**Fee:** $400

**Code:** HPPD700 2023F D01

**FOR MORE INFORMATION:**
Business and Career Essentials
250-721-8558
hsadmin@uvic.ca
continuingstudies.uvic.ca/bus-essentials

**IT Security for Business Continuity**

Get the information technology security fundamentals you need to prepare for and maintain business continuity in the event of an emergency. Learn about security topics related to risk assessment, vulnerabilities and threats, tools and technologies, policies, user awareness, incident response and recovery planning.
We will also be covering security issues and solutions in the context of modern technologies such as mobile devices, cloud computing and web applications.

**Instructor:** Steve Gidden (BA)

**Delivery Style:** Online Asynchronous  
**Date:** Sept. 25 to Dec. 15  
**Fee:** $695  
**Code:** HPPD601 2023F D01

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**Operational Resilience**

This course will help you strengthen your organization's operational resilience today to improve performance now and to be able to operate through disruption. Develop skills to analyze key information and propose solutions to prevent or minimize disruptions. Concepts include theory of risk, risk assessment, policy and program management, organizational cultural challenges, leadership for business continuity, impact analysis, business continuity plans and communications.

**Instructor:** Paul Breed (MSc, MBCI/CBCI, CSyP, FSYI, FCMI)  
**Delivery Style:** Online Asynchronous  
**Date:** Sept. 25 to Dec. 15  
**Fee:** $695  
**Code:** HPPD603 2023F D01

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**Organizational Preparedness and Adaptability**

This course will equip you to improve your organization's ability to operate through the crises and disruptions many describe as the new normal. Designed for non-specialists, this course will enable staff across organizations in all sectors to prepare for and adapt to our highly unpredictable environment. We will explore risk assessment, impact analysis, mitigation, business continuity planning, emergency preparedness and response, leadership and organizational culture, and crisis communications.

**Instructor:** Paul Breed (MSc, MBCI/CBCI, CSyP, FSYI, FCMI)  
**Delivery Style:** Online Asynchronous  
**Date:** Oct. 16 to Nov. 24  
**Fee:** $495  
**Code:** HPPD650 2023F D01

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**FOR MORE INFORMATION:**  
Business Continuity  
250-721-8558  
hadmin@uvic.ca  
continuingstudies.uvic.ca/bus-continuity

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**ADDITIONAL TOPICS**

Continuing Studies at UVic offers a number of engaging courses throughout the year in addition to those listed in this calendar. Those courses may be offered under the following topics:

- **Accounting and Finance**
- **Leadership and Management**
- **Communications and Public Relations**
- **Entrepreneurship and Business Development**
- **Human Resources**
- **Marketing**

**FOR MORE INFORMATION:**  
Business and Management  
continuingstudies.uvic.ca/business

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**Public Relations**  
**DIPLOMA | ONLINE**

Elevate your PR career with every skill you develop.

Just like a master bricklayer assembles a sturdy wall one brick at a time, you too can purposefully build your public relations career to reach higher levels of success.

- **Develop job relevant skills**  
  Enhance existing skills to instantly apply to your job
- **Achieve work-life balance**  
  Thanks to 100% online asynchronous delivery style

**Recognized by the Canadian Public Relations Society**

continuingstudies.uvic.ca/publicrelations
Data, Computing and Technology

Processing new perspectives...

Computing and Information Systems

IT Privacy and Security

Concerned about IT security issues? Want to understand how your privacy may be at risk? Assess the risks and understand the available tools to provide a secure environment in the office and on your personal devices. An industry expert will lead you through this course, employing a variety of activities including news stories to inform and illustrate how IT security and privacy can be managed, with a plan. In this course, you will complete case studies and self-assessment exercises for reinforcement and self-evaluation of the concepts presented.

Instructor: Melina Luxruel

Delivery Style: Online Asynchronous
Date: Sept. 11 to Dec. 10
Register by: Friday, Sept. 8
Fee: $695
Code: TECH325 2023F D01

Microsoft Office Bootcamp

Knowing the features of Microsoft Office is an important tool to successfully and accurately organize, manage, present documents, data, and figures in home, office, and schools. This course will accelerate your existing Office skillset through a mix of online instruction and self-study where you’ll go from basic to advanced skills in Excel, Word, PowerPoint, and more in a matter of weeks.

Please visit this course page on our website for a full list of equipment and software requirements.

Instructor: Gritt Hoffmann (PhD, MA LAT, MPA, CPHR)

Delivery Style: Online Hybrid
Date: Mondays, Sept. 11 to Oct. 29
No class Oct. 9
Time: 6 to 8 pm
Duration: 6 sessions
Fee: $695
Code: TECH130 2023F D01

FOR MORE INFORMATION:
Computing and Information Systems
250-721-8944
bustech@uvic.ca
continuingstudies.uvic.ca/computing

DATA, COMPUTING AND TECHNOLOGY
Online Art and Design Courses

The Division of Continuing Studies, in partnership with the Ontario College of Art and Design University (OCAD), is pleased to offer online educational opportunities for interested, creative professionals. Registrants will have the added bonus of networking with other learners across the country who share your interest in art and design. Note: all courses are offered online.

A sample of the courses that may be offered this term include:

- Interior Design Fundamentals
- Intermediate Adobe Photoshop
- Introduction to 3D Animation with Blender
- Introduction to Adobe Illustrator
- Introduction to Adobe InDesign
- Introduction to SketchUp
- Introduction to Video Editing

For the full list of course offerings visit continuingstudies.uvic.ca/OCAD, email artscoord@uvic.ca or call 250-721-8827 for more information.

Data Analytics Coding Fundamentals

This course will explore the fundamentals of coding and scripting for data analytics. You will develop the ability to script and code for basic tasks in data analytics in common data analytic tools such as R, Python and Excel. This will allow you to import and export data appropriately and perform fundamental data manipulations and to automate basic analysis elements.

Please visit this course page on our website for a full list of equipment and software requirements.

Instructor: Julie Hawkins
Delivery Style: Online Hybrid
Date: Saturdays and Sundays, Sept. 9 to Oct. 22
No class on Sept. 30, or Oct. 1
Time: 9 am to noon
Register by: Monday, Sept. 4
Duration: 12 sessions
Fee: $695
Code: BIDA302 2023F D01

Data Analytics Provisioning, Importing, Extracting & Manipulation

This course will explore the fundamentals of coding and scripting for data analytics. You will develop the ability to script and code for basic tasks in data analytics in common data analytic tools such as SQL, R, Python and Excel. This will allow you to import and export data appropriately, perform fundamental data manipulations, and automate basic analysis elements.

Instructor: Martin Monkman (MA, BSc)
Delivery Style: Online Hybrid
Date: Tuesdays and Thursdays, Sept. 12 to Oct. 19
Time: 6 to 9 pm
Register by: Saturday, Sept. 9
Duration: 6 sessions
Fee: $695
Code: BIDA405 2023F D01

Business Intelligence and Data Analytics Fundamentals

Become proficient in fundamentals of business intelligence and data analytics. This course will provide the framework for you to understand, use and evaluate a variety of techniques and skills in analyzing data sets and making appropriate interpretations of the data.

Please visit this course page on our website for a full list of equipment and software requirements.

Instructor: Olga Gould (MSc)
Delivery Style: Online Hybrid
Date: Saturdays and Sundays, Nov. 4 to Dec. 17
No class on Nov. 11 and 12
Time: 9 am to noon
Register by: Friday, Nov. 3
Duration: 12 sessions
Fee: $695
Code: BIDA301 2023F D01

For more information:
Creative Technology and Design
250-721-8944
bustech@uvic.ca
continuingstudies.uvic.ca/creative-tech
UNLEASHING POTENTIAL
with Stasha deLure
By Sarah Androsoff, Marketing Services

Just like a kid in a candy store, Stasha deLure can't get enough of learning. “It brings me back to that childlike curiosity and creativity. Learning motivates me to reach for more success,” she says. For Stasha, knowledge creates personal empowerment and is a chance to prove to herself what she is capable of accomplishing.

“We're all just trying to do our best and taking it one day at a time.”

Stasha deLure, is the business owner of Your Health Connection and the executive director of Cowichan Valley Independent Living.
Stasha has professional training geared towards physical therapy and personal training for land and aquatics. She also has a diploma in developmental service work and child psychology. In 2006, Stasha launched her own business called Your Health Connection, which provides support services and in house care. Even with previous education and experience running a business, Stasha wanted to deepen her knowledge and skills. Health care is always evolving, it was important for her to keep growing as a professional and stay on top of the latest developments in her discipline.

In 2020, at age 47, Stasha started her studies with Continuing Studies at UVic and has enjoyed every moment of being a student again. The first program she took was the Professional Development Certificate in Strategies and Action for Independent Living (SAIL). This program was a great way to learn about current and best practices for providing in home care for people with disabilities. “It helped expand what I’m able to offer through my business and gave me the determination to move forward in whatever area I wanted to pursue,” says Stasha.

After finishing the SAIL program, a desire to expand the service options of her business led her to enroll in the Emergency Management for Organizational Continuity (EMOC) program. The comprehensive approach of the program gave her a higher degree of confidence and security as a business owner. “This program helped me adapt my existing protocols and prepare for potential risks,” explains Stasha. EMOC also gave her confidence and motivation to take new steps in her career. In June 2023, Stasha became the executive director of Cowichan Valley Independent Living, located in Duncan, BC, which offers various services by and for people with disabilities.

The diverse topics and opportunities that Continuing Studies offered made it hard for her to stop learning. She also found herself taking the High-Risk Foot course to augment her reflexology certification and a landscape design course to spice up her yard.

Learning involves course work, but it is also about connecting with people and feeling part of a community. Stasha noticed that her instructors encouraged all learners, regardless of their skill level or prior experience. For instance, she didn’t have much technology experience, but her instructors were willing to provide guidance and help her become proficient using computers and creating presentations. Being surrounded by other students with different skills and experiences also played an important role in her professional growth. “There was such a diversity of careers and skills that everybody brought to the table,” Stasha adds. “You’re opened to a whole new perspective of how things work in your field by interacting with others and hearing their ideas.”

As someone who cares for clients with different disabilities and conditions, it’s important to have compassion. If Stasha had one wish, it would be for more kindness in the world. “Remember that everyone is dealing with different challenges in their lives,” says Stasha. “We’re all just trying to do our best and taking it one day at a time.”

Stasha deLure, is the business owner of Your Health Connection and the executive director of Cowichan Valley Independent Living.
**Health, Wellness and Safety**

**COMMUNITY HEALTH AND WELLNESS**

**NEW** How to Build a Resilient Relationship

Satisfying close relationships are a cornerstone of well-being for many people. At the same time, couples often struggle to build and maintain a relationship that is resilient over time. This course will provide an overview of research-based strategies to support healthy relationship functioning. Topics will include communication and intimacy-building strategies, effective conflict management, navigating stress and change, and interventions demonstrated to improve relationship wellbeing.

**Instructor:** Erica Woodin

**Delivery Style:** Face to Face

**Date:** Wednesday, Oct. 4

**Time:** 6:30 to 8:30 pm

**Duration:** 1 session

**Fee:** $65 plus $3.25 GST

**Code:** HPHE329 2023F C01

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**Investing for Financial Wellness**

Financial wellness is about more than just finances; it is a primary contributor to overall well-being. Over four sessions, this interactive and engaging course will examine ways to manage your finances and investments that can help you reduce stress, feel secure about your financial future and enjoy life more. Guided by an experienced chartered financial analyst, you will explore the attributes that lead to successful investing, learn to recognize common psychological pitfalls that might undermine your investing decisions, look at big-picture investment themes and learn strategies that will help you preserve capital and achieve peace of mind, even in turbulent markets.

**Instructor:** Ian Johnson (CFA)

**Delivery Style:** Online Synchronous

**Date:** Wednesdays, Oct. 4 to 25

**Time:** 6:30 to 9 pm

**Duration:** 4 sessions

**Fee:** $100 plus $5 GST

**Code:** HPHE279 2023F D01

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**Forgiveness: Escaping Your Own Alcatraz**

Forgiveness seems like a wonderful virtue, but in reality, it can be a difficult and lengthy process. This course will broaden the way you think about forgiveness by providing a brief introduction to interpersonal forgiveness and what it involves. While learning how to forgive takes more than a single session, this course will provide you with tools to continue to practice forgiveness. Topics will include misconceptions of forgiveness and why they are dangerous, factors that increase the likelihood you will forgive and health benefits of forgiveness.
Mindfully Responding to Stress

For so many people, especially those in the health care and service industries, we are trained and encouraged to attune to the feelings and needs of others in order to be able to provide the highest quality of service possible. While these are desirable qualities, they often come at the expense of focusing on our own experience. The consequence of this over time may be various health and personal challenges. Mindfulness practice provides us with the tools to address this imbalance to the extent that our well-being and overall quality of lives can be enhanced.

Instructor: David Greenshields (MA, CQSW, RSW)
Delivery Style: Online Synchronous
Date: Thursdays, Oct. 19 and 26
Time: 6:30 to 9 pm
Duration: 2 sessions
Fee: $65 plus $3.25 GST
Code: HPHE330 2023F D01

Resiliency and Flourishing

A garden full of flowers can only reach its full beauty and potential if the weeds are kept under control and the soil is healthy. Resilience works exactly the same way: we all face the ‘weeds’. This course offers insights and practical skills to help you flourish in current and future challenging times by cultivating everyday mindfulness, navigating challenging emotions, and managing negative cognitive filters. This course brings together the latest psychological research to help boost your sense of well-being and optimism, and offer you the tools to reinvigorate your post-pandemic life.

Instructor: Jason Cressey (PhD)
Delivery Style: Online Synchronous
Date: Saturday, Oct. 21
Time: 9 to 11 am
Duration: 1 session
Fee: $45 plus $2.25 GST
Code: HPHE309 2023F D01

Dementia and Alzheimer’s Disease

Dementia is not a natural part of aging. It is an umbrella term that encompasses all types of neurodegenerative diseases that affect memory, judgement, and cognitive skills severely enough to impact daily life. Alzheimer’s disease is the most common form of dementia and comprises nearly 70% of all cases. During this course you will find out what researchers currently know about the disease as well as new methods for early detection.

Instructor: Jamie Knight
Delivery Style: Online Synchronous
Date: Wednesday, Oct. 25
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: $45 plus $2.25 GST
Code: HPHE307 2023F D01

Social Anxiety

Many individuals experience more than mild anxiety or nervousness in anticipation of social experiences or events. This struggle can become overwhelming and lead individuals to begin avoiding situations they once enjoyed, or at least weren’t fearful of. This course is intended to remove some of the aloneness that many individuals experience when struggling with social anxiety. It will outline the emotional experiences as well as physical and behavioural signs and symptoms of social anxiety by highlighting some of the root causes of social anxiety; understanding how to reduce it; and what it might look like to overcome some or all of the distress that accompanies this common struggle. Participants will leave with the tools to use when they may be experiencing social anxiety.

Instructor: Ashleigh Keizer
Delivery Style: Online Synchronous
Date: Tuesday, Nov. 7
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: $45 plus $2.25 GST
Code: HPHE331 2023F D01

Plant-Based Nutrition

Vegan, vegetarian, flexitarian and plant-based diets are popular, but are they healthy, and are they healthier than eating animal products? In this session, we will review the current scientific literature regarding the health impacts of eating plant-based diets. If you eat plant-based, or are considering a plant-based diet, we will also discuss important nutrients, such as protein and iron, and what you need to consider within your own nutrition plan. Participants will leave the session feeling confident in their food choices. Note: this session will cover adult nutritional needs.

Instructor: Kristen Yarker (MSc, RD)
Delivery Style: Face to Face
Date: Thursday, Nov. 16
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: $65 plus $3.25 GST
Code: HPHE321 2023F C01

Probiotics

Claims that live bacterial cultures, known as probiotics, are beneficial to human health date back over 100 years. This course will critically examine these health claims and discuss how recent research would lead to the development of more effective probiotics. You will learn to distinguish probiotics from prebiotics, synbiotics and post-biotics, and learn how to judge the validity of health claims linked with probiotics.

Instructor: Ed Ishiguro (PhD)
Delivery Style: Face to Face
Date: Tuesday, Nov. 14
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: $65 plus $3.25 GST
Code: HPHE327 2023F C01

Pain Management

The science of pain has grown significantly over the past 20 years. Our current understanding in the scientific community can sometimes be at odds with what is more generally known within the community, which can cause greater suffering. In this course, you will explore the complexity of pain and how to ease our suffering when we have a pain experience.

Instructor: Richard McIlmoyle
Delivery Style: Face to Face
Date: Thursday, Nov. 16
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: $65 plus $3.25 GST
Code: HPHE321 2023F C01
FOR MORE INFORMATION:
Community Health and Wellness
250-721-8558
hsadmin@uvic.ca
continuingstudies.uvic.ca/health-wellness

PROFESSIONAL DEVELOPMENT FOR HEALTH PRACTITIONERS

Canadian Fall Prevention Curriculum

This online course helps health professionals working with older adults to take an evidence-based approach to preventing falls and related injuries. Learn to design, implement and evaluate a fall-prevention program by defining the problem, assessing risk, selecting prevention strategies, understanding social and policy contexts, applying a program-planning model and evaluating effectiveness.

Textbook: Fall Prevention Programming (2nd ed.), by Dr. Vicky Scott (required)
Instructor: Bobbi Symes (MA)

Delivery Style: Online Asynchronous
Date: Sept. 22 to Oct. 27
Fee: $350
Code: HPCF215 2023F D01

Wound Management for Health Professionals Level I

This recently revised online course equips health professionals with the knowledge and skills to practice evidence-based wound assessment and management within an interprofessional team. Build your skill set using high-resolution images, videos, case studies and collaborative discussion. Concepts include assessment, wound healing and prevention, infection, dressing selection, advocacy and evidence-based practice, holistic approach to care, and patient education.

Textbook: Acute and Chronic Wounds (5th ed.), by Ruth Bryant and Denise Nix
Instructor: Jenny Lindsay (BSN, WOCN, IWCC(C), MCIsc)

Delivery Style: Online Asynchronous
Date: Sept. 22 to Nov. 3
Fee: $525
Code: HPPD257 2023F D01

Wound Management for Health Professionals Level II

Develop your critical thinking skills for advanced wound management and professional skills for evidence-based practice. In this course, newly revised in 2023, learn about pain and nutrition, arterial and venous insufficiency, ulcer management, high-risk foot, lymphedema, lipedema, burns, palliative and surgical wounds, and key therapies. You will learn through case studies, videos, detailed picture guides and a required online workshop.

Textbook: Acute and Chronic Wounds (5th ed.), by Ruth Bryant and Denise Nix
Instructor: Misty Stephens (BSN, RN, WOCC(C), MCIsc)

Delivery Style: Online Hybrid
Date: Sept. 22 to Nov. 17
Time: Mandatory workshop: Saturday, Nov. 25
Fee: $625
Code: HPPD258 2023F D01

Palliative Care Pharmacy

This online course equips community and hospital pharmacists with specialized knowledge in palliative care to support patients and families, as well as others in the multidisciplinary team, including community-care nurses and GPs. Newly updated in 2023, topics include the pharmacist’s role, pain management, use of opioids in palliative care, cancer-associated thrombosis, symptom management and drug-related adverse effects.

Instructor: Melissa McQuat (HBSc, BSP, ACPR)

Delivery Style: Online Asynchronous
Date: Oct. 13 to Nov. 24
Register by: Friday, Oct. 20
Fee: $495
Code: HPPD400 2023F D01

Strategies and Actions for Independent Living (SAIL)

Practical fall-prevention training for home health care aides who provide day-to-day in-home care for frail older adults or those living with disabilities. Use case studies, videos, discussion and interactive assessments to learn to apply practical tools to help clients live at home more safely. The popular SAIL home-exercise program videos will be featured. Optional ongoing access to the SAIL tools and videos also available, with guidance on implementing a SAIL program.

Instructor: Bobbi Symes (MA)

Delivery Style: Online Asynchronous
Date: Oct. 13 to Nov. 6
Fee: $250
Code: HPCF200 2023F D01

High-Risk Foot, Level II

Extend your skills in assessing and managing the diabetic foot and lower limb, including complications such as Charcot foot and neuropathy. This course is designed for foot-care nurses, community nurses, RNs and LPNs in other areas, physiotherapists, occupational therapists and others. Build your knowledge and skills through slide presentations, videos, preparatory readings and case studies. Completion of High-Risk Foot Level I is recommended but not required.

Instructor: Misty Stephens (BSN, RN, WOCC(C), MCIsc)

Delivery Style: Online Synchronous
Date: Saturday, Oct. 14
Time: 2 to 5 pm
Duration: 1 session
Fee: $175 plus $8.75 GST
Code: HPPD295 2023F D01
NEW Wound Care for Clients Experiencing Inequities

Learn best practices in wound management for clients experiencing systemic inequities, in a context of trauma-informed care. These clients include those living in unstable housing or experiencing homelessness, using substances or facing socioeconomic challenges. Learn innovative strategies and practical tips for wound care and for collaborating with clients to optimize outcomes and increase your peace of mind. Designed for nurses, paramedics, social workers, harm-reduction, housing workers and others.

Instructor: Kate Leahy (BSN) and Misty Stephens (BSN, RN, WOCC(C), MCIsC)

Delivery Style: Online Hybrid
Date: Nov. 17 to Dec. 9
Time: 3 hour workshop: Thursday, Dec. 7
Fee: $275 plus $13.75 GST
Code: HPPD300 2023F D01

FOR MORE INFORMATION:
Professional Development for Health Practitioners
250-721-8558
hsadmin@uvic.ca
continuingstudies.uvic.ca/healthprod

CURRENT CONCEPTS IN DENTISTRY

Current Concepts in Dentistry

You give your best to your patients. Now allow the University of Victoria to treat you to the best of dental continuing education. Current Concepts in Dentistry is one of the foremost offerings in the field of dental continuing education. Each year, we provide guest lecturers who are outstanding leaders in their fields of expertise. The sessions are focused on current issues and advances you need to know about. This year’s program (Nov. 11 to 14) presents the following sessions:

• The Evolving Impact of All-Ceramics and CAD/CAM Technology on the Contemporary Dental Practice by Dr. Raigrodski
• Better Medicine, Better Dentistry: Becoming A Better Prescriber by Dr. Donaldson
• Missing in Action: Interdisciplinary Treatment of Missing and Impacted Teeth by Dr. Tzur Gadassi
• Update on Oral Diseases that All Dental Practitioners Should Know by Dr. Oda

Delivery Style: Face to Face
Date: Nov. 11 to 14
Time: 8 am to 4 pm
Code: HPDS005 2023F

FOR MORE INFORMATION:
Current Concepts in Dentistry
250-721-6129
hspradmin@uvic.ca
continuingstudies.uvic.ca/28dentalCEcredits

ADDITIONAL TOPICS

Continuing Studies at UVic offers a number of engaging courses throughout the year in addition to those listed in this calendar. Those courses may be offered under the following topics:

• Health and Safety

FOR MORE INFORMATION:
Health, Wellness and Safety
continuingstudies.uvic.ca/health-safety

DELIVERY STYLE DEFINITIONS

Online Asynchronous – When learning does not occur in the same place or at the same time. It uses resources that facilitate information sharing outside the constraints of time and place among a network of people.

Online Synchronous – When a group of students are engaging in learning at the same time, at a specific time.

Online Hybrid – A combination of synchronous and asynchronous learning.

Online Self-paced – When a learner engages in online learning, individually, and at their own speed within the start and end dates of a course without instructor facilitation.

Face to Face – When learning occurs in person, at a physical location.

Blended – A combination of face to face and any type of online delivery style.

Multi-access – Instruction is offered face to face and remotely simultaneously.
Environmental and Occupational Health
CERTIFICATE | ONLINE

Help people stay safe in the workplace. Learn how to identify health risks, prevent serious accidents and maintain safety regulations—apply today to one of Canada’s leading health and safety programs.

PROGRAM AT A GLANCE
- Start in January, May or September
- Length: 1.5–3 years, part-time studies
- Instructors are EOH leaders

LEARN MORE
continuingstudies.uvic.ca/EOH

Stay up-to-date on what’s happening within Continuing Studies at UVic!

Join our mailing list and never miss out on new and upcoming course listings, featured programs, events and more:
continuingstudies.uvic.ca/enews
ELC: International Education Leadership
he English Language Centre (ELC) at the University of Victoria has recently received prestigious recognition for its outstanding programs in international education. The 14th annual BCCIE International Education Awards, hosted by the BC Council for International Education (BCCIE), celebrated the ELC as the 2023 recipient of the Outstanding Program in International Education Award. This accolade highlights the ELC’s commitment to delivering high-quality and innovative programming.

Established in 1970, the ELC has played a vital role in supporting UVic’s international recruitment efforts and has emerged as one of the largest on-campus English language programs in Canada. Seppy Masoodi, the director of the ELC, accepted the award on behalf of the school, expressing gratitude for the recognition and emphasizing the dedication of the ELC’s staff and educators.

The BCCIE International Education Awards recognize professionals in the field who go above and beyond in advancing international education initiatives in British Columbia, Canada and across the globe. The winners, including the ELC, represent a diverse community of experts who have positioned BC as a leader in attracting and supporting international students and fostering innovative global partnerships.

The celebration of the ELC’s achievements coincided with BCCIE’s BC International Education Week, a four-day event held in Victoria from June 25 to 28, 2023. More than 400 educators, administrators and diplomatic figures attended the event, which highlighted the significance of international education in BC, Canada and beyond.

In addition to the BCCIE award, the ELC has also been named a finalist for the “Language Training Provider of the Year” award by Professionals in International Education (PIE). The 2023 PIEoneer Awards recognize excellence, impact and leadership in various categories within the international education field. The ELC’s nomination reflects its outstanding initiatives in student services and support, digital innovation and teaching, student mental health and well-being, professional development for teachers and staff, and cultural integration and exchange.

As a finalist for this prestigious award, the ELC’s dedication to providing affordable, high-quality programs to students has

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The ELC's achievements in international education and language training highlight its commitment to excellence, innovation and student success.

BCCIE is a provincial Crown corporation that supports the internationalization efforts of BC’s public and independent schools. It promotes international education in and for BC, to enhance BC’s international reputation for quality education, and to support the international education activities of the provincial government.

The PIEoneer Awards honour innovation and achievement across the whole of the global education industry. With a distinguished judging panel representing geographical and professional diversity, The PIEoneer Awards recognize both individuals and organizations who are pushing professional standards, evolving their engagement or redefining the international student experience.
The English Language Centre (ELC) at the University of Victoria has recently received prestigious recognition for its outstanding programs in international education. The 14th annual BCCIE International Education Awards, hosted by the BC Council for International Education (BCCIE), celebrated the ELC as the 2023 recipient of the Outstanding Program in International Education Award. This accolade highlights the ELC’s commitment to delivering high-quality and innovative programming.

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As a finalist for this prestigious award, the ELC’s dedication to providing affordable, high-quality programs to students has received global recognition. Despite the challenges posed by the pandemic, the ELC remained committed to delivering exceptional language training and support. Understanding the changing attitudes towards travel and risk, the ELC focused on ensuring students felt secure and confident as they embarked on their language learning journey. By enhancing student support services and resource management, the ELC fostered an environment that inspired students to develop their language skills and cultural competencies, both in on-campus and online settings. In 2022, the ELC welcomed 1,700 students, with two-thirds opting for in-person programs at UVic. Student numbers have continued to strengthen in 2023, with many of the ELC’s most popular programs reaching capacity for participation.

The ELC attributes its success not only to its dedicated team but also to its strong partnerships with universities and agencies worldwide. These collaborative relationships have been instrumental in supporting the diverse needs of the ELC’s students throughout its long history and especially during the pandemic. As an international education leader for over 50 years, the ELC is honoured to be recognized as a finalist for the “Language Training Provider of the Year” award and is committed to continuing its tradition of providing high-quality language training to students.

The ELC’s achievements in international education and language training highlight its commitment to excellence, innovation and student success. Through its exceptional programs and unwavering dedication, the ELC continues to make a significant impact in the field of international education, positioning itself as a leader in attracting and supporting students from around the world.
Embracing new perspectives...

Humanities and Social Sciences

**EQUITY, DIVERSITY AND INCLUSION**

In order to thrive in a diverse workforce, it is vital for organizations to adopt and integrate equity, diversity and inclusion (EDI) principles at all levels. You will discover how diversity drives creativity, boosts employee engagement and provides better services to clients. Learn how to identify barriers and develop the practical skills to build inclusive, equitable and innovative workplaces.

Instructor: Karen Hira

**Delivery Style:** Online Asynchronous  
**Date:** Sept. 4 to Dec. 4  
**Fee:** $595  
**Code:** ISP102 2023F D01

**FOR MORE INFORMATION:**  
Equity, Diversity and Inclusion  
250-721-8481  
cmpasst@uvic.ca  
continuingstudies.uvic.ca/equity

**HISTORY, POLITICAL SCIENCE AND CONTEMPORARY ISSUES**

**NEW** Responsibilities and Reciprocity in the Place You are Now

This introductory survey course centres local lands and Coast Salish protocols to highlight relationships of land, water and people, including what it means to be a good guest here. We will address both histories of encroachment and histories of resistance and revitalization. Community-based knowledge holders will contribute throughout the course.
Stories in Stone: Rock Art Around the World

For thousands of years, paint and stone have been used all over the world to make art. From painting on rock surfaces, to meticulous grinding of pigments and stone, rock art in the form of pictographs and petroglyphs is one of the most intriguing cultural expressions. Techniques, designs and meaning vary between cultures and between sites. This introductory class will examine rock art as a worldwide phenomenon, and then focus on the rock art of First Nations on the central coast of BC. There will be a hands-on component where we will try some of the techniques discussed, so be sure to wear old clothes. We will get messy! In addition to learning about some of the famous European rock art sites (such as Lascaux Cave in France), this session will highlight that pictographs and petroglyphs are made worldwide in diverse cultural contexts.

Instructor: Aurora Skala, (MA)

Delivery Style: Face to Face
Date: Saturdays, Oct. 7
Time: 9 am to noon
Duration: 1 session
Fee: $49 plus $2.45 GST (includes coffee, tea and muffins)
Code: ASHI660 2023F C01

Rockland History and Architecture

The Rockland neighbourhood in Victoria became the city’s first prestigious address after the 1858 gold rush. The business elite began building elegant homes on the ridge that provided stunning views over the Olympic Mountains. Craigdarroch Castle was luxurious and its extensive grounds became a fashionable enclave of smaller mansions. You will learn the history of the neighbourhood and explore some of its homes and families.

Instructor: John Adams

Delivery Style: Online Synchronous
Date: Wednesday, Nov. 1
Time: 1 to 3 pm
Duration: 1 session
Fee: $25 plus $1.25 GST
Code: ASHI788 2023F D01

The Wisdom of Proverbs

Along with Job and Ecclesiastes, the Book of Proverbs is one of the key Wisdom books of the Hebrew Bible/Old Testament. It is often approached as a random collection of sayings with practical advice about the good life. However, when examined as a whole, Proverbs offers a richer understanding of wisdom throughout the Bible and in our own lives.

Instructor: Jane Dawson, (PhD)

Delivery Style: Online Synchronous
Date: Wednesday, Oct. 11
Time: 1 to 3 pm
Register by: Tuesday, Oct. 10
Duration: 1 session
Fee: $25 plus $1.25 GST
Code: ASHI770 2023F D01

Artificial Intelligence and You

Artificial intelligence (AI) has been called the new electricity because it is reshaping our lives. How will AI do that? Find out as we separate fact from hype. We’ll learn its history and applications from medicine to self-driving cars. We’ll discuss privacy, bias and influences powering its advance. Finally, we’ll explore today’s impact on careers and its future consequences for humanity.

Instructor: Peter Scott, (MA)

Delivery Style: Face to Face
Date: Thursdays, Oct. 19 to Nov. 23
Time: 6 to 8 pm
Duration: 6 sessions
Fee: $130 plus $6.50 GST
Code: ASHI722 2023F C01

An Introduction to Neuroscience

Advances in neuroscience have provided insight into all aspects of our lives. In this course, you will learn the basics of neuroscience: neurons, sensory perception, vision, motor control, attention and memory. You will discover how your brain creates the world around you, how it helps you and how it can hinder you. We will look at specific neural impairments such as dementia, Parkinson’s and ALS. We will explore research methodologies in neuroscience to see how the tools used by neuroscientists work and don’t work.

Instructor: Olav Krigolson, (PhD)

Delivery Style: Face to Face
Date: Wednesdays, Oct. 4 to Nov. 8
Time: 6:30 to 8:30 pm
Duration: 6 sessions
Fee: $130 plus $6.50 GST
Code: ASHI612 2023F C01

Fairfield History

This presentation will cover the story of the Victoria area now known as Fairfield. Before 1843, what did the terrain look like, where were the village sites of the Indigenous inhabitants, and how were the streams and waterways used as a shortcut from Ross Bay to the Inner Harbour? Learn about the acquisition of the land by major landowners such as James Douglas, Joseph Pemberton and Isabella Ross and trace the history of farming, road development, residential growth and other aspects of this popular neighbourhood.

Instructor: John Adams

Delivery Style: Online Synchronous
Date: Wednesday, Nov. 1
Time: 1 to 3 pm
Duration: 1 session
Fee: $25 plus $1.25 GST
Code: ASHI788 2023F D01

NEW! Being Religious in the 21st Century - An Intro to the Sociology of Religion

In this course, you will explore the study of religion in society. You will discuss how religion has changed over time and its current state in the United States, Canada, Denmark and France. We will examine historical and contemporary trends in religious life, the shadow of religious extremism, the intricacies of religion online and the emerging shape of a new religious diversity.

Instructor: Edwin Hodge, (PhD)

Delivery Style: Face to Face
Date: Tuesdays, Oct. 3 to 26
Time: 6:30 to 8:30 pm
Duration: 4 sessions
Fee: $90 plus $4.50 GST
Code: ASHI815 2023F C01

Rockland History and Architecture

The Rockland neighbourhood in Victoria became the city’s first prestigious address after the 1858 gold rush. The business elite began building elegant homes on the ridge that provided stunning views over the Olympic Mountains. Craigdarroch Castle was luxurious and its extensive grounds became a fashionable enclave of smaller mansions. You will learn the history of the neighbourhood and explore some of its homes and families.

Instructor: John Adams

Delivery Style: Online Synchronous
Date: Wednesday, Nov. 1
Time: 1 to 3 pm
Duration: 1 session
Fee: $25 plus $1.25 GST
Code: ASHI788 2023F D01
Delivery Style: Online Synchronous
Date: Wednesdays, Nov. 1 to 29
Time: 9:30 to 11:30 am
Duration: 5 sessions
Fee: $120 plus $6 GST
Code: ASHI785 2023F D01

NEW Conspiracies, Extremism and Radicalization in the 21st Century
What does it mean to be a conspiracy theorist? What can lead someone from sharing memes about the Reptiloids or the Illuminati online, to storming the halls of the United States Capitol buildings? What are the pathways of radicalization, and how can the sociological perspective help us understand it all? This course will introduce you to the sociological study of conspiratorial thinking, radicalization and extremist ideologies.

Instructor: Edwin Hodge, (PhD)

Delivery Style: Online Synchronous
Date: Thursdays, Nov. 9 to 30
Time: 6:30 to 8:30 pm
Duration: 4 sessions
Fee: $90 plus $4.50 GST
Code: ASH814 2023F D01

NEW Victoria in the 1960s
The decade of the 1960s was a pivotal time in Victoria. High rise apartments were sprouting up in James Bay. The first malls were being built in suburban areas. Heritage preservation projects started with Centennial Square and Bastion Square. In this presentation, you will hear from historian John Adams for an illustrated talk about the fascinating 1960s in Victoria.

Instructor: John Adams

Delivery Style: Online Synchronous
Date: Wednesday, Nov. 15
Time: 1 to 3 pm
Duration: 1 session
Fee: $25 plus $1.25 GST
Code: ASHI812 2023F D01

NEW 150th Anniversary of Ross Bay Cemetery
Ross Bay Cemetery, which opened in 1873, is an example of an intact Victorian-era cemetery in BC. John Adams, the author of the Historic Guide to Ross Bay Cemetery, will share memories of the cemetery and discuss gathered research. You will learn about cemetery design, monument styles, famous and not-so-famous people buried at Ross Bay. Information about restoration, maintenance and public use will also be covered.

Instructor: John Adams

Delivery Style: Online Synchronous
Date: Wednesday, Dec. 6
Time: 1 to 3 pm
Duration: 1 session
Fee: $25 plus $1.25 GST
Code: ASHI813 2023F D01

FOR MORE INFORMATION:
History, Political Science and Contemporary Issues
250-721-8481
bstassist@uvic.ca
continuingstudies.uvic.ca/history

IN PURSUIT OF KNOWLEDGE SERIES

Fall Term Series Registration
This series of daytime lectures will acquaint you with UVic faculty and their many areas of interest. You may register for individual sessions or receive a discount for the series registration.

Delivery Style: Online Synchronous
Date: Tuesdays and Thursdays, Sept. 26 to Nov. 2
Time: 9:30 to 11:30 am
Register by: Monday, Sept. 25
Duration: 3 sessions
Fee: $64 plus $3.20 GST
Code: ASPT006-3 2023F D01

Ukraine and the Middle East: Impact and Responses
In this talk, you will learn about the impact that the Ukraine war had on the Middle East. We will explore and discuss topics such as food security and energy prices. This talk will also consider how regimes and populations have responded to Russia’s invasion.

Instructor: Martin Bunton (CPHD)

Delivery Style: Online Synchronous
Date: Tuesday, Sept. 26
Time: 9:30 to 11:30 am
Register by: Monday, Sept. 25

FOR MORE INFORMATION:
In Pursuit of Knowledge Series
250-721-8481
bstassist@uvic.ca
continuingstudies.uvic.ca/know-fall

Mindfulness and our Search for Meaning
Mindfulness practice is pervasive today, with various claims about its effectiveness. Yet a big question about mindfulness meditation remains unasked: what does it mean? In this presentation, we look back into more traditional discussions of this practice to find various detailed discussions of meaning.

Instructor: Chris Goto-Jones, (PhD)

Delivery Style: Online Synchronous
Date: Thursday, Oct. 19
Time: 9:30 to 11:30 am
Register by: Wednesday, Oct. 18
Duration: 1 session
Fee: $25 plus $1.25 GST
Code: ASPT006-2 2023F D01

Eco-Philosophy and Deep Ecology at the End of the World
Many people worry that the earth is in danger. An interesting question is: if this is how it is, how should we live in these times? Inspired by the work of a medieval Japanese monk, this presentation explores how diverse eco-philosophers understand our connection with nature, and how to live in a way that honours it.

Instructor: Chris Goto-Jones, (PhD)

Delivery Style: Online Synchronous
Date: Thursday, Nov. 2
Time: 9:30 to 11:30 am
Register by: Wednesday, Nov. 1
Duration: 1 session
Fee: $25 plus $1.25 GST
Code: ASPT006-3 2023F D01

HUMANITIES AND SOCIAL SCIENCES
The Epicurean Way of Life

Death is nothing to be feared, there are no intimidating gods in the world. Once you learn to distinguish real good from illusory goods, you will understand what's good to have is easy to get. If these ideas make sense to you, join the club of Epicureans. You will study the basic texts of this influential ancient philosophy under the guidance of a scholar of the Epicurean tradition.

Instructor: Doug Hutchinson, (DPhil)
Delivery Style: Face to Face
Date: Tuesdays and Thursdays, Oct. 10 to 26
Time: 2:30 to 4:30 pm
Duration: 6 sessions
Fee: $130 plus $6.50 GST
Code: ASHI810 2023F C01

Karma and the Power to Change

Often when things go wrong we look for someone to blame or we conclude that life is unfair. This may lead to feelings of resentment, guilt or shame. In this course, you will examine the perspective of the Buddhist concept of karma, which holds that our intentions are the causes and our experiences are the effects. Understanding karma helps us to accept what is happening and gives us the ability to become creative architects of our own lives.

Instructor: Gen Kelsang Zopa
Delivery Style: Face to Face
Date: Saturdays, Sept. 9 to 30
Time: 10 am to noon
Duration: 4 sessions
Fee: $90 plus $4.50 GST
Code: ASHI808 2023F C01

Freedom from Anger and Resentment

Anger, from minor annoyance to complete meltdown, affects our minds almost daily. Resentment is even worse because it holds on to this anger, becoming a destructive force of unhappiness. If we learn to practice patience, we can overcome these painful emotions. In this course, based on Buddhist teachings, you will learn techniques to remain balanced, flexible and peaceful in the midst of difficult situations.

Instructor: Gen Kelsang Zopa
Delivery Style: Face to Face
Date: Saturdays, Oct. 7 to Nov. 4
No class Oct. 21
Time: 10 am to noon
Duration: 4 sessions
Fee: $90 plus $4.50 GST
Code: ASHI809 2023F C01

The Myths that Plato Told - Part 3

Why is sexual desire a good thing? This was the topic chosen by Agathon and his guests at the famous Symposium of Plato. In this seminar, focusing on myths of love, you will read and discuss the main speeches in this influential work, including the Origin of Love delivered by Aristophanes and the Ladder of Love delivered by Socrates.

Instructor: Doug Hutchinson, (DPhil)
Delivery Style: Face to Face
Date: Tuesdays and Thursdays, Oct. 31 to Nov. 16
Time: 2:30 to 4:30 pm
Duration: 6 sessions
Fee: $130 plus $6.50 GST
Code: ASHI807 2023F C01

Why Philosophy? Aristotle’s Lost Dialogue Protrepticus

Aristotle's masterful introduction to philosophy inspired many later authors from Epicurus to Cicero and lamblichus. However, it was lost in the general collapse of later antiquity along with his other stylish publications. Recent scholarship has authenticated large citations from this work, which can now be reconstructed as a witty dialogue. In this seminar, you will read and discuss this reconstructed dialogue.

Instructor: Doug Hutchinson, (DPhil)
Delivery Style: Face to Face
Date: Tuesdays and Thursdays, Nov. 21 to 26
Time: 2 to 4 pm
Duration: 4 sessions
Fee: $90 plus $4.50 GST
Code: ASHI811 2023F C01

A Buddhist Guide to a Compassionate Life

Universal compassion is the heart of Mahayana Buddhism. In this course, you will explore how to live a meaningful life through following the path of a Bodhisattva. The Bodhisattva way of life moves us away from conflict and suffering to a state of peace and happiness. To realize our human potential, we need to increase the scope of our compassion to embrace all living beings.

Instructor: Gen Kelsang Zopa
Delivery Style: Face to Face
Date: Saturdays, Nov. 25 to Dec. 16
Time: 10 am to noon
Duration: 4 sessions
Fee: $90 plus $4.50 GST
Code: ASHI810 2023F C01

FOR MORE INFORMATION:
Religion, Philosophy and Psychology
250-721-8481
bstassist@uvic.ca
continuingstudies.uvic.ca/religion

UNIVERSITY 101

University 101 is a program that offers free, non-credit, academic courses for people who have faced significant barriers to post-secondary education. Courses are by application only, please contact the University 101 Program if you are interested in learning more. Topics covered include a wide range of subjects in the Humanities and Social Sciences.

FOR MORE INFORMATION:
University 101 Program
250-721-6516
uni101@uvic.ca
uvic.ca/uni101
Each term we offer a selection of lectures and short courses in Sidney, most of which take place at the Mary Winspear Centre. If you wish to receive the flyer that we mail out each August and December, please call 250-721-7797 or email lacadmin@uvic.ca.

Here are just a few of the lectures and courses that we’re offering this term:

- An Introduction to the Art and Architecture of the Islamic World
- Ancient Wisdom in Modern Times
- Falls Prevention for Seniors
- The Golden Age of the English Detective Novel
- The Neuroscience of Sleep
- UN and the Future of World Politics
- SAGE Study Group: -ologies and -ologists

For more information:
UVic on the Peninsula Series
250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/peninsula

The Division of Continuing Studies presents this series in partnership with the faculties of Education, Engineering and Computer Science, Fine Arts, Graduate Studies, Human and Social Development, Humanities, Law, Science and Social Sciences; and the Greater Victoria Public Library.

UVIC ON THE PENINSULA SERIES

For more information:
Humanities and Social Sciences
continuingstudies.uvic.ca/humanities

The Deans' Lecture Series offers free, online lectures by distinguished members of the faculties at the University of Victoria to help you learn about their research interests.

Research is continually reshaping the way we live and think. In these free online lectures, you’ll hear from distinguished members of the faculties at the University of Victoria and learn about their research interests. Lectures are added regularly, and you can join our mailing list to be notified when they become available. Simply visit the website for more information.

THE INSIDIOUS HARMS OF DIET CULTURE
DR. SARAH NUTTER
Dr. Nutter speaks to the cultural messages and beliefs about appearance, bodies and health in our society that she aims to challenge in the research she conducts at the University of Victoria.

THE EMERGENT ESSAY
DANIELLE GELLER
Emergence is a phenomenon of observation and interpretation. In a complex system, emergent behaviour is the larger pattern or structure that arises from the interrelation of a system’s constituent parts: a flock of starlings, its murmuration. In this talk, emergence will be explored within the context of game design, the personal essay and the mind.

THEMES OF CHINESE CANADIAN INTERGENERATIONAL TRAUMA
DR. FRED CHOU
Despite the significant historical traumas experienced by Chinese people in the 20th century (e.g., the Great Famine and Cultural Revolution), there has only been one other published study on the topic of intergenerational trauma and the Chinese diaspora. This presentation will discuss a research project that examined parent and offspring narratives of intergenerational trauma in Chinese Canadian families.
Join the 275 million people who proudly speak French around the world! French is a young, vibrant, international language. In fact, it is the only language other than English to be spoken on all five continents. Whether you have a child in French Immersion, are planning a trip to a French-speaking nation, or are looking to brush up on your working knowledge of Canada's other official language, our French language courses have just what you need to communicate confidently with fellow Francophiles and Francophones alike.

All French language courses offered by Continuing Studies are subject to enrolment. Please register early and invite a friend to join you.

**FRENCH LANGUAGE**

**COMPREHENSIVE FRENCH**

Improve your overall French language proficiency with our new comprehensive French courses. This non-credit series is open to adults of all levels of competency. It is designed to meet the needs of a wide audience from working professionals, to lifelong learners, to people who are new in Canada, and anyone wanting to confidently and competently develop fluency in French. It features four levels, each aligned with the internationally recognized DELF benchmarks A1, A2, B1 and B2. Upon successful completion of each level, students will receive a Certificate of Completion.

You can start as a beginner and register in FREN100, but if you already know some French we offer an assessment to determine which level is appropriate for you. To book your French Language level assessment please call 250-721-8630 or email languages@uvic.ca.

**Comprehensive French - Level 1**

The Comprehensive French Series (FREN) features four levels, each taking a full academic year (September and January term) to complete. This is the introductory level of the series focusing on all four language competencies: listening, speaking, reading and writing. Classes feature a balance of structural and communicative activities. No experience or initial assessment is necessary for September entry. Entrance at midpoint in January is possible if your initial level is sufficient. Small classes (maximum 18) enhance individual participation.

**Textbook**: Défi A1 - Student Book Online Premium Edition (required)

**Delivery Style**: Online Hybrid

**Date**: Mondays and Wednesdays, Sept. 11 to Dec. 18
No class Oct. 2, Oct. 9, Nov. 13
**Time**: 6:30 to 8:30 pm
**Register by**: Monday, Sept. 4
**Duration**: 26 sessions
**Fee**: $565
**Code**: FREN100 2023F D11
Comprehensive French - Level 2
The Comprehensive French Series (FREN) features four levels, each taking a full academic year (September and January term) to complete. This is the beginner level of the series focusing on all four language competencies: listening, speaking, reading and writing.

Classes feature a balance of structural and communicative activities. Entrance at midpoint in January is possible if your initial level is sufficient. Small classes (maximum 18) enhance individual participation.

Textbook: Défi A2 - Student Book Online Premium Edition (required)

Delivery Style: Online Hybrid

Date: Tuesdays and Thursdays, Sept. 12 to Dec. 7
Time: 6:30 to 8:30 pm
Register by: Monday, Sept. 4
Duration: 26 sessions
Fee: $565
Code: FREN200 2023F D11

Comprehensive French - Level 3
The Comprehensive French Series (FREN) features four levels, each taking a full academic year (September and January term) to complete. This is the intermediate level of the series focusing on all four language competencies: listening, speaking, reading and writing.

Classes feature a balance of structural and communicative activities and an important cultural content to optimize learning. Entrance at midpoint in January is possible if your initial level is sufficient. Small classes (maximum 18) enhance individual participation.

Textbook: Défi B1 - Student Book Online Premium Edition (required)

Delivery Style: Online Hybrid

Date: Tuesdays and Thursdays, Sept. 12 to Dec. 7
Time: 6:30 to 8:30 pm
Register by: Monday, Sept. 4
Duration: 26 sessions
Fee: $565
Code: FREN400 2023F D11

FRENCH LANGUAGE CONVERSATION CLASSES

French Language Conversation Classes - Level 1
This introductory level course is intended for complete beginners and is normally only taken once. In this class, you will become familiar with the sounds of French and gain confidence in pronunciation. You'll also acquire basic survival skills in French, such as greetings and thanks.

Register for this level if you have no previous knowledge or experience with French or can recognize a few French words.

French Language Conversation Classes - Level 2
This course is for beginners to practice oral French. It can be taken multiple times, as themes will vary each term. This course will not prepare you for the next level. Students who wish to progress to an advanced level should register in Comprehensive French.

Register for this course if you have taken Level 1 (formerly Introductory) or if you know how to: count up 20, spell your name, give your address and phone number, identify basic shapes and colours, ask/answer basic yes or no questions and speak about; yourself; your family; your work; the weather; time and date.

Delivery Style: Face to Face

Date: Tuesdays, Sept. 19 to Nov. 21
Time: 9:30 to 11:30 am
Register by: Sunday, Sept. 10
Duration: 10 sessions
Fee: $255
Code: FLCC101 2023F C01

French Language Conversation Classes - Level 3
This course is intended for students at an intermediate level who would like to practice their oral French. Here, you'll gain more fluency in using your French in a variety of everyday situations, such as speaking about likes and dislikes, making comparisons and telling a story in the past. It can be taken as many times as you like, as themes will vary from one term to the next. This course is not meant to prepare you for the next level. Students who wish to take courses that will allow them to progress steadily all the way to an advanced level should register in our Comprehensive French courses.

Register for this level if you have taken Level 2.
Register for this course if you already know how to: speak on the telephone, ask for and give directions and other information (such as say where it hurts), make reservations, give a definition, clarify a statement, tell whether a sentence is in a past, present or future tense.

**Delivery Style:** Face to Face  
**Date:** Wednesdays, Sept. 20 to Nov. 22  
**Time:** 9:30 to 11:30 am  
**Register by:** Sunday, Sept. 10  
**Duration:** 10 sessions  
**Fee:** $255  
**Code:** FLCC301 2023F C01

**French Language Conversation Classes - Level 4**  
This advanced course is intended to maintain and build your language skills for a broad variety of situations, such as nuancing an opinion, identifying features of different regional varieties of French and using various registers of French. It can be taken multiple times, as themes will vary from one term to the next.

Register for this course if you already know how to: express the relation of time between various events in the past, present and future, make hypotheses, express emotions, give advice, disagree with someone, use different registers in different contexts and identify various accents.

**Delivery Style:** Face to Face  
**Date:** Fridays, Sept. 22 to Nov. 24  
**Time:** 9:30 to 11:30 am  
**Register by:** Sunday, Sept. 10  
**Duration:** 10 sessions  
**Fee:** $255  
**Code:** FLCC501 2023F C01

**FOR MORE INFORMATION:**  
French Language  
250-721-8630  
languages@uvic.ca  
continuingstudies.uvic.ca/french

Our portfolio of world language courses is constantly evolving to meet a growing demand for more languages and more levels. Honing your skills in another language is like doing yoga or becoming proficient on a musical instrument: it can take a bit of practice. In our world language courses, there is no pressure to move up from one level to the next: you can repeat the same level as many times as you like to build your confidence, and our instructors will keep the content fresh and interesting for you each time.

If you're interested in one of our courses where more than one level is offered, but aren't sure about your level, please contact us and we'd be happy to work with you.

All language courses offered by Continuing Studies are subject to enrolment. Please register early and invite a friend to join you!

**Dutch - Level 1**

Did you know that Dutch is not spoken just in the Netherlands? It is actually the most spoken language in Belgium and the official language of Suriname. In addition, a modified form of Dutch is one of the official languages in South Africa. This introductory conversation course will familiarize you with the pronunciation of Dutch and will introduce basic vocabulary and grammar. The emphasis will be on understanding the spoken language and simple texts, as well as engaging in basic conversation in Dutch.

**Textbook:** *Colloquial Dutch: A Complete Language Course, 2016 edition*, by Bruce Donaldson (required)

**Instructor:** Marleen Guffens

**Delivery Style:** Online Hybrid  
**Date:** Tuesdays, Sept. 26 to Dec. 5  
No class Nov. 7  
**Time:** 6:30 to 8:30 pm  
**Register by:** Sunday, Sept. 17  
**Duration:** 10 sessions  
**Fee:** $245 plus $12.25 GST  
**Code:** ASLA037 2023F D11

**German - Level 1**

Students do not need any previous knowledge of German to take this course, just a love of the language. This introductory course will help you develop your basic German language skills and build up confidence when communicating in the language. You will also gain a solid foundation of German grammar.

**Instructor:** Joanna Schaller, (MA (pedagogy))

**Delivery Style:** Online Hybrid  
**Date:** Tuesdays, Sept. 26 to Nov. 28  
**Time:** 6 to 8 pm  
**Register by:** Sunday, Sept. 17  
**Duration:** 10 sessions  
**Fee:** $245 plus $12.25 GST  
**Code:** ASLA016 2023F D11
German - Level 2
If you have completed German - Level 1 (formerly Introductory) or have equivalent grammar and conversation skills, this course will build on that foundation. Through role-playing, simulations and other exercises, you’ll continue to build your essential vocabulary and your knowledge of structures, idioms and cultural etiquette.

Instructor: Joanna Schaller, (MA (pedagogy))

Delivery Style: Online Hybrid
Date: Wednesdays, Sept. 27 to Nov. 29
Time: 6 to 8 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA216 2023F D11

German - Level 3
If you have previously studied German or have completed German - Level 2 (formerly Beginner) and would like to refresh your knowledge at an intermediate level, this course is ideal for you. This course will strengthen your foundation in grammar, enrich your vocabulary, and improve your conversational skills and listening comprehension. Lessons are enhanced by fun videos and fascinating cultural facts.

Instructor: Joanna Schaller, (MA (pedagogy))

Delivery Style: Online Hybrid
Date: Thursdays, Sept. 28 to Nov. 30
Time: 6 to 8 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA216 2023F D11

German - Level 4
This course, conducted entirely in German, promotes fluency in the language at an advanced level. It features discussions, presentations, storytelling, or reading, as well as some written assignments. Students will feel more confident interacting with native German speakers, expressing their opinions, and will understand the language of the media more easily.

Instructor: Joanna Schaller, (MA (pedagogy))

Delivery Style: Online Hybrid
Date: Tuesdays, Sept. 26 to Nov. 28
Time: 6 to 8 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA249 2023F D11

Italian - Level 1
If you have no previous knowledge of Italian and want to learn basic conversation, reading and writing skills, this course is for you. You will learn about Italian language and culture through short lectures and videos, and you will speak Italian in every class, preparing you for conversations and travel experiences in Italian.

Instructor: Estelle Kurier

Delivery Style: Face to Face
Date: Thursdays, Sept. 28 to Nov. 30
Time: 9:30 to 11:30 am
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA049 2023F C01

Italian - Level 2
This beginner course is intended for those who have completed Italian - Level 1 (formerly Introductory) or who already have some basic knowledge of Italian and are eager to take up a new challenge. In addition to learning survival words and phrases, you’ll be introduced to the hiragana and katakana characters, as well as the basics of Japanese grammar. You’ll also focus on developing practical conversation skills and will be introduced to cultural aspects of life in Japan.

Instructor: Estelle Kurier

Delivery Style: Online Hybrid
Date: Fridays, Sept. 29 to Dec. 1
Time: 12:30 to 2:30 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA449 2023F D01

Japanese - Level 1
Whether you are hosting a Japanese visitor or planning a trip to Japan, let’s learn to speak Japanese! This introductory level course is designed for those who have no previous knowledge of Japanese and are eager to take up a new challenge. In addition to learning survival words and phrases, you’ll be introduced to the hiragana and katakana characters, as well as the basics of Japanese grammar. You’ll also focus on developing practical conversation skills and will be introduced to cultural aspects of life in Japan.

Instructor: Nozomi Franco Cea

Delivery Style: Face to Face
Date: Tuesdays, Sept. 26 to Nov. 28
Time: 6 to 8 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA008 2023F C11
Japanese - Level 2
This beginner level course is designed for those who have completed Japanese - Level 1 (formerly Introductory) or who have some prior knowledge of the language. You will gain proficiency in the understanding, speaking, reading and writing of Japanese in practical situations. You will also learn more about Japan’s culture and people.

Instructor: Nozomi Franco Cea

Delivery Style: Face to Face
Date: Wednesdays, Sept. 27 to Nov. 29
Time: 6 to 8 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA208 2023F C11

Japanese - Level 3
If you have completed Japanese - Level 2 (formerly Beginner) or have strong knowledge of the language with recognition of hiragana and katakana letters, this intermediate level course is for you. Japanese - Level 3 further develops grammatical and conversation skills while allowing you to further explore prominent aspects of Japanese culture.

Instructor: Nozomi Franco Cea

Delivery Style: Online Hybrid
Date: Thursdays, Sept. 28 to Nov. 30
Time: 6 to 8 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA308 2023F D11

Japanese - Level 4 - Part 1
This course is designed for those who have a high-intermediate knowledge of Japanese. It will develop your skills in speaking, listening and reading by practicing basic expressions. If you’re interested in enrolling in this section, you’re invited to contact us beforehand for a level assessment.

Textbook: Marugoto: Elementary 2 (A2) Katsudoo by Japan Foundation (required)

Instructor: Keiko Tachibana

Delivery Style: Online Hybrid
Date: Tuesdays, Sept. 26 to Nov. 28
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA009 2023F D11

Japanese - Level 4 - Part 2
This advanced level course is designed for those who have a high ability to understand Japanese used in everyday situations. The aim is to become confident in having conversations in Japanese about topics that interest you. Students interested in enrolling in this section are invited to contact us beforehand for a level assessment.

Textbook: Marugoto: Intermediate 1 (B1) by Japan Foundation (required)

Instructor: Keiko Tachibana

Delivery Style: Online Hybrid
Date: Mondays, Sept. 11 to Dec. 4
Time: 6 to 8 pm
Register by: Monday, Sept. 4
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA408 2023F D21

KOREAN

Korean - Level 1
Have you been interested in learning about “한류” (Hallyu or the Korean wave)? If you’re interested in learning about the Korean language and culture, you’ll love this course. Here, you’ll learn to read and write Hangul, the Korean alphabet, survival words and daily expressions in modern Korean culture. By the end of the introductory course, you will be able to carry on basic conversations on topics such as dining out and shopping.

Textbook: I Love Korean Student’s Book 1, by Seoul National University Press (required)
I Love Korean Workbook 1, by Seoul National University Press (optional)

Instructor: Hailey Ceong

Delivery Style: Online Hybrid
Date: Tuesdays, Sept. 26 to Nov. 28
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA100 2023F D11

Korean - Level 2
This beginner level course is designed for those who have completed Korean - Level 1 (formerly Beginner) or have strong knowledge of the Korean alphabet, survival words and daily expressions. If you’re interested in learning about the Korean language and culture, you’ll love this course. Here, you’ll learn to read and write Hangul, the Korean alphabet, survival words and daily expressions in modern Korean culture. By the end of the introductory course, you will be able to carry on basic conversations on topics such as dining out and shopping.


Instructor: Nozomi Franco Cea

Delivery Style: Online Hybrid
Date: Mondays, Sept. 11 to Dec. 4
Time: 6 to 8 pm
Register by: Monday, Sept. 4
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA013 2023F D11

MANDARIN

Mandarin - Level 1
This course is a very basic introduction to the Mandarin language. You will learn survival words and phrases, and receive ear training for Mandarin tones to become aware of how the meaning of words change in Mandarin.


Instructor: Keiko Tachibana

Delivery Style: Online Hybrid
Date: Wednesdays, Sept. 27 to Nov. 29
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA013 2023F D11

PORTUGUESE

Portuguese - Level 1
Are you interested in learning Portuguese?
This course is perfect for those who are new to the language or have limited knowledge. You’ll start by learning the Portuguese alphabet, pronunciation and simple vocabulary. You’ll also learn how to have basic conversations and make simple requests. Whether you’re planning to travel to Portugal or Brazil, or simply want to improve your language skills, you’ll have fun learning Portuguese!

Textbook: TBC

Instructor: Hailey Ceong

Delivery Style: Online Hybrid
Date: Thursdays, Sept. 28 to Nov. 30
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA100 2023F D11
**RUSSIAN**

**Russian - Level 1**
This interactive course will help you to learn simple introductory concepts of Russian vocabulary and grammar, as well as how to make full sentences. You will actively learn basic level Russian through four skills: listening, speaking, reading and writing. Through a communicative approach, you will learn many historical facts about Russia and its culture, as you watch videos and participate in classroom activities.

**Instructor:** Galina Sanaeva, (PhD)

**Delivery Style:** Online Hybrid
**Date:** Tuesdays, Sept. 26 to Nov. 28
**Time:** 6 to 8 pm
**Register by:** Sunday, Sept. 17

**Duration:** 10 sessions
**Fee:** $245 plus $12.25 GST
**Code:** ASLA004 2023F D11

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**SPANISH**

**Spanish - Level 1**
This introduction to Spanish is designed for those who have no previous knowledge of the language. Here, you will acquire basic pronunciation, vocabulary and grammar, as well as conversation skills through practice in pairs and small groups. Videos and audiovisual materials will enrich the content of your classes and teach important aspects of culture.

**Textbook:** *Complete Spanish Step-by-Step*, by Maria Elena Cuervo-Lorens

**Instructor:** Maria Elena Cuervo-Lorens

**Delivery Style:** Online Hybrid
**Date:** Tuesdays, Sept. 19 to Nov. 21
**Time:** 6:30 to 8:30 pm
**Register by:** Sunday, Sept. 10

**Duration:** 10 sessions
**Fee:** $245 plus $12.25 GST
**Code:** ASLA025 2023F D11

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**Spanish - Level 2**
This course is for those who have completed *Spanish - Level 1* (formerly Introductory), or have a basic knowledge of the language and wish to improve their written and speaking skills. This course gives you the opportunity to participate in class and strengthen your oral skills in a friendly atmosphere. Essential grammar points will also be covered.

**Textbook:** *Complete Spanish Step-by-Step*, by Barbara Bregstein with McGraw-Hill (required)

**Instructor:** Alicia Brown, (BA)

**Delivery Style:** Face to Face
**Date:** Mondays, Sept. 25 to Dec. 18
**Time:** 6:30 to 8:30 pm
**Register by:** Sunday, Sept. 17

**Duration:** 10 sessions
**Fee:** $245 plus $12.25 GST
**Code:** ASLA025 2023F C11

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**Spanish - Level 3**
Do you have a basic knowledge of Spanish and want to progress further? Or have you recently completed *Spanish - Level 2* (formerly Beginner)? This intermediate course will help you improve your speaking abilities by giving you ample opportunities to practice conversation. An increased emphasis on grammar will also strengthen your writing skills.

**Textbook:** *Complete Spanish Step-by-Step*, by Barbara Bregstein with McGraw-Hill (required)

**Instructor:** Monica Gil

**Delivery Style:** Face to Face
**Date:** Thursdays, Sept. 21 to Nov. 23
**Time:** 6:30 to 8:30 pm
**Register by:** Sunday, Sept. 10

**Duration:** 10 sessions
**Fee:** $245 plus $12.25 GST
**Code:** ASLA325 2023F C11

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**Spanish - Level 4**
This advanced conversation class is intended for those who have completed *Spanish - Level 3* (formerly Intermediate) or have a high intermediate to advanced level. This class is geared to help you maintain your fluency, further enrich your vocabulary, and introduce you to the Spanish culture. Typical activities will include oral presentations and discussion of current events.

**Instructor:** Maria Elena Cuervo-Lorens

**Delivery Style:** Online Hybrid
**Date:** Wednesdays, Sept. 20 to Nov. 22
**Time:** 6:30 to 8:30 pm
**Register by:** Sunday, Sept. 10

**Duration:** 10 sessions
**Fee:** $245 plus $12.25 GST
**Code:** ASLA425 2023F C01
UKRAINIAN

Ukrainian - Level 1
Are you interested in Ukraine and Ukrainian language? Do you want to learn about the mentality and culture of Ukrainians? This course, designed for people with no previous knowledge of Ukrainian, will provide you with the basic communicative, reading, writing and listening skills you need. You will participate in simple dialogues of everyday communication and express yourself in the basic vocabulary of the Ukrainian language. You will also acquire the skills of writing and reading in Cyrillic.

Instructor: Alla Dudka
Delivery Style: Online Hybrid
Date: Tuesdays, Sept. 26 to Nov. 28
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA019 2023F D11

Ukrainian - Level 2
This course is designed for those who have completed Ukrainian - Level 1 (formerly Introductory), and/or have some prior knowledge of the language. You will gain confidence in communication skills thanks to increasing your vocabulary and enriching your knowledge of grammar and syntax of the Ukrainian language. The system of grammar exercises and various types of activities is aimed at the formation of strong communication skills in situations of everyday and professional communication. Information about the culture and daily life of Ukrainians, included in each lesson, creates an exciting and enjoyable atmosphere.

Instructor: Alla Dudka
Delivery Style: Online Hybrid
Date: Wednesdays, Sept. 27 to Nov. 29
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 17
Duration: 10 sessions
Fee: $245
Code: ASLA219 2023F D11

FOR MORE INFORMATION:
World Languages
250-721-8630
languages@uvic.ca
continuingstudies.uvic.ca/world-languages

CONTINUING STUDIES

Careers at Continuing Studies
Continuing Studies at UVic is a great place to work. At UVic, we combine outstanding scholarship with inspired teaching and community engagement. We’re committed to recruiting, developing and retaining people who help us build a better future.

Instructor opportunities
Instructors
Population Health Data Analysis
Apply by: Open until filled

Instructors
Community Arts Offerings
Apply by: Ongoing

Instructors
Business and Management Programs
Apply by: Open until filled

Instructors
World Languages
Apply by: Open until filled

Instructors
French Language Offerings
Apply by: Open until filled

To apply please visit our website at: continuingstudies.uvic.ca/careers
Please note that the info here is accurate as of July 19, 2023. Some positions may have been filled since publication. View our website for the most current list of offerings.
Inspiration and safety: that’s what brought instructor Alla Dudka to teach the Ukrainian language with Continuing Studies at UVic in 2023. To escape the war in Ukraine, she moved to Canada to explore new opportunities and see what directions she could take her teaching career. “The war has impacted me a lot. Almost my whole family is still there,” says Alla. “I was in Türkiye when the war started, but I was very worried for everyone who was there, and I can’t even imagine what they felt.”

From Kharkiv, Ukraine, she completed all her post-secondary education at V. N. Karazin Kharkiv National University. She holds a bachelor’s and master’s degree in Philology, Ukrainian language and literature and a PhD in Ukrainian Philology. Alla also brings lots of valuable work experience to the table. From 2014 to 2018, she taught Ukrainian to native speakers and international students at Kharkiv National Medical University. Then in 2020, she moved to Türkiye to teach the Ukrainian language and literature courses at the Department of Slavic Languages and Literature at one of the oldest universities in the country, Istanbul University.

A job posting for a Ukrainian instructor with Continuing Studies made Alla jump at the opportunity to begin a new chapter in her career journey. She was offered the job and started teaching in January of 2023. The positive energy she felt from Continuing Studies staff and students made her hopeful that a desire for people to learn Ukrainian would continue to spread. Alla emphasises how important it is to know the language of your nationality, regardless of where you were born or live now. “If people know and learn the language of their nation, it means that the national genetic code is preserved and passed on to future generations,” explains Alla. “This can partly explain the growing interest in learning Ukrainian around the world, including Canada.”

Alla loves the diverse opportunities that continuing education provides. “Students can improve their skills, or they can choose to explore a completely new topic,” Alla continues. Her course is offered fully...
Alla Dudka holds a bachelor’s and master’s degree in Philology, Ukrainian language and literature and a PhD in Ukrainian Philology.

When you are inspired by your own work, you will find success and inspire others along the way.

When teaching the Ukrainian language, Alla will often adjust her instruction methods. She understands that everyone learns differently and caters her classes to the various learning styles of students. She shifts between oral exercises to practice pronunciation, written activities to go over grammar, or she will show videos and movies to help with comprehension. “I also add cultural context because without understanding the culture, language is impossible to teach,” adds Alla.

From Ukraine to Türkiye and now in Canada, teaching gives Alla happiness and satisfaction with her life. She is doing exactly what she is supposed to do, for herself and for her country. “Figure what you want to do in life and why,” says Alla. “When you are inspired by your own work, you will find success and inspire others along the way.”

Alla Dudka holds a bachelor’s and master’s degree in Philology, Ukrainian language and literature and a PhD in Ukrainian Philology.
Serving the educational needs of emerging and mid-career professionals in the museum, heritage and cultural sector for over 30 years, the cultural resource management (CRM) programs provide the knowledge, skills and experience needed to support your professional goals. Current programs include the Diploma in Cultural Resource Management, Professional Specialization Certificate in Collections Management, Professional Specialization Certificate in Visitor and Community Engagement, and the new Digital Planning for the Cultural Sector and Indigenous Cultural Stewardship micro-credentials, as well as a diverse range of courses accessible on an individual basis.

Continuing Studies at UVic offers a number of engaging courses throughout the year which may be offered under the following topics:

- Indigenous Language and Culture
- Museum and Heritage Studies

FOR MORE INFORMATION:
Museums, Heritage and Indigenous Culture
continuingstudies.uvic.ca/culture

Delivery style definitions

**Online Asynchronous** – When learning does not occur in the same place or at the same time. It uses resources that facilitate information sharing outside the constraints of time and place among a network of people.

**Online Synchronous** – When a group of students are engaging in learning at the same time, at a specific time.

**Online Hybrid** – A combination of synchronous and asynchronous learning.

**Online Self-paced** – When a learner engages in online learning, individually, and at their own speed within the start and end dates of a course without instructor facilitation.

**Face to Face** – When learning occurs in person, at a physical location.

**Blended** – A combination of face to face and any type of online delivery style.

**Multi-access** – Instruction is offered face to face and remotely simultaneously.
If you are a UVic grad, you are also a member of the UVic Alumni Association. You will receive the *UVic Torch Alumni Magazine* free of charge and monthly electronic news, including event invitations. You can also access benefits and services exclusive to UVic alumni. Be sure to update your contact information and stay connected!

**KEEP IN TOUCH!**

uvic.ca/alumni  |  alumni@uvic.ca

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**VOICES IN CIRCLE**

**TANYA TAGAQ**
A fearless innovator, Tanya Tagaq is a Canadian cultural icon.

**VIRAGO NATION**
Electrifying Indigenous burlesque, mesmerizing and empowered.

**BEAR GREASE**
An Indigenous twist to the classic musical. Fun for everyone.

**RAVEN SPIRIT DANCE**
Confluence - celebrating the resilience of Indigenous women.

**DIYET & THE LOVE SOLDIERS**
CFIARs 2020 Indigenous Songwriter Of The Year.

**FARQUHAR PRESENTS**

**JOSIE & GRACE**
From the creators of the hit off Broadway show Josephine.

**VITALY: AN EVENING OF WONDERS**
“One of the most unique and innovative illusionists in the world”
Chicago Tribune.

**INTERNATIONAL GUITAR NIGHT**
An audience favourite returns for its 24th annual tour.

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uvic.ca/alumni  |  alumni@uvic.ca
Looking to refresh your skills or to develop new ones for our changing world? The future of your career is in your hands—set yourself apart with a certificate, diploma or micro-credential from Continuing Studies at UVic.

**VISIT:** continuingstudies.uvic.ca/programs

### MICRO-CREDENTIALS

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<td>Indigenous Cultural Stewardship</td>
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## CERTIFICATES AND DIPLOMAS

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## CERTIFICATES OF COMPLETION/PARTICIPATION

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Toss your limits, embrace your potential!

Are you looking to advance your professional development and succeed in the competitive job market? Continuing Studies at UVic is proud to be supporting the StrongerBC Future Ready Action Plan to help you reach your full potential.

The StrongerBC future skills grant, created by the Government of British Columbia, is designed to help eligible BC students progress in their careers and fill in-demand jobs. You could receive up to $3,500 to be put towards short-term skills training. Don’t miss your chance to take your career to the next level!

Learn more: ContinuingStudies.uvic.ca/FSG

Supported by the Province of British Columbia
REACHING STAR TREK
with instructor Edwin Hodge

By Sarah Androsoff, Marketing Services
Edwin Hodge is best known as a continuing sessional instructor in the Department of Sociology with the University of Victoria (UVic), but he also likes to call himself a massive nerd. Indeed, Edwin is an encyclopedia for all things sociology, Star Wars and Star Trek. When he isn’t teaching students about various ideologies and social movements, you can find him playing video games on his Twitch stream. “I like laser swords and dragons. I like knowing there are worlds where I don’t have to deal with the challenges we face today,” Edwin laughs.

Edwin’s interests in political sociology started to crystallize when he entered university as a student himself. He wanted to dig deeper into the extremes of human behaviour and gender, particularly the study of men and masculinities. Edwin went to the University of British Columbia, Okanagan (UBCO) to complete a bachelor’s and master’s degree in political science and philosophy where he focused on religious-based white supremacist organizations. His research interests in right-wing and traditionalist social movement and extremism continued at UVic where he obtained his PhD, focusing on red pill ideologies, incel groups and men’s rights.

What I teach isn’t always happy stuff, but we are living in it.

After doing a guest lecture with Continuing Studies at UVic about cultural borders in online spaces, Edwin started teaching sociology with Continuing Studies in 2019. Since then, he has taught courses on conspiracy theories, right wing extremism, radicalization and even the sociology of video games. Edwin will be offering two courses this fall: one in-person course titled, Being Religious in the 21st Century: An Introduction to the Sociology of Religion and an online course called, Conspiracies, Extremism and Radicalization in the 21st Century. “What I teach isn’t always happy stuff, but we are living in it,” Edwin adds. It’s in our social media feeds. It’s everywhere.”
No matter someone's age or life path, people need to be taken seriously as citizens and lifelong learners. In Edwin’s eyes, continuing education is the perfect place to create new doors of opportunity for people to develop their critical thinking skills. “Our society tends to devalue people based on age.” Edwin continues “Just because you’re not in formal education anymore, doesn’t mean that you shouldn’t have access to education.”

Seeing the light bulb go off for learners is what makes Edwin tick. “If I can provide a perspective that someone hasn’t thought of before, I think of that as a service,” he says. Edwin encourages learners in his class to be open to new ideas that may challenge their existing views. He finds ways to link research to what’s happening today in his students’ lives because he believes that learning is more effective when it’s relatable. “If no one has a direct connection to a topic I am talking about, they’re not going to realize it’s real,” he explains. “It’s important to have people with different experiences so we can learn from each other.”

Reality can be pretty harsh these days but if we want to step up and make effective change, we cannot give into despair. Edwin often tells his students, “I teach and research this nightmare and I am still optimistic. What is your excuse?” Even though the world goes through dark patches of political, economic and social instability, he likes to remind his students that positive moments of activism are happening too. “There will come a time where there is calm again. Nothing worthwhile is ever easy,” Edwin says. “We will get there. We can reach Star Trek.”


To register, visit continuingstudies.uvic.ca/history
Discovering new perspectives...

Science and the Environment

GENERAL SCIENCE AND MATH

Introduction to Biology and Natural History

This online self-study course is for people looking to gain foundational, scientifically sound, knowledge in biology and natural history. It is organized into 11 study modules outlining the general principles by which plants and animals interact with each other and their surroundings. Our course will guide you, self-paced, through each module so that you can attain a certificate of completion on successfully passing all course quizzes.

Coordinator: Ann Greenwood

Delivery Style: Online Self-paced

Date: Sept. 5 to March 31

Register by: Wednesday, Nov. 1

Fee: $85 plus $4.25 GST

Code: ER099 2023F D01


Coordinator: Ann Greenwood

Introduction to Mycology

This online self-study course will enable you to gain foundational, scientifically sound, knowledge in the field of Mycology, the study of fungi. Developed by two experts in the field, Bryce Kendrick and Shannon Berch, this course will guide you independently at your own pace through 10 units so that you can attain an understanding of the features of fungi and the roles they play in pathology, nutrient cycling, agriculture, biological control, food, medicine, forests and our urban environments. You will receive a Certificate of Completion on successfully passing the course.

Introduction to Chemistry

This online tutorial course is designed to provide background for those who intend to enrol in a university-level introductory chemistry course. If you do not have the equivalent of Chemistry 12, you may be allowed to use this course to fulfill that prerequisite.

Prerequisites: Prerequisites for this course include successful completion of Principles of Mathematics 12 or Pre-Calculus 12, and Chemistry 11, or their equivalents. Transcripts must be provided to the Division of Continuing Studies to show completion of these courses before permission to register is granted.
Mathematical Skills

This non-credit preparatory course provides a review of the fundamental concepts and problem-solving skills taught prior to Grade 12. Topics include fractions, ratios and proportions; shape, space and geometry; right triangle trigonometry; exponents; lines, polynomials and factoring; functions; co-ordinate systems; graphing functions and solving equations and inequalities.

If you successfully complete this course, you may apply to the UVic Department of Mathematics and Statistics for permission to take Math 120, Math 151 or Math 161.

Instructor: Dayton Preissl

Delivery Style: Face to Face
Date: Tuesdays and Thursdays, Sept. 28 to Nov. 23
Time: 5:30 to 7:30 pm
Duration: 16 sessions
Fee: $330 plus $16.50 GST
Code: ASMA099 2023F D01

NEW Success with Honey Bees: Backyard Beekeeping

In your first year of beekeeping or intend to start in the future? This course will teach you the key steps to maintain a successful backyard apiary. You'll learn techniques used to get your colony established, properly maintained and healthy throughout the year. We'll also discuss how specific trees, shrubs, perennials and annual plants are a vital part of bee survival.

Instructor: Gordon Mackay

Delivery Style: Face to Face
Date: Saturdays, Sept. 9 to 23
Time: 10 am to 12:30 pm
Duration: 3 sessions
Fee: $110 plus $5.50 GST
Code: ASSC339 2023F C01

NEW How to Talk about Climate Change Without Overheating

What is stopping decision makers from moving faster when it comes to stopping climate change? The best advice is to talk about it, but extreme weather, biodiversity loss or our own anxiety isn't very appealing. In this course, you will learn about behaviour change science and skills so you can effectively engage with others. Together, our stories can shift decision making to protects us and our future.

Instructor: Patricia Lane

Delivery Style: Online Hybrid
Date: Thursdays, Nov. 2 to 23
Time: 6 to 8 pm
Duration: 4 sessions
Fee: $147 plus $7.35 GST
Code: ASSC336 2023F D01

FOR MORE INFORMATION:
General Science and Math
250-721-8481
bstassist@uvic.ca
continuingstudies.uvic.ca/GEN
Landscape Design for the Pacific Northwest

In this eight week course, you will learn the landscape design process through online exercises, video demonstrations and a weekly live Zoom or optional in-person session. You will leave the course with the essential tools to design a garden landscape plan specifically for the Pacific Northwest.

Instructor: Jeff de Jong

Delivery Style: Face to Face
Date: Tuesdays, Sept. 18 to Nov. 10
Time: 6:30 to 8 pm
Register by: Friday, Sept. 15
Duration: 8 sessions
Fee: $225 plus $11.25 GST
Code: ASSC309 2023F C01

Delivery Style: Online Hybrid
Date: Sept. 18 to Nov. 10
Time: Live Zoom sessions run on Tuesdays, 6:30 to 8 pm (8 x Zoom sessions)
Register by: Friday, Sept. 15
Duration: 8 sessions
Fee: $225 plus $11.25 GST
Code: ASSC309 2023F D01

Borders that Break the Rules

It’s a gardeners dream to have long sweeping herbaceous perennial borders stuffed with flowering plants that all bloom in unison. However, the reality is that most of us cultivate small or awkward spaces and don’t have enough time to spend in the yard. Join Jeff de Jong to discover how to create a luscious, year round border using tips from his travels to gardens around the world.

Instructor: Jeff de Jong

Delivery Style: Face to Face
Date: Wednesday, Sept. 20
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: $28 plus $1.40 GST
Code: ASSC325 2023F C01

Bee Friendly! Plant Pollinators this Fall

This presentation will talk about various trees, shrubs, perennials and annual plants that are attractive to pollinating insects including the western honey bee, bumble bee and blue orchard mason bee. The course will help you to select pollinator friendly choices for your garden. It will also provide guidance to beekeepers and farmers interested in learning about annual pollen flows. You will discover how to select pollinator plants to establish meadows that support a honey bee’s colony health, foraging, nectar, pollen and propolis.

Instructor: Gordon Mackay

Delivery Style: Face to Face
Date: Saturday, Sept. 30
Time: 10:30 am to noon
Duration: 1 session
Fee: $28 plus $1.40 GST
Code: ASSC335 2023F C01

Introduction to Winter Pruning of Fruit Trees

Want to make your orchard a cut above the rest? This course will cover essential pruning techniques used on apple and pear trees for the upcoming winter months, along with some discussion on summer pruning. You will look at the different kinds of pruning cuts and the key reasons behind current pruning trends used to improve tree health and fruit production. We will also discuss the importance of fruit tree selection, planting methods, tree training and aftercare for successful fall harvests.

Instructor: Gordon Mackay

Delivery Style: Face to Face
Date: Saturday, Oct. 7
Time: 10 am to noon
Duration: 1 session
Fee: $28 plus $1.40 GST
Code: ASSC331 2023F C01

Mushrooms of Greater Victoria

Join Andy MacKinnon and Kem Luther, cofounders of the Metchosin Biodiversity Project, for an exploration of mushrooms in the Greater Victoria area. An evening presentation on wild mushrooms, fungus groups and identification will be followed by a full day in the field and classroom collecting, sorting and identifying.

Please visit the course page on our website for a full list of items and equipment to bring for the day.

Instructor: Andy MacKinnon
Instructor: Kem Luther, (PhD)

Delivery Style: Face to Face
Date: Oct. 17 and 18
Time: Tuesday, Oct. 17, 7 to 9 pm
Thursday, Oct. 18, 9 am to 4 pm
Duration: 2 sessions
Fee: $140 plus $7 GST
Code: ASSC314 2023F C01

Delivery Style: Face to Face
Date: Oct. 24 and 25
Time: Tuesday, Oct. 24, 7 to 9 pm
Thursday, Oct. 25, 9 am to 4 pm
Duration: 2 sessions
Fee: $140 plus $7 GST
Code: ASSC314 2023F C11

Delivery Style: Face to Face
Date: Nov. 4 and 5
Time: Saturday, Nov. 4, 2 to 4 pm
Sunday, Nov. 5, 9 am to 4 pm
Duration: 2 sessions
Fee: $140 plus $7 GST
Code: ASSC314 2023F C21

NEW Gardening for Wildlife - Deer not Welcome!

Attract wildlife to your garden such as butterflies, birds and bees. You will learn how to attract beneficial insects to your garden to help pollinate your vegetables, herbs and fruit trees. Options for wildlife feeders and houses will also be discussed so you can increase the numbers in your garden. Discover how to help your plants thrive and protect them from deer and bunnies!
More Bulbs for Your Buck
This autumn is your chance to make a fresh start on creating a striking and extraordinary garden! You might think that planting bulbs is a lot of work with little reward. This is the furthest thing from the truth. Jeff de Jong is going to transform your garden into a place that will continue to flourish and be more beautiful year after year. This talk will focus on design and bulb choices that will add beauty and value to any yard.

Instructor: Jeff de Jong
Delivery Style: Face to Face
Date: Saturday, Oct. 21
Time: 10 am to noon
Duration: 1 session
Fee: $28 plus $1.40 GST
Code: ASSC275 2023F C01

If You Could Only Have One
The Pacific Northwest has a climate that enables us to grow a wide selection of trees that are suited for a residential landscape. As a result, choosing the ideal tree can often be a challenge. The allure of flowers is but only one attractive feature for consideration. Foliage, fruit, bark, autumn colour and winter interest are other equally important attributes. If you want to learn how to make the best choice for a specimen tree that stands out and suits your property, this course is for you!

Instructor: Jeff de Jong
Delivery Style: Face to Face
Date: Saturday, Oct. 28
Time: 10 am to noon
Duration: 1 session
Fee: $28 plus $1.40 GST
Code: ASSC338 2023F C01

Watercolours Taking Life
Before cameras were invented, explorers used illustrations to log the flora and fauna they discovered. Botanical illustration was not considered an art form, but rather a tool to gather practical information. Designed for beginners, this course will teach you the steps and techniques to paint your own botanical illustration. If you want to explore your inner artist then this course is for you!

Instructor: Jeff de Jong
Delivery Style: Face to Face
Date: Saturday, Nov. 18
Time: 10 am to noon
Duration: 1 session
Fee: $63 plus $3.15 GST
Code: ASSC290 2023F C01

Mason Bees: An Incredible Pollinator to Host in your Garden
In this bee-loving workshop, you will learn about mason bees and how you can host them while benefitting from their incredible pollinating skills for larger fruits and vegetables. You will learn about their life cycle, what plants they feed on, their habitat needs and the seasonal responsibilities of the mason bee keeper. Finally, you will look at the various styles of houses (nesting boxes) available to accommodate them in your garden and learn how to harvest and safely store their cocoons for the winter.

Instructor: Emony Nicholls
Delivery Style: Face to Face
Date: Saturday, Oct. 21
Time: 1 to 3 pm
Duration: 1 session
Fee: $28
Code: ASSC340 2023F C01

Watercolours Taking Life
In this bee-loving workshop, you will learn about mason bees and how you can host them while benefitting from their incredible pollinating skills for larger fruits and vegetables. You will learn about their life cycle, what plants they feed on, their habitat needs and the seasonal responsibilities of the mason bee keeper. Finally, you will look at the various styles of houses (nesting boxes) available to accommodate them in your garden and learn how to harvest and safely store their cocoons for the winter.

Instructor: Emony Nicholls
Delivery Style: Face to Face
Date: Saturday, Oct. 21
Time: 1 to 3 pm
Duration: 1 session
Fee: $28
Code: ASSC340 2023F C01
Teaching English as a Foreign Language (TEFL)

This 120-hour non-credit course is intended for people with little or no English as a foreign language teaching experience. It provides a survey of fundamental theoretical and practical concepts related to teaching English as a foreign language.

By the end of the course, you will have acquired knowledge, skills, strategies and cultural awareness, and be familiar with the following: methodology for teaching English language skills (reading, writing, listening, speaking, grammar and vocabulary); second language acquisition theory; classroom organization, teaching and assessment techniques; understanding cultural diversity; teaching learning strategies to maximize learning in the classroom; empowering learners to manage their own learning process.

**Prerequisites:** Previous teaching experience is not required. While not a formal prerequisite, we recommend that participants have previously completed a program of undergraduate study. Students who are not native speakers of English must meet the following language proficiency requirements or pass a TEFL entrance interview:

- TOEFL(iBT) score: 94
- IELTS score 7.0


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**Delivery style:** Face to Face

**Date:** Sept. 12 to Dec. 12

**Time:** Tuesday and Thursday evenings from 6:15 to 9:15 pm AND every second Saturday (full days) 9 am to noon and 1 to 4 pm

**Register by:** Sept. 20

**Duration:** 34 sessions

**Fee:** $1,500 plus $75.00 GST

**Code:** EDTE 125 2023F C01

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**FOR MORE INFORMATION:**
Teacher Professional Development 250-721-7291
tefl@uvic.ca
continuingstudies.uvic.ca/teacher-prod
Continuing Studies at UVic offers a number of engaging courses throughout the year in addition to those listed in this calendar. Those courses may be offered under the following topics:

- **Workplace Learning**

**FOR MORE INFORMATION:**
Teaching, Learning and Development
continuingstudies.uvic.ca/teaching

**Delivery style definitions**

**Online Asynchronous** – When learning does not occur in the same place or at the same time. It uses resources that facilitate information sharing outside the constraints of time and place among a network of people.

**Online Synchronous** – When a group of students are engaging in learning at the same time, at a specific time.

**Online Hybrid** – A combination of synchronous and asynchronous learning.

**Face to Face** – When learning occurs in person, at a physical location.

**Blended** – A combination of face to face and any type of online delivery style.

**Multi-access** – Instruction is offered face to face and remotely simultaneously.
University Food Services
University Food Services (UNFS) operates the following:
- Arts Place, Fine Arts Building
- BiblioCafé, McPherson Library
- Mac’s, MacLaurin Building
- Mystic Market, Jamie Cassels Centre (9 outlets)
- Nibbles & Bytes Café, Engineering Lab Wing
- SciCafé, Bob Wright Building
- The Cove, Çeq*anij ʔeʔlaʔ (Cheko’nien House)

Degrees Catering: Our catering department offers a variety of diverse menu options for pick up and delivery for events and meetings on campus. Orders may be placed online at uvic.ca/food or by phone 250-721-8603.

ONE Card Dining Discount: When students, faculty and staff use their ONECard Flex Funds at any UNFS outlet, they receive a 5% discount on their purchase. Please note that purchases made at the General Store are exempt from this discount. Campus guests may obtain a GUESTCard from the ONECard Office that also provides 5% off purchases at all UNFS outlets.

You may add Flex Funds to your ONECard at uvic.ca/food or in person at the ONECard or UNFS Office.

FOR MORE INFORMATION
250-472-4777 | eat@uvic.ca | uvic.ca/food

University of Victoria Legacy Art Galleries
At the University of Victoria Legacy Art Galleries, art works to promote dialogue around issues that matter. Our exhibitions and programs activate research and learning through university and community collaborations. Mentorship is critical to Legacy’s operations while providing real-life museum and collection work experience enabling students to be better prepared for future careers.

Legacy has three main sites for rotating exhibitions including the Legacy Art Gallery Downtown, on campus at the Legacy Maltwood, and in the First Peoples House. Additionally, more than 2,000 works from the collection are on display in buildings across campus and in the community, underlining the educational and community-building roles of art. All free to enjoy!

The Legacy Art Gallery Downtown is UVic’s primary gallery space. It is a lively and engaging centre for arts that is easily accessible to the community and features rotating exhibitions. The Legacy Downtown is also a site for public programs, and both university and community events.

Legacy Maltwood (at the Mearns Centre – McPherson Library on campus) is located on the lower level of the McPherson Library. Gallery hours are the same as the library. The Legacy Maltwood features rotating exhibitions and is a storage and reference facility.

FOR MORE INFORMATION
Legacy Art Gallery Downtown, 630 Yates Street
250-721-6562 | uvic.ca/legacygalleries

September-May
10 am - 4 pm, Wednesday-Saturday
June - August
10 am - 4 pm, Wednesday, Friday, Saturday
12 pm - 7 pm Thursday
Free and open to the public.

UVic Alumni Association
The UVic Alumni Association is proud to represent all graduates of the University of Victoria, including from diploma and certificate programs.

We bring alumni together year-round for exciting events and learning opportunities. We help grads volunteer, cheer each other on and stay connected to campus.

The free UVic Torch Alumni Magazine provides compelling photos, features and updates from classmates. We create the Alumni Monthly e-newsletter, which offers the latest university happenings, details on fun events and tailor-made stories. We also offer benefits, discounts and services exclusively for UVic alumni.

FOR MORE INFORMATION
250-721-6000 | alumni@uvic.ca | alumni.uvic.ca
The Computer Store carries a wide selection of refurbished laptops, hardware, cables, connectors and other accessories. There is a Starbucks located on the lower level of the Bookstore.

FOR MORE INFORMATION
UVic Bookstore: 250-721-8311 | uvicbookstore.ca
See up-to-date hours on website.

Blink Print: 250-472-4590 | blinkprt@uvic.ca | uvic.ca/print

Computer Store: 250-721-7643

UVic Libraries

The Mearns Centre for Learning – McPherson Library and the Priestly Law Library provide comfortable, positive and welcoming learning environments for students. Continuing Studies students taking any non-credit course are eligible to borrow library materials. Contact the Ask Us Desk to set up your community card and start exploring the libraries’ resources and borrowing privileges.

FOR MORE INFORMATION
UVic Libraries Ask Us Desk: 250-721-8230 | askus@uvic.ca | uvic.ca/library

Students residing outside Victoria, contact Distance Learning and Research:
250-721-6488 | infoline@uvic.ca
uvic.ca/library/infoline

VISITING CAMPUS

The University of Victoria encourages visitors to use sustainable transportation to get to campus: transit, walking, cycling and carpooling. For detailed information on travel choices available, please visit: uvic.ca/sustainability/topics/transportation/drivingalternatives.

Buses

The campus bus terminal is located beside the Campus Services Building, Finnerty Road. The campus is served by the following bus routes:

4 UVic/Downtown via Hillside, Douglas, Fairfield and Gorge
7 UVic/Downtown via Douglas, Fairfield, May and Foul Bay
Royal Oak/UVic via Interurban, Burnside, Gorge and Hillside
Tillicum Centre/UVic via Gorge, Fort, Oak Bay and Cadboro Bay
12 University Heights/UVic via Garnet, Kenmore and San Juan
13 Ten Mile Point/UVic via Cadboro Bay and Arbutus

14 Vic General/UVic via Oak Bay Junction, Yates, Craigflower and Victoria General Hospital
15 Esquimalt/UVic via HMC Dockyard, Esquimalt, Fort, Oak Bay and Foul Bay
16 Uptown/UVic via McKenzie and Carey
26 Dockyard/UVic via McKenzie, Saanich Road, Tillicum and HMC Dockyard
39 Westhills/Interurban/Royal Oak/UVic via Shelbourne, Royal Oak, Interurban, Watkiss Way, Island Hwy and Goldstream
51 Langford Exchange/UVic via McKenzie, Glenford and Island Hwy
76 Swartz Bay/UVic via McKenzie, Pat Bay Hwy and Swartz Bay Ferry Terminal

FOR MORE INFORMATION
BC Transit: 250-382-6161 | bctransit.com
For up-to-date route changes, visit the website or use Next Ride Trip Planner.

Campus safety

Campus Security Services is committed to promoting a safe and welcoming environment to enhance the well-being of students, staff, faculty and visitors, and to protect all university property. Campus Security Services is open 24 hours a day, seven days a week. A “safe haven” is located just inside their front doors should you need help at any time. SafeWalk services are available any time to anyone wanting an escort within campus boundaries. Campus Alone is available 24 hours a day for individuals who work/study in isolated areas on campus and are concerned about their personal safety. Security Officers act as First Responders trained to handle all medical emergencies. Crime prevention, personal safety information and workshops are available.

Reminders:

• Be alert and aware of your surroundings
• Trust your instincts
• Plan your route and vary it, if possible
• Park in well-lit areas
• Keep your vehicle locked
• Wallets and purses are attractive targets to thieves—don’t leave unattended
• Have your keys ready before you get to your vehicle
• Check interior of vehicle before entering

FOR MORE INFORMATION
Campus Security Services / SafeWalk Services: 250-721-7599 | uvic.ca/security
Personal Safety Coordinator: 250-721-8981

Emergency procedures

Although major emergencies on campus are unlikely, it’s a good idea to be prepared. Here are a few tips to help you respond when the unexpected happens.

• Download the UVic SafetyApp and sign up for UVic Alerts. Visit uvic.ca/alerts.
• Medical emergency? Call 911 and Campus Security Services: 250-721-7599. Provide the location of emergency.
• Fire? Pull the fire alarm and get out of the building—follow the instructions of the building emergency coordinators wearing safety vests.
• Earthquake? Drop, Cover and Hold On. Do not leave the building until the shaking stops. Head towards the playing fields behind CARSA and stay away from the buildings.
• Threat of violence? Protect yourself by getting out, hiding, or as a last resort—fight.
• If you evacuate a building, take your wallet, keys and cell phone with you.

FOR MORE INFORMATION
uvic.ca/services/emergency

Parking

Pay parking is in effect Monday to Saturday, 24 hours. Pay by Licence (PBL) is in effect on campus, visitors are required to enter their licence plate at the parking dispenser at the time of purchase. Parking permits may be purchased at any of the parking permit dispensers located in lots outside Ring Road or in advance online at parking.uvic.ca. Parking can also be paid for using the Honk app. Go to honkmobile.com.

These permits are valid only in the General Parking areas in numbered lots only, not at parking meters or Reserved Parking areas. The lots inside Ring Road are for Reserved permit holders until after 5 pm weekdays, at which time General permit holders may park. The “after 5 pm” rule for General Parking permits does not apply to the areas marked “24-hour Reserved.” Dispensers accept both coin and credit cards.

There are a number of short-term parking meters provided for visitor use.

FOR MORE INFORMATION
Campus Security Services
250-721-6683 | uvic.ca/security/parking

continuingstudies.uvic.ca • 250-472-4747
How to register

Online registration
VISIT: continuingstudies.uvic.ca/register
To register online, please follow the secure registration process on our website. Search for a course by name or by topic and then follow the instructions for purchase via our Shop Cart.

Walk-in registration
Register at the Continuing Studies Building (see campus map on back page). Office hours are weekdays 8:30 am to 4:30 pm.

University of Victoria
3800 Finnerty Road
Continueing Studies Building (Corner of Ring and Gabriola Roads)
2nd Floor Reception
Victoria, BC V8P 5C2

Phone registration
CALL: 250-472-4747
Weekdays 8:30 am to 4:30 pm

Mail registration
Print and fill out the registration form found online at continuingstudies.uvic.ca/RegForm and mail to:

University of Victoria
Division of Continuing Studies
PO Box 1700 STN CSC
Victoria, BC V8W 2Y2

Registration reminders
• Provide account number, CVD number, expiry date and signature if paying by credit card.
• Notify us of an address change.
• Make cheques payable to University of Victoria.
• If a course is full, your registration will be placed on a waiting list.

Registration process
To avoid disappointment, register as soon as possible. Many courses fill up quickly while others will be cancelled one week prior to the start date if they do not meet their minimum enrolment. If we are unable to register you in a course because it is full, you will be placed on a waiting list and contacted if a space becomes available. Your payment will not be processed unless space is available for you in the class.

Registration payment
All registrations must be accompanied by full payment: cash/debit card (in person only), cheques, money orders, Visa, MasterCard and American Express. Phone/online registrations are by credit card only.

Goods and Services Tax
Some Continuing Studies courses are subject to Goods and Services Tax (GST). If GST is payable, it is indicated alongside the tuition fee in the course description.

Confirmation and classroom location
After you register, you will receive a confirmation receipt with the classroom location, date and time (Note: no location is listed for online courses). If you have not received your confirmation receipt by the day before your start date, please call 250-472-4747 for help locating the classroom.

Scents and perfumes
In consideration of others, please refrain from using scented products in classrooms.

Use of educational technologies
Instructors in some courses may use a variety of educational technology in a course including, internet-based applications, cloud services and social media. The use of this technology is intended to enhance and deliver education to students and is part of student engagement at the university. Some of these technologies may collect, use, disclose and store students’ personal information outside of Canada. If students do not want their personal information stored or accessed outside of Canada, instructors will try to provide privacy-protective options (such as using an alias or nickname to register). However, in some instances, courses may not be available to students if they do not consent to the disclosure of their personal information outside of Canada. If the course is required for the completion of a credential, alternatives will be provided.

Tuition fee tax deductions
Keep your confirmation receipt as it is your official income tax receipt. Your tuition fees may be tax deductible if the total fees paid to UVic in a calendar year exceed $100. You may combine the fees of more than one course so their total exceeds the $100 minimum.

Cancellations, withdrawals and refunds
The Division of Continuing Studies reserves the right to cancel/reschedule courses or other offerings without notice, and to establish special regulations for admission to non-degree programs or courses. If a course or offering is cancelled/rescheduled, the liability of the Division of Continuing Studies is limited to a refund of your course fee, or, if desired, transfer to another offering.

To withdraw from a course, please let us know in person, by phone (250-472-4747) or by email (uvcstreg@uvic.ca):
• At least seven days prior to the first meeting of a short-term, intensive course, workshop or conference, with limited enrolment.
• Prior to the second class when a course meets once or twice weekly over a period of several weeks.

Depending on your method of payment, a refund will be either mailed to you or credited to your credit card.

If you withdraw from a course, an administrative fee may be charged for processing. The amount may vary according to the type of course, but will be a minimum of $15.

Note: Some programs have special refund policies as printed in their individual course descriptions.

Bursary program
Each term the Division of Continuing Studies offers bursaries totalling $1,000 to assist learners in furthering their education. Bursaries will be awarded to learners who can display evidence of a commitment to lifelong learning and who can demonstrate financial need.

Applications are available on our website at continuingstudies.uvic.ca/bursary or in person:

University of Victoria
3800 Finnerty Road
Continuing Studies Building (Corner of Ring and Gabriola Roads)
2nd Floor Reception
Victoria, BC V8P 5C2

Term application deadlines:
Jan. 15 and Aug. 15

HOLIDAY CLOSURES
The University of Victoria is closed on statutory holidays and from Dec. 25 to Jan. 1 (inclusive). You may still register online during the holiday periods. Unless otherwise noted, classes will not be held on statutory holidays.

FOR GENERAL INQUIRIES
CALL 250-472-4747