Open up to brighter perspectives

See course and program listings inside
Open up to brighter perspectives

Education is a dynamic, evolving journey with opportunities for every age. When you embrace your journey with curiosity, you swing open the window to a new view of possibilities.

At Continuing Studies at the University of Victoria, we offer short, immersive courses and programs each term, exploring a wide range of current topics, taught in small classes or online environments.

Learning is a transformation that encourages open dialogue, challenges preconceived notions and broadens your mind with a diverse range of viewpoints. Open your mind to new skills and exchange ideas, one perspective at a time, so you can make a positive difference in the community and beyond.

STAY CONNECTED

/UVicContinuingStudies /@UVicContinuingStudies

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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**Arts**
- African Indigenous Designs in Textile Arts
- Introduction to English Country Dancing
- Music for the People
- Urban Sketching

**Health, Wellness and Safety**
- Healthy Boundaries: Thriving Rather Than Surviving
- Nature-Based Mindfulness

**Humanities and Social Sciences**
- Accepting Loss and Change in Our Life
- Making Sense of the Self
- Silencing the Inner Critic

**Science and the Environment**
- Coping with Climate Grief and Anxiety
- Drought Tolerant Plants
- Mapping with Drones 2
- Surviving Drought Tolerant Plants

**COURSES BY START DATE / NEW COURSES**

**Arts**
- African Indigenous Designs in Textile Arts
- Introduction to English Country Dancing
- Music for the People
- Urban Sketching

**Health, Wellness and Safety**
- Healthy Boundaries: Thriving Rather Than Surviving
- Nature-Based Mindfulness

**Humanities and Social Sciences**
- Accepting Loss and Change in Our Life
- Making Sense of the Self
- Silencing the Inner Critic

**Science and the Environment**
- Coping with Climate Grief and Anxiety
- Drought Tolerant Plants
- Mapping with Drones 2
- Surviving Drought Tolerant Plants
Become a host with UVic Homestay program

We’re recruiting new homestay hosts!

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- **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 and $1,350/month effective April 1, 2024)

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

250-472-4268 | homestaysupport@uvic.ca
continuingstudies.uvic.ca/elc/new-host
Her Story: Women Making Art

This course focuses on the work of women and gender nonconforming artists throughout western art history, spanning from the 1500s to our current day. We will discuss women’s innovations in painting, photography, conceptual art practice and more. Some featured artists include Tamara de Lempicka, Frida Kahlo, Ana Mendieta, Francesca Woodman, Hilma af Klint, Claude Cahun, Rosa Bonheur and Yayoi Kusama.

Instructor: Amber Morrison (MFA)
Delivery Style: Online Synchronous
Date: Wednesdays, Feb. 7 to March 27
Time: 6 to 7:30 pm
Register by: Tuesday, Jan. 30
Duration: 8 sessions
Fee: $134 plus $6.70 GST
Code: ASHA150 2024S D01

NEW Contemporary Art Around the World

Since the 1980s, global artists, designers and architects have used their work to convey messages about who they are, where they come from, and which issues are impacting their communities. In this course, we will discuss contemporary art around the world, touching on how technology, migration, the environment, and international political and economic shifts have created new forms and new audiences.

Instructor: Angela Andersen (PhD)
Delivery Style: Face to Face
Date: Tuesdays, May 7 to June 4
Time: 2 to 4 pm
Register by: Monday, April 29
Duration: 5 sessions
Fee: $115 plus $5.75 GST
Code: ASHA153 2024K 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.

Instructor: Debra Laprise

Delivery Style: Face to Face
Date: Wednesdays, Jan. 10 to March 27
Time: 6 to 7:30 pm
Register by: Tuesday, Jan. 2
Duration: 12 sessions
Fee: $195 plus $9.75 GST
Code: ASMU204 2024S 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, Jan. 9 to March 26
Time: 6 to 7:30 pm
Register by: Monday, Jan. 1
Duration: 12 sessions
Fee: $195 plus $9.75 GST
Code: ASMU310 2024S C01

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, Jan. 18 to April 4
Time: 6 to 7:30 pm
Register by: Wednesday, Jan. 10
Duration: 12 sessions
Fee: $199 plus $9.50 GST
Code: ASMU469 2024S C01

Opera Live and in High Definition
Explore the captivating world of opera with four thrilling performances at Pacific Opera Victoria and high-definition screenings in Cineplex theatres. We will discuss the story of each selected opera, watch great singers from both the past and present and learn about the creative process behind each production.

We will begin with Puccini's La Rondine (The Swallow), which tells the tale of a courtesan's dream for true love. Next, we will delve into Pacific Opera Victoria's production of Ainadamar, which presents three tableaux from the life of the great Spanish poet Lorca. In March, we will experience the ever-popular Roméo and Juliette by Charles Gounod. To conclude the series, we will immerse ourselves in Mozart's brilliant opera, The Marriage of Figaro, described as "the perfect comedy, glittering with musical invention." No prior experience in music is necessary.

Instructor: Mikki Reintjes (MMus)

Delivery Style: Face to Face
Date: Jan. 18 to March 28
Time: Thursdays: Jan. 18; Feb. 15; March 14 and 28; 4 to 6 pm
Register by: Wednesday, Jan. 10
Duration: 4 sessions
Fee: $90 plus $4.50 GST
Code: ASMU381 2024S C01
**Music for the People**

When society controls, promotes, consumes, restricts, enables or imposes a music narrative on its people, music and musicians have no choice but to respond to the challenge. Social movements develop indelible marks on and build unbreakable associations with music in that time and space. In this class, we will explore through listening to selections from the Western classical music repertoire which acts as the soundtrack for its time and place. No prior experience with music is required.

This is a multi-access course where instruction is offered face to face and remotely simultaneously. Choose one of the two options below to register, depending on how you will access the class.

**Instructor:** Mary Byrne (PhD)

**Delivery Style:** Face to Face

**Date:** Mondays, Jan. 22 to March 25  
No class Feb. 19 and March 4

**Time:** 9:30 to 11:30 am

**Register by:** Sunday, Jan. 14

**Duration:** 8 sessions

**Fee:** $165 plus $8.25 GST

**Code:** ASMU480 2024S C01

**Instructor:** Mary Byrne (PhD)

**Delivery Style:** Online Synchronous

**Date:** Mondays, Jan. 22 to March 25  
No class Feb. 19 and March 4

**Time:** 9:30 to 11:30 am

**Register by:** Sunday, Jan. 14

**Duration:** 8 sessions

**Fee:** $165 plus $8.25 GST

**Code:** ASMU480 2024S D01

**Barrel House, Boogie Woogie, Honky Tonk and Stride**

What is the difference between swing and Harlem stride? Did it all evolve from ragtime? Who were the greatest boogie woogie piano players of all time and where did that rocking rhythm come from? Find out in this series of lectures that illustrate the rich history and evolution of early popular piano styles dating back to the beginnings of the 20th century. Featuring live piano performances of music by Fats Waller, Scott Joplin and Dr. John, and more.

**Instructor:** Jan Randall (BMus)

**Delivery Style:** Face to Face

**Date:** Thursdays Feb. 15 to March 21

**Time:** 2:30 to 4:30 pm

**Register by:** Wednesday, Feb. 7

**Duration:** 6 sessions

**Fee:** $134 plus $6.70 GST

**Code:** ASMU391 2024S C01

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**FOR MORE INFORMATION:**

Music  
250-721-7797  
lacadmin@uvic.ca  
continuingstudies.uvic.ca/music

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**NEW** **The Emotional Language of Music**

Why does music affect our moods and control us the way that it does? This course demonstrates and explains the connections we have with songs and recordings and breaks down how they reach us on such deep, emotional levels. In-class demonstrations will be conducted by instructor and pianist, Jan Randall. No musical knowledge is required.

**Instructor:** Jan Randall (BMus)

**Delivery Style:** Face to Face

**Date:** Thursdays, April 4 to May 9

**Time:** 2:30 to 4:30 pm

**Register by:** Wednesday, March 27

**Duration:** 6 sessions

**Fee:** $134 plus $6.70 GST

**Code:** ASMU472 2024K C01

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**Introduction to Music Theory: Level I**

The aim of music theory is to understand how music works. You will be introduced to the basics of music theory through history. What is rhythm, melody and harmony? Whether you sing or play an instrument, the enjoyment of music is enhanced when you understand the written form. If you would like to know how music is structured and how to understand it, this course is for you.

**Textbook:** Music Theory, Ear Training, and History Workbook, Ryan Nowlin and Bruce Pearson

**Instructor:** Debra Laprise

**Delivery Style:** Face to Face

**Date:** Tuesdays, April 25 to June 13

**Time:** 6 to 7:30 pm

**Register by:** Wednesday, April 17

**Duration:** 8 sessions

**Fee:** $134 plus $6.70 GST

**Code:** ASMU422 2024K C01

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**NEW** **The 8-Week Photo Club v 6.0**

The sixth version of this evolving course focuses on the theme of images in our midst— atmospheric, relatable, created largely in-camera, and photographs relying as heavily on subtext as on the subject (e.g. visual unlocked thoughts, loosely modeled on Instagram). This course is an exercise in introspective versus showboat imaging, designed for photographers of intermediate to advanced skill levels who are in search of creative stimulus. New and returning learners are welcome.

**Textbook:** “A Book of Days” by Patti Smith (not required, but highly recommended reading)

**Instructor:** Gerry Schallié

**Delivery Style:** Online Synchronous

**Date:** Wednesdays, Jan. 24 to March 13

**Time:** 7 to 9 pm

**Register by:** Tuesday, Jan. 16

**Duration:** 8 sessions

**Fee:** $165 plus $8.25 GST

**Code:** ASVA187 2024S D01

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**PHOTOGRAPHY**
**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! Please bring your camera, which should have a manual control setting, and a notebook and pen to each class.

**Instructor:** Donald Denton  
**Delivery Style:** Face to Face  
**Date:** Tuesdays, March 5 to April 23  
**Time:** 6:30 to 9 pm  
**Register by:** Monday, Feb. 26  
**Duration:** 8 sessions  
**Fee:** $220 plus $11 GST  
**Code:** ASVA085 2024S C01

**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? Pro-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, or smartphone with three camera lenses.

**Instructor:** Andrew Kielbowicz  
**Delivery Style:** Face to Face  
**Date:** April 4 to May 2  
**Time:** Thursdays, April 4 - May 2, 6 to 8:30 pm (classroom sessions); Saturday, April 6, 10:30 am to 12:30 pm (field trip)  
**Register by:** Wednesday, March 27  
**Duration:** 6 sessions  
**Fee:** $180 plus $9 GST  
**Code:** ASVA133 2024K C01

**NEW Introduction to English Country Dancing**

This course is an introduction to English country dance moves and music. You will learn the basic moves, vocabulary and the history of these Jane Austin era dances selected from The Playford Ball: 103 Early English Country Dances.

We will also do some more modern dances in the traditional style. No book purchase necessary, and no partner needed.

**Instructor:** Joanne Thomson (MAdEd)  
**Delivery Style:** Face to Face  
**Date:** Mondays, Jan. 15 to March 11  
No class Feb. 19  
**Time:** 7 to 9 pm  
**Register by:** Sunday, Jan. 7  
**Duration:** 8 sessions  
**Fee:** $190 plus $9.50 GST  
**Code:** ASTH101 2024S W01

**Drawing and Painting for Beginners**

Acquire essential skills in the foundational components of drawing and painting such as line, form, space and colour. Employ an array of materials, tools and techniques to craft both unconventional and traditional renditions of drawing and painting.

A supply list will be attached to your receipt.

**Instructor:** Maryam Tavakoli Dastjerdi (MFA)  
**Delivery Style:** Face to Face  
**Date:** Wednesdays, Jan. 24 to March 13  
**Time:** 1 to 4 pm  
**Register by:** Tuesday, Jan. 16  
**Duration:** 8 sessions  
**Fee:** $255 plus $12.75 GST  
**Code:** ASVA186 2024S C01

**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:** Wednesdays, Jan. 24 to March 13  
**Time:** 1 to 4 pm  
**Register by:** Tuesday, Jan. 16  
**Duration:** 8 sessions  
**Fee:** $255 plus $12.75 GST  
**Code:** ASVA186 2024S C01

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**FOR MORE INFORMATION:**  
Photography  
250-721-7797  
lacadmin@uvic.ca  
continuingstudies.uvic.ca/photography

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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:** Jan. 19 to 21

**Time:** Friday, Jan. 19, 7 to 9 pm; Saturday, Jan. 20, 9 am to 4 pm; Sunday, Jan. 21, 1 to 5 pm

**Register by:** Thursday, Jan. 11

**Duration:** 3 sessions

**Fee:** $175 plus $8.75 GST

**Code:** ASVA019 2024S W01

### Painting Colour and Space

In this studio course you will address painting fundamentals. You will develop an understanding of colour, line and form. Classes will focus on the development of a full palette while implementing the ideas of gesture, contour and positive and negative space. Based around thematic projects, classes will alternate the use of live models, still lifes, found imagery and photographs. You will be encouraged to implement artistic principles as you develop your own language and approach to painting.

A supply list will be attached to your receipt.

**Instructor:** Todd Lambeth (MFA)

**Delivery Style:** Face to Face

**Date:** Thursdays, Feb. 1 to March 21

**Time:** 6 to 9 pm

### Islamic Geometry Patterns

Dive into the mesmerizing world of Islamic geometry patterns. Over the course of this immersive study, you will uncover the historical significance, mathematical precision and aesthetic beauty of traditional Islamic designs. Master the art of creating intricate patterns and gain a deeper appreciation for the cultural richness they embody. Suitable for beginners and those keen to refine their skills.

A supply list will be attached to your receipt.

**Instructor:** Hala Qasqas (MA)

**Delivery Style:** Face to Face

**Date:** Tuesdays, Feb. 6 to March 26

**Time:** 6 to 8 pm

**Register by:** Monday, Jan. 29

**Duration:** 8 sessions

**Fee:** $190 plus $9.50 GST

**Code:** ASVA191 2024S C01

### 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:** Jacob Maddison

**Delivery Style:** Face to Face

**Date:** Saturdays, Feb. 10 to March 2

**Time:** 9 am to 3 pm

**Register by:** Friday, Feb. 2

**Duration:** 4 sessions

**Fee:** $495 (includes partial supplies)

**Code:** ASVA193 2024S W01

### African Indigenous Designs in Textile Arts

This course involves the manipulation of lines to create innovative designs that would be used for decorations. It also includes the adaptation of African Indigenous motifs, signs, symbols, patterns and art forms to develop African designs. These designs will be transferred onto different materials through the use of various techniques for functional purposes such as decorations, book cover designs as well as fabric design.

A supply list will be attached to your receipt.

**Instructor:** Angela Osuporu (MFA, MPhil)

**Delivery Style:** Face to Face

**Date:** Tuesdays, Feb. 27 to April 16

**Time:** 6 to 8 pm

**Register by:** Monday, Feb. 19

**Duration:** 8 sessions

**Fee:** $190 plus $9.50 GST

**Code:** ASVA190 2024S C01

### Introduction to Letterpress Printing

Using the Mears Centre for Learning—McPherson Library’s letterpress printing presses, you will learn to hand-set metal and wood type, mix ink and use letterpress printing techniques in this hands-on, technical course. You will work with a selection of wood and metal letter type and letterpress ornaments to produce text compositions with a range of design. This course involves the manipulation of lines to create innovative designs that would be used for decorations. It also includes the adaptation of African Indigenous motifs, signs, symbols, patterns and art forms to develop African designs. These designs will be transferred onto different materials through the use of various techniques for functional purposes such as decorations, book cover designs as well as fabric design.

A supply list will be attached to your receipt.

**Instructor:** Jeanette Siros (MEd)

**Delivery Style:** Face to Face

**Date:** March 1 to 3

**Time:** Friday, March 1, 6 to 8:30 pm; Saturday, March 2, 10 am to 4 pm; and Sunday, March 3, 10 am to 4 pm

**Register by:** Thursday, Feb. 22

**Duration:** 3 sessions

**Fee:** $177 plus $8.85 GST

**Code:** ASVA138 2024S W01
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 attached to your receipt.

Instructor: Joanne Thomson (MAdEd)

Delivery Style: Face to Face
Date: Saturday, March 2
Time: 10 am to 5 pm
Register by: Friday, Feb. 23
Duration: 1 session
Fee: $100 plus $5 GST
Code: ASVA183 2024S W01

Artist Books

Artist books can be intimate, share ideas, hold memory; they are as diverse as artists themselves. You will learn introductory book binding and folding methods to make your own artist books. You will learn collage techniques, including hand sewing, and work with combining text and image for the book content. You will leave with the skills needed to adapt and reproduce artist books of different sizes and mediums in future creative projects.

Instructor: Corrie Peters (MFA)

Delivery Style: Face to Face
Date: Thursdays, April 18 to May 9
Time: 6:30 to 8:30 pm
Register by: Wednesday, April 10
Duration: 4 sessions
Fee: $122 plus $6.10 GST (includes partial materials)
Code: ASVA184 2024K 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.

A supply list will be attached to your receipt.

Instructor: Jeannette Sirois (MEd)

Delivery Style: Face to Face
Date: April 26 to 28
Time: Friday, April 26, 6 to 8:30 pm; Saturday, April 27, 10 am to 4 pm; Sunday, April 28, 10 am to 4 pm
Register by: Thursday, April 18
Duration: 3 sessions
Fee: $177 plus $8.85 GST
Code: ASVA141 2024K W01

FOR MORE INFORMATION:
Visual Arts
250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/visual

Urban Sketching

Celebrate spring in Victoria with on-location drawing. You will learn some basic drawing techniques and ways to approach drawing on location. Each week, the class will meet at a different location in Victoria. Please note: All locations will be discussed in class the week prior, to finalize each location. In case of inclement weather, alternate locations will be arranged. Perfect for beginners and those seeking to improve their drawing skills.

A supply list will be attached to your receipt.

Instructor: Meghan Krauss (MFA)

Delivery Style: Face to Face
Date: Tuesdays, May 7 to June 11
Time: 6 to 8:30 pm
Register by: Monday, April 29
Duration: 6 sessions
Fee: $180 plus $9 GST
Code: ASVA188 2024K C01

Artist Books

Artist books can be intimate, share ideas, hold memory; they are as diverse as artists themselves. You will learn introductory book binding and folding methods to make your own artist books. You will learn collage techniques, including hand sewing, and work with combining text and image for the book content. You will leave with the skills needed to adapt and reproduce artist books of different sizes and mediums in future creative projects.

Instructor: Corrie Peters (MFA)

Delivery Style: Face to Face
Date: Thursdays, April 18 to May 9
Time: 6:30 to 8:30 pm
Register by: Wednesday, April 10
Duration: 4 sessions
Fee: $122 plus $6.10 GST (includes partial materials)
Code: ASVA184 2024K 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.

A supply list will be attached to your receipt.

Instructor: Jeannette Sirois (MEd)

Delivery Style: Face to Face
Date: April 26 to 28
Time: Friday, April 26, 6 to 8:30 pm; Saturday, April 27, 10 am to 4 pm; Sunday, April 28, 10 am to 4 pm
Register by: Thursday, April 18
Duration: 3 sessions
Fee: $177 plus $8.85 GST
Code: ASVA141 2024K W01

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 Writing and Publishing Fiction for Kids and Teens

This three-day intensive creative writing course focuses on writing and publishing early chapter books, middle grade novels and young adult novels. Through writing exercises and discussions, you will draw on your own experiences and imaginations to find new story ideas, create compelling characters, and write powerful and engaging stories for young readers. The course will include lecture, discussion, in class writing exercises, as well as an opportunity to get feedback on your first chapter.

Instructor: Robin Stevenson

Delivery Style: Face to Face
Date: Jan. 19 to 21
Time: Friday, Jan. 19, 7 to 9 pm; Saturday, Jan. 20, 10 am to 5 pm; and Sunday, Jan. 21, 1 to 5 pm
Register by: Thursday, Jan. 11
Duration: 3 sessions
Fee: $165 plus $8.25 GST
Code: ASWL135 2024S D01

Writing a Memoir - Step by Step

You will grow as a writer by learning the process to crafting a successful memoir. The course contains eight lessons to prepare your mind, organize your thoughts and motivate you to write. You will write drafts of your memoir and learn to revise after receiving thoughtful feedback.

The timeline for the course is eight weeks, but you will have access to the course for six months.

Instructor: Karen Barnstable (MEd)

Screenwriting

In this workshop, you will start writing your feature-length screenplay with guidance and support in a creative and immersive environment. You’ll dive into the fundamental principles of storytelling, character development and script structures while getting your story on the page. Through group discussions and mentoring, you’ll cultivate your voice as a writer while receiving feedback on your project and honing your craft. Whether you’ve always had a movie idea in mind, want to learn the basics of screenwriting, or want to explore a new approach to creative writing, this class will combine your love of writing and cinema.

Instructor: Max Lance (BFA)

Delivery Style: Face to Face
Date: Wednesdays, Feb. 7 to March 27
Time: 6 to 8:30 pm
Register by: Tuesday, Jan. 30
Duration: 8 sessions
Fee: $220 plus $11 GST
Code: ASWL090 2024S D01

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 multi-layered 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, Feb. 6 to March 12
Time: 7 to 9 pm
Register by: Monday, Jan. 29
Duration: 6 sessions
Fee: $155 plus $7.75 GST
Code: ASWL127 2024S C01

Short Shorts

Writing short stories is an art unto itself. You need to develop characters, create a plausible plot, throw in a twist and entertain your reader thoroughly, all in just a few words. This course focuses on micro, flash and short shorts from 100 to 2,000 words. You’ll also learn where to submit your short stories. This is an interactive class with sharing and critique.

Instructor: Darcy Nybo

Delivery Style: Online Synchronous
Date: Thursdays, Feb. 15 to March 14
Time: 6:30 to 8:30 pm
Register by: Wednesday, Feb. 7
Duration: 5 sessions
Fee: $135 plus $6.75 GST
Code: ASWL117 2024S D01

Write with Feeling!

Create a story filled with emotion that immerses the reader firmly in a believable world of your creation. You’ll learn how to gently incorporate all the senses: sight, sound, smell, taste and touch to create a vivid world for your characters and story. Add to that a full gamut of emotions including a solid character arc, and you’ve got yourself a story readers won’t want to put down. Learners should have an idea/outline already prepared or have started their story/novel.

Instructor: Darcy Nybo

Delivery Style: Online Synchronous
Date: Tuesdays, Feb. 6 to 27
Time: 6:30 to 8:30 pm
Register by: Monday, Jan. 29
Duration: 4 sessions
Fee: $110 plus $5.50 GST
Code: ASWL135 2024S D01
Write Now! A Creative Writing Survey
This course gives both new and experienced writers the opportunity to examine and experiment with a variety of literary forms. There will be in-class writing and suggested weekly assignments to nurture the writing genie! New writers will investigate numerous genres as they develop voice and style, exploring poetry, fiction, non-fiction, drama and songs. Experienced writers will find renewed creativity from trying new approaches.

Instructor: Carol Ann Sokoloff (BA [Hons])

Delivery Style: Face to Face
Date: Wednesdays, Feb. 28 to April 3
Time: 1 to 3 pm
Register by: Tuesday, Feb. 20
Duration: 6 sessions
Fee: $180 plus $9 GST
Code: ASWL064 2024S C01

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, March 2 to April 13
Time: 1 to 3 pm
Register by: Friday, Feb. 23
Duration: 7 sessions
Fee: $175 plus $8.75 GST
Code: ASWL113 2024S W01

Self-publishing Your Book
Learn to navigate the world of self-publishing. In this course, we’ll study how the book publishing industry has changed, where the money goes, how to organize your book, where to publish, who to use for help (editors, illustrators, proofreaders) and why you need an online presence. Course handouts will include budgeting and pricing, with information on how to market your book.

Instructor: Darcy Nybo

Delivery Style: Online Synchronous
Date: Tuesdays, April 9 to 30
Time: 6:30 to 8:30 pm
Register by: Monday, April 1
Duration: 4 sessions
Fee: $110 plus $5.50 GST
Code: ASWL119 2024K D01

Navigating the Novel
If you want to write a novel but are unsure of how to pull it all together, this course will guide you through everything you need to know to complete your first draft. Discover how to: create plausible plots and subplots; build charming, compelling characters; and keep the reader interested with tension, conflict and curiosity. We’ll also focus on finding assistance from editors, proofreaders and graphic designers, and how to snag an agent/publisher or to self-publish.

Classes are interactive with take-home assignments. Group participation is encouraged.

Instructor: Darcy Nybo

Delivery Style: Online Synchronous
Date: Thursdays, April 11 to May 16
Time: 6:30 to 8:30 pm
Register by: Wednesday, April 3
Duration: 6 sessions
Fee: $155 plus $7.75 GST
Code: ASWL115 2024K D01

Writing Historical Fiction
Do you know of an unsung hero from the past? Is your family history ripe for a fictional retelling? Are you a fan of historical fiction and long to create your own narratives? In this course we will focus on finding stories from the past that are destined to become compelling historical fiction.

We will learn about the challenges and joys of research, the creation of world-views, the development of believable dialogue, and the role of setting and writing style in creating your own unique vision of the past. For inspiration we will look at the various genres of historical fiction: thrillers, mysteries, literary novels, YA, supernatural, and even steampunk.

Instructor: Claire Mulligan (MFA)

Delivery Style: Face to Face
Date: Mondays, May 6 to June 17
Time: 6:30 to 9 pm
Register by: Sunday, April 28
Duration: 6 sessions
Fee: $180 plus $9 GST
Code: ASWL094 2024K C01

FOR MORE INFORMATION:
Writing and Literature
lacadmin@uvic.ca
continuingstudies.uvic.ca/writing

SUMMER ARTS SERIES

The Division of Continuing Studies, in partnership with the Faculty of Fine Arts and Alumni Relations at the University of Victoria, is looking forward to offering the third edition of the Summer Arts Series.

Our summer arts series will be back in July of 2024, with workshops and lectures centred around the theme of art and the urban landscape, appropriate for learners of all backgrounds.

FOR MORE INFORMATION:
Summer Arts Series
lacadmin@uvic.ca
continuingstudies.uvic.ca/writing

continuingstudies.uvic.ca • 250-472-4747

ARTS
When Patrick Walters was 12 years old, a fancy hotel in Nova Scotia let him play songs on his guitar in the lobby. This was the moment he knew music would be a part of his life forever. Skilled in acoustic and electric, Patrick loves composing jazz, rock and blues tunes whenever he can. As a young kid living and breathing music, most of his time was taken up by music lessons, playing in his own rock bands and practicing guitar for up to five hours a day.

In his teenage years, Patrick wanted to obtain higher training in music. He spent his summers at Berklee's College of Music in Boston, taking summer classes that were open to high school students. These musical summers opened his eyes so much that he went to Berklee's College of Music where he earned a bachelor's degree in music with a major in composition.

In addition to composing and performing, Patrick developed an interest in travelling and learning new languages. Hopping around Quebec, Germany and the Netherlands, Patrick became fluent in French, German, Dutch and even Italian. All his adventurous travels eventually caught up to him financially and he left Rotterdam for Canterbury, England, where he became certified to teach English as a second
language (ESL). He fit into the teacher role so naturally that he began teaching ESL and music after returning to Nova Scotia.

In 2022, Patrick became a guitar instructor with Continuing Studies at UVic. “Creative work can benefit anyone,” says Patrick. “Music activates parts of our psyche that help us find self-expression in our day to day lives.” From university students to seniors, people of all ages sign up for his classes. He makes sure to cover various musicians and genres so everyone’s musical taste can be explored. Whether it’s Michael Jackson, Johnny Cash, heavy metal or a new pop hit, Patrick is always happy to satisfy his students interests.

Building a relaxed musical community is a priority for Patrick. As his students shuffle into class, he plays live music to loosen people up. He allows lots of warm-up time where people can fiddle around and develop their confidence with the guitar. “It’s not just about the guitar, it’s about making a deeper relationship with music in an active way,” Patrick adds.

For Patrick, creativity is about following your intuition. In the classroom, he isn’t afraid to colour outside the lines. “The wonderful thing about teaching is that it’s like performing. I never shy away from going off script,” Patrick continues. He will shift between having students play along with an accompaniment app or YouTube video, giving presentations on reading tablature and demonstrating various techniques. What he finds most effective is when his students experiment without pressure. As he gets the whole class to practice out loud simultaneously, he circulates the room and works with individual students on chord strumming, hand placement and proper posture. He finds students learn better when not put on the spot in front of everyone.

Learning is a great way to develop new skills, but it’s also important to have fun in the process and be comfortable with making mistakes. “I had to get good at failure before finding success,” explains Patrick. “If you are fueled by enthusiasm and are open to learning new ideas, your life will be full of enriched experiences.”

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The wonderful thing about teaching is that it's like performing. I never shy away from going off script.
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:** Feb. 5 to March 17

**Fee:** $400

**Code:** HPPD700 2024S D01

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**Crisis Communications**

Recent disruptions including wildfires, floods, IT system failures and the Covid-19 pandemic have brought to light how important effective communication is during a crisis. With poor communication, crisis events can result in loss of business, closure, economic failure and reputational damage. This course equips you with the tools of crisis communication to ensure business continuity in the event of an emergency. Examine strategies, tactics,
messaging and leadership techniques that will enable your organization to prepare for, respond to and recover from disruptions.

**Instructor:** Julie Gathercole (MBA, BPR)

**Delivery Style:** Online Asynchronous

**Date:** Feb. 5 to April 26

**Fee:** $695

**Code:** HPPD602 2024S D01

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**Emergency Management for Business Continuity**

Designed for non-specialists, this course takes a systematic approach to emergency management as it relates to business continuity planning. Concepts include hazard and risk assessment, impact analysis, mitigation, emergency preparedness and response and psychosocial impact of crisis. Examine a range of tools for planning and training, and consider the ethical issues, opportunities and challenges overlaying emergency management.

**Delivery Style:** Online Asynchronous

**Date:** Feb. 5 to April 26

**Fee:** $695

**Code:** HPPD600 2024S 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 highly unpredictable environments. 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:** Feb. 5 to March 15

**Fee:** $495

**Code:** HPPD650 2024S D01

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FOR MORE INFORMATION:

Business Continuity
250-721-8558
hsadmin@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**

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

**CPRS Recognized Program**
**PATHWAYS TO THE PROFESSION™**

Recognized by the Canadian Public Relations Society

continuingstudies.uvic.ca/publicrelations

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**Elevate your PR career**

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continuingstudies.uvic.ca/publicrelations

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**FOR MORE INFORMATION:**

Business Continuity
250-721-8558
hsadmin@uvic.ca
continuingstudies.uvic.ca/bus-continuity

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Computing Concepts

Tune up your toolkit and deepen your understanding of hardware, operating systems, productivity software and basic website design. Boost your productivity by using advanced functions of tools including Word, Excel, Access and PowerPoint. Work with an engaged instructor who provides timely and constructive feedback on applied assignments.

Instructor: Melina Luxruel
Delivery Style: Online Asynchronous
Date: Jan. 8 to April 7
Register by: Friday, Dec. 22
Duration: 13 sessions
Fee: $695
Code: TECH100 2024S D00

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 skill set 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)

Cloud Computing for Business

Cloud computing—the on-demand availability of computer system resources, including data storage and computing power—is now a fundamental component to our digital economy and labour market. Employers value people who can understand and evaluate the design, construction and structures of cloud systems. This course will help you to understand different service models (including SaaS, PaaS and IaaS) and practice key job skills, such as setting up a cloud environment and constructing and employing a solution in the cloud.

Please visit the course page on our website for a full list of equipment and software requirements.
Instructor: Dmitry Anoshin (PhD)

Delivery Style: Online Hybrid

Date: Tuesdays and Thursdays, Jan. 9 to Feb. 15

Time: 6 to 8 pm

Register by: Thursday, Jan. 4

Duration: 12 sessions

Fee: $695

Code: TECH330 2024S D01

Project Management

Get a handle on your project. Whatever your area of expertise, learn and apply the fundamental concepts of effective project management. A seasoned PMP designated professional will work with you throughout a project management cycle: initiating, planning, executing, monitoring, controlling and closing. This course will have participants take on the role of project team member to learn and apply the essential concepts of effective project management throughout a project management life cycle.

Instructor: Amber McMillan

Delivery Style: Face to Face

Date: Tuesdays, Jan. 9 to April 2

Time: 2 to 5 pm

Register by: Friday, Dec. 22

Duration: 13 sessions

Fee: $695

Code: TECH110 2024S C01

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 Adobe Photoshop
- 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.

Business Intelligence and Data Analytics Fundamentals

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 the course page on our website for a full list of equipment and software requirements

Instructor: Olga Gould (MSc)

Delivery Style: Face to Face

Date: Saturdays, Jan. 6 to Feb. 10

Time: 9 am to 4 pm

Register by: Friday, Dec. 22

Duration: 6 sessions

Fee: $695

Code: BIDA301 2024S C01

Instructor: Olga Gould (MSc)

Delivery Style: Online Hybrid

Date: Saturdays and Sundays, Feb. 24 to April 7

No class March 30 and 31

Time: 9 am to noon

Register by: Friday, Feb. 16

Duration: 12 sessions

Fee: $695

Code: BIDA301 2024S D01

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

FOR MORE INFORMATION:
Creative Technology and Design
250-721-8944
bustech@uvic.ca
continuingstudies.uvic.ca/creative-tech
**Predictive Data Analytics and Modelling**

Using standard, industry-accepted informatic tools, you will design and create descriptive, diagnostic and predictive data analytic models. Learn how to translate stakeholder needs into model designs and understand the ethical implications of the analytical models you use.

**Instructor:** Hossen Teimoorinia (PhD, MSc, BSc)

**Delivery Style:** Face to Face  
**Date:** Saturdays, Jan. 6 to Feb. 10  
**Time:** 9 am to 4 pm  
**Register by:** Friday, Dec. 22  
**Duration:** 6 sessions  
**Fee:** $695  
**Code:** BIDA406 2024S C01

**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 the course page on our website for a full list of equipment and software requirements.

**Instructor:** Craig Hutton (PhD)

**Delivery Style:** Online Hybrid  
**Date:** Mondays and Wednesdays, Jan. 8 to Feb. 14  
**Time:** 6 to 9 pm  
**Duration:** 12 sessions  
**Fee:** $695  
**Code:** BIDA302 2024S D01

**Machine Learning Fundamentals**

You will explore the fundamental concepts and components of machine learning. You will learn about regression, classification and clustering. You also discover the essential tools of modern data visualization to fully understand the field of machine learning. You will get hands-on practice building your own models through exercises and real life examples.

**Instructor:** Hossen Teimoorinia (PhD, MSc, BSc)

**Delivery Style:** Face to Face  
**Date:** Saturdays, Feb. 24 to April 6  
**Time:** 9 am to 4 pm  
**Register by:** Friday, Feb. 16  
**Duration:** 6 sessions  
**Fee:** $695  
**Code:** BIDA407 2024S C01

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**FOR MORE INFORMATION:**
Data Analytics  
250-721-8944  
bustech@uvic.ca  
continuingstudies.uvic.ca/data

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**Delivery style definitions**

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

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**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

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

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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
More Than Money: Making the Most of Retirement
Are you ready to retire? Have you prepared for the shift in focus from work to leisure? Do you know what it takes to achieve a healthy and sustainable retirement? This interactive workshop will explore the non-financial side of retirement planning: identifying competencies for physical, emotional and psychological wellness as well as how to negotiate and plan for some of the pitfalls one may face in retirement. Participants will be guided through how to create a retirement lifestyle that supports well-being.

Instructor: John Meldrum (PhD, MBA, BRec)

Delivery Style: Face to Face
Date: Tuesday, Feb. 6
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: $65 plus $3.25 GST
Code: HPHE281 2024S C01

Advanced Investing for Financial Wellness
Designed for students who have completed Investing for Financial Wellness I or those with investing experience seeking more advanced discussions, Level II starts with a focus on common behavioural biases that undermine investing success and building a framework for improved decision-making. The course takes a deeper dive into the historical behaviour of markets to draw important lessons and provide a larger perspective. We then take a detailed look at portfolio construction and the importance of building a cohesive investment process. Finally, we discuss the current market environment, asset allocation implications and how to manage risks.

Instructor: Ian Johnson (CFA)

Delivery Style: Online Synchronous
Date: Wednesdays, Feb. 7 to 28
Time: 6:30 to 9 pm
Duration: 4 sessions
Fee: $100 plus $5 GST
Code: HPHE310 2024S D01

Cannabinoids in Chronic Pain
Chronic pain is the number one reason individuals visit either their primary care physician or require attention at the local emergency room. Unfortunately, numerous therapeutic interventions, including various pharmaceutical medications, are either ineffective or associated with intolerable side effects. With this in mind, it is no wonder that...
patients are looking to alternative therapies, including the use of medical cannabis, to treat their uncontrollable symptoms.

This interactive course is designed to facilitate a discussion about medical cannabis, including: history, cannabinoid types, administration methods, dosing, contraindications, adverse effects and potential drug interactions.

**Instructor:** Robert Sealey (MD)

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

**Code:** HPHE324 2024S C01

**NEW** Nature-Based Mindfulness

All are welcome at this workshop where we will explore the benefits of nature-based mindfulness as a tool for stress management, personal development, setting intentions and expanding our appreciation of, and place within, the natural world. You will learn the benefits of nature-based mindfulness, including tools and practices applicable in everyday life. Study tools will include memories of special places, tuning into sensory information, embodied awareness, movement, grounding and poetry.

**Instructor:** Jackie Gay (MA)

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

**Code:** HPHE324 2024S C01

**NEW** Healthy Boundaries: Thriving Rather Than Surviving

Most individuals struggle with understanding and setting healthy boundaries. When you understand how to create boundaries, and why they are so important, you can experience a healthier relationship with yourself and others. Healthy boundaries can reduce stress, improve relationships, and help support mental and emotional well-being. We will explore what boundaries are and how to get comfortable with setting healthy ones for yourself. This course will outline how to set boundaries that keep you feeling safe and heard. You will learn how to use these boundaries as tools, rather than a set of rules, resulting in thriving rather than surviving.

**Instructor:** Ashleigh Keizer (MA, RCC, CCC)

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

**Code:** HPHE324 2024S C01

**NEW** The Importance of Gut Bacteria on Mucosal Immunity

Mucosal tissues of the digestive, respiratory, and genitourinary tracts are open to the external environment and are the main entry points of most of the world’s major infectious pathogens. Consequently, these organs are defended by a dedicated immune system representing 70 per cent of our total immune cells. The organization, function and significance of the mucosal immune system is discussed with a focus on gut immunity and the importance of gut bacteria that influence its development and function. An update on recent research on dysfunctions in gut immunity that contribute to inflammatory gut diseases will be presented.

**Instructor:** Ed Ishiguro (PhD)

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

**Code:** HPHE334 2024S C01

**Healthy Aging and the Anti-Inflammatory Diet**

Heart disease, cancer, arthritis, colitis, asthma and many other conditions that we associate with aging have been linked to inflammation. This class will discuss how and why inflammation occurs, how certain health conditions can perpetuate chronic inflammation, how to identify food allergies that may be contributing to inflammation and poor health and how to explore dietary strategies for preventing and treating conditions associated with inflammation.

**Instructor:** Maureen Williams (ND)

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

**Code:** HPHE246 2024S C01

**FOR MORE INFORMATION:**
Community Health and Wellness
250-721-8558
hsadmin@uvic.ca
continuingstudies.uvic.ca/health-wellness

**Delivery style definitions**

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**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.
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: Philip Groff (PhD)

Delivery Style: Online Asynchronous
Date: Jan. 19 to Feb. 23
Fee: $350
Code: HPPD257 2024S 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 (6th ed.), by Ruth Bryant and Denise Nix (the 6th edition was released 1 September 2023; if you already own the 5th edition, that will be acceptable)

Instructor: Jennifer Dunlop (RN, MSN, ONC[C], NP[P])

Delivery Style: Online Asynchronous
Date: Jan. 19 to Feb. 23
Fee: $525
Code: HPPD257 2024S 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 management, nutrition, lower limb assessment, arterial and venous disease, ulcer management, compression therapy, 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 (6th ed.), by Ruth Bryant and Denise Nix (the 6th edition was released 1 September 2023; if you already own the 5th edition, that will be acceptable)

Instructor: Jenny Lindsay (BSN, WOCN, IIWCC[C], MCIsC)

Delivery Style: Online Asynchronous
Date: Feb. 16 to March 29
Fee: $525
Code: HPPD257 2024S D11

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 persons with disabilities. Use case studies, videos, discussion and interactive assessments to learn to apply practical tools to help clients live at home more safely. Features the popular SAIL home-exercise program videos. 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: Feb. 9 to March 4
Fee: $250 (call 250-721-8558 for group discounts)
Code: HPCF200 2024S D01

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 and housing workers and others.

Instructor: Misty Stephens (BSN, RN, WOCC[C], MCIsC)

Delivery Style: Online Hybrid
Date: March 15 to April 6

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: Feb. 2 to March 15
Fee: $495
Code: HPPD400 2024S D01
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

To apply please visit our website at: continuingstudies.uvic.ca/careers

Please note that the information here is accurate as of Nov. 23, 2023. Some positions may have been filled since publication. Visit our website for the most current list of offerings.
If you want to save trees, you need to study people and how we live together.
Environmental Studies professor Dr. Kara Shaw led the development of two programs with Continuing Studies at UVic (Transformative Climate Action and Climate Action Planning). The newest of the two is the Climate Action Planning program—a micro-certificate that blends policy, social justice and science. She hopes that learners are empowered to implement effective and collaborative action in their communities.
Kara was the director of the School of Environmental Studies at UVic from 2014 to 2019. In this role, she had the opportunity to engage with the Restoration of the Natural Systems (RNS) program, which is a partnership program between Environmental Studies and the Division of Continuing Studies. Instantly, she noticed the value of continuing education. "I was intrigued by how hands-on the programs were, while also being rigorous and intellectually demanding," continues Kara.

As a lifelong learner herself, Kara researches the energy dynamics of climate change with engineers at UVic, and collaborates with local governments and community organizations seeking to implement climate policy and programs. These collaborations encouraged her to build educational opportunities for others seeking climate solutions. "There is a strong demand for more capacity in the area of climate action, and this requires understanding what solutions are possible and how to implement them," she says.

Since the fall of 2023, Kara has led the development of two programs with Continuing Studies at UVic (Transformative Climate Action and Climate Action Planning). The newest of the two is the Climate Action Planning program—a micro-certificate that blends policy, social justice and science so learners become empowered to implement effective and collaborative action across various communities. When asked what influenced her to develop these programs, Kara shares, "Climate change is so complex. It feels like there’s nothing you can do. There’s a sense of climate anxiety in the community but people still want to figure out how to get involved."

Kara also turned to Continuing Studies to design these programs because she valued the culture of diverse students supporting and teaching each other. “Addressing climate change requires collaboration, and these programs create classrooms that prioritize collaboration, for example between working professionals and undergraduate students,” adds Kara. She finds that working professionals contribute valuable experience and undergraduates bring a lot of excitement and dynamism to the table. These certificate programs include both collaborative and independent assignments, and a chance for students to engage with organizations in their community.

The most important thing you can do about climate change is to talk about it and be curious.

Kara suggests, “The most important thing you can do about climate change is to talk about it and be curious.” To engage diverse groups and develop new ideas, we need to talk about climate change with our family, friends, neighbours and co-workers. From many years of teaching and interacting with different people, Kara developed a message she lives by and passes on to others. “Connect, critique, respect,” says Kara. “It’s important to connect with things you love, to find a niche to work in that nurtures yourself and your communities. Critique keeps you self-reflective, open to learning and to change. Finally, respect for the integrity of other people as well as for ecological limits helps to guide effective action.”
Deans' Lecture Series
FREE | ONLINE

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.

New lectures are added regularly, and you can join our mailing list to be notified when they become available. There is no need to register. Simply visit the website for more information.

continuingstudies.uvic.ca/deans-lectures
Facilitating Intercultural Relationships

This course facilitates intercultural relationships within the context of deconstructing systemic structures and ideologies, which impact every aspect of our society, as well as our personal world views.

Participants and instructors will engage critically, deeply and honestly. We will aim to facilitate and create a respectful community of learners using a dialogical (dialogue) model and an action-reflection process throughout classes and assignments. Topics for critical analysis include: equity, knowledge, leadership, privilege, race, class, identity, oppression and social justice.

Textbook: Becoming an Ally, 3rd Edition: Breaking the Cycle of Oppression in People by Anne Bishop

Instructor: Robyn Fila

Delivery Style: Face to Face
Date: Tuesdays, Jan. 8 to April 8
No class Feb. 20
Time: 4 to 7 pm
Register by: Monday, Nov. 27
Duration: 12 sessions
Fee: $616.56
Code: ISP430 2024S C01

Organizational 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 Saini

Delivery Style: Online Asynchronous
Date: Jan. 8 to April 7
Register by: Monday, Nov. 27
Fee: $595 (+ an optional $20 EDI micro-certificate fee)
Code: ISP102 2024S D01
Intercultural Communication in the Workplace

As a global citizen, an understanding of cultural difference and the ability to communicate effectively with diverse communities is critical for work in both local and international settings. Learn how power imbalances can impact interactions, discover practical tools to strengthen inclusivity and develop the interpersonal communication skills required to develop constructive relationships in a diverse workplace.

Instructor: Dr. Moussa Magassa

Delivery Style: Online Asynchronous
Date: May 6 to Aug. 4
Register by: Monday, April 1
Fee: $595 plus an optional $20 micro-certificate fee
Code: ISP110 2024K D01

FOR MORE INFORMATION:
Equity, Diversity and Inclusion
250-721-8457
cmpasst@uvic.ca
continuingstudies.uvic.ca/equity

HISTORICAL AND CONTEMPORARY ISSUES

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.

Instructor: Tracy Underwood (MA)

Delivery Style: Face to Face
Date: Tuesdays, Jan. 9 to April 2
No class Feb. 20
Time: 5:30 to 8:30 pm
Duration: 12 sessions
Fee: $616.56
Code: IS100 2024S C01

A New Look at James Bay History

James Bay is the oldest residential neighbourhood in British Columbia from the era after settler contact. Previously, it was home to Lekwungen-speaking peoples and some of their place names and sites of significance will be discussed. In the 1840s, the Hudson’s Bay Company’s Beckley Farm occupied much of James Bay. After the 1858 gold rush, farmlands gave way to new houses, industries, schools and churches. John Adams will cover a wide range of this history in his talk illustrated by maps, paintings and photographs.

Instructor: John Adams

Delivery Style: Online Synchronous
Date: Wednesday, Jan. 17
Time: 1 to 3 pm
Duration: 1 session
Fee: $28 plus $1.40 GST
Code: ASHI802 2024S D01

Victoria’s Industrial History

Until the 1960s Victoria was home to many heavy industries. Sawmills, shipyards and factories lined the harbour, filling the air with smoke, smells and noise. In this illustrated talk, John Adams will explain the origins and operation of the most important industries, and reasons for their demise.

Instructor: John Adams

Delivery Style: Online Synchronous
Date: Wednesday, Jan. 31
Time: 1 to 3 pm
Register by: Tuesday, Jan. 30
Duration: 1 session
Fee: $28 plus $1.40 GST
Code: ASHI410 2024S D01

“Nerdology”: The Sociology of Video Games and Digital Media

Are video games political? Just a fun way to pass time? What can the stories, mechanics, and development of video games teach us about our cultural values? You will explore the social, political and moral dimensions of video games in contemporary Canadian and American societies. You will learn how video games have become sites of intense social discourse about everything from class to race, gender and sexuality.

Instructor: Edwin Hodge (PhD)

Delivery Style: Online Synchronous
Date: Thursdays, Feb. 1 to 22
Time: 7 to 9 pm
Duration: 4 sessions
Fee: $90 plus $4.50 GST
Code: ASHI793 2024S D01

Development of Centennial Square

Centennial Square was created in the early 1960s to mark Victoria’s 100th anniversary as a city with mayor and council. Heritage buildings were razed, a street was closed and a modernistic civic plaza was designed to create public space next to city hall. The history, development and evolution of the square will be the topics of John Adams’s illustrated talk.

Instructor: John Adams

Delivery Style: Online Synchronous
Date: Wednesday, Feb. 28
Time: 1 to 3 pm
Duration: 1 session
Fee: $28 plus $1.40 GST
Code: ASHI819 2024S D01

The Neuroscience of Sleep

Sleep is the single biggest factor that influences brain health and the impact of sleep on brain health becomes increasingly more important as we age. In this talk, Dr. Krigolson will outline the physiological mechanisms behind sleep and how sleep works. Dr. Krigolson will also review the changes that occur in the brain while we sleep and why they occur. Finally, tips for improving sleep hygiene and sleep quality will also be discussed.

Instructor: Olav Krigolson (PhD)
Skepticism and Critical Thinking in the 21st Century

In light of growing anti-intellectualism, we are faced with a daunting prospect: a world where facts matter less than popularity, and where certainty threatens to replace truth. We are entering what some scholars refer to as a “post-truth age” and it is happening at a perilous time. From political instability and economic uncertainty, to climate catastrophe and the ever-present threat of a global pandemic, we need expertise and verifiable, empirical facts more than ever to serve as the foundation for good decision making. How can we push back against the rise of “post-truth” politics or a “post-truth” society?

Instructor: Edwin Hodge (PhD)

Delivery Style: Online Synchronous
Date: Tuesdays, April 4 to 25
Time: 7 to 9 pm
Duration: 4 sessions
Fee: $28 plus $1.40 GST
Code: ASHI821 2024S C01

The Prime Minister’s Office in Canada: From Sanctuary to Command

This talk examines the unexpected origins of the Prime Minister’s office in the 1920s and 1930s, its restructuring in the 1960s, and its eventual emergence as a centre of decision making filled with unelected advisors. Particular attention during the talk will cover the way that friendships, electoral politics, and chance changed the structure and purpose of this most secretive government office.

Instructor: Penny Bryden (PhD)

Delivery Style: Online Synchronous
Date: Tuesday, Jan. 23
Time: 9:30 to 11:30 am
Duration: 1 session
Fee: $25 plus $1.25 GST
Code: ASPT007-1 2024S D01

What is the Meaning of Suffering?

It is impossible to live a life without suffering. Yet, we all respond to suffering in different ways; it means something different to different people. In general, we seem to seek to avoid it! In this presentation, you’ll join Chris Goto-Jones, (Dean of the Faculty of Humanities at UVic) in discussing how different philosophers (ranging from 20th century Europe to India in the 5th century BCE) have tried to understand the purpose of suffering and how it might be related to questions of meaning in our lives. What might it mean for us to live without turning away from our suffering or that of others?

Instructor: Chris Goto-Jones (PhD)

Delivery Style: Online Synchronous
Date: Thursday, Feb. 22
Time: 9:30 to 11:30 am
Duration: 1 session
Fee: $25 plus $1.25 GST
Code: ASPT007-2 2024S D01

Want to Save the Planet? Eat Better Food

Agriculture is the world’s single largest driver of climate change and the sector most affected by it. Agricultural irrigation has doubled in the past 50 years and now consumes greater than 70 per cent of global freshwater withdrawals while synthetic fertilizer use increased 500 per cent. The work of UVic’s Ecogastronomy Research Group (ERG) makes the case that the most robust path to environmental health and a sustainable food future depends on producing higher-quality food. In this course, you will learn that sustainability is not achieved by living with less; it is achieved by living better.

Instructor: John Volpe (BSc; MSc; PhD)

Delivery Style: Online Synchronous
Date: Tuesday, March 19
Time: 9:30 to 11:30 am
Duration: 1 session
Fee: $25 plus $1.25 GST
Code: ASPT007-3 2024S D01

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

RELIGION, PHILOSOPHY AND PSYCHOLOGY

NEW Silencing the Inner Critic

Many of us have a tendency to be excessively self-critical, self-doubting and lacking in confidence. These debilitating thoughts can affect our relationships, our work and our ability to realize our full potential in life. In this course, we will learn how to use Buddhist insights and wisdom to free ourselves from self-critical...
thoughts and attitudes and recognize our potential for limitless inner peace and mental freedom. We can prove to ourselves that this “inner critic” is a mental distortion coming from our misconception about who we really are and so it can be eliminated completely.

Instructor: Gen Kelsang Zopa

**Delivery Style:** Face to Face  
**Date:** Saturdays, Jan. 13 to Feb. 3  
**Time:** 10 am to noon  
**Duration:** 4 sessions  
**Fee:** $90 plus $4.50 GST  
**Code:** ASHI817 2024S C01

**NEW** Making Sense of the Self  
In this course, we will explore the “self” from the lens of both eastern wisdom traditions and contemporary western psychology. We will engage the ancient inquiry of “who am I?” and investigate the factors that influence our most basic sense of ourselves such as our individual physicality, relationships, thought processes and feelings, as well as our larger awareness and consciousness. Experiential exercises will offer participants an opportunity to practice this (de) construction of self and to understand, from the inside out, the benefits and liabilities associated with conventional selfhood.

Instructor: Kate Gustin

**Delivery Style:** Face to Face  
**Date:** Mondays, Feb. 5 to March 4  
**Time:** 3 to 4:30 pm  
**Duration:** 5 sessions  
**Fee:** $90 plus $4.50 GST  
**Code:** ASHI822 2024S C01

**NEW** How to Enjoy a Life of Altruism  
Many people have the compassionate wish to benefit others, but few understand how to accomplish this successfully in daily life. Bodhisattvas are “friends of the world,” who have such strong compassion that they are able to transform all their daily activities into ways of benefitting others. The path of the Bodhisattva is contained within a practice called the Six Perfections. In this course we will learn practical ways to apply the Six Perfections and follow a way of life characterized by greater empathy and compassion for others.

Instructor: Gen Kelsang Zopa

**Delivery Style:** Face to Face  
**Date:** Saturdays, Feb. 10 to March 2  
**Time:** 10 am to noon  
**Duration:** 4 sessions  
**Fee:** $90 plus $4.50 GST  
**Code:** ASHI817 2024S C01

**NEW** Accepting Loss and Change in Our Life  
Experiencing and dealing with unwanted changes is often a very painful part of life. Instead of allowing adversities to make us unhappy and discouraged, we can use them to enhance our spiritual growth and thereby maintain a pure and peaceful mind all the time. Buddha taught how to develop the minds of patience and love that can happily accept difficulties and harm without blaming others. During this course, we will learn methods for truly enjoying life through an exploration of Buddha’s teachings. This essential wisdom can help us to fully embrace every moment of our lives so we can find real satisfaction and be a true benefit to others.

Instructor: Gen Kelsang Zopa

**Delivery Style:** Face to Face  
**Date:** Saturdays, April 27 to May 18  
**Time:** 10 am to noon  
**Duration:** 4 sessions  
**Fee:** $90 plus $4.50 GST  
**Code:** ASHI818 2024K C01

**NEW** 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 stylist 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 (PhD)

**Delivery Style:** Face to Face  
**Date:** Tuesdays and Thursdays, April 2 to 18  
**Time:** 2 to 4 pm  
**Duration:** 6 sessions  
**Fee:** $134 plus $6.70 GST  
**Code:** ASHI811 2024K C01

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**Online Hybrid –** A combination of synchronous and asynchronous learning.  
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**Face to Face –** When learning occurs in person, at a physical location.  
**Multi-access –** Instruction is offered face to face and remotely simultaneously.
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, or for more information regarding registration dates, 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:

- American Democracy on Trial: The 2024 US National Elections
- Atlantis: Fact, Fiction or Fantasy
- Dead (Wo)men Do Tell Tales: the Archaeology of Death
- How to be Fairly Cheerful
- Murder, Bodysnatching, and Anatomization in England, 1752-1832
- Populism in the EU: Brothers of Italy, Boris and the BBB
- SAGE Study Group

FOR MORE INFORMATION:
UVic on the Peninsula Series
250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/peninsula

Global Communication Skills for Academia

The Global Communication Skills for Academia program is ideal for graduate students and scholars who speak English as a second or additional language. This micro-certificate program will develop and improve your overall language proficiency—with a focus on effective oral and written communication skills—and presentation skills for academic purposes. You will also learn relevant soft skills for in-person or virtual networking and enhanced communication.

Note: this micro-certificate is a 30-hour program with a minimum English proficiency requirement of IELTS 5.

Delivery style: Online
Date: Coming soon in 2024
Fee: $320

communicatingstudies.uvic.ca/Global-Academia
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 enrollment. Please register early and invite a friend to join you.

**FRENCH LANGUAGE**

**Parlez-vous Français?**

**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—anyone wanting to confidently and competently develop fluency in French. It features four levels, each aligned with the internationally recognised 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) - instructions on how to purchase your “Espace Virtuel” account and get connected to the textbook and workbook will be provided separately.

**Delivery Style:** Online Hybrid

**Date:** Mondays and Wednesdays, Jan. 8 to April 10
No class Feb. 19 and April 1

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

**Register by:** Monday, Jan. 1
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) - instructions on how to purchase your “Espace Virtuel” account and get connected to the textbook and workbook will be provided separately.

Delivery Style: Online Hybrid
Date: Tuesdays and Thursdays, Jan. 9 to April 4
Time: 6:30 to 8:30 pm
Register by: Monday, Jan. 1
Duration: 26 sessions
Fee: $565
Code: FREN100 2024S 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) - instructions on how to purchase your “Espace Virtuel” account and get connected to the textbook and workbook will be provided separately.

Delivery Style: Online Hybrid
Date: Mondays and Wednesdays, Jan. 8 to April 10
No class Feb. 19 and April 1

Time: 6:30 to 8:30 pm
Register by: Monday, Jan. 1
Duration: 26 sessions
Fee: $565
Code: FREN200 2024S D11

Comprehensive French - Level 4

The Comprehensive French Series (FREN) features four levels, each taking a full academic year (September and January term) to complete. This is the advanced level of the series focusing on all four basic 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 B2 - Student Book Online Premium Edition (required) - instructions on how to purchase your “Espace Virtuel” account and get connected to the textbook and workbook will be provided separately.

Delivery Style: Online Hybrid
Date: Tuesdays and Thursdays, Jan. 9 to April 4
Time: 6:30 to 8:30 pm
Register by: Monday, Jan. 1
Duration: 26 sessions
Fee: $565
Code: FREN300 2024S D11

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.

Delivery Style: Face to Face
Date: Thursdays, Jan. 18 to March 21
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 7
Duration: 10 sessions
Fee: $255
Code: FLCC051 2024S C01

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 to 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: Thursdays, April 18 to June 20
Time: 9:30 to 11:30 am
Register by: Sunday, April 7
Duration: 10 sessions
Fee: $255
Code: FLCC051 2024K C01
### French Language Conversation Classes - Level 3

This course is for students at an intermediate level who would like to practice their oral French. 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 each term.

**Delivery Style:** Face to Face  
**Date:** Tuesdays, April 16 to June 18  
**Time:** 9:30 to 11:30 am  
**Register by:** Sunday, April 7  
**Duration:** 10 sessions  
**Fee:** $255  
**Code:** FLCC101 2024K 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, Jan. 19 to March 22  
**Time:** 9:30 to 11:30 am  
**Register by:** Sunday, Jan. 7  
**Duration:** 10 sessions  
**Fee:** $255  
**Code:** FLCC501 2024S C01

### FOR MORE INFORMATION:

French Language  
250-721-8630  
languages@uvic.ca  
continuingstudies.uvic.ca/french

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**World Languages**

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 enrollment. Please register early and invite a friend to join you!

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**Arabic - Level 1**

This course is a very basic introduction to the Arabic language. You will learn "survival" words and phrases, as well as how to read and write both words and practical sentences in the Arabic alphabet.

**Textbook:** Read and Speak Arabic for Beginners, by Mahmoud Gaafar and Jane Wightwick, from McGraw-Hill (optional)

**Instructor:** Inaam Charaf

**Delivery Style:** Online Hybrid  
**Date:** Thursdays, Jan. 25 to March 28  
**Time:** 6:30 to 8:30 pm  
**Register by:** Sunday, Jan. 14  
**Duration:** 10 sessions  
**Fee:** $245 plus $12.25 GST  
**Code:** ASLA098 2024S D11

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**English and French Courses**

For more information about English and French courses, including those focusing on specific areas such as business or professional development, please visit the Continuing Studies website or contact us directly.
Arabic - Level 2
If you have previously taken an introduction to colloquial (informal) Arabic course or have completed Arabic - Level 1 and would like to express yourself in a wider variety of everyday situations, this course will help you gain confidence in speaking. You will be encouraged to fine-tune your pronunciation, reinforce your basic knowledge and develop your communication skills. Additional material will also be introduced to expand your vocabulary. Knowledge of the Arabic alphabet is required to register for this level.

**Textbook:** Read and Speak Arabic for Beginners, by Mahmoud Gaafar and Jane Wightwick, from McGraw-Hill (optional)

**Instructor:** Inaam Charaf

**Delivery Style:** Online Hybrid

**Date:** Wednesdays, April 24 to June 26

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

**Register by:** Sunday, April 14

**Duration:** 10 sessions

**Fee:** $245 plus $12.25 GST

**Code:** ASLA298 2024K D11

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Arabic - Level 3
This course is designed for those who have completed the previous levels and are able to build a basic understanding of the Arabic language and alphabet, and wish to further develop their language skills.

This course takes you on a journey towards greater proficiency in Arabic language and culture. Through interactive lessons, authentic materials and immersive activities, you will continue to enhance your reading, writing, listening and speaking abilities, enabling you to engage in more complex conversations and comprehend a wider range of Arabic texts. By the end of this course, you will be equipped to navigate real-life situations in Arabic-speaking environments and deepen your appreciation for the culture.

**Textbook:** Read and Speak Arabic for Beginners, by Mahmoud Gaafar and Jane Wightwick, from McGraw-Hill (optional)

**Instructor:** Inaam Charaf

**Delivery Style:** Online Hybrid

**Date:** Wednesdays, Jan. 24 to March 27

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

**Register by:** Sunday, Jan. 14

**Duration:** 10 sessions

**Fee:** $245 plus $12.25 GST

**Code:** ASLA298 2024S D11

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**DUTCH**

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:** Catherine Verhaegen

**Delivery Style:** Online Hybrid

**Date:** Wednesdays, April 24 to June 26

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

**Register by:** Sunday, April 14

**Duration:** 10 sessions

**Fee:** $245 plus $12.25 GST

**Code:** ASLA237 2024K D11

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Dutch - Level 3
This intermediate course is designed for those who have some basic knowledge of Dutch. Whether you have completed Dutch: Level 2 or have an equivalent knowledge level, this course is for you. The focus of this course is to help you become comfortable communicating in Dutch, to continue to enrich your vocabulary, and to strengthen your language structure skills. Special attention will also be given to reading comprehension.

**Textbook:** Colloquial Dutch: A Complete Language Course, by B. Donaldson (required)

**Instructor:** Catherine Verhaegen

**Delivery Style:** Online Hybrid

**Date:** Tuesdays, April 23 to June 25

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

**Register by:** Sunday, April 14

**Duration:** 10 sessions

**Fee:** $245 plus $12.25 GST

**Code:** ASLA237 2024K D11

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**Dutch - Level 2**
This beginner course will reinforce the basics learned in Dutch - Level 1 (formerly Dutch: Introductory) and build on it by introducing new vocabulary and giving you the opportunity to further develop your conversation skills.

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

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)

Delivery Style: Online Hybrid
Date: Thursdays, Jan. 25 to March 28
Time: 6 to 8 pm
Register by: Sunday, Jan. 14
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA016 2024S 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)

Delivery Style: Online Hybrid
Date: Tuesdays, Jan. 23 to March 26
Time: 6 to 8 pm
Register by: Sunday, Jan. 14
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA216 2024S 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)

Delivery Style: Online Hybrid
Date: Wednesdays, Jan. 24 to March 27
Time: 6 to 8 pm
Register by: Sunday, Jan. 14
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA316 2024S 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)

Delivery Style: Online Hybrid
Date: Wednesdays, April 24 to June 26
Time: 6 to 8 pm
Register by: Sunday, April 14
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA416 2024K D11

ITALIAN

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: Online Hybrid
Date: Tuesdays, Jan. 16 to March 19
Time: 6 to 8 pm
Register by: Sunday, Jan. 7
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA049 2024S D11

Italian - Level 2
This beginner course is intended for those who have completed Italian - Level 1 (formerly Introductory) or who already have some basic skills. Videos and cultural discussions will enhance your learning and strengthen your basic knowledge in a fun and interactive atmosphere.

Instructor: Estelle Kurier

Delivery Style: Face to Face
Date: Thursdays, Jan. 18 to March 21
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 7
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA249 2024S C01

Italian - Level 3
This intermediate level course will help you build on your existing knowledge and take your skills to the next level. You will continue to develop your fluency in Italian through interactive activities and real-life language practice.

Instructor: Estelle Kurier

Delivery Style: Online Hybrid
Date: Tuesdays, April 16 to June 18
Time: 6 to 8 pm
Register by: Sunday, April 7
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA249 2024K D11
Italian - Level 3
This intermediate course is intended for those who have completed Italian - Level 2 (formerly Beginner) or who feel confident with the basics and wish to explore the language further. You will advance your conversation skills and further develop your listening and reading comprehension skills, while continuing to learn about various cultural topics.

Instructor: Estelle Kurier
Delivery Style: Face to Face
Date: Mondays, Jan. 15 to March 25
No class Feb. 19
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 7
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA349 2024S C01

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: Thursdays, Jan. 25 to March 28
Time: 6 to 8 pm
Register by: Sunday, Jan. 14
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA008 2024S 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, listening 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: Tuesdays, Jan. 23 to March 26
Time: 6 to 8 pm
Register by: Sunday, Jan. 14
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA208 2024S 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: Wednesdays, Jan. 24 to March 27
Time: 6 to 8 pm
Register by: Sunday, Jan. 14
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA308 2024S_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: Thursdays, Jan. 25 to March 28
Time: 6 to 8 pm
Register by: Sunday, Jan. 14
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA408 2024S D11

Italian - Level 4
This course is for students who have completed the Italian - Level 3 (formerly Intermediate) course or for those who have high intermediate experience with the Italian language and are comfortable having conversations in different verb tenses. Classes will focus on further developing speaking, listening and reading skills. Optional assignments will encourage building written skills.

Instructor: Estelle Kurier
Delivery Style: Online Hybrid
Date: Fridays, April 19 to June 21
Time: 12:30 to 2:30 pm
Register by: Sunday, April 7
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA449 2024K 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

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### 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)

**Instructor:** Hailey Ceong

**Delivery Style:** Face to Face

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#### Korean - Level 2

This fun and interactive course is a continuation of Korean - Level 1 (formerly Introductory). It is designed for people with some written and oral communication skills in the Korean language. Expand your fluency for communicating in Korean in daily life. Learn how to set up your own appointments, ask for and follow directions, and make a phone call in Korean. We will also explore, and gain an appreciation for Korean modern pop culture.

**Textbook:** I Love Korean Student's Book 1, by Seoul National University Press (optional)

**Instructor:** Hailey Ceong

**Delivery Style:** Face to Face

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### 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:** Liz Chiang

**Delivery Style:** Online Hybrid

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#### Mandarin - Level 2

If you already have a basic knowledge of Mandarin tones and "survival" Mandarin, this course will help you master simple sentences for easy conversations. Connected to the reality of daily life, you will learn basic Chinese characters useful for email or WeChat messages.


**Instructor:** Liz Chiang

**Delivery Style:** Online Hybrid

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**Instructor:** Liz Chiang  
**Delivery Style:** Online Hybrid  
**Date:** Tuesdays, April 23 to June 25  
**Time:** 6:30 to 8:30 pm  
**Register by:** Sunday, April 14  
**Duration:** 10 sessions  
**Fee:** $245 plus $12.25 GST  
**Code:** ASLA213 2024K D11

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**Mandarin - Level 3**  
This course is for those who have already completed Mandarin - Level 2 (formerly Beginner), or the equivalent. Here, you'll take your basic knowledge of Chinese characters and develop tone recognition and expand your ability to build longer sentences. You will also continue to learn about the culture through Chinese songs, poems, movies and other art forms.  
**Instructor:** Liz Chiang  
**Delivery Style:** Online Hybrid  
**Date:** Wednesdays, April 24 to June 26  
**Time:** 6:30 to 8:30 pm  
**Register by:** Sunday, April 14  
**Duration:** 10 sessions  
**Fee:** $245 plus $12.25 GST  
**Code:** ASLA313 2024K D11

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**Portuguese - Level 1**  
This introductory-level course is intended for those who have no previously knowledge of Portuguese. In this course, you will explore the language in a practical and dynamic manner through simple and authentic texts, audio and video materials. Communicative activities play a central role in the learning process, allowing you to engage meaningfully with the language in everyday contexts. You will actively learn basic Portuguese by using four skills: listening, speaking, reading and writing. Understand the main differences between Brazilian Portuguese and European Portuguese, and enrich your comprehension of linguistic and cultural diversity within this language.  
**Instructor:** Tatiana Reis  
**Delivery Style:** Online Hybrid  
**Date:** Wednesdays, Jan. 17 to March 20  
**Time:** 6 to 8 pm  
**Register by:** Sunday, Jan. 7  
**Duration:** 10 sessions  
**Fee:** $245 plus $12.25 GST  
**Code:** ASLA100 2024S D11

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**Portuguese - Level 2**  
This course is designed for those with a basic understanding of Portuguese or who have completed Portuguese - Level 1. You will continue to explore the language in a practical and dynamic manner through simple and authentic texts, music and video materials. Through a friendly classroom environment, we will be engaging with the language in everyday contexts. In this course, you will explore both Brazilian Portuguese and European Portuguese, deepening your appreciation for the linguistic and cultural diversity within the language.  
**Instructor:** Tatiana Reis  
**Delivery Style:** Online Hybrid  
**Date:** Wednesdays, Jan. 17 to March 20  
**Time:** 6 to 8 pm  
**Register by:** Sunday, Jan. 7  
**Duration:** 10 sessions  
**Fee:** $245 plus $12.25 GST  
**Code:** ASLA300 2024K D11

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**Portuguese - Level 3**  
This course is designed for those who have completed Portuguese - Level 2 or who feel confident with the basics of the Portuguese language and wish to explore the language further. In this intermediate level, we will revisit some topics studied in the initial levels but with a broader scope and a deeper exploration of the language.  
Throughout the course, you will maintain an interactive and engaging approach to language learning by working with more complex texts, audio recordings, and videos of real-life language scenarios and contexts. You will study both Brazilian Portuguese and European Portuguese, learning more about the richness of the linguistic and cultural diversity within the language.  
**Textbook:** TBC  
**Instructor:** Tatiana Reis  
**Delivery Style:** Online Hybrid  
**Date:** Thursdays, April 25 to June 27  
**Time:** 6 to 8 pm  
**Register by:** Sunday, April 14  
**Duration:** 10 sessions  
**Fee:** $245 plus $12.25 GST  
**Code:** ASLA300 2024K D11

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**Russian - Level 1**  
This course will help you to discover introductory concepts of the Russian language such as the alphabet, pronunciation, intonation, formal/informal styles of communication, grammar, vocabulary, as well as how to make full sentences and ask questions. Through a communicative approach, you will actively learn basic Russian by using four skills: listening, speaking, reading and writing. In this engaging and practical course, you will participate in a wide variety of fun classroom activities, watch videos and learn about Russian culture.  
**Instructor:** Galina Sanaeva (PhD)  
**Delivery Style:** Online Hybrid  
**Date:** Wednesdays, Jan. 17 to March 20  
**Time:** 6 to 8 pm  
**Register by:** Sunday, Jan. 7  
**Duration:** 10 sessions  
**Fee:** $245 plus $12.25 GST  
**Code:** ASLA004 2024S D11
Russian - Level 2
This course is intended for those who have completed Russian - Level 1 (formerly Introductory) or the equivalent. This beginner course will help you to build your confidence in your Russian language communication skills using a variety of real-life scenarios such as asking about someone's occupation or hobbies, how to describe and compare items, how to read a map, asking for directions or about someone's health, addressing a stranger, and expressing your feelings. Also, you will discover the language of emotions and how to write a greeting card. You will explore more grammar including three Russian cases in the authentic context of everyday Russian, popular media, music videos and texts.

Instructor: Galina Sanaeva (PhD)

Delivery Style: Online Hybrid
Date: Tuesdays, Jan. 16 to March 19
Time: 6 to 8 pm
Register by: Sunday, Jan. 7
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA024 2024K D11

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 Barbara Bergstein with McGraw-Hill (required)

Instructor: Alicia Brown (BA)

Delivery Style: Face to Face
Date: Wednesdays, Jan. 17 to March 20
Time: 7 to 9 pm
Register by: Sunday, Jan. 7
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA025 2024S C11

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 Bergstein with McGraw-Hill (required)

Instructor: Maria Elena Cuervo-Lorens

Delivery Style: Face to Face
Date: Tuesdays, Jan. 16 to March 19
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 7
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA225 2024S D11

Russian - Level 3
In this intermediate course, you will strengthen your conversation skills and expand your understanding of Russian grammar. You will deepen your knowledge of Russian grammar and learn about the tenses, verbs of motion, and the perfective/imperfective aspects of verbs. This course includes active listening, speaking, reading and writing skills using authentic texts of Russian literature, social media posts, music, news and articles. By the end of this course, you will have a full guide for successfully learning Russian and a great overview of the Russian language as a unique system. Participants are expected to have some proficiency in Russian or to have completed Russian - Level 2.

Instructor: Galina Sanaeva (PhD)

Delivery Style: Online Hybrid
Date: Thursdays, Jan. 18 to March 21
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 7
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA025 2024S D11

Instructor: Mónica Gil

Delivery Style: Face to Face
Date: Wednesdays, April 17 to June 19
Time: 6:30 to 8:30 pm
Register by: Sunday, April 7
Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA025 2024K C11
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: Maria Elena Cuervo-Lorens

Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA225 2024K D11

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

Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA325 2024K D11

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

Duration: 10 sessions
Fee: $245 plus $12.25 GST
Code: ASLA019 2024S D11

FOR MORE INFORMATION:
World Languages
250-721-8630
languages@uvic.ca
continuingstudies.uvic.ca/world-languages
Embracing
THE FLOW OF LIFE
with program coordinator Philippe Provencher
By Sarah Androsoff, Marketing Services
If optimism was a person, it would be Philippe Provencher. He goes with the flow of life and believes everything works out as it’s supposed to. While growing up in Sherbrooke, Quebec, he was curious about what else Canada had to offer. “In my high school geography class, I dreamt about seeing the Rocky Mountains and exploring British Columbia,” says Philippe. “I wanted to experience other cultures and improve my English.” At the age of 17, he realized his dream and hitchhiked across Canada solo to see British Columbia with his own eyes.

As Philippe made his way across Canada, he gained many new experiences throughout his various jobs. He picked cherries in the Okanagan Valley orchards and worked as a bellman at the Fairmont Chateau Lake Louise in Alberta. His passion and curiosity for exploring other places and cultures also found him living in Australia for a year and working in Europe. Philippe fondly describes his time picking grapes in France for the wine industry and how he herded cows up a mountain in Switzerland. “Whenever there was a thunderstorm, the cows would scatter around and become very aggressive. It was impossible to get them back,” Philippe laughs.

“Learning new things is good for your brain. It keeps you healthy and happy.”
After an abundance of worldwide explorations, he returned to Quebec in 2002 for school. He received his Bachelor in Education from the University of Sherbrooke and then got a job teaching at a secondary school. However, after having two daughters with his wife, his desire for a change in environment returned. Philippe wanted his kids to experience new languages and cultural immersion. To do this, he bought a 28-foot-long RV, drove across Canada and moved to Victoria, BC. The RV has remained in the family ever since for camping and adventures through Canada and the United States.

Philippe continued his passion for teaching at École Victor-Brodeur in Victoria, a French K-12 school in 2018. Then in 2019, Philippe started working as a language program coordinator with Continuing Studies at UVic. With his teaching experience and love for growing the interest in language immersion, this position was the perfect fit. One of his favourite projects was creating the French Immersion Teacher Mentorship (FITM) program, which connects experienced immersion teachers with newer teachers to help strengthen their instruction strategies and professional development. “I really enjoy working with new teachers who are studying in the profession and guiding them through the different programs,” explains Philippe. “There’s a great flexibility in Continuing Studies to develop programs based on student feedback.”

In addition to working, he is also keeping his brain sharp by partaking in extra studies. He is currently finishing up his Master of Education in Leadership Studies at UVic and hopes to graduate in April of 2024. “Learning new things is good for your brain. It keeps you healthy and happy,” says Philippe. A fond fascination in Chinese medicine, philosophy and martial arts also has him wanting to learn Chinese one day. Who knows what Philippe’s next big adventure will be, but there’s a good chance he is currently daydreaming about becoming fluent and booking a flight to China.
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.

### LEARN MORE

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!

uvic.ca/alumni | alumni@uvic.ca

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**KEEP IN TOUCH!**

**VITALY**
AN EVENING OF WONDERS
One of the world's most unique illusionists!

**CONFLUENCE**
RAVEN SPIRIT DANCE
A powerful showcase of rich Indigenous culture

**DIYET & THE LOVE SOLDIERS**
“Vulnerable, true to life songs” - Vancouver Sun

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**THE FARQUHAR AT UVIC**

**VITALY**
SATURDAY
DEC 9
7:00 PM

**CONFLUENCE**
SATURDAY
FEB 17
7:00 PM

**DIYET & THE LOVE SOLDIERS**
SATURDAY
MAR 9
8:00 PM

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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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<th>Credential</th>
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<td>Blended, Face to face, Online</td>
<td>Micro-certificate</td>
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<tr>
<td>Amateur Landscape and Garden Design</td>
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<tr>
<td>Business Communication</td>
<td>Blended, Face to face, Online</td>
<td>Micro-certificate</td>
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<td>Business Finance</td>
<td>Blended, Face to face</td>
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<tr>
<td>Business Intelligence and Data Analytics</td>
<td>Blended, Face to face, Online</td>
<td>Micro-certificate</td>
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<tr>
<td>Canadian Fall Prevention Curriculum</td>
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<tr>
<td>Climate Action Planning</td>
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<tr>
<td>Collections Management</td>
<td>Blended, Online</td>
<td>Professional Specialization Certificate</td>
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<tr>
<td>Designing Learning for a Changing Workplace</td>
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<td>Designing Learning in a Hybrid Workplace</td>
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<td>Digital Planning for the Cultural Sector</td>
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<td>Ecological Restoration</td>
<td>Online</td>
<td>Professional Specialization Certificate</td>
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<td>Emergency Management for Organizational Continuity</td>
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<td>Essential Soft Skills Training</td>
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<td>Fundamentals for the Homelessness Serving Sector</td>
<td>Face to face, Online</td>
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<td>Health Terminology Standards</td>
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<td>Indigenous Cultural Stewardship</td>
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<td>Indigenous Language Documentation</td>
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<td>Mapping with Drones</td>
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<tr>
<td>Marketing Communication</td>
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<td>Modern Border Management: (Im)migration and Mobility</td>
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<tr>
<td>Modern Border Management: Trade and Customs</td>
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<td>Organizational Preparedness and Adaptability</td>
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<td>Palliative Care Pharmacy</td>
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<td>Population Health Data Analysis</td>
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<td>Strategies and Actions for Independent Living (SAIL)</td>
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<tr>
<td>Teaching English as a Foreign Language</td>
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<td>Teaching English Language Learning</td>
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<td>Wound Care for Clients Experiencing Inequities</td>
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<td>Wound Management for Health Professionals</td>
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<td>Unity® Game Development Specialist</td>
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<tr>
<td>Visitor and Community Engagement</td>
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<td>Professional Specialization Certificate</td>
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## CERTIFICATES AND DIPLOMAS

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<td>Social Justice Studies</td>
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<td>Transformative Climate Action</td>
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## CERTIFICATES OF COMPLETION/PARTICIPATION

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<td>Ocean Acoustic Monitoring</td>
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<td>Shxun’utun Sul’hween - Footprints of the Ancestors: Pathways to Reconciliation</td>
<td>Face to face</td>
<td>Certificate of Participation</td>
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Science and the Environment

Exploring new perspectives...

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.

You will receive a Certificate of Completion upon successfully passing the course.

Coordinator: Ann Greenwood
Delivery Style: Online Self-paced
Date: Jan. 8 to Aug. 31
Register by: Wednesday, Feb. 28
Fee: $85 plus $4.25 GST
Code: ER099 2024S D01

Coordinator: Ann Greenwood
Delivery Style: Online Self-paced
Date: May 1 to Dec. 30
Register by: Thursday, Aug. 1
Fee: $85 plus $4.25 GST
Code: ER099 2024k D01

SCIENCE AND THE ENVIRONMENT

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.


Coordinator: Ann Greenwood
Delivery Style: Online Self-paced
Date: Jan. 8 to Aug. 31
Register by: Wednesday, Feb. 28
Fee: $65 plus $3.25 GST
Code: ER098 2024S D01

Part of program
Down the Rabbit Hole - Quantum Physics for Nonphysicists

What does this word “quantum” even mean? Sounds daunting, doesn’t it? Forget about everything you have learned about the nature of reality and be prepared for a fun ride down the rabbit hole! We will explore the key concepts of quantum physics, such as the elementary particles, the fundamental forces, the dual nature of matter, non-locality, superposition, quantum tunneling, and the mystery of dark matter. These concepts provide a liberating lens to perceive the world around you differently. Once you enter this magical world, you will be astounded by the possibilities!

Instructor: Skye Sen (PhD)

Delivery Style: Online Hybrid
Date: Wednesdays, Feb. 7 to March 13
Time: 6:30 to 8:30 pm
Duration: 6 sessions
Fee: $134 plus $6.70 GST
Code: ASSC284 2024S D01

GIS Skills and Mapping

Join us in the abundant world of data with Geographic Information Systems (GIS). This course focuses on the fundamentals of GIS for in-field employment, and future courses like Mapping with Drones! It is designed for those with little or no prior experience in geomatics. Gain hands-on experience working with spatial data in open-source software - QGIS and Google Earth. Create custom maps with open data, GPS recorded locations and digitized geographic features. Learn to classify landscape characteristics from satellite imagery and answer complex human and environment questions with vector and raster overlay analysis. You will leave this course confident in your ability to quantify and visualize spatial data trends for industry, government and business applications.

Instructor: Jessica Neal

Delivery Style: Online Asynchronous
Date: Jan. 22 to March 10
Fee: $415 plus $20 for optional one time MWD micro-certificate fee
Code: GISM01 2024S D01

Mapping with Drones 1

Mapping with Drones 1 will take your knowledge toolkit to new and exciting heights! This course focuses on foundational knowledge and skills you need to operate a small drone and map your data output. It is designed for those with little to no experience operating a drone or creating digital maps.

You will gain hands-on skills and knowledge about drone systems and regulations, flight planning and sensor payloads, as well as how to capture and analyze cartographic output models. Working with spatial data and a variety of open-source software including Open Drone Mapping, QGIS, Google Earth and Map Pilot Pro, you’ll complete applied, real-world projects. If you’re looking for just-in-time, geospatial skills to effectively assess and monitor your natural or built environment for work or recreational settings, this course is for you!

Instructor: Roger Stephen

Delivery Style: Online Asynchronous
Date: June 24 to Aug. 11
Fee: $415 plus $20 for optional one time MWD micro-certificate fee
Code: MWD01 2024K D01

Mapping with Drones 2

This course will continue to teach you the foundational skills you need to build GIS and operate Drones. You will learn how to conduct specific project applications using advanced flight route planning, Global Navigation Satellite Systems (GNSS), ground control survey and accuracy assessments, ground classification and volume analysis processes. You will gain the confidence to apply these skills in various work or recreational settings.

Instructor: Roger Stephen

Delivery Style: Online Asynchronous
Date: March 11 to April 28
Fee: $415 plus $20 for optional one time MWD micro-certificate fee
Code: MWD02 2024S D01

GIS Skills and Mapping

Join us in the abundant world of data with Geographic Information Systems (GIS). This course focuses on the fundamentals of GIS for in-field employment, and future courses like Mapping with Drones! It is designed for those with little or no prior experience in geomatics. Gain hands-on experience working with spatial data in open-source software - QGIS and Google Earth. Create custom maps with open data, GPS recorded locations and digitized geographic features. Learn to classify landscape characteristics from satellite imagery and answer complex human and environment questions with vector and raster overlay analysis. You will leave this course confident in your ability to quantify and visualize spatial data trends for industry, government and business applications.

Instructor: Jessica Neal

Delivery Style: Online Asynchronous
Date: Jan. 22 to March 10
Fee: $415 plus $20 for optional one time MWD micro-certificate fee
Code: GISM01 2024S D01

Mapping with Drones 1

Mapping with Drones 1 will take your knowledge toolkit to new and exciting heights! This course focuses on foundational knowledge and skills you need to operate a small drone and map your data output. It is designed for those with little to no experience operating a drone or creating digital maps.

You will gain hands-on skills and knowledge about drone systems and regulations, flight planning and sensor payloads, as well as how to capture and analyze cartographic output models. Working with spatial data and a variety of open-source software including Open Drone Mapping, QGIS, Google Earth and Map Pilot Pro, you’ll complete applied, real-world projects. If you’re looking for just-in-time, geospatial skills to effectively assess and monitor your natural or built environment for work or recreational settings, this course is for you!

Instructor: Roger Stephen

Delivery Style: Online Asynchronous
Date: June 24 to Aug. 11
Fee: $415 plus $20 for optional one time MWD micro-certificate fee
Code: MWD01 2024K D01

Mapping with Drones 2

This course will continue to teach you the foundational skills you need to build GIS and operate Drones. You will learn how to conduct specific project applications using advanced flight route planning, Global Navigation Satellite Systems (GNSS), ground control survey and accuracy assessments, ground classification and volume analysis processes. You will gain the confidence to apply these skills in various work or recreational settings.

Instructor: Roger Stephen

Delivery Style: Online Asynchronous
Date: March 11 to April 28
Fee: $415 plus $20 for optional one time MWD micro-certificate fee
Code: MWD02 2024S D01
**NEW Introduction to Permaculture**

Be introduced to the permaculture principles and how to integrate them into our landscapes and lives. We'll explore permaculture in urban and rural settings and how to create thriving garden ecosystems no matter how much space you have available. Discover sustainable techniques of plant curation, composting, water conservation, and various other invaluable permaculture practices, including a guided tour of the UVic community garden to see some techniques in action.

**Instructor:** Bethany Couture  
**Delivery Style:** Face to Face  
**Date:** Saturday, May 4  
**Time:** noon to 4 pm  
**Duration:** 1 session  
**Fee:** $56 plus $2.80 GST  
**Code:** ASCH091 2024K D01

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**The Metaphysics of Quantum Physics**

The primary purpose of this course is to make you familiar with the concepts of metaphysics and quantum mechanics. You do not need to have a background in math or science to register for this course. We will explore the theories of existence, consciousness, space, time and free will in relation to the key concepts of quantum physics in an interactive, discussion-based learning environment.

**Instructor:** Skye Sen (PhD)  
**Delivery Style:** Online Hybrid  
**Date:** Wednesdays, May 22 to June 12  
**Time:** 6:30 to 8:30 pm  
**Duration:** 4 sessions  
**Fee:** $90 plus $4.50 GST  
**Code:** ASSC302 2024K D01

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**Bountiful Kitchen Gardens**

Spring’s the time to plan your kitchen garden. Over the past few years, kitchen and potager gardens have become an extremely popular way to create both a productive and decorative oasis for your home. In this course, we will examine basic planning and design principles that include knot gardens, herb gardens, raised beds and vertical gardens. We will also examine plant material and gardening practices, including sustainable and ecological design principles. Whether in a pot, patio or yard, you will learn how you can incorporate some of these ideas to plan and create your own beautiful and bountiful kitchen garden.

**Instructor:** Susan Hawkins (MA, BA [Hons])
**Delivery Style:** Face to Face  
**Date:** Saturdays, Feb. 17 to March 9  
**Time:** 10 am to noon  
**Duration:** 4 sessions  
**Fee:** $90 plus $4.50 GST  
**Code:** ASSC301 2024S C01

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**Introduction to Backyard Beekeeping**

Want to “bee” savvy this spring? This course is designed for individuals who want to get started with beekeeping and currently have no bees. It will also offer useful tips and resources for beginner beekeepers with less than two years of experience. We will cover the fundamentals of getting started, including woodenware, tools and equipment, pest and diseases of the honeybee and other essentials for the first years of beekeeping. We will also look at some of the top pollinator plants in our area.

**Instructor:** Gordon Mackay  
**Delivery Style:** Face to Face  
**Date:** Saturday, April 20  
**Time:** 10 am to noon  
**Duration:** 1 session  
**Fee:** $28 plus $1.40 GST  
**Code:** ASSC330 2024K C01
NEW  Drought Tolerant Plants
Are you under water restrictions but still want an abundant garden? Learn how you can choose flowering perennials while still enjoying fruit and vegetable production through the use of native plants and xeric landscaping techniques that will produce throughout the growing season despite the hot, dry summers that we are experiencing. We will also touch on water harvesting to help prolong the watering season into the summers, and tips and tricks for a thriving garden in our evolving landscape conditions.

Instructor: Emony Nicholls
Delivery Style: Face to Face
Date: Saturday, May 25
Time: 1 to 3 pm
Duration: 1 session
Fee: $28 plus $1.40 GST
Code: ASSC342 2024K C01

NEW  Coping with Climate Grief and Anxiety
Polls consistently reveal that Canadians are worried about climate change. Many say it negatively affects their mental health. How do we cope? And how do we build community? This course invites participants to an exploration of evidence-based approaches to meeting these challenges. You will be introduced to pathways for alleviating grief and anxiety, cultivating emotional resilience and learning effective ways to communicate these ideas to build community and a hopeful future.

Instructor: Patricia Lane
Delivery Style: Online Synchronous
Date: Thursdays, Feb. 8 to 15
Time: 6:30 to 8:30 pm
Duration: 2 sessions
Fee: $56 plus $2.80 GST
Code: ASSC341 2024S D01

SUSTAINABILITY AND CLIMATE CHANGE

FOR MORE INFORMATION:
Sustainability and Climate Change
250-721-8481
bstassist@uvic.ca
continuingstudies.uvic.ca/sustainability

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:

- Marine Science
- Ecological Restoration

FOR MORE INFORMATION:
Science and the Environment
continuingstudies.uvic.ca/science
Teaching, Learning and Development

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


**Delivery style:** Face to Face
**Date:** Jan. 16 to April 18
**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:** Jan. 16
**Duration:** 34 sessions
**Fee:** $1,500 plus $75 GST
**Code:** EDTE125 2024S C01

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.

**LOVE IMAX® VICTORIA AND THE ROYAL BC MUSEUM?**

**LEARN MORE ABOUT THE NEW COMBO PASS**

rbcm.ca/membership
**General information**

**CAMPUS SERVICES**

**Academic accommodations**
At Continuing Studies at UVic, we want to support all of our students towards achieving success. Sometimes this means providing academic accommodations to reduce barriers and provide different ways of meeting essential course or program requirements. Of course, fulfilling these requirements remains the responsibility of learners, but there are things that we can do to help. Some barriers could include:

- Mobility challenges
- Visual impairment (low vision/blind)
- Learning disability, ADHD
- Deaf or hard of hearing
- Chronic pain
- Anxiety

Learners with long-term or chronic medical issues and learners with disabilities are encouraged to contact our student support coordinator as early as possible to see how we can best support their learning.

FOR MORE INFORMATION
Student Support Coordinator: 250-721-8473 | sscoord@uvic.ca
continuingstudies.uvic.ca/campus-info

**The Farquhar at UVic**
The Farquhar at UVic is the largest performing arts venue located on campus, presenting high profile music, theatre, dance and performances by many local community groups. It is also home to all UVic convocation ceremonies. Student Rush Tickets ($10) are available with a valid ONECard two weeks in advance of select Farquhar Presents events. Follow the venue on social media for event information and updates.

FOR MORE INFORMATION
250-721-8480 | uvic.ca/farquhar

**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.

**For more information**
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.

**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.

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

**University Food Services**
University Food Services (UNFS) operates the following:

- Arts Place, Fine Arts Building
- Biblio Café, McPherson Library
- Mac’s, MacLaurin Building
- Mystic Market, Jamie Cassels Centre (9 outlets)
- Nibbles & Bytes Café, Engineering Lab Wing
- Sci Café, Bob Wright Building
- The Cove, Cheq’ən̓an ʔeʔləŋ (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 Bookstore / Blink Print / Computer Store / Starbucks**
The Bookstore offers a variety of items essential to academic success, including new and used texts and digital versions when available. All textbooks requested by faculty are stocked in store. The Bookstore’s general book department carries a comprehensive selection of both academic and general titles. Textbook listings are available online three weeks before the beginning of each term.

The Bookstore also handles regalia rentals for graduates, offers a wide selection of contemporary UVic crested clothing, school and stationery supplies, and has a unique gift section.

Blink Print is a wide format print shop located on the lower level of the Bookstore. They offer the most affordable large format printing on campus which includes presentation posters, signs, banners, decals and more. Blink’s services are open to the public as well as the campus community.

FOR MORE INFORMATION
250-721-6562 | uvic.ca/legacygalleries
Open Thursday to Saturday from 10 am to 4 pm
Free and open to the public.

For more information
250-721-6000 | alumni@uvic.ca | alumni.uvic.ca

**Art Galleries**
UVic’s Art Galleries are open to the public as well as the campus community.

- The Legacy Art Gallery Downtown is UVic’s largest art and cultural centre, showcasing contemporary art from around the world. In the Legacy Maltwood feature rotating exhibitions and is a storage and reference facility.
- Legacy Art Gallery Downtown, 630 Yates Street
- 250-721-6562 | uvic.ca/legacygalleries
- Open Thursday to Saturday from 10 am to 4 pm
- Free and open to the public.

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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
9 Royal Oak/UVic via Interurban, Burnside, Gorge and Hillside
11 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 provide first aid services for the campus. 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 License (PBL) is in effect on campus, visitors are required to enter their license 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
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
Continuing 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 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 (uvcsreg@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
Campus map – University of Victoria

Legend:
- Buildings
- Residences
- Buildings Under Construction
- General Pay Parking
- Reserved Parking
- Construction Zone
- Welcome Centre
- Student Wellness Centre
- Food Service Outlet
- Bus Stop
- Parkade
- EV Charging Station

Map details include various buildings, parking areas, and other amenities on the University of Victoria campus.