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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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## New Courses

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  - **Arabic Script and the Art of Calligraphy**
  - **Art and Culture on the Silk Roads**
  - **Contours: A Creative Journey**
  - **Creating Comics**
  - **Easy Mini Watercolours: Birds and Dragonflies**
  - **Easy Mini Watercolours: Colourful Mandalas**
  - **Easy Mini Watercolours: Snow People and Snow Landscapes**
  - **Experimental Clay Modeling**
- **In Vibrant Black and White**
- **Inhale: Recovering Family Medicines Through Storytelling**
- **Life in Medieval Cities**
- **Music of the World**
- **(Non)conformity in Theatre History**
- **Observational Drawing**
- **Palace of Music**
- **Personal and Foundational Stories**
- **Pop Music, Then and Now**

### Health, Wellness and Safety
- **Olfactory Health: How Smell Relates to Brain Function**
- **Nutrition During the Stages of Menopause**
- **Understanding Modern Pain Science: An Interactive Exploration**
- **The Role of Gut Bacteria in Inflammatory Bowel Disease**
- **The Impact of the Drug Toxicity Crisis in BC**
- **Self-Compassion and Gratitude: Superpowers of Well-Being**
- **Sleep Well to Be Well**
- **The Impact of the Drug Toxicity Crisis in BC**

### Humanities and Social Sciences
- **Aging Successfully**
- **Finding Your Authentic Self**
- **Introduction to Equity, Diversity and Inclusion**
- **Introduction to Food Studies**
- **Stories in Stone: Rock Art Around the World**
- **In the 21st Century**
- **Understanding China's Foreign Policy Going Forward**
- **The Dreamlike Nature of Reality: Exploring How Things Exist**
- **Russia's War on Ukraine**
- **The Neuroscience of Human Decision Making**
- **Conspiracies, Extremism and Radicalization in the 21st Century**
- **Self-Compassion and Gratitude: Superpowers of Well-Being**
- **Sleep Well to Be Well**
- **The Impact of the Drug Toxicity Crisis in BC**

### Languages
- **Cantonese - Level 1**
- **Punjabi - Level 1**
- **Tagalog (Filipino) - Level 1**

### Science and the Environment
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- **Conversations About Climate Change: It's All Talk and All Action**
- **Permaculture for Ornamental Gardeners**
- **Winter Gardens: Designing for Interest and Beauty**
- **Detecting the Magnetic Fields of the Sun**
- **Humans and Their Tools**
- **Microbes: Life's Unseen World**
- **Permaculture for Ornamental Gardeners**
- **What Does Effective Climate Change Look Like?**
- **Conversations About Climate Change: It's All Talk and All Action**
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We’re recruiting new homestay hosts!

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[link to UVic Homestay program webpage]

continuingstudies.uvic.ca/elc/new-host
NEW Art and Culture on the Silk Roads

Learn the history of the Silk Roads through artifacts and narratives, exploring how this network of long-distance trade routes facilitated the expansion of exchanges among diverse cultural groups connected along these routes. Different groups of nomadic and sedentary populations who traversed various cultural zones of Eurasia, regardless of the purpose of their journeys, played a significant role in transmitting ideas, forms and meanings between the East and West. Artists, artisans, scholars, travelers, merchants and emissaries, among many others, all contributed to varying degrees to these transcultural interactions.

Instructor: Atri Hatef Naiemi (PhD)

Delivery Style: Online Synchronous

Date: Thursdays, Oct. 3 to Nov. 7

Time: 6 to 8 pm

Register by: Wednesday, Sept. 25

Duration: 6 sessions

Fee: $156 plus $7.80 GST

Code: ASHA156 2024F D01

NEW Life in Medieval Cities

In the medieval period, many societies built the foundations of the biggest cities in the world today, or reshaped ancient port and market towns into busy metropolises. The voices of the people who lived and worked in medieval cities speak to us through art and architecture, streets and canals, ports and bridges art and objects, and written descriptions. Each week, we will focus on a different city—Constantinople, Cairo, Samarkand—and explore its architecture, history and urban life.

Instructor: Angela Andersen (PhD)

Delivery Style: Face to Face

Date: Tuesdays, Oct. 8 to Nov. 5

Time: 2 to 4 pm

Register by: Wednesday, Oct. 2

Duration: 5 sessions

Fee: $138 plus $6.90 GST

Code: ASHA155 2024F C01
**NEW Arabic Script and the Art of Calligraphy**

This course delves into the intricate beauty and spiritual significance of Arabic calligraphy, examining its profound ties to the Qur'an, Islamic arts and architectural design. You will learn the historical evolution of calligraphy, its role in expressing Qur'anic text, and its integration into various art forms, while gaining a deeper understanding of the sacred nature of Islamic writing.

**Instructor:** Ambreen Hussaini (MA)

**Delivery Style:** Face to Face

**Date:** Tuesdays, Oct. 22 to Nov. 26

**Time:** 6 to 8 pm

**Register by:** Monday, Oct. 14

**Duration:** 6 sessions

**Fee:** $156 plus $7.80 GST

**Code:** ASHA154 2024F C01

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**NEW UVic Concert Band**

Join this large community wind band to perform a range of classic and newer works including traditional concert band repertoire, jazz, popular music, movie and media soundtracks. This new, large concert band aims to create a fun and friendly environment for all players. The band is a diverse and welcoming ensemble open to all students, faculty and staff from UVic, as well as all community musicians and school students.

No audition is required to participate in the band but a playing level of RCM Grade 8 (Concert Band Grade 4) is recommended for players to be comfortable with the repertoire. The UVic Concert Band performs once a semester at The Farquhar at UVic.

**Textbook:** Music will be provided at the first rehearsal

**Instructor:** Steven Capaldo (DMA)

**Delivery Style:** Face to Face

**Date:** Thursdays, Sept. 5 to Nov. 28

**Time:** 6:15 to 7:45 pm

**Register by:** Wednesday, Aug. 28

**Duration:** 13 sessions

**Fee:** $125 plus $6.25 GST

**Code:** MUS381 2024F C01

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**NEW UVic Chorus**

Join the School of Music choral ensemble, comprised of up to 150 singers, along with music majors, non-music majors and other members of the Victoria community. The UVic Chorus performs significant works from the classical canon as well as contemporary and newly commissioned works. In recent years, the Chorus has performed Beethoven’s Symphony No. 9, Mozart’s Great Mass in C minor, Bernstein’s Chichester Psalms, Handel’s Utrecht Te Deum and Sunrise Mass by Ola Gjeilo.

The Chorus performs in the all-UVic Choirs Annual Winter Concert at Christ Church Cathedral in the fall term and with the UVic Orchestra in the spring in the Farquhar Auditorium. No audition is required.

**Textbook:** Music score, to be picked up at the first rehearsal

**Instructor:** Debra Laprise

**Delivery Style:** Face to Face

**Date:** Tuesdays, Sept. 10 to Dec. 3

**Time:** 7 to 9 pm

**Register by:** Monday, Sept. 2

**Duration:** 12 sessions

**Fee:** $233 plus $11.65 GST

**Code:** ASMU204 2024F 01

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**Let's Sing! Level 1**

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

**Instructor:** Debra Laprise

**Delivery Style:** Face to Face

**Date:** Wednesdays, Sept. 11 to Nov. 27

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

**Register by:** Tuesday, Sept. 3

**Duration:** 12 sessions

**Fee:** $233 plus $11.65 GST

**Code:** ASMU204 2024F 01
**Voci Belle Choral Ensemble**

A continuation of Let’s Sing! Level 2, to further enhance your vocal skills. Repertoire will include harmony and individual songs from different genres of music such as folk, classical, musical theatre and modern. Enjoy the cognitive, social and psychological benefits of singing in a group.

**Instructor:** Debra Laprise

**Delivery Style:** Face to Face

**Date:** Tuesdays, Sept. 12 to Nov. 28

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

**Register by:** Tuesday, Sept. 3

**Duration:** 12 sessions

**Fee:** $233 plus $11.65 GST

**Code:** ASMU304 2024F C01

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### NEW  Palace of Music

The world’s most beautiful classical music comes alive in the world’s great concert halls. From The Concertgebouw to Carnegie Hall, the most iconic halls have their own histories, personalities and teams of musical artists who make magic happen. In this class we will explore, through listening, selections from the classical music repertoire which link together place, composer and performer. 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, Sept. 16 to Nov. 25

No class Sept. 30, Oct. 14, Nov. 11

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

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

**Duration:** 8 sessions

**Fee:** $198 plus $9.90 GST

**Code:** ASMU483 2024F C01

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### NEW  Music of the World

Explore music from around the world, as we learn about the folk and art music scenes of different cultures. You will become familiar with non-Western music, and learn the basic definitive characteristics of the music from different regions. As we listen, we will dive into brief examinations of signature instruments that shape the sound of their respective cultures. No prior musical knowledge required.

**Instructor:** Deniz Pekmezci (MMus)

**Delivery Style:** Face to Face

**Date:** Thursdays, Sept. 26, Oct. 10, 24, Nov. 7

**Time:** 4 to 6 pm

**Register by:** Wednesday, Sept. 18

**Duration:** 4 sessions

**Fee:** $108 plus $5.40 GST

**Code:** ASMU381 2024F C01

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### NEW  Three Chords and the Truth: The Story of Country Music

Country music is not—and never was—one style of music. It has always been a mixture of many styles, springing from many roots and sprouting many new branches to create a complicated chorus of voices. From the bluegrass of Appalachia, the Texas swing and the Bakersfield honky tonk, to the sound of new country and the Grand Ole Opry, we’ll look at the songs and artists that gave us “Three Chords and the Truth.”

**Instructor:** John Mitchell

**Delivery Style:** Online Synchronous

**Date:** Tuesdays, Oct. 22 to Nov. 26

**Time:** 10 am to noon

**Register by:** Monday, Oct. 14

**Duration:** 6 sessions

**Fee:** $156 plus $7.80 GST

**Code:** ASMU484 2024F D01

---

### NEW  Opera Unveiled: Live and in High Definition

This season, immerse yourself in the drama, passion and beauty of opera with a vibrant selection of works. Our series features a rare live performance of Mozart’s Clemency of Titus by Pacific Opera Victoria, alongside high-definition broadcasts from the Metropolitan Opera of Offenbach’s Tales of Hoffmann, Verdi’s Il Trovatore, and John Adams’ Dr. Atomic. Explore the essence of each opera through engaging lectures that delve into the stories, music, and staging. From the fantasy of Hoffmann to the moral quandaries of Oppenheimer in Dr. Atomic, this series offers something for everyone, whether you’re a newcomer to opera or a long-time enthusiast.

**Instructor:** Mikki Reintjes (MMus)

**Delivery Style:** Face to Face

**Date:** Thursdays, Sept. 26, Oct. 10, 24, Nov. 7

**Time:** 4 to 6 pm

**Register by:** Wednesday, Sept. 18

**Duration:** 4 sessions

**Fee:** $108 plus $5.40 GST

**Code:** ASMU481 2024F C01

---

### NEW  Pop Music, Then and Now

How have the pop hits from the 60’s and 70’s inspired and influenced the decades that followed? Join instructor Jan Randall, with his unique and entertaining ability to demonstrate music on a piano, as we explore the relationship between the songs of old leading up to the songs of today. No musical experience required.

**Instructor:** Jan Randall (BMus)

**Delivery Style:** Face to Face

**Date:** Wednesdays, Oct. 9 to Nov. 13

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

**Register by:** Tuesday, Oct. 1

**Duration:** 6 sessions

**Fee:** $156 plus $7.80 GST

**Code:** ASMU482 2024F C01

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### FOR MORE INFORMATION:

Music
250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/music
**Capture Better Smartphone Photos**

Learn to capture stunning photos with your smartphone. Improve your composition skills and learn to capture and control the light. Unleash your artistic potential by practicing new techniques. Shoot like a pro and take captivating images of people, nature, architecture and travel photos. Gain inspiration from photography masters and put your skills to the test on guided photo walks through Victoria.

**Prerequisites:** A smartphone preferably with three optical camera lenses released in 2019 or later.

**Instructor:** Andrzej Kielbowicz

**Delivery Style:** Face to Face

**Date:** Tuesdays, Sept. 24 to Nov. 12

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

**Register by:** Monday, Sept. 16

**Duration:** 8 sessions

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

**Code:** ASVA085 2024F C01

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**NEW** In Vibrant Black and White

This class pushes colour aside for six weeks, opting instead to see in monochrome—the elimination of colour being a creative choice. Monochrome images are fundamentally abstract and tonally streamlined versions of reality, comprised of light and shadow. An overview of traditional black and white genres (classic, avant-garde and grunge) pivots to monochrome in the digital era with in-camera and post-editing options. There will be five challenging image assignments to be viewed and critiqued in-class.

**Instructor:** Gerry Schallié

**Delivery Style:** Online Synchronous

**Date:** Wednesdays, Oct. 2 to Nov. 6

**Time:** 7 to 9 pm

**Register by:** Tuesday, Sept. 24

**Duration:** 6 sessions

**Fee:** $185 plus $9.25 GST

**Code:** ASVA197 2024F D01

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**Travel and Street Photography**

Take your travel photos to the next level. Join professional photographer Andrzej Kielbowicz to discover how to overcome shyness when photographing people, revive your landscape photos and select Instagram-worthy shots. Learn about travel or street photography gear, camera setup, composition and capturing genuine emotions. Gain inspiration from photography masters and put your skills to the test on a guided photo walk in downtown Victoria.

**Prerequisites:** Requirements: DSLR or Mirrorless camera or smartphone with two, preferably three, optical camera lenses launched in 2018 or later.

**Instructor:** Andrzej Kielbowicz

**Delivery Style:** Face to Face

**Date:** Oct. 24 to Nov. 14

**Time:** Thursdays, Oct 24 to Nov. 14, 6 to 8:30 pm (classroom sessions); Saturdays, Oct. 26, Nov. 9, 10:30 am to 12:30 pm (field trips)

**Register by:** Wednesday, Oct. 16

**Duration:** 6 sessions

**Fee:** $216 plus $10.80 GST

**Code:** ASVA133 2024F C01

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**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, Sept. 24 to Nov. 12

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

**Register by:** Monday, Sept. 16

**Duration:** 8 sessions

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

**Code:** ASVA085 2024F C01

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**FOR MORE INFORMATION:**

Photography

250-721-7797

lacadmin@uvic.ca

continuingstudies.uvic.ca/photography

**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  (Non)conformity in Theatre History

This course is a survey of (non)conformity in the history of Western theatre. We will investigate the selected plays and performances on a historical and socio-political palette to see how (non)conformity was conceived in each period and how theatre mirrored, contested and problematized the docile and conforming bodies and identities within the broader contexts of race, gender, and class. We will critically engage with these plays, and connect them to our lives, politics and world today.

Instructor: Narges Montakhabi Bakhtvar (PhD)

Delivery Style: Face to Face
Date: Tuesdays, Oct. 1 to Nov. 5
Time: 6 to 8 pm
Register by: Monday, Sept. 23
Duration: 6 sessions
Fee: $156 plus $7.80 GST
Code: ASTH102 2024F C01

NEW  Contours: A Creative Journey

Immerse yourself in a six-week contour drawing course, where creativity intertwines with technique. Explore the art of contour and cross-contour drawing, honing your observational skills while infusing vibrant colour into your artwork. From mastering shapes and forms to adding depth and vibrancy, embark on a captivating journey of artistic exploration and elevate your skills to new heights.

A supply list will be attached to your receipt.

Instructor: Meghan Krauss (MFA)

Delivery Style: Face to Face
Date: Mondays, Sept. 16 to Nov. 4
No class Sept. 30, Oct. 14
Time: 6:30 to 9 pm
Register by: Sunday, Sept. 8
Duration: 6 sessions
Fee: $216 plus $10.80 GST
Code: ASVA196 2024F C01

NEW  Introduction to Mixed Media

Learn to incorporate mixed media into your art practice. Explore combining both wet and dry media together. Techniques covered include collage, decollage, frottage, grattage, automatic drawing, image transfer, glazing, monoprinting and layering. All experience levels welcome and all supplies included. All that is required is your enthusiasm and a sense of play.

Instructor: Tony Bounsall (BAPA)

Delivery Style: Face to Face
Date: Saturdays, Sept. 21 to Oct. 19
Time: 10 am to 1 pm
Register by: Friday, Sept. 13
Duration: 5 sessions
Fee: $266 plus $13.30 GST (includes material fee)
Code: ASVA195 2024F C01

NEW  Contemporary Chinese Brush Painting

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

A supply list will be attached to your receipt (approx. cost is $85).

Instructor: Andy Lou (MFA)

Delivery Style: Face to Face
Date: Saturday, Sept. 28
Time: 10 am to 4 pm
Register by: Friday, Sept. 20
Duration: 1 session
Fee: $102 plus $5.10 GST
Code: ASVA005 2024F 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, Oct. 2 to Nov. 20

**Time:** 1:30 to 3:30 pm

**Register by:** Tuesday, Sept. 24

**Duration:** 8 sessions

**Fee:** $228 plus $11.40 GST (includes partial materials)

**Code:** ASVA189 2024F C01

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Drawing for Absolute Beginners

Have you always wanted to draw, but weren’t sure where to start? In this fun, hands-on course, Victoria artist Trace Nelson will give you a working knowledge of drawing introducing a variety of different techniques and materials. Drawing from life, and from the imagination, this course will provide an opportunity for participants to use colour, line, texture and composition to explore their own creative vision. This course is designed for beginners or those who want to restart their drawing practice. A list of required materials will be explained in the first class.

**Instructor:** Trace Nelson (MFA)

**Delivery Style:** Face to Face

**Date:** Wednesdays, Oct. 2 to Nov. 20

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

**Register by:** Tuesday, Sept. 24

**Duration:** 3 sessions

**Fee:** $290 plus $14.50 GST (includes partial materials)

**Code:** ASVA165 2024F C01

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NEW Easy Mini Watercolours: Birds and Dragonflies

These little paintings will explore dry brush painting and layering. Come with some images of birds and dragonflies that you can use as a reference. The preference is for clippings from magazines or nature books rather than on your phone or tablet. Colour theory will be introduced. This course is suitable for beginners.

All materials supplied; please bring $15 to class to pay your instructor.

**Instructor:** Joanne Thomson (MAdEd)

**Delivery Style:** Face to Face

**Date:** Saturday, Oct. 5

**Time:** 9:30 am to 4 pm

**Register by:** Friday, Sept. 27

**Duration:** 1 session

**Fee:** $122 plus $6.10 GST

**Code:** ASVA199 2024F W01

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Low Impact Basketry

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

All materials are included. Note: this course is limited to eight students.

**Instructor:** Aurora Skala (MA)

**Delivery Style:** Face to Face

**Date:** Saturdays, Oct. 5 to 19

**Time:** 10 am to 3:30 pm

**Register by:** Friday, Sept. 27

**Duration:** 3 sessions

**Fee:** $346 plus $17.30 GST (includes materials)

**Code:** ASVA192 2024F C01

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Experimental Clay Modeling

Explore various ways to shape clay, a malleable material that activates our senses while connecting us to the earth. Work with clay through a different approach, an experimental method using unconventional tools available to anybody. Try out a series of exercises that will encourage a deep understanding and appreciation for such a forgiving material. Participants of all skill levels are welcome in this class.

A supply list will be attached to your receipt.

**Instructor:** Lucía Anaya Diez Martinez

**Delivery Style:** Face to Face

**Date:** Tuesdays, Oct. 15 to Nov. 19

**Time:** 6 to 9 pm

**Register by:** Monday, Oct. 7

**Duration:** 6 sessions

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

**Code:** ASVA194 2024F C01

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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:** Tuesdays, Oct. 15 to Dec. 3

**Time:** 6 to 9 pm

**Register by:** Tuesday, Oct. 8

**Duration:** 8 sessions

**Fee:** $324 plus $16.20 GST

**Code:** ASVA192 2024F W01
**Introduction to Letterpress Printing**

Using the Mearns 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 printing equipment. Using Vandercook cylinder letterpresses and proofing presses, traditional typesetting methods for contemporary text and print applications will be explored. All participants must complete a mandatory health and safety overview requirement.

**Instructor:** Jacob Maddison

**Delivery Style:** Face to Face

**Date:** Saturdays, Oct. 19 to Nov. 9

**Time:** 10:30 am to 4:30 pm

**Register by:** Friday, Oct. 11

**Duration:** 4 sessions

**Fee:** $495 plus $24.75 GST (includes materials)

**Code:** ASVA193 2024F W01

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**NEW Easy Mini Watercolours: Snow People and Snow Landscapes**

These little paintings are Play with a “capital P.” We will create characters using monochromatic (one colour) painting techniques and salt. Bring your coloured pens for adding details, or use one of the small brushes on hand and extra watercolour paints.

All materials supplied; please bring $15 to class to pay your instructor.

**Instructor:** Joanne Thomson (MAdEd)

**Delivery Style:** Face to Face

**Date:** Saturday, Nov. 30

**Time:** 9:30 am to 4 pm

**Register by:** Friday, Nov. 22

**Duration:** 1 session

**Fee:** $122 plus $6.10 GST

**Code:** ASVA200 2024F W01

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**NEW Inhale: Recovering Family Medicines Through Storytelling**

Led by renowned Tłı̨chǫ Dene author Richard Van Camp, this course will explore the power of storytelling in recovering family medicines. Through a series of lectures, readings, workshops and interviews with Indigenous artists, actors, storytellers and writers, students will be invited to consider the power of their own stories: personal, familial and community-based. The emphasis throughout is on storytelling as medicine, as a means of engaging with the past to redirect the future, heal trauma and build belonging. As non-credit registrants, you will join the online lectures of this credit class and have access to the online materials and activities, but will not submit assignments or receive grades.

This course is open to everyone.

**Textbook:** *Gather: On the Joy of Storytelling*, Richard Van Camp

**Instructor:** Richard Van Camp

**Delivery Style:** Online Synchronous

**Date:** Wednesdays, Sept. 4, 18, Oct. 2, 16, 30, Nov. 27

**Time:** 4 to 6 pm

**Duration:** 6 sessions

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

**Code:** ASWL255 2024F D01

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**NEW Easy Mini Watercolours: Colourful Mandalas**

These little paintings will explore washes and layering of colour as well as negative space painting. Come prepared to experiment and it is fine to use coloured pens in combination with the watercolour paints. Colour theory will be introduced. This course is suitable for beginners.

All materials supplied; please bring $15 to class to pay your instructor.

**Instructor:** Joanne Thomson (MAdEd)

**Delivery Style:** Face to Face

**Date:** Saturday, Nov. 2

**Time:** 9:30 am to 4 pm

**Register by:** Friday, Oct. 25

**Duration:** 1 session

**Fee:** $122 plus $6.10 GST

**Code:** ASVA200 2024F W01
**NEW** The Art of Dialogue

Delve into the art of the dialogue for writers of prose, screenplays and creative non-fiction. A scene is the unit of action, but the scaffolding is dialogue. In this class we will practice and learn about idiots, indirect dialogue, interior dialogue, stichomythia, monologues, duologues, crowd dialogues, translated dialogue and more. There is so much to talk about and explore.

**Instructor:** Claire Mulligan (MFA)

**Delivery Style:** Face to Face

**Date:** Wednesdays, Sept. 11 to Oct. 2

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

**Register by:** Tuesday, Sept. 3

**Duration:** 4 sessions

**Fee:** $162 plus $8.10 GST

**Code:** ASWL137 2024F C01

**NEW** Ancient Greek Classics for Writers of Prose and Poetry

What do *Succession*, *Breaking Bad*, the wildly successful *Percy Jackson* series, the best-selling novels *Circe* and *Song of Achilles* by Madeline Miller, and the classic novel, *The Penelopiad* by Margaret Atwood all have in common? They were all inspired by the ancient Greek classics. In the class, we will find out what Aristotle, Sophocles, Sappho and Hesiod, among others, can teach us about structure, characterization, interiority and much more. Writing prompts are inspired by what we learn from classic literature.

**Instructor:** Claire Mulligan (MFA)

**Delivery Style:** Online Synchronous

**Date:** Thursdays, Sept. 12 to Oct. 17

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

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

**Duration:** 6 sessions

**Fee:** $216 plus $10.80 GST

**Code:** ASWL144 2024F D01

**NEW** Romance Narratives: Writing the Love Story

Enemies to lovers, fake dating or a classic love triangle? Take your pick in this survey course on romance narratives in fiction, film and TV. You will learn how to use tropes effectively, create dashed romantic interests and how to write heartbreaking plot twists. Through a mix of lectures and interactive seminars, we will traverse the enduringly popular world of romance writing, with the opportunity to write and receive feedback on your own love story.

**Instructor:** Holly Loveday

**Delivery Style:** Face to Face

**Date:** Tuesdays, Sept. 17 to Nov. 5

**Time:** 6 to 8 pm

**Register by:** Monday, Sept. 9

**Duration:** 8 sessions

**Fee:** $228 plus $11.40 GST

**Code:** ASWL140 2024F C01

**NEW** 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, Sept. 12 to Oct. 17

**Time:** 7 to 9 pm

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

**Duration:** 6 sessions

**Fee:** $185 plus $9.25 GST

**Code:** ASWL127 2024F C01

**NEW** Screenwriting

Over the course of 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, Sept. 18 to Nov. 6

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

**Register by:** Wednesdays, Sept. 18 to Nov. 6

**Duration:** 6 sessions

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

**Code:** ASWL090 2024F W01

**NEW** Writing for Children: Releasing the Child Within

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

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

**Delivery Style:** Face to Face

**Date:** Tuesdays, Sept. 17 to Oct. 22

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

**Register by:** Monday, Sept. 9

**Duration:** 6 sessions

**Fee:** $216 plus $10.80 GST

**Code:** ASWL041 2024F C01
**Writer’s Bootcamp**

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

**Instructor:** Darcy Nybo

**Delivery Style:** Online Synchronous

**Date:** Thursdays, Sept. 19 to Oct. 31

**Time:** 9 to 11 am

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

**Duration:** 7 sessions

**Fee:** $210 plus $10.50 GST

**Code:** ASWL132 2024F D01

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**NEW**  **Writing Fantasy Fiction**

Are you a keen reader of fantasy novels? Would you love to find out how authors create their compelling worlds? What are the secrets to writing fantasy that pulls the reader in and doesn't let go? For inspiration we'll look to excerpts from fantasy fiction, and we'll use writing prompts to prime our imaginations. We'll talk about the vital role of world-building, how to develop believable characters, and the importance of tension in creating your own fantastic stories.

No writing experience necessary.

**Instructor:** Patricia Robertson

**Delivery Style:** Face to Face

**Date:** Tuesdays, Sept. 24 to Nov. 12

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

**Register by:** Monday, Sept. 16

**Duration:** 8 sessions

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

**Code:** ASWL141 2024F C01

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**NEW**  **Tell Your Story**

You're never too young or too old to write your story. This course helps you decide on the different options including autobiography, memoir or travelogue, publishing your diary or journal, or writing essays or letters. Some prefer to tell their story through poetry or creative non-fiction. Explore your options and learn how to start and finish writing your story.

**Instructor:** Darcy Nybo

**Delivery Style:** Online Synchronous

**Date:** Saturdays, Sept. 21 to Nov. 2

**Time:** 9 to 11 am

**Register by:** Friday, Sept. 13

**Duration:** 7 sessions

**Fee:** $210 plus $10.50 GST

**Code:** ASWL132 2024F D01

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**NEW**  **Writing Layered Memoir: Mille-Feuille**

The *Book of Delights*. *Ongoingness. Safekeeping. What* these and many other contemporary memoirs and book-length essays share is the way they develop in fragments. In this generative workshop, we'll take our cue from books like these. You'll practice writing as a process of accretion, starting small, and layering to add texture and depth to your memoirs or personal essays. You'll come away with one or more short pieces or the beginning of something longer. Come prepared to read, write, collaborate and share.

**Instructor:** Susan Olding (MFA)

**Delivery Style:** Face to Face

**Date:** Sept. 27 to 29

**Time:** Friday, Sept. 27, 7 to 9 pm, Saturday, Sept. 28, 10 am to 4 pm and Sunday, Sept. 29, 10 am to 4 pm

**Register by:** Thursday, Sept. 19

**Duration:** 3 sessions

**Fee:** $210 plus $10.50 GST

**Code:** ASWL139 2024F W01

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**NEW**  **Personal and Foundational Stories**

According to Thomas King, “the truth about stories is that that’s all we are.” In this course we will explore what that says about truth. With the aim of cultivating a truer connection to self, this course provides a powerful point of entry to your own personal and foundational stories to understand the way they shape perception and belief. It offers cross-genre, in-class and take-away writing exercises and readings, and involves embodied meditation techniques, such as movement and breathing exercises. You will also practice creating safe containers for sharing with others. This workshop does not require previous writing experience.

**Instructor:** Amanda Merritt (MFA)

**Delivery Style:** Face to Face

**Date:** Tuesdays, Oct. 29 to Dec. 3

**Time:** 6 to 8 pm

**Register by:** Monday, Oct. 21

**Duration:** 6 sessions

**Fee:** $185 plus $9.25 GST

**Code:** ASWL142 2024F D01

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**NEW**  **Creating Comics**

In this course, we will explore what comics are and how they work. We’ll look at text and image combinations, panel composition, and different ways to use colour to create innovative and exciting comics. No drawing skills are needed. You will play, dream up characters and stories, and begin a comic-making journal that will build toward a five-page comic. We will use current Canadian literature as inspiration, with attention to Indigenous comic makers.

A supply list will be attached to your receipt.

**Instructor:** Alison Barnett (MFA)

**Delivery Style:** Online Synchronous

**Date:** Wednesdays, Oct. 16 to Nov. 20

**Time:** 6 to 8 pm

**Register by:** Tuesday, Oct. 8

**Duration:** 6 sessions

**Fee:** $185 plus $9.25 GST

**Code:** ASWL142 2024F D01

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

**Instructor:** Alex Bertram (PhD)

**Delivery Style:** Face to Face

**Date:** Thursdays, Oct. 31 to Dec. 5
**Time:** 7 to 9 pm

**Register by:** Wednesday, Oct. 23
**Duration:** 6 sessions
**Fee:** $185 plus $9.25 GST
**Code:** ASWL131 2024F C01

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

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

**Delivery Style:** Face to Face

**Date:** Wednesdays, Nov. 6 to Dec. 11
**Time:** 6:30 to 9 pm

**Register by:** Tuesday, Oct. 29
**Duration:** 6 sessions
**Fee:** $216 plus $10.80 GST
**Code:** ASWL059 2024F C01

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FOR MORE INFORMATION:
Writing and Literature
250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/writing

**Delivery style definitions**

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

Instructor: Anna Marie White (MA, BA)
Delivery Style: Online Asynchronous
Date: Oct. 18 to Nov. 29
Fee: $400
Code: HPPD700 2024F D01

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

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
- Entrepreneurship and Business Development
- Human Resources
- Leadership and Management
- Marketing

FOR MORE INFORMATION:
Business and Management
continuingstudies.uvic.ca/business
A professional career in communication or public relations can be incredibly diverse and rewarding. From foundational courses to advanced training, our programs provide real-world skills so you can gain confidence to communicate with diverse audiences, develop and implement effective communication strategies, work with different tools and technologies, or contribute to a variety of fields in the public and private sector.

Current programs include the Diploma in Public Relations and micro-certificates such as Business Communication, Marketing Communication, Professional Communication in the Workplace and Crisis Communication for Public Relations Professionals.

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:

- Communication
- Public Relations

FOR MORE INFORMATION:
Communication and Public Relations
250-721-6129
prprogram@uvic.ca
continuingstudies.uvic.ca/Comm-PR

Delivery style definitions

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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.
“Reclaiming is a big word and we're going to do our very best to support and cheerlead students in whatever it is they wish to reclaim to make their lives brighter. Not only for themselves, but for their families, their communities and for future generations,” says renowned Tłı̨chǫ Dene author Richard Van Camp.

As UVic's inaugural Storyteller-in-Residence, Richard is teaching two courses this year offered in parallel with the Faculty of Humanities and Continuing Studies at UVic.
From reclaiming family recipes, songs or photos to techniques in sewing, beading, harvesting, fishing and beyond, the courses celebrate the art of recovering family medicines.

For over two decades, Richard has turned his stories into graphic novels, feature films, music and more. He is also a mentor to young writers, the winner of multiple literary awards, and the 2023 recipient of the Order of the Northwest Territories.

Get to know Richard in this interview as he shares his experiences and the healing power of storytelling.

Thank you for taking the time to share your story with us! Can you tell us more about yourself and any recent or exciting updates?

I’m the luckiest man I know. I’m working on a graphic novel series, *Wheetago War: ROTH*, with my dream artist Christopher Shy from Renegade Arts Entertainment. I’m also working on my new novel, *BEAST*, with Douglas & McIntyre. Both books should be out in October. We’ve also just completed a stop motion puppet movie called, *Inkwo For When The Starving Return* with Spotted Fawn Productions and the NFB, which should be free online once we premiere.

Congratulations on becoming this year’s Storyteller-in-Residence! Can you share with us some more details about the residency and how you initially felt about it?

Dr. Stephen Ross, a professor, got in touch with me to ask if I would consider teaching a course for UVic. I am a graduate of UVic’s creative writing program and love Victoria so very much, so it was an immediate yes! We’ve been working closely together to dream up a course for anyone interested in reclaiming their family medicines for themselves, their communities and for future generations.

How do you envision the course experience unfolding?

I have designed the ultimate course for anybody, anywhere in the world, who wants to reclaim their family medicines and not just for themselves, but for their family, their community, for future generations. We’re talking songs, stories, recipes, ceremonies—whatever it is that you think you need to make your life a little sweeter.

What I can promise you is inspiration, jaw dropping stories, miracle stories and reclaiming. We are going to have a lot of fun together as we celebrate the great mystery together—it will be organic, collaborative and I have a feeling there will be a lot of healing and mending for everyone in our circle.

Based on your experience, in what ways do you feel you’ve grown as a writer?

I’ve been so lucky to publish 30 books these past 30 years with 13 different publishers. It has always been my editors and fellow artists who help me take my stories where they belong. I’m not afraid to ask for help or input. Our course will get students to risk asking for help, and risk the interview they need for peace, or for family and community celebrations.

How would you describe the impact of starting this residency?

I’ve been so blessed to reclaim family and community celebrations and uploading them to my YouTube channel. To know that viewers get to see their loved ones dancing or singing a Dene love song, to know that I’ve been able to find photos that family members may have not seen before; well, that’s a pretty good way to be known: as someone who gathers family medicines for others.

That’s my wish for everyone in our class—that they take time out of their busy lives to reclaim their own family medicines and celebrate the great mystery of life in a good and happy way, in a soul-nourishing way.

What other projects are you currently working on?

We’ve sold TV and film rights for our graphic novel series, *The Spirit of Denendeh*, and I can’t wait to see *A Blanket of Butterflies* and *As I Enfold You in Petals* on the big screen.

What advice would you give to aspiring writers who are searching for their next big thing, their next opportunity?

Never be afraid to ask for help or to reach out to potential mentors. Never be afraid to approach those who have digital and technical know-how and ask them to help you with what you’re wishing to digitize and upload to share.

With Richard guiding the way, students are not only enrolling in courses—they’re embracing an experience of self-discovery and reclaiming the past to redirect the future.

These two courses are open to the wider community under the theme of “Recovering Family Medicines through Story.” This fall, *Inhale* beckons students to gather close, reflecting on the stories that shape them and, in the spring, *Exhale* propels them forward to venture out and heal.

Find out more about the courses at [continuingstudies.uvic.ca/inhale](http://continuingstudies.uvic.ca/inhale).
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: Sept. 9 to Dec. 8
Duration: 13 sessions
Fee: $695
Code: TECH100 2024F 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)

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: Kimberly Tholl (DBA Candidate)
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.

DATA ANALYTICS

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: Ron McMillan

Delivery Style: Face to Face
Date: Saturdays, Sept. 7 to Oct. 12
Time: 9 am to 4 pm
Register by: Monday, Sept. 9
Duration: 6 sessions
Fee: $725
Code: BIDA405 2024F C01

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

Data Analytics Provisioning, Importing, Extracting & Manipulation

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

Instructor: Olga Gould (MSc)

Delivery Style: Online Hybrid
Date: Saturdays and Sundays, Nov. 2 to Dec. 8
Time: 9 am to noon
Register by: Friday, Nov. 1
Duration: 12 sessions
Fee: $725
Code: BIDA301 2024F D01
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.

Required equipment/software: Personal computer with internet connection.

Instructor: Craig Hutton (PhD)

Delivery Style: Online Hybrid

Date: Mondays and Wednesdays, Sept. 9 to Oct. 30
No class on Sept 30 and Oct 14

Time: 6 to 9 pm

Register by: Monday, Sept. 9

Duration: 12 sessions

Fee: $725

Code: BIDA302 2024F D01

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Data Visualization and Reporting

Develop your skills in data visualization and reporting. Learn how to use common industry reporting and visualization tools such as Excel and Tableau. You will also learn how to evaluate strengths and weaknesses of various data visualization techniques and the fundamentals of dashboard design for various types of reporting.

Instructor: Jonah Glass

Delivery Style: Online Hybrid

Date: Tuesdays and Thursdays, Nov. 5 to Dec. 12

Time: 6 to 9 pm

Register by: Monday, Nov. 4

Duration: 12 sessions

Fee: $725

Code: BIDA404 2024F D01

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Delivery style definitions

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

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

Online Hybrid – A combination of synchronous and asynchronous learning.

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

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

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

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

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

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

LEARN MORE
continuingstudies.uvic.ca/EOH
**Navigating Our Digital Future: Strategies for Well-Being**

This session will explore the impacts of our increasingly digital lives on our well-being and examine strategies for creating healthy relationships with technology. You will learn about the current research regarding the influence of device use on young people’s mental health and engage in discussions about what we can do as a society to foster healthy relationships with our rapidly advancing technology.

**Instructor:** Sydney Boothroyd (BA, MA)

**Delivery Style:** Online Synchronous

**Date:** Thursday, Sept. 26

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

**Duration:** 1 session

**Fee:** $45 plus $2.25 GST

**Code:** HPHE342 2024F D01

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**Investing for Financial Wellness**

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

**Instructor:** Ian Johnson (CFA)

**Delivery Style:** Online Synchronous

**Date:** Wednesdays, Oct. 2 to 23

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

**Duration:** 4 sessions

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

**Code:** HPHE279 2024F D01

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**Sleep Well to Be Well**

We spend nearly a third of our lives asleep, yet sleep health is an emerging concept when it comes to achieving overall wellness. This session is for anyone struggling with sleep, interested in leveraging sleep as a component of healthy aging, or advocating for a loved one if sleep is a challenge. The difference between sleep health and sleep sickness will be discussed, and sleep stressors and ways to tackle them will...
Inflammation is a hallmark of immune response.

**Instructor:** Rolf Maijer (DDS, D. Ortho, FRCD(C))

**Delivery Style:** Face to Face
**Date:** Thursday, Oct. 3
**Time:** 6:30 to 8:30 pm
**Duration:** 1 session
**Fee:** $45 plus $2.25 GST
**Code:** HPHE337 2024F D01

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**NEW The Role of Gut Bacteria in Inflammatory Bowel Disease**

Inflammatory bowel disease (IBD) is a group of chronic inflammatory gut disorders, the most common being ulcerative colitis and Crohn's disease. A recent report found IBD is increasing in Canada at a rate that is among the highest in the world. Irritable bowel syndrome is frequently mistaken as a form of IBD, and this confusion will be addressed. Since multiple factors are involved in IBD development, the exact cause is unknown. Gut bacteria and the mucosal immune system have been linked to IBD, and we will discuss recent research seeking more effective treatments.

**Instructor:** Ed Ishiguro (PhD)

**Delivery Style:** Face to Face
**Date:** Tuesday, Nov. 19
**Time:** 6:30 to 8:30 pm
**Duration:** 1 session
**Fee:** $65 plus $3.25 GST
**Code:** HPHE338 2024F C01

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**NEW Understanding Modern Pain Science: An Interactive Exploration**

This session provides an interactive exploration of modern pain science, focusing on the biopsychosocial model of pain. The neural mechanisms underlying pain perception will be described, and the biological factors that influence pain, as well as psychological factors such as stress and anxiety, will be identified. The role of social and cultural contexts in shaping pain experiences will also be examined. The session includes lectures, discussions and small group activities, making it ideal for adults interested in recent research and learning practical health-related strategies for managing pain.

**Instructor:** David Kennedy (PhD)

**Delivery Style:** Face to Face
**Date:** Wednesday, Nov. 27
**Time:** 6:30 to 8:30 pm
**Duration:** 1 session
**Fee:** $65 plus $3.25 GST
**Code:** HPHE339 2024F C01

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**NEW Olfactory Health: How Smell Relates to Brain Function**

There is a profound interplay between olfactory health and brain function through the intricate mechanisms underlying our sense of smell. In this session, you will learn about the sensory capabilities of the human nose and how we can use this sense to improve memory and brain health. The pivotal role of olfaction in memory and in the early detection of neurological disorders such as Alzheimer's and Parkinson's disease will be explored.

**Instructor:** Jamie Knight (PhD)

**Delivery Style:** Online Synchronous
**Date:** Wednesday, Nov. 6
**Time:** 6:30 to 8:30 pm
**Duration:** 1 session
**Fee:** $65 plus $3.25 GST
**Code:** HPHE336 2024F C01
**NEW** Self-Compassion and Gratitude: Superpowers of Well-Being

Research shows that self-compassion and gratitude can be powerful drivers to enhancing overall well-being, but staying positive should not be confused with practicing toxic positivity, where we willfully ignore problems and pretend things are fine. Cultivating authentic self-compassion and gratitude across our life span involves accepting the whole of the human experience and making conscious choices to focus on what we want to expand in our lives. In this interactive session, you will learn tools to help you navigate life’s challenges and changes with much greater resilience.

**Instructor:** Marilyn Green (MA)

**Delivery Style:** Online Synchronous

**Date:** Thursday, Nov. 28

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

**Duration:** 1 session

**Fee:** $45 plus $2.25 GST

**Code:** HPHE340 2024F D01

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**DENTAL PROFESSIONAL DEVELOPMENT**

**Current Concepts in Dentistry**

You give your best to your patients. Now allow the University of Victoria to treat you to the best of dental continuing education. Current Concepts in Dentistry is one of the foremost offerings in the field of dental continuing education. Each year, we provide guest lecturers who are outstanding leaders in their fields of expertise.

The sessions are focused on current issues and advances you need to know about. This ADA CERP-recognized program is a great opportunity to learn from four outstanding instructors, earn up to seven CE credits per day (28 credits over four days), and network with colleagues.

This year’s program presents the following sessions:

- Restorative Update: Materials and Clinical Techniques for Indirect Restorations by Dr. Richard G. Stevenson III
- Examining the Advancements in Contemporary Implant Dentistry by Dr. Sonia Leziy
- Current Trends in Endodontics by Dr. Jeffrey Coil
- Clinical Assessment of Oral Lesions by Dr. Charles Shuler

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**Crisis Communication**

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:** Sept. 23 to Dec. 13

**Fee:** $725

**Code:** HPPD602 2024F 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 the psychosocial impact of crisis. Examine a range of tools for planning and training, and consider the ethical issues, opportunities and challenges in emergency management.

**Instructor:** Tara Tobler (MBA, CBCP, CIA, PMP)

**Delivery Style:** Online Asynchronous

**Date:** Sept. 23 to Dec. 13

**Fee:** $725

**Code:** HPPD600 2024F D01

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

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**HEALTH, SAFETY AND EMERGENCY MANAGEMENT**

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**Organizational Preparedness and Adaptability**

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 communication.

**Instructor:** Paul Breed (MSc, MBCI/CBCI, CSyP, F5yl, FCMl)

**Delivery Style:** Online Asynchronous

**Date:** Sept. 23 to Nov. 1

**Fee:** $495

**Code:** HPPD650 2024F D01

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**Health, Wellness and Interoperability Standards**

**Micro-Certificate Online**

**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, 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:** Misty Stephens (BSN, RN, WOCC[C], MCISc)

**Delivery Style:** Online Hybrid

**Date:** Sept. 20 to Nov. 15

**Time:** Mandatory workshop: Saturday, Nov. 23

**Fee:** $695

**Code:** HPPD258 2024F D01
**Canadian Fall Prevention Curriculum**

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

**Textbook:** Fall Prevention Programming (2nd ed.), by Dr. Vicky Scott (required)

**Instructor:** Bobbi Symes (MA)

**Delivery Style:** Online Asynchronous

**Date:** Oct. 4 to Nov. 8

**Fee:** $350

**Code:** HPCF215 2024F D01

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**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:** Oct. 25 to Nov. 15

**Fee:** $250 (call 250-721-8558 for group discounts)

**Code:** HPCF200 2024F D01

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**Palliative Care Pharmacy**

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

**Instructor:** Melissa McQuat (HBSc, BSP, ACPR)

**Delivery Style:** Online Asynchronous

**Date:** Oct. 18 to Nov. 29

**Fee:** $525

**Code:** HPPD400 2024F D01

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**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)

**Instructor:** Kate Leahy, (BSN)

**Delivery Style:** Online Hybrid

**Date:** Oct. 25 to Nov. 15

**Time:** 3-hour workshop: Saturday, Nov. 16

**Fee:** $325

**Code:** HPPD300 2024F D01

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**High-Risk Foot, Level II**

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

**Instructor:** Misty Stephens (BSN, RN, WOCC(C), MCISC)

**Delivery Style:** Online Synchronous

**Date:** Saturday, Oct. 26

**Time:** 10 am to 1 pm

**Duration:** 1 session

**Fee:** $250 plus $12.50 GST

**Code:** HPPD295 2024F D01

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FOR MORE INFORMATION:
Professional Development for Health Practitioners
250-721-8558
hsadmin@uvic.ca
continuingstudies.uvic.ca/healthprod
FROM COMICS TO CONVERSATIONS:
A CREATIVE APPROACH TO TEACHING ESL

with instructor Susan Abrill
By Portia Yip, Marketing Services
Susan Abrill, an instructor with the English Learning Centre (ELC) at the University of Victoria (UVic), infuses her classroom with a unique blend of artistry and pedagogy. Her journey from professional scenic artist to innovative ESL teacher spans continents and cultures, enriching her teaching toolkit with creativity and experience.

“One way that I use creativity in the classroom is by having the student be a storyteller.”

Trained as a professional artist, Susan transitioned from working on stage and screen productions to a career in education. Her new journey started in museum education as a bilingual outreach educator in Chicago. From there, she took a job in Tokyo, Japan where she had her first experience as an ESL teacher. Her career then took her to Peru, where she integrated art into her kindergarten classes and organized the first exhibit in a public library that featured her students’ work. Back in Chicago, Susan taught fourth grade at a dual language school while completing her master’s degree.

“In a school of 1,000—where most were Spanish speakers—creativity was essential to keep them engaged,” she recalls. “Incorporating art into various subjects became crucial. It empowered and excited the students.”

After joining UVic about 15 years ago, Susan began drawing and publishing web-comics as a creative outlet. This passion soon found its way into her teaching. In a 10-week ESL art class, she introduced comic assignments to her adult learners. Initially, these assignments returned as picture stories, revealing a lack of confidence in using language skills. Determined to boost their communicative competency, Susan encouraged students to invent narratives and dialogues. “Comics clarify the context of what they are trying to express through words and sequences,” she explains.
One way that I use creativity in the classroom is by having the student be a storyteller.

“I was so proud of my students because a lot of them admitted in the beginning to not being regular readers in any language,” she says. “But here they are reading a book in English, then talking to the author and asking questions in English.”

Over the years, learners from across the world have joined UVic’s ELC program, graduated, and moved on to pursue their future goals. Susan recalls many memorable moments and continues to stay in touch with her students. She has seen students excel in the arts, become professors, start businesses and enter politics where they now hold important jobs in government. Best of all, she gets to see them transform, grow and make new international friends.

“When students come to Victoria, a lot of them are finding their way or in a transition period in their lives, so it’s nice to be there for them and to introduce them to as many opportunities as possible.”

— CS —

Since then, comics have become a staple in her classes at the ELC. “The more variations of assignments I designed, the more exciting it became. Students had to demonstrate their English proficiency through a six-frame comic,” she says. This method, focused on communication rather than artistic skill, allows for inclusivity and collaboration. “Stick figures are okay. The aim is to use English creatively to develop characters, recount memories and create conversations.”

Susan’s innovative approach has garnered attention at international conferences from Mexico to the UK, where she showcases her flexible assignments and simple evaluation rubrics. She emphasizes that art is not graded; the focus is on language skills. This inclusivity encourages all learners, regardless of their art experience, to participate fully.

In addition to comics in her classes, Susan introduces contemporary literature rather than traditional classics. She believes in selecting stories with accessible language that propels learners forward. Recently, two of her classes read The Raindrop Crossing by debut author and street pianist Kristopher Hull. This novel, with its timely technological themes and international settings, provided a rich, engaging experience. Students even had the chance to interview Hull via Zoom, asking insightful questions about the plot and characters.
NEW Aging Successfully

How can you age successfully? Ancient philosophy and modern science each have answers to offer, but you must decide which answers to accept and put into practice. Current scientific research is surveyed in Daniel Levitin’s *Successful Aging* (2020), and these ideas are brought into relation with Cicero’s essay *On Old Age* (45 BCE), which we will read aloud and discuss. This course is co-taught by a retired philosopher and a physician considering retirement.

**Instructor:** Paula Donahue (MD)
**Instructor:** Doug Hutchinson (PhD)

**Delivery Style:** Face to Face
**Date:** Tuesdays and Thursdays, Oct. 8 to 24
**Time:** 2 to 4 pm
**Duration:** 6 sessions
**Fee:** $156 plus $7.80 GST
**Code:** ASHI834 2024F C01

EQUITY, DIVERSITY AND INCLUSION

NEW Introduction to Equity, Diversity and Inclusion

This course supports learners in cultivating an equity lens and developing practical strategies and tools to challenge systemic and organizational barriers to equity, diversity and inclusion (EDI). Through case studies, analysis and self-reflection, learners explore core concepts, frameworks, and contestations of...
EDI, including intersectionality, accessibility, accountability, impacts of oppression, power dynamics, resistance and reconciliation.

Instructor: Willow Samara Allen

Delivery Style: Online Asynchronous

Date: Sept. 9 to Dec. 8

Fee: $605

Code: ISP101 2024F 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: Moussa Magassa (PhD, MA, BA [Hons])

Delivery Style: Online Asynchronous

Date: Sept. 9 to Dec. 8

Register by: Monday, July 29

Fee: $605

Code: ISP110 2024F D01

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

HISTORY, POLITICAL SCIENCE 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.

Registants in this course will be non-credit students, who will join credit students from multiple faculties in this introductory course. All students are expected to fully participate in course requirements.

Textbook: free online materials

Instructor: Mick Scow

Delivery Style: Face to Face

Date: Tuesdays, Sept. 10 to Dec. 3

No class Nov. 12

Time: 5:30 to 8:30 pm

Register by: Monday, Sept. 2

Duration: 12 sessions

Fee: $628.89

Code: IS100 2024F C01

The Neuroscience of Human Learning

In this session, the neuroscience behind human learning will be explained. Particular focus will be given to answering three key questions: how we learn, what do we learn and how we can improve learning. These questions will be answered in terms of brain function and the impact of this brain function on our behaviour. The course will integrate and review the latest neuroscience research on human learning.

Instructor: Olav Krigolson, (PhD)

Delivery Style: Face to Face

Date: Wednesday, Oct. 2

Time: 6:45 to 8:45 pm

Duration: 1 session

Fee: $34 plus $1.70 GST

Code: ASHI731 2024F C01

Victoria's Colonial Homes and Families

From 1843 until the late 19th century, several colonial families were prominent in Victoria's history. Some of their names are still familiar on streets and geographical features: Douglas, Tolmie, Finlayson, Work, Ross and Tod. In this illustrated talk, historian John Adams will combine the stories of their Indigenous and European backgrounds and the homes they built.

Instructor: John Adams

Delivery Style: Online Synchronous

Date: Wednesday, Oct. 2

Time: 1 to 3 pm

Duration: 1 session

Fee: $34 plus $1.70 GST

Code: ASHI465 2024F D01

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: Sept. 9 to Dec. 8

Register by: Monday, July 29

Fee: $605

Code: ISP102 2024F D01
Being Religious in the 21st Century

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

Instructor: Edwin Hodge (PhD)

Delivery Style: Online Synchronous
Date: Thursdays, Oct. 3 to 24
Time: 6:30 to 8:30 pm
Duration: 4 sessions
Fee: $108 plus $5.40 GST
Code: ASHI815 2024F D01

NEW Introduction to Food Studies

Explore the diverse world of food and delve into the cultural, historical and social aspects of food, examining its role in shaping communities. From traditional cuisines to contemporary food systems, gain a holistic understanding of what we eat and why. Engage in lively discussions, tastings and thought-provoking sessions that will deepen your appreciation for the significance of food in our lives. A delicious journey awaits you in this accessible and informative community-oriented course.

Instructor: Ali Keneffick (PhD)

Delivery Style: Online Hybrid
Date: Thursdays, Oct. 3 to 17
Time: 6 to 8 pm
Duration: 3 sessions
Fee: $84 plus $4.20 GST
Code: ASHI826 2024F D01

NEW Using Artificial Intelligence for Your Life and Work

Artificial Intelligence (AI) is now widely accessible, offering significant benefits for personal and professional use. Imagine a free assistant that summarizes emails; writes reports; generates artwork, music or videos; tutors in various subjects; and handles daily tasks. This rapidly evolving field can seem daunting, but this course is designed for everyone, whether you’re new to AI, seeking to enhance your skills or struggling to keep up. Unlock AI’s potential for you and cover large language models like ChatGPT and image generators like DALL·E 3.

Instructor: Aurora Skala (MA)

Delivery Style: Face to Face
Date: Wednesdays, Oct. 23 to Nov. 27
Time: 6 to 8 pm
Duration: 6 sessions
Fee: $156 plus $7.80 GST
Code: ASHI830 2024F C01

Stories in Stone: Rock Art Around the World

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

Instructor: Aurora Skala (MA)

Delivery Style: Face to Face
Date: Saturday, Nov. 2
Time: 9 am to noon
Duration: 1 session
Fee: $59 plus $2.95 GST
Code: ASHI660 2024F C01

NEW Understanding China’s Foreign Policy Going Forward

Explore the emerging multipolar world order where a rising China has a major role to play. The US identifies China as a “peer rival” and for the next US president, China will be a key foreign policy challenge. Find out more about China’s interests and approach including: the Belt and Road Initiative; China’s influence in the Middle East and the “Global South”; its contribution to existing multilateral organizations and its objectives in establishing new ones. The focus will be on economic and geopolitical topics rather than national security.

Instructor: Margaret Cornish

Delivery Style: Online Synchronous
Date: Tuesdays, Nov. 12 to 26
Time: 10:30 am to noon
Duration: 3 sessions
Fee: $68 plus $3.40 GST
Code: ASHI831 2024F D01

Conspiracies, Extremism and Radicalization in the 21st Century

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

Instructor: Edwin Hodge (PhD)

Delivery Style: Online Synchronous
Date: Thursdays, Nov. 7 to 28
Time: 6:30 to 8:30 pm
Duration: 4 sessions
Fee: $108 plus $5.40 GST
Code: ASHI814 2024F D01

Ghosts and Legends of Victoria

Victoria has a reputation as British Columbia’s most haunted city. Whether or not you believe in ghosts, you may enjoy a good ghost story. Historian John Adams, founder of Ghostly Walks tours, will tell some of his favourite spooky tales with links to Victoria and British Columbia.

Instructor: John Adams

Delivery Style: Online Synchronous
Date: Wednesday, Oct. 30
Time: 1 to 3 pm
Register by: Tuesday, Oct. 29
Duration: 1 session
Fee: $34 plus $1.70 GST
Code: ASHI437 2024F D01

HUMANITIES AND SOCIAL SCIENCES
Design to acquaint you with UVic

**Series Registration**

**In Pursuit of Knowledge: Fall Term**

<table>
<thead>
<tr>
<th>Code</th>
<th>Fee</th>
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<tbody>
<tr>
<td>ASH1801 2024F D01</td>
<td>$23 plus $1.15 GST</td>
<td>1 session</td>
<td>1 to 3 pm</td>
<td>Online Synchronous</td>
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<tr>
<td>ASPT006-2 2024F D01</td>
<td>$30 plus $1.50 GST</td>
<td>1 session</td>
<td>9:30 to 11:30 am</td>
<td>Online Hybrid</td>
</tr>
<tr>
<td>ASPT006-3 2024F D01</td>
<td>$30 plus $1.50 GST</td>
<td>1 session</td>
<td>9:30 to 11:30 am</td>
<td>Online Hybrid</td>
</tr>
</tbody>
</table>

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

**IN PURSUIT OF KNOWLEDGE SERIES**

**In Pursuit of Knowledge: Fall Term Series Registration**

Designed to acquaint you with UVic faculty and their many areas of interest, this series will introduce you to a wide variety of topics. You may register for individual sessions or receive a discount for the full series registration. This series of daytime lectures will acquaint you with UVic faculty and their many areas of interest. You may register for individual sessions or receive a discount for the series registration.

**Delivery Style:** Online Hybrid

**Date:** Tuesdays, Sept. 24 to Nov. 5

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

**Duration:** 3 sessions

**Fee:** $77 plus $3.85 GST

**Code:** ASPT006 2024F D00

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**Not Just a Little Bit of Olde England**

During the 20th century, Victoria promoted itself as “a little bit of Olde England.” But was this a true reflection of the city’s ethnic mix? Historian John Adams disputes this claim and provides many examples of how people of many ethnicities formed a significant proportion of Victoria’s population from the 1840s to the present day.

**Instructor:** John Adams

**Delivery Style:** Online Synchronous

**Date:** Wednesday, Dec. 4

**Time:** 1 to 3 pm

**Duration:** 1 session

**Fee:** $23 plus $1.15 GST

**Code:** ASH1801 2024F D01

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**Saving Shakespeare’s Digital Dust**

As an information technology, the book is more robust than a website. While the first folio of Shakespeare’s plays is still available in 230 copies more than 400 years after its 1623 publication, many digital versions of Shakespeare’s work have vanished without even a pixelated trace. What can we learn from book history to prevent a digital dark age from wiping out the collective work of the information age? In this talk, book historian and digital humanist Janelle Jenstad will discuss the problem of preservation in our digital world.

**Instructor:** Janelle Jenstad (PhD)

**Delivery Style:** Online Synchronous

**Date:** Tuesday, Sept. 24

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

**Register by:** Monday, Sept. 23

**Duration:** 1 session

**Fee:** $30 plus $1.50 GST

**Code:** ASPT006-1 2024F D01

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**Russia’s War on Ukraine**

This talk will provide an introduction to the long-term and short-term causes of the war, its evolution into a war of attrition, and the prospects for peace. Particular attention will be paid to the massive displacement of Ukrainian civilians and the lessons the military and politicians worldwide are drawing from the war.

**Instructor:** Serhy Yekelchyk (PhD)

**Delivery Style:** Online Synchronous

**Date:** Tuesday, Nov. 5

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

**Register by:** Monday, Nov. 4

**Duration:** 1 session

**Fee:** $30 plus $1.50 GST

**Code:** ASPT006-3 2024F D01

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**How Marine Conservation Works: Biodiversity and People**

With pressures on the ocean increasing, conservation actions are urgently needed to prevent further declines of marine biodiversity. This lecture will explain how marine conservation tools such as marine protected areas work to protect species and ecosystems. However, focusing only on marine biodiversity in conservation initiatives is unlikely to work. By summarizing the latest science, the important role that people play in successful marine conservation initiatives will be outlined.

**Instructor:** Natalie Ban, (PhD)

**Delivery Style:** Online Synchronous

**Date:** Tuesday, Oct. 8

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

**Register by:** Monday, Oct. 7

**Duration:** 1 session

**Fee:** $30 plus $1.50 GST

**Code:** ASPT006-2 2024F D01

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**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** **Religion, Philosophy and Psychology**

**NEW** **Finding Your Authentic Self**

This five-session workshop integrates teachings from contemporary Western psychology and Eastern wisdom traditions to help us investigate the many layers that constitute who and what we are. Experiential exercises and class discussion will offer you an opportunity to (de)construct the sense of self and to better understand what lies at the centre of the onion.

**Instructor:** Kate Gustin (PhD)

**Delivery Style:** Online Synchronous

**Date:** Wednesdays, Sept. 18 to Oct. 16

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

**Duration:** 5 sessions

**Fee:** $90 plus $4.50 GST

**Code:** ASHI832 2024F D01

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**NEW** **Live Life Fully in the Moment**

Our precious human life is taking place right now, this very moment. In this four-part course, we will explore the extraordinary nature of the mind, and the way in which it is open, light and infinitely flexible. This discovery opens us up to a whole new perspective: we can change, and we can heal.

**Instructor:** Gen Kelsang Zopa

**Delivery Style:** Face to Face

**Date:** Saturdays, Sept. 21 to Oct. 12

**Time:** 10 am to noon

**Duration:** 4 sessions

**Fee:** $108 plus $5.40 GST

**Code:** ASHI827 2024F C01

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**NEW** **Morsels of Montaigne**

A curated sample of the shortest essays by the French humanist philosopher Michel de Montaigne in Book I of his Essays (1580, 1588 and 1595), highlighting his lively revision process and his deep knowledge of ancient sources. We’ll discuss “Democritus and Heraclitus,” “Call No Man Happy Before His Death,” “One Man’s Profit is Another Man’s Loss,” “It is Folly to Measure the True and the False by Our Own Capacity,” and essays on many other topics.

**Instructor:** Doug Hutchinson (PhD)

**Delivery Style:** Face to Face

**Date:** Tuesdays and Thursdays, Oct. 29 to Nov. 14

**Time:** 2 to 4 pm

**Duration:** 6 sessions

**Fee:** $156 plus $7.80 GST

**Code:** ASHI829 2024F C01

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**NEW** **Know Your Mind, Heal Your Life**

Our mind can feel very stuck in its ways as we keep repeating the same old thoughts in the same old way. We may feel that we can't change and that the life we really want is elusive. From a Buddhist point of view, this is a sign that we don't know the nature of our mind. In this four-part course, we will explore the extraordinary nature of the mind, and the way in which it is open, light and infinitely flexible. This discovery opens us up to a whole new perspective: we can change, and we can heal.

**Instructor:** Gen Kelsang Zopa

**Delivery Style:** Face to Face

**Date:** Saturdays, Oct. 19 to Nov. 9

**Time:** 10 am to noon

**Duration:** 4 sessions

**Fee:** $108 plus $5.40 GST

**Code:** ASHI828 2024F C01

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**NEW** **The Dreamlike Nature of Reality: Exploring How Things Exist**

Buddha's teachings on wisdom explore the true nature of all things: how things exist, as opposed to how they appear. When we perceive phenomena as existing entirely outside of our mind, we can mistakenly assign intrinsic qualities to persons, things and situations (for example, a dichotomy between good and bad). In this four-part series, we will explore how to reinterpret the way we perceive our experiences, gaining the freedom to decide how best to relate to them. In this way, we can experience our lives in a wonderfully different way.

**Instructor:** Gen Kelsang Zopa

**Delivery Style:** Face to Face

**Date:** Saturdays, Nov. 23 to Dec. 14

**Time:** 10 am to noon

**Duration:** 4 sessions

**Fee:** $108 plus $5.40 GST

**Code:** ASHI833 2024F C01

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**NEW** **The Neurosciences of Human Decision Making**

In this session, the neuroscience behind human decision-making will be explained. The course starts with the basic theory behind human decision-making and how this is realized within the brain. The course will also cover more complex neuroscience theories on decision-making that explains the difference between “gut hunch” and “logical decisions” and the role of emotion in the decision-making process.

**Instructor:** Olav Krigolson (PhD)

**Delivery Style:** Face to Face

**Date:** Wednesday, Nov. 6

**Time:** 6:45 to 8:45 pm

**Duration:** 1 session

**Fee:** $34 plus $1.70 GST

**Code:** ASHI726 2024F C01

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**NEW** **The Epicurean Way of Life**

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

**Instructor:** Doug Hutchinson (PhD)

**Delivery Style:** Face to Face

**Date:** Tuesdays and Thursdays, Nov. 19 to Dec. 5

**Time:** 2 to 4 pm

**Duration:** 6 sessions

**Fee:** $130 plus $6.50 GST

**Code:** ASHI795 2024F C01

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

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**UVIC ON THE PENINSULA SERIES**

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:

- Are Banned Books Good for Us?
- Enrich Your Life with Buddhist Meditation
- Execution, Transportation and the Founding of Australia, 1775-89
- Pioneers and Soldiers: Black History Topics in Canada
- Skepticism and Critical Thinking in the 21st Century
- The History of Aviation in Victoria and the Hawaii Mars
- The Neuroscience of Optimal Mental Health

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

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**Toss your limits, embrace your potential!**

We are pleased to confirm there will be funded programs available in the fall (September) 2024 semester through the **StrongerBC future skills grant**. This funding is available for new learners (who haven’t accessed future skills grant funding yet), and for learners who may have remaining funds available from their $3,500 lifetime maximum.

Stay tuned for more details on our future skills grant page. [ContinuingStudies.uvic.ca/FSG](ContinuingStudies.uvic.ca/FSG)

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

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**HUMANITIES AND SOCIAL SCIENCES**

continuingstudies.uvic.ca • 250-472-4747
Languages

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.

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 e-mail 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.

COURSES FEATURE A BALANCE OF STRUCTURAL ALONG WITH 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, Sept. 9 to Dec. 16
No class Sept. 30, Oct. 14, Nov. 11
Time: 6:30 to 8:30 pm
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, Sept. 10 to Dec. 5
Time: 6:30 to 8:30 pm
Register by: Monday, Sept. 2
Duration: 26 sessions
Fee: $675
Code: FREN200 2024F 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, Sept. 10 to Dec. 5
Time: 6:30 to 8:30 pm
Register by: Monday, Sept. 2
Duration: 26 sessions
Fee: $675
Code: FREN400 2024F 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, Sept. 19 to Nov. 21
Time: 9:30 to 11:30 am
Register by: Sunday, Sept. 8
Duration: 10 sessions
Fee: $305
Code: FLCC051 2024F 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 20, spell your name, give your address and phone number, identify basic shapes and colours, ask/answer basic yes or no questions and speak about; yourself; your family; your work; the weather; time and date.

Delivery Style: Face to Face
Date: Tuesdays, Sept. 17 to Nov. 19
Time: 9:30 to 11:30 am
Register by: Sunday, Sept. 8
Duration: 10 sessions
Fee: $305
Code: FLCC101 2024F C01

FRENCH LANGUAGE CONVERSATION CLASSES

If you are looking to hone your spoken French in a casual but dynamic setting, you'll love our French Language Conversation Classes. With these classes there is no rush to get to the next level—you and your teacher work together to decide when you are ready to move up. The main themes will vary from one session to the next so you can register in a given level multiple times to solidify your skills.
**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:** Wednesdays, Sept. 18 to Nov. 20  
**Time:** 9:30 to 11:30 am  
**Register by:** Sunday, Sept. 8  
**Duration:** 10 sessions  
**Fee:** $305  
**Code:** FLCC301 2024F 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 various events in the past, present and future, make hypotheses, express emotions, give advice, disagree with someone, use different registers in various contexts and identify various accents.

**Delivery Style:** Face to Face  
**Date:** Fridays, Sept. 20 to Nov. 22  
**Time:** 9:30 to 11:30 am  
**Register by:** Sunday, Sept. 8  
**Duration:** 10 sessions  
**Fee:** $305  
**Code:** FLCC501 2024F C01

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**WORLD LANGUAGES**

**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.


**Instructor:** (TBC)

**Delivery Style:** Online Hybrid  
**Date:** Tuesdays, Sept. 24 to Nov. 26  
**Time:** 6:30 to 8:30 pm  
**Register by:** Sunday, Sept. 15  
**Duration:** 10 sessions  
**Fee:** $295 plus $14.75 GST  
**Code:** ASLA298 2024F D11

**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.


**Instructor:** (TBC)

**Delivery Style:** Online Hybrid  
**Date:** Wednesdays, Sept. 25 to Nov. 27  
**Time:** 6:30 to 8:30 pm  
**Register by:** Sunday, Sept. 15  
**Duration:** 10 sessions  
**Fee:** $295 plus $14.75 GST  
**Code:** ASLA098 2024F D11

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**CANTONESE**

**NEW Cantonese - Level 1**

Cantonese, a captivating tonal language spoken by millions worldwide, is a cornerstone of southern China’s cultural identity. Its vibrant tones and rich history echo through bustling Hong Kong streets, America’s Chinatowns, and the hearts of countless communities. Whether you’re drawn to the dynamic energy of Cantonese cinema, the culinary delights of dim sum, or the desire to connect with Cantonese speakers on a deeper level, this introductory course is your key to unlocking this fascinating language.

**Instructor:** Yanny Yeung

**Delivery Style:** Online Hybrid  
**Date:** Wednesdays, Sept. 25 to Nov. 27  
**Time:** 6 to 8 pm  
**Register by:** Sunday, Sept. 15  
**Duration:** 10 sessions  
**Fee:** $295 plus $14.75 GST  
**Code:** ASLA011 2024F D11
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.


Instructor: Marleen Guffens

Delivery Style: Online Hybrid
Date: Tuesdays, Sept. 17 to Nov. 19
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 8
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA216 2024F D11

German - Level 2

If you have completed German - Level 1 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 (M.A.)

Delivery Style: Online Hybrid
Date: Wednesdays, Sept. 18 to Nov. 20
Time: 6 to 8 pm
Register by: Sunday, Sept. 8
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA216 2024F D11

German - Level 3

If you have previously studied German or have completed German - Level 2 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 (M.A.)

Delivery Style: Online Hybrid
Date: Thursdays, Sept. 19 to Nov. 21
Time: 6 to 8 pm
Register by: Sunday, Sept. 8
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA316 2024F D11

Italian - Level 1

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

Instructor: Estelle Kurier

Delivery Style: Face to Face
Date: Mondays, Sept. 9 to Dec. 2
No class Sept. 30, Oct. 14, Nov. 11
Time: 9:30 to 11:30 am
Register by: Monday, Sept. 2
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA049 2024F C01

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 (M.A.)

Delivery Style: Online Hybrid
Date: Tuesdays, Sept. 17 to Nov. 19
Time: 6 to 8 pm
Register by: Sunday, Sept. 8
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA016 2024F D11

Italian - Level 2

This beginner course is intended for those who have completed Italian - Level 1 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, Sept. 19 to Nov. 21
Time: 12:30 to 2:30 pm
Register by: Sunday, Sept. 8
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA249 2024F C01
Italian - Level 3

This intermediate course is intended for those who have completed Italian - Level 2 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: Thursdays, Sept. 19 to Nov. 21
Time: 9:30 to 11:30 am
Register by: Sunday, Sept. 8
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA008 2024F 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: Tuesdays, Sept. 17 to Nov. 19
Time: 6 to 8 pm
Register by: Sunday, Sept. 8
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA308 2024F D11

Japanese - Level 2

This beginner level course is designed for those who have completed Japanese - Level 1 or who have some prior knowledge of the language. You will gain proficiency in the understanding, speaking, reading and writing of Japanese in practical situations. You will also learn more about Japan’s culture and people.

Instructor: Nozomi Franco Cea

Delivery Style: Face to Face
Date: Wednesdays, Sept. 18 to Nov. 20
Time: 6 to 8 pm
Register by: Sunday, Sept. 8
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA208 2024F C11

Japanese - Level 3

If you have completed Japanese - Level 2 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: Face to Face
Date: Thursdays, Sept. 19 to Nov. 21
Time: 6 to 8 pm
Register by: Sunday, Sept. 8
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA308 2024F C11
KOREAN

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

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

Instructor: Hailey Ceong

Delivery Style: Face to Face
Date: Tuesdays, Sept. 24 to Nov. 26
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 15
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA009 2024F C11

Korean - Level 2
This fun and interactive course is a continuation of Korean - Level 1. 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 (required)
I Love Korean Workbook 1, by Seoul National University Press (optional)

Instructor: Hailey Ceong

Delivery Style: Face to Face
Date: Thursdays, Sept. 26 to Nov. 28
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 15
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA209 2024F C11

PORTUGUESE

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: Adriana Medeiros

Delivery Style: Online Hybrid
Date: Thursdays, Sept. 26 to Nov. 28
Time: 6 to 8 pm
Register by: Sunday, Sept. 15
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA100 2024F D11

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: Adriana Medeiros

Delivery Style: Online Hybrid
Date: Tuesdays, Sept. 24 to Nov. 26
Time: 6 to 8 pm
Register by: Sunday, Sept. 15
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA099 2024F D11

PUNJABI

NEW Punjabi - Level 1
Punjabi, a vibrant Indo-Aryan language spoken by over 113 million people worldwide, resonates through the heart of the Punjab region, encompassing parts of both Pakistan and India. Its melodious sounds and long literary heritage have enriched countless works of poetry, music and everyday conversations. Whether you’re fascinated by the Bhangra dance, the soulful Qawwali music tradition, or simply seek to connect with Punjabi speakers on a personal level, this introductory course is your gateway to unlocking this captivating language.

Instructor: Amina Amina

Delivery Style: Online Hybrid
Date: Tuesdays, Sept. 24 to Nov. 26
Time: 6 to 8 pm
Register by: Sunday, Sept. 15
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA099 2024F D11
**RUSSIAN**

**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:** Tuesdays, Sept. 24 to Nov. 26

**Time:** 6 to 8 pm

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

**Duration:** 10 sessions

**Fee:** $295 plus $14.75 GST

**Code:** ASLA004 2024F D11

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**Russian - Level 2**

This course is intended for those who have completed Russian - Level 1 or the equivalent. This beginner course will help you to build your confidence in your Russian 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:** Wednesdays, Sept. 25 to Nov. 27

**Time:** 6 to 8 pm

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

**Duration:** 10 sessions

**Fee:** $295 plus $14.75 GST

**Code:** ASLA004 2024F D11

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**SPANISH**

**Spanish - Level 1**

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

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

**Instructor:** Maria Elena Cuervo-Lorens

**Delivery Style:** Face to Face

**Date:** Tuesdays, Sept. 24 to Nov. 26

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

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

**Duration:** 10 sessions

**Fee:** $295 plus $14.75 GST

**Code:** ASLA025 2024F C01

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**Spanish - Level 2**

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

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

**Instructor:** Alicia Brown (BA)

**Delivery Style:** Face to Face

**Date:** Wednesdays, Sept. 25 to Nov. 27

**Time:** 7 to 9 pm

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

**Duration:** 10 sessions

**Fee:** $295 plus $14.75 GST

**Code:** ASLA225 2024F C11

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

**Instructor:** Maria Elena Cuervo-Lorens

**Delivery Style:** Online Hybrid

**Date:** Wednesdays, Sept. 25 to Nov. 27

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

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

**Duration:** 10 sessions

**Fee:** $295 plus $14.75 GST

**Code:** ASLA225 2024F D11

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

**Instructor:** Mónica Gil (M.A.)

**Delivery Style:** Online Hybrid

**Date:** Wednesdays, Sept. 25 to Nov. 27

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

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

**Duration:** 10 sessions

**Fee:** $295 plus $14.75 GST

**Code:** ASLA225 2024F D11
Spanish - Level 3

Do you have a basic knowledge of Spanish and want to progress further? Or have you recently completed Spanish - Level 2? 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: Mónica Gil (M.A.)

Delivery Style: Face to Face
Date: Thursdays, Sept. 26 to Nov. 28
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 15
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA325 2024F C11

Ukrainian - Level 1

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

Instructor: Alla Dudka

Delivery Style: Online Hybrid
Date: Tuesdays, Sept. 24 to Nov. 26
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 15
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA019 2024F 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

Delivery Style: Online Hybrid
Date: Tuesdays, Sept. 24 to Nov. 26
Time: 6:30 to 8:30 pm
Register by: Sunday, Sept. 15
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA019 2024F D11

Tagalog (Filipino) - Level 1

Immerse yourself in the heart of Filipino culture by learning Tagalog, the language spoken by millions. Tagalog opens doors to a rich tapestry of traditions, music and history, while also broadening your horizons linguistically. It belongs to the Austronesian language family, with connections to Hawaiian and Malay. This introductory course is designed for beginners with no prior knowledge of Tagalog. Embark on a journey that equips you with the essential greetings, vocabulary and communication skills to navigate everyday situations with confidence.

Textbook: TBC

Delivery Style: Online Hybrid
Date: Wednesdays, Sept. 25 to Nov. 27
Time: 6 to 8 pm
Register by: Sunday, Sept. 15
Duration: 10 sessions
Fee: $295 plus $14.75 GST
Code: ASLA055 2024F D11
A Cultural Journey of Learning Japanese

with instructor Nozomi Franco Cea

By Portia Yip, Marketing Services
Language is a reflection of a culture, and its traditions or values,” says Nozomi Franco Cea, a Japanese language instructor with Continuing Studies at UVic.

Nozomi is passionate about teaching and supporting students. With a background in education and psychology, she worked as an elementary school teacher in Japan before moving to Canada in 2004. She further pursued studies in youth education and has a master’s degree from the University of British Columbia and a PhD from UVic.

For nearly a decade, Nozomi has been teaching children at the Japanese Language School in Victoria, as well as all three levels of Japanese with Continuing Studies at UVic.

“People have different reasons for taking language courses,” she says. “Some focus more on basic or survival language skills if they are planning to go to Japan soon, and other students are interested in learning to read, write or eventually master the whole language.”

In her classes, there’s a mix of students with different motivations. From adults who want to visit friends or relatives living in Japan, to younger students inspired by Japanese pop culture, learning a new language is possible at any time.

“Sometimes we just need a little push to start new things,” Nozomi says. “The Continuing Studies courses are great for learning at your own pace.”

Understanding a new language takes time, practice and building confidence. During Nozomi’s classes, students engage in cultural activities like origami, trying Japanese snacks and celebrating traditional holidays or seasonal events.

The classroom also acts as a gathering space for like-minded individuals where they can share their interests and reasons for studying Japanese. Some learners are there because they want to expand their knowledge of Japanese to talk to their grandchildren in Japan, while others host exchange students and wish to learn their language.

“They want to make the student feel welcome so they’re interested in learning Japanese or the student’s native language,” Nozomi describes.

Despite the many online resources shared with students to support their reading and writing skills, finding opportunities for conversational practice can be more challenging. To overcome this, students may form practice groups outside of class to improve their speaking skills.

“What students are looking for, or sometimes missing, is the speaking practice or having a place to have conversations,” Nozomi explains. “If you're interested in not just the language but culture as well, I encourage people to explore cultural groups in Victoria.”

Local organizations like the Victoria Nikkei Cultural Society or the Victoria Japanese Friendship Society offer events and opportunities to meet others and discover more about Japan. UVic’s Cinecenta also screens international movies, including Japanese films and anime.

“Sometimes we just need a little push to start new things,” Nozomi says. “The Continuing Studies courses are great for learning at your own pace.”

Even though it's important to understand the pronunciations or characters in the Japanese language system, making new connections and having fun is part of the learning journey too.

In Nozomi’s multilingual family—where Japanese, Spanish and English are spoken in her home—she understands the excitement and difficulties of learning a second, third or even fourth language. Her advice for students who are starting, continuing or advancing their Japanese language skills?

“Don’t be discouraged if you can’t memorize certain words. Being imperfect is a great start.”
Serving the educational needs of emerging and mid-career professionals in the museum, heritage and cultural sector for over 30 years, the cultural resource management (CRM) programs provide the knowledge, skills and experience needed to support your professional goals. Current programs include the Diploma in Cultural Resource Management, Professional Specialization Certificate in Collections Management, Professional Specialization Certificate in Visitor and Community Engagement and the new Digital Planning for the Cultural Sector and Indigenous Cultural Stewardship micro-credentials, as well as a diverse range of courses accessible on an individual basis.

Continuing Studies at UVic offers a number of engaging courses throughout the year which may be offered under the following topics:
- Indigenous Language and Culture
- Museum and Heritage Studies

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

Delivery style definitions

- **Online Asynchronous** – When learning does not occur in the same place or at the same time. It uses resources that facilitate information sharing outside the constraints of time and place among a network of people.
- **Online Synchronous** – When a group of students are engaging in learning at the same time, at a specific time.
- **Online Hybrid** – A combination of synchronous and asynchronous learning.
- **Online Self-paced** – When a learner engages in online learning, individually, and at their own speed within the start and end dates of a course without instructor facilitation.
- **Face to Face** – When learning occurs in person at a physical location.
- **Blended** – A combination of face to face and any type of online delivery style.
- **Multi-access** – Instruction is offered face to face and remotely simultaneously.
If you are a UVic grad, you are also a member of the UVic Alumni Association. You will receive the UVic Torch Alumni Magazine free of charge and monthly electronic news, including event invitations. You can also access benefits and services exclusive to UVic alumni. Be sure to update your contact information and stay connected!

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uvic.ca/alumni | alumni@uvic.ca

THE FARQUHAR AT UVIC
VOICES IN CIRCLE

SEP 18 Tanya Tagaq
with the Victoria Symphony & Emily Carr String Quartet

OCT 10-12 As You Like it, or The Land
Acknowledgement by Cliff Cardinal

DEC 7 Vitaly An Evening of Wonders

JAN 29 International Guitar Night

FEB 26 Shane Koyczan Spoken Word Artist

MAR 15 Anda Union inspired by Mongol tradition

APR 25 Sechile Sedare Leela & Jay Gilday

JUN 17 V’ni Dansi Traditional Métis Dance

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Visit: continuingstudies.uvic.ca/programs

### BUSINESS AND MANAGEMENT

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<tr>
<td>LiDAR Fundamentals for Climate Change Risk Analysis</td>
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<td>Micro-Certificate</td>
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<tr>
<td>Mapping with Drones</td>
<td>Online</td>
<td>Micro-Certificate</td>
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<tr>
<td>Practical Leadership for Technology and Engineering</td>
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<td>Micro-Certificate</td>
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<tr>
<td>Restoration of Natural Systems – Diploma</td>
<td>Blended</td>
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<td>Restoration of Natural Systems – Certificate</td>
<td>Blended</td>
<td>Certificate</td>
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<tr>
<td>Tourism Sustainability</td>
<td>Online</td>
<td>Micro-Certificate</td>
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### TEACHING, LEARNING AND DEVELOPMENT

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<th>Program (A-Z)</th>
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<tr>
<td>Adult and Continuing Education</td>
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<td>Teaching English Language Learning</td>
<td>Online</td>
<td>Micro-Certificate</td>
</tr>
</tbody>
</table>
Science and the Environment

Researching different perspectives...

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

Coordinator: Becky Rogers

Delivery Style: Online Self-paced
Date: Sept. 3 to March 31
Register by: Friday, Nov. 1
Fee: $85 plus $4.25 GST
Code: ER099 2024F D01

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


Instructor: Becky Rogers

Delivery Style: Online Self-paced
Date: Sept. 3 to March 31
Register by: Friday, Nov. 1
Fee: $78 plus $3.90 GST
Code: ER098 2024F 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
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 will complete applied, real-world projects. If you’re looking for just-in-time, geospatial skills to effectively assess applied, real-world projects. This course will continue to teach you the foundational skills you need to build GIS skills 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: Jessica Neal

Delivery Style: Online Asynchronous
Date: Oct. 28 to Dec. 15
Fee: $545 plus $20 for optional one-time MWD micro-certificate fee
Code: GISM01 2024F D01

Mapping with Drones 2

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

Instructor: Jeff de Jong

Delivery Style: Face to Face
Date: Tuesdays, Sept. 16 to Nov. 10
Time: 6:30 to 8 pm
Register by: Friday, Sept. 13
Duration: 8 sessions
Fee: $270 plus $20 for optional one-time ALGD micro-certificate fee
Code: ASSC309 2024F C01

Delivery style definitions

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

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

Online Hybrid – A combination of synchronous and asynchronous learning.

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 Botanical Art and Illustrations Through the Ages

This course surveys the astonishing historical range and visual diversity of the art of depicting flowers and other plants in paintings, prints, drawings and photography. From early times through the medieval and renaissance periods, plants have been an important theme for artists and illustrators in Europe, Asia and the Americas. We will explore this fascinating history from early medieval herbals and codices into the 18th century when the Linnaean style of drawing brought scientific accuracy inspiring the golden period of botanical illustration. Contemporary artists continue these traditions in new and important ways that enrich our understanding of the natural world.

Instructor: Susan Hawkins (MA, BA [Hons])
Delivery Style: Online Synchronous
Date: Wednesdays, Oct. 2 to 16
Time: 6:30 to 8:30 pm
Duration: 3 sessions
Fee: $90 plus $4.50 GST
Code: ASSC314 2024F C11

NEW Permaculture for Ornamental Gardeners

Learn about sustainable garden practices and how to create beautiful lower-maintenance outdoor spaces. You'll discover innovative techniques, valuable tips and expert advice from a certified horticulturist and permaculturist. Whether you're a novice or an experienced gardener, this class will inspire you to look at your garden more holistically and will help you cultivate a harmonious relationship between your garden and the environment. Don't miss out on this opportunity to enhance your gardening skills and contribute to a greener future!

Instructor: Bethany Couture
Delivery Style: Face to Face
Date: Saturday, Oct. 5
Time: 1 to 3:30 pm
Duration: 1 session
Fee: $34 plus $1.70 GST
Code: ASSC349 2024F C01

Mushrooms of Greater Victoria

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

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

Instructor: Andy MacKinnon
Instructor: Kem Luther (PhD)
Delivery Style: Face to Face
Date: Oct. 15 and 16
Time: Tuesday, Oct. 15, 7 to 9 pm
Wednesday, Oct. 16, 9 am to 4 pm
Duration: 2 sessions
Fee: $176 plus $8.80 GST
Code: ASSC314 2024F C01

Gardening for Wildlife - Deer Not Welcome!

In this workshop, learn how gardening with native and conventional plants can give you a garden teeming with life, from beneficial insects and birds, while also being uninviting to deer and rabbits. We will look at how to attract pollinators to your garden, helping to produce larger fruits and vegetables. Berry producing shrubs and seed producing perennials for year-round bird watching pleasure will also be covered. Learn about barrier/deterrent options for rabbits and deer plus which plants will help repel them. Preferred feeders and houses for wildlife will also be discussed.

Instructor: Emony Nicholls
Delivery Style: Face to Face
Date: Saturday, Oct. 19
Time: 1 to 3 pm
Duration: 1 session
Fee: $34
Code: ASSC340 2024F C01

NEW Harvesting Mason Bees: Hands on Workshop

Bring your bee houses that have been out for the growing season and we will learn how to harvest the cocoons of our native mason bees. We will identify any pests and parasites that we encounter, learn how to clean the cocoons properly and how to leave the houses ready for the spring. We will also learn how to store the cocoons safely over winter, troubleshoot any issues and how to release the bees again in the spring.

Instructor: Emony Nicholls
Delivery Style: Face to Face
Date: Saturday, Oct. 26
Time: 1:30 to 3:30 pm
Duration: 1 session
Fee: $34 plus $1.70 GST
Code: ASSC345 2024F C01
**NEW Winter Gardens: Designing for Interest and Beauty**

A winter garden has delicate qualities that should not be overlooked. While winter can be damp and dark, there is beauty in the afternoon sun blazing through the monochrome landscape as it turns the frosty seedheads to icy magic and silhouettes of perennials and shrubs. Wintertime requires a different point of view, a gentler pace and thoughtful planning for an exemplary winter garden. This course will provide you with a comprehensive look at how to design and maintain a beautiful and rewarding winter garden.

**Instructor:** Susan Hawkins (MA, BA [Hons])

**Delivery Style:** Online Synchronous

**Date:** Wednesdays, Nov. 6 to 20

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

**Duration:** 3 sessions

**Fee:** $90 plus $4.50 GST

**Code:** ASSC344 2024F D01

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**NEW Gardening for Climate Change**

As our temperatures become more extreme in the summers and wetter in the winters, build a resilient garden that will continue to produce and shine throughout the changes that we are experiencing on our landscape. Through garden planning and techniques, we will look at water saving techniques, crops tolerant of varying water availability and techniques for a resilient garden while weathering our changing climate.

**Instructor:** Emony Nicholls

**Delivery Style:** Face to Face

**Date:** Saturday, Oct. 12

**Time:** 1 to 3 pm

**Duration:** 1 session

**Fee:** $34 plus $1.70 GST

**Code:** ASSC346 2024F C01

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**NEW What Does Effective Climate Change Look Like?**

What is effective climate action and what can we do to have an impact?

We will look at impacts of climate activism such as civil disobedience, protests, marches, politics, letter writing and conversations, in alleviating climate distress and influencing decision makers. You will consider which kinds of action best suit you. Since everyone can talk about it, we will discuss how to make climate conversations easier.

This is a companion course to ASSC 347. It is recommended, but not required, that you take this course prior to ASSC 348.

**Instructor:** Patricia Lane

**Delivery Style:** Online Synchronous

**Date:** Thursdays, Nov. 7

**Time:** 6 to 8 pm

**Duration:** 1 session

**Fee:** $56 plus $2.80 GST

**Code:** ASSC341 2024F D01

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**NEW Conversations About Climate Change: It’s All Talk and All Action**

Most Canadians are worried about climate change but few feel comfortable talking about it. We will explore how honing effective communication skills and using tested ways of calling others in, can be an effective form of action while sparking hope and joy for ourselves and others. Practice is essential for skill building and participants are strongly encouraged to be present for all three sessions. This is a companion course to ASSC 347 and is recommended for enrollment following the one session course.

**Instructor:** Patricia Lane

**Delivery Style:** Online Synchronous

**Date:** Thursdays, Nov. 14 to 28

**Time:** 6 to 8 pm

**Duration:** 3 sessions

**Fee:** $90 plus $4.50 GST

**Code:** ASSC348 2024F D01

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**FOR MORE INFORMATION:**
Horticulture and Nature
250-721-8481
bstassist@uvic.ca
continuingstudies.uvic.ca/HORT

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**SUSTAINABILITY AND CLIMATE CHANGE**

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:

- Ecological Restoration
- Marine Science

**FOR MORE INFORMATION:**
Science and the Environment
continuingstudies.uvic.ca/science

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**ADDITIONAL TOPICS**
TEACHER PROFESSIONAL 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: Sept. 10 to Dec. 12

Time: Tuesday and Thursday evenings from 6:15 to 9:15 pm and every second Saturday (full days) 9 am to noon and 1 to 4 pm
Register by: Sept. 10
Duration: 34 sessions
Fee: $1,500 plus $75 GST
Code: EDTE125 2024F C01
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

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**Delivery style definitions**

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

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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.

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**Canadian Modern**

Jun 28, 2024 – Feb 16, 2025
rbcm.ca/design

Canadian Modern is produced and circulated by ROM (Royal Ontario Museum), Toronto, Canada
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, Che’qanín 7èʔlaq (Cheko’nien House)

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

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

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

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

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

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

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.

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 students’ personal information outside of Canada. If students do not want their personal information stored or accessed outside of Canada, instructors will try to provide privacy-protective options (such as using an alias or nickname to register). However, in some instances, courses may not be available to students if they do not consent to the disclosure of their personal information outside of Canada. If the course is required for the completion of a credential, alternatives will be provided.

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