

**CONTINUING
STUDIES@UVIC**

Calendar

JAN-AUG 2026

Think beyond the box
Expand your perspective



**University
of Victoria**

See course and program listings inside

continuingstudies.uvic.ca/calendar

Can we help you find something?

Courses are categorized by topic area

03 Courses by Start Date

ARTS

- 06 Art History
- 07 Music
- 08 Photography
- 10 Visual Arts
- 12 Writing and Literature

BUSINESS AND MANAGEMENT

- 16 Business and Career Essentials

COMMUNICATION AND PUBLIC RELATIONS

- 19 Public Relations

DATA, COMPUTING AND TECHNOLOGY

- 20 Computing and Information Systems
- 21 Data Analytics
- 23 *Playing for the planet: tackle climate change together*

HEALTH, WELLNESS AND SAFETY

- 24 Community Health and Wellness
- 26 Health, Safety and Emergency Management
- 27 Professional Development for Health Practitioners

HUMANITIES, SOCIAL SCIENCES AND LAW

- 29 Equity, Diversity and Inclusion
- 30 History, Political Science and Contemporary Issues
- 34 Religion, Philosophy and Psychology
- 35 Urban and Regional Planning Professional Development Series
- 36 *Bringing the world of AI to everyone*

LANGUAGES

- 37 French Language
 - 37 Comprehensive French
 - 38 French Conversation
- 40 World Languages
 - 41 Arabic
 - 41 Cantonese
 - 41 Dutch
 - 42 Farsi
 - 42 German
 - 42 Italian
 - 43 Japanese
 - 44 Korean
 - 45 Mandarin
 - 45 Polish
 - 46 Portuguese
 - 46 Punjabi
 - 47 Russian
 - 47 Spanish
 - 49 Tagalog (Filipino)
 - 50 Ukrainian

51 MUSEUMS, HERITAGE AND INDIGENOUS CULTURE

SCIENCE AND THE ENVIRONMENT

- 52 Climate Action
- 53 Ecological Restoration
- 54 General Science and Math
- 55 Horticulture and Nature

TEACHING, LEARNING AND DEVELOPMENT

- 57 Teacher Professional Development

58 PROGRAMS

GENERAL INFORMATION

- 60 Campus services
- 61 Visiting campus
- 62 How to register
- 62 Cancellations, withdrawals and refunds

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](http://continuingstudies.uvic.ca/calendar)



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Courses by start date

JANUARY

Arts

UVic Chorus	Jan. 6.....	7
Let's Sing! Level 1	Jan. 7.....	7
Sharing Family Medicine through Storytelling	Jan. 7.....	12
UVic Concert Band	Jan. 8.....	7
Voci Belle Choral Ensemble	Jan. 8.....	7
The Art of Murder: Mystery Writing 101	Jan. 12.....	12
Let's Sing! Level 2	Jan. 13.....	7
Drawing for All	Jan. 13.....	10
Grand Tour of Music	Jan. 19.....	8
Drawing Outside the Lines	Jan. 19.....	10
Drawing as Meditation	Jan. 19.....	10
Drawing and Painting for Beginners	Jan. 21.....	10
Canadian Musical Icons: Cohen, Mitchell and Lightfoot	Jan. 22.....	8
Building Great Fiction	Jan. 26.....	12
Photography Plus: Understand Your Camera and Improve Your Photos	Jan. 27.....	8
Exploring Creative Writing: Memoir and Fiction	Jan. 27.....	13
Creative Camera Skills	Jan. 28.....	9
The Perfectly Imperfect Photograph	Jan. 28.....	9
Learning About Indigenous Culture Through Literature	Jan. 28.....	13
Opera Unveiled: Passion and Power from Stage to Screen	Jan. 29.....	8
Capture Better Smartphone Photos	Jan. 29.....	9
Hands-on Art History	Jan. 29.....	10

Fiction from Truth	Jan. 29.....	13
Screenwriting	Jan. 29.....	13

Business and Management

Business Administration Essentials	Jan. 1.....	16
Marketing	Jan. 17.....	17
Essential Soft Skills Training	Jan. 30.....	16

Data, Computing and Technology

Business Intelligence and Data Analytics Fundamentals	Jan. 10.....	21
Computing Concepts	Jan. 12.....	20
Project Management	Jan. 12.....	20
Data Ethics and Security	Jan. 12.....	21
Introduction to Data Storytelling, Visualization and Reporting	Jan. 12.....	22
Digital Communication	Jan. 13.....	21
Data Ethics and Security	Jan. 13.....	21
Project Management	Jan. 14.....	20
Business Intelligence and Data Analytics Fundamentals	Jan. 14.....	21
Introduction to Data Storytelling, Visualization and Reporting	Jan. 14.....	22
Computing Concepts	Jan. 15.....	20
Digital Communication	Jan. 15.....	21
Business Intelligence and Data Analytics Fundamentals	Jan. 15.....	21
Data Analytics Coding Fundamentals	Jan. 15.....	22

Health, Wellness and Safety

Neurodiversity and Everyday Relationships	Jan. 15.....	24
Canadian Fall Prevention Curriculum	Jan. 23.....	27
Continence Care Skills	Jan. 26.....	27

Introduction to Health Impact Assessment	Jan. 26.....	27
Healthy Aging, One Plate at a Time	Jan. 27.....	24
Eating to Live Vibrantly: The Science of Longevity	Jan. 28.....	24
Palliative Care Pharmacy	Jan. 30.....	27
Wound Management for Health Professionals Level I	Jan. 30.....	28

Humanities, Social Sciences and Law

Issues and Ideas in Canadian Environmentalism	Jan. 5.....	30
Responsibilities to Coastal Indigenous Peoples and Lands	Jan. 6.....	30
Introduction to Equity, Diversity and Inclusion	Jan. 12.....	29
Intercultural Communication in the Workplace	Jan. 12.....	29
Organizational Diversity and Inclusion	Jan. 12.....	29
Consumed: The Hidden Forces Shaping Your Food Choices	Jan. 13.....	30
What We Choose to Remember: A Look into Dark Tourism	Jan. 13.....	30
Turn Your Life in the Direction of Happiness	Jan. 13.....	30
Ice-free Northwest Passage and Canada's Arctic Sovereignty	Jan. 21.....	30
Victoria in the 1960s	Jan. 21.....	30
Latin America Through Film: Mexico, Guatemala and Cuba	Jan. 22.....	31
Community Planning in Local Government	Jan. 30.....	35

Languages

Comprehensive French - Level 1	Jan. 5.....	37
Comprehensive French - Level 3	Jan. 5.....	38
Comprehensive French - Level 2	Jan. 6.....	38

Comprehensive French - Level 4	Jan. 6.....	38
Polish - Level 1	Jan. 11.....	45
French Conversation - Level 1	Jan. 12.....	38
French Conversation - Level 2	Jan. 12.....	39
Italian - Level 2	Jan. 12.....	43
Japanese - Level 4	Jan. 12.....	44
Spanish - Level 2	Jan. 12.....	48
Tagalog (Filipino) - Level 1	Jan. 12.....	49
Ukrainian - Level 1	Jan. 12.....	50
French Conversation - Level 1	Jan. 13.....	38
French Conversation - Level 2	Jan. 13.....	39
French Conversation - Level 3	Jan. 13.....	39
Italian - Level 1	Jan. 13.....	42
Japanese - Level 1	Jan. 13.....	43
Portuguese - Level 2	Jan. 13.....	46
Spanish - Level 1	Jan. 13.....	47
French Conversation - Level 1	Jan. 14.....	38
French Conversation - Level 3	Jan. 14.....	40
Japanese - Level 2	Jan. 14.....	44
Japanese - Level 1	Jan. 14.....	43
Spanish - Level 2	Jan. 14.....	48
Spanish - Level 3	Jan. 14.....	49
Tagalog (Filipino) - Level 2	Jan. 14.....	50
Ukrainian - Level 2	Jan. 14.....	50
Spanish - Level 3	Jan. 14.....	49
French Conversation - Level 1	Jan. 15.....	38
French Conversation - Level 2	Jan. 15.....	39
French Conversation - Level 3	Jan. 15.....	40
French Conversation - Level 4	Jan. 15.....	40
Italian - Level 3	Jan. 15.....	43

Japanese - Level 2		Special Topics: Psychology of Transformative Climate Action	
Jan. 15	44	Jan. 6	53
Japanese - Level 3		Practical Leadership for Technology and Engineering	
Jan. 15	44	Jan. 12	53
Portuguese - Level 1		Mapping with Drones	
Jan. 15	46	Jan. 12	54
Spanish - Level 1		GIS Skills and Mapping	
Jan. 15	48	Jan. 19	54
French Conversation - Level 4		Plants in the Landscape	
Jan. 16	40	Jan. 28	55
Italian - Level 4			
Jan. 16	43		
Spanish - Level 4			
Jan. 17	49		
Dutch - Level 2			
Jan. 20	41		
Farsi - Level 1			
Jan. 20	42		
German - Level 1			
Jan. 20	42		
Russian - Level 2			
Jan. 20	47		
Arabic - Level 2			
Jan. 21	41		
German - Level 2			
Jan. 21	42		
Russian - Level 2			
Jan. 21	47		
Dutch - Level 1			
Jan. 22	41		
German - Level 1			
Jan. 22	42		
Mandarin - Level 1			
Jan. 22	45		
Russian - Level 1			
Jan. 22	47		
Cantonese - Level 2			
Jan. 27	41		
Korean - Level 2			
Jan. 27	45		
Polish - Level 2			
Jan. 27	45		
Punjabi - Level 2			
Jan. 27	46		
Arabic - Level 1			
Jan. 28	40		
Cantonese - Level 1			
Jan. 28	41		
Korean - Level 1			
Jan. 28	45		
Punjabi - Level 1			
Jan. 29	46		
Science and Environment		Teaching, Learning and Development	
Introduction to the Human Dimensions of Climate Change		Teaching English as a Foreign Language	
Jan. 5	52	Jan. 20	57
Organizing for Transformative Change			
Jan. 5	52		
Politics, Policies and Planning for Climate Action			
Jan. 5	52		
Water Futures: Collaborative Responses to Climate Impacts			
Jan. 5	52		
Introduction to Mycology			
Jan. 5	54		

COURSES BY START DATE

Data, Computing and Technology

Agile Project Management	
Feb. 16	22
Data Analytics Coding Fundamentals	
Feb. 21	22

Health, Wellness and Safety

Crisis Communication	
Feb. 2	26
Emergency Management for Business Continuity	
Feb. 2	27
Wound Management for Health Professionals Level II	
Feb. 6	28
Reimagining Retirement	
Feb. 12	25
Enhancing Joy and Positivity Throughout the Lifespan	
Feb. 13	25
Olfactory Health: How Smell Relates to Brain Function	
Feb. 19	25
Wound Care for Clients Experiencing Inequities	
Feb. 20	28
Wound Management for Health Professionals Level I	
Feb. 27	28
Strategies and Actions for Independent Living	
Feb. 27	28

Humanities, Social Sciences and Law

Cathars, Castles and Carignan: Exploring Historic Southern France	
Feb. 2	31
The Art of Reading	
Feb. 2	31
From Clam Gardens to Craft Beer: Vancouver Island Food Histories	
Feb. 3	31
Psychology of Relationships: Understanding Connection Across Cultures	
Feb. 3	34
Industrial Victoria	
Feb. 4	31
Using Artificial Intelligence for Your Life and Work	
Feb. 4	31
Using Artificial Intelligence for Your Life and Work	
Feb. 5	31
Fascist Futures: Identity Politics and the New Authoritarianism	
Feb. 5	32
Using Visual Tools in Engagement for Community Planning	
Feb. 6	35
Finding Inspiration Through Adversities	
Feb. 14	34

Fort Victoria: From 1843 Founding to 1860s Demolition	
Feb. 25	32
Residential School Denialism	
Feb. 25	32

Science and Environment

Garden Hospitality: Welcoming the Pollinators	
Feb. 17	55
Restoration of Our Past and Future: Towards a Way of Life	
Feb. 26	53

MARCH

Arts

Travel and Street Photography	
March 5	9
Writing Layered Memoir: Mille-Feuille	
March 13	14
Sketching Blossoms and Birds	
March 14	11
Watercolour for Beginners Workshop	
March 27	11

Business and Management

Building Trust in Dialogue, Collaboration and Feedback Culture	
March 4	17

Communication and Public Relations

Crisis Communication for Public Relations Professionals	
March 9	19

Health, Wellness and Safety

Food for Thought: Nutrition for Your Brain, Mood and Memory	
March 9	26
Seasonal Recalibration for Spring	
March 18	25
Living Well with AgeTech: Simple Tools for Everyday Life	
March 19	25
Financial Foundations: Beginner's Guide to Personal Finance	
March 23	25

Humanities, Social Sciences and Law

Fantastical Cartography: Geofiction and Mapmaking	
March 2	32
Latin America Through Contemporary Film: Peru, Chile and Argentina	
March 5	32
Religion and Identity in 21st Century North America	
March 5	34

Unravelling Modern Democracy Through Rousseau's Social Contract	March 11	33
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Languages

Italian - Level 1	March 30	43
Spanish - Level 2	March 30	49

Science and Environment

Mapping with Drones 2	March 9	54
Beginner's Guide to Propagating Vegetables From Seed	March 11	55
The Earth Laughs in Flowers	March 14	55
Landscape Design for the Pacific Northwest	March 17	56
Gardening with Native Plants	March 28	56

APRIL

Arts

Photography Plus: Understand Your Camera and Improve Your Photos	April 1	9
Drawing with Confidence	April 1	11
Get Paid to Write What You Love	April 7	14
Let's Sing! Level 1	April 8	7
Inspired Writing	April 8	14
Memoir: The Story You've Always Wanted to Tell	April 8	14
Writing Stories in an Age of Unravelling	April 8	14
Writing When We Can't Find the Words	April 8	15
Voci Belle Choral Ensemble	April 9	7
Creative Nonfiction: Writing from Everyday Life	April 9	15
Writing the Land: A Place- Based Poetry Workshop	April 9	15
The Continuing Art of Murder: Mystery Writing 201	April 13	15
Let's Sing! Level 2	April 14	7
Watercolour for Beginners Workshop	April 17	11

Business and Management

Organizational Behaviour	April 20	18
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Health, Wellness and Safety

Psychedelics, Science and Society	April 7	26
Connecting with Nature to Find Inner Wisdom	April 9	26
Scent and Memory: Crafting a Memoir Through Smell	April 9	26
Movement Solutions for Chronic Pain	April 29	26

Humanities, Social Sciences and Law

Thinking about Virtue with Aristotle	April 1	35
Nicholas II and the Fall of Imperial Russia	April 7	33
Refuse to be Misled: Data Literacy in Everyday Life	April 8	33
Buddhist Wisdom for Today's World	April 11	35
Understanding the Global Migrant Crisis	April 13	33
Lies, Cunning and Control: Machiavelli and the Art of Power	April 13	33
Japanese - Level 4	April 13	45
Food, Environment and Resilience	April 14	33
Planners as Consultants: The Business Side of Planning	April 15	35
The End of the Ottoman Empire and Making of the Modern Middle East	April 16	34
The Significance of Cottonwood Swamp Forests	April 18	34

Languages

Italian - Level 2	April 7	43
Japanese - Level 1	April 7	43
Japanese - Level 1	April 8	44
Japanese - Level 2	April 8	44
Italian - Level 4	April 9	43
Japanese - Level 2	April 9	44
Japanese - Level 3	April 9	44
Italian - Level 3	April 10	43

French Conversation - Level 1	April 13	38
French Conversation - Level 2	April 13	39
Spanish - Level 2	April 13	48
Tagalog (Filipino) - Level 1	April 13	49
Ukrainian - Level 1	April 13	50
Spanish - Level 1	April 14	48
French Conversation - Level 1	April 14	39
French Conversation - Level 3	April 14	40
Farsi - Level 1	April 14	42
Portuguese - Level 2	April 14	46
Spanish - Level 3	April 14	49
French Conversation - Level 1	April 15	39
French Conversation - Level 3	April 15	40
Spanish - Level 2	April 15	48
Spanish - Level 3	April 15	49
Tagalog (Filipino) - Level 2	April 15	49
Ukrainian - Level 2	April 15	50
French Conversation - Level 1	April 16	38
French Conversation - Level 2	April 16	39
French Conversation - Level 3	April 16	40
Mandarin - Level 1	April 16	45
Portuguese - Level 1	April 16	46
Spanish - Level 1	April 16	48
Spanish - Level 4	April 18	49
Cantonese - Level 2	April 21	41
Dutch - Level 2	April 21	41
German - Level 2	April 21	42
Korean - Level 2	April 21	45
Polish - Level 2	April 21	46
Punjabi - Level 2	April 21	46
Arabic - Level 1	April 22	40
Cantonese - Level 1	April 22	41
German - Level 1	April 22	42
Korean - Level 1	April 22	45

Polish - Level 1	April 22	45
Russian - Level 2	April 22	47
Dutch - Level 1	April 23	41
German - Level 2	April 23	42
Punjabi - Level 1	April 23	46
Russian - Level 1	April 23	47

Science and Environment

Down the Rabbit Hole - Quantum Physics for Nonphysicists	April 7	55
Visualizing Change in Ecological Restoration	April 8	54
Easy Gardening	April 11	56
Nature Explorations at Yellow Point Lodge	April 20	56

MAY

Arts

Urban Sketching	May 5	12
T.S. Eliot's Four Quartets	May 14	15

Business and Management

Strategic Leadership	May 27	18
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Health, Wellness and Safety

Canadian Fall Prevention Curriculum	May 1	27
Wound Management for Health Professionals Level I	May 1	28
Wound Care for Clients Experiencing Inequities	May 8	28
High-Risk Foot, Level I	May 23	28

Humanities, Social Sciences and Law

History of Women's Foodways in Scotland's Highlands and Islands	May 12	32
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Science and Environment

Managing Mason and Leafcutter Bees	May 2	56
The Metaphysics of Quantum Physics	May 6	55



Inspiring creativity through perspective...

Arts

ART HISTORY



NEW Highlights in the History of Architecture

Learn how history and architecture intersect. Each session will focus on one historical period and area, including Ancient Greece, Ancient Rome, the Byzantine Empire, medieval France, and Renaissance Italy. The course will introduce students to basic architectural systems and will show how these systems correspond to the worldviews of the cultures that produced them. Classes will include discussions of well-known structures, such as the Parthenon in Athens and the Colosseum in Rome, with each monument contextualized in its own historical moment.

Instructor: Joan Boychuk

Delivery Style: Online Synchronous

Date: Wednesdays, Feb. 4 to March 4

Time: 10 am to noon

Register by: Wednesday, Jan. 28

Duration: 5 sessions

Fee: \$138 plus \$6.90 GST

Code: ASHA160 2026S D01

NEW Cinema and Society: Stories That Shape the World

Discover how cinema shapes culture and politics. Dive into the powerful stories films tell, revealing their role in reflecting and influencing social values, identities and political ideas. Through engaging film analysis and critical discussions, you will explore cinema's impact on society and learn to see movies as a dynamic force shaping the world around us. Unlock the stories behind the screen and their lasting power in our lives.

Instructor: Julie Labagnara, (PhD)

Delivery Style: Face to Face

Date: Tuesdays, Feb. 10 to March 17

Time: 6:30 to 8:30 pm

Register by: Tuesday, Feb. 3

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASHA161 2026S C01

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, travellers, merchants and emissaries, among many others, all contributed to varying degrees to these transcultural interactions.

Instructor: Atri Hatef Naiemi, (PhD)

Delivery Style: Face to Face

Date: Fridays, Feb. 20 to March 27

Time: 2 to 4 pm

Register by: Friday, Feb. 13

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASHA156 2026S C01

FOR MORE INFORMATION:

Art History
250-721-8630
lacadmin@uvic.ca
continuingstudies.uvic.ca/art-history

MUSIC



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: Kinza Tyrrell Schmidt-Paborn, (DMus)

Delivery Style: Face to Face
Date: Tuesdays, Jan. 6 to March 31
 No class Feb. 17
Time: 7 to 9 pm
Duration: 12 sessions
Fee: \$175 plus \$8.75 GST (plus approximately \$70 for music score and folder)
Code: MUS180E 2026S C01

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, Jan. 7 to March 25
Time: 6 to 7:30 pm
Register by: Thursday, Jan. 1
Duration: 12 sessions
Fee: \$233 plus \$11.65 GST
Code: ASMU204 2026S C01

Instructor: Debra Laprise

Delivery Style: Face to Face
Date: Wednesdays, April 8 to June 24
Time: 6 to 7:30 pm
Register by: Wednesday, April 1
Duration: 12 sessions
Fee: \$233 plus \$11.65 GST
Code: ASMU204 2026K C01

Let's Sing! Level 2

This course follows *Let's Sing! Level 1*. You will continue to build on basic vocal techniques and develop diaphragmatic breathing to support breath correctly. Different genres of music will be explored and additional music will be added to enhance skills. This course can be taken multiple times.

Instructor: Debra Laprise

Delivery Style: Face to Face
Date: Tuesdays, Jan. 13 to March 31
Time: 6 to 7:30 pm
Register by: Tuesday, Jan. 6
Duration: 12 sessions
Fee: \$233 plus \$11.65 GST
Code: ASMU310 2026S C01

Instructor: Debra Laprise

Delivery Style: Face to Face
Date: Tuesdays, April 14 to June 30
Time: 6 to 7:30 pm
Register by: Tuesday, April 7
Duration: 12 sessions
Fee: \$233 plus \$11.65 GST
Code: ASMU310 2026K C01

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 Auditorium at UVic.

Textbook: Music will be provided at the first rehearsal

Instructor: Steven Capaldo, (DMA)

Delivery Style: Face to Face
Date: Thursdays, Jan. 8 to April 2
 No class Feb. 19
Time: 6 to 8 pm
Duration: 12 sessions
Fee: \$175 plus \$8.75 GST
Code: MUS380C 2026S C01

Voci Belle Choral Ensemble

This is 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. This course can be taken multiple times.

Instructor: Debra Laprise

Delivery Style: Face to Face
Date: Thursdays, Jan. 8 to March 26
Time: 6 to 7:30 pm
Register by: Thursday, Jan. 1
Duration: 12 sessions
Fee: \$233 plus \$11.65 GST
Code: ASMU304 2026S C01

Instructor: Debra Laprise

Delivery Style: Face to Face

Date: Thursdays, April 9 to June 25

Time: 6 to 7:30 pm

Register by: Thursday, April 2

Duration: 12 sessions

Fee: \$233 plus \$11.65 GST

Code: ASMU304 2026K C01

NEW Grand Tour of Music

For generations, intrepid musicians have indulged in travel to expand their horizons and encounter the most renowned and iconic classical music in situ. From Brahms to Bach, and Rome to the Vienna Woods, sometimes you have to leave home to find a musical gem. In this class, we will explore and listen to classical music repertoires which take inspiration from going somewhere else. No prior experience with music is required. This is a multi-access course where instruction is offered face-to-face and remotely simultaneously. Choose one of the two options below to register, depending on how you will access the class.

Instructor: Mary Byrne, (PhD)

Delivery Style: Face to Face

Date: Mondays, Jan. 19 to March 16

No class Feb. 16

Time: 9:30 to 11:30 am

Register by: Monday, Jan. 12

Duration: 8 sessions

Fee: \$198 plus \$9.90 GST

Code: ASMU489 2026S C01

Instructor: Mary Byrne, (PhD)

Delivery Style: Online Synchronous

Date: Mondays, Jan. 19 to March 16

No class Feb. 16

Time: 9:30 to 11:30 am

Register by: Monday, Jan. 12

Duration: 8 sessions

Fee: \$198 plus \$9.90 GST

Code: ASMU489 2026S D01

NEW Canadian Musical Icons: Cohen, Mitchell and Lightfoot

Three of the most iconic songwriters of the 20th century are Canadian: Leonard Cohen, Joni Mitchell and Gordon Lightfoot. We'll follow their road to fame from their origins in Canada to the world stage. With Leonard from Montreal, Joni from Fort McLeod, and Gordon from Orillia, Ontario, to the concert halls and the airwaves of the world.

Instructor: John Mitchell

Delivery Style: Online Synchronous

Date: Thursdays, Jan. 22 to Feb. 26

Time: 10 am to noon

Register by: Thursday, Jan. 15

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASMU490 2026S D01

Opera Unveiled: Passion and Power from Stage to Screen

Step into the world of opera where love, betrayal, myth and music come together in unforgettable ways. We'll explore five captivating productions: Bellini's *I Puritani*, a romantic bel canto drama with dazzling vocal fireworks; Puccini's *Tosca*, a tense and tragic story of love and sacrifice (presented by Pacific Opera Victoria); Tchaikovsky's *Eugene Onegin*, a moving tale of missed chances and deep regret; Wagner's *Tristan und Isolde*, a sweeping masterpiece of longing and musical innovation; and Gluck's *Orpheus and Eurydice*, a timeless retelling of the classic myth in Pacific Opera's elegant new staging. Through guided discussions and background lectures, we'll explore each opera's story, music and staging—no prior experience needed. Whether you're a longtime fan or brand new to opera, this popular course offers a welcoming and engaging way to experience the beauty and drama of the operatic stage.

Instructor: Mikki Reintjes, (MMus)

Delivery Style: Face to Face

Date: Jan. 29 to April 2

Time: Thursdays, Jan. 29, Feb. 12, March 5, 19; 4:30 to 6:30 pm and April 2; 5 to 7 pm

Register by: Thursday, Jan. 22

Duration: 5 sessions

Fee: \$138 plus \$6.90 GST

Code: ASMU381 2026S C01

NEW Actively Listening to Music

This course will help you fine-tune your ears and develop strong listening abilities. Learn about musical forms such as the 12-bar blues and 32-bar chorus form, and how to identify individual instruments through sound. A variety of music genres will be covered including rock, pop, blues, country, R&B, reggae and more. The ultimate goal of this course is to increase your enjoyment of music through a greater understanding of what you are hearing. Our analyses will not be overly technical, and you don't need to have a musical background; all you need is a love of music.

Instructor: Keith McCuaig, (MA)

Delivery Style: Online Synchronous

Date: Thursdays, Feb. 12 to March 26

No class March 19

Time: 10 am to noon

Register by: Thursday, Feb. 5

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASMU491 2026S D01

FOR MORE INFORMATION:

Music

250-721-8630

lacadmin@uvic.ca

continuingstudies.uvic.ca/music

PHOTOGRAPHY



Photography Plus: Understand Your Camera and Improve Your Photos

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

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

Instructor: Donald Denton

Delivery Style: Face to Face

Date: Tuesdays, Jan. 27 to March 17

Time: 6:30 to 9 pm

Register by: Tuesday, Jan. 20

Location: John Horgan Campus
(Langford)

Duration: 8 sessions

Fee: \$265 plus \$13.25 GST

Code: ASVA085 2026S E01

Instructor: Donald Denton

Delivery Style: Face to Face

Date: Wednesdays, April 1 to June 3
No class April 29, May 6

Time: 6:30 to 9 pm

Register by: Wednesday, March 25

Duration: 8 sessions

Fee: \$265 plus \$13.25 GST

Code: ASVA085 2026K C01

Creative Camera Skills

For those who already know how their camera works, this is a hands-on course in using a variety of photographic techniques to improve your abilities with your camera and your eye as a photographer. Bring your camera and equipment and be prepared to experiment and expand your photographic skills. Learn skills such as framing and composition, flash use, extended exposures, photographing at night, intentional camera movement, macro photography, still life, and food photography.

Instructor: Donald Denton

Delivery Style: Face to Face

Date: Jan. 28 to March 11

Time: Wednesdays, Jan. 28 to March 11, 6:30 to 8:30 pm (classroom sessions); Saturday March 7, 10 am to noon (field trip)

Register by: Wednesday, Jan. 21

Duration: 8 sessions

Fee: \$228 plus \$11.40 GST

Code: ASVA285 2026S C01

NEW The Perfectly Imperfect Photograph

The objective of this course is to strike a balance between creativity and technical expertise. At its core, photography is about artistic expression, and technical perfection serves as a means to that end. Rather than focusing on heavily edited images, you will explore the essence of visual storytelling through content, mood, and spontaneity, all captured in-camera. Photo editing will primarily be used for minor touch-ups. You will complete image assignments that will be shared and critiqued in class.

This course is designed for intermediate to advanced photographers who are comfortable with their equipment.

Instructor: Gerry Schallié

Delivery Style: Online Synchronous

Date: Wednesdays, Jan. 28 to March 4

Time: 7 to 9 pm

Register by: Wednesday, Jan. 21

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASVA286 2026S D01

Capture Better Smartphone Photos

Discover how to take stunning photos using just your smartphone! Enhance your composition skills, learn to see and work with light, and unleash your artistic potential with new approaches. Capture captivating images of people, animals, nature, architecture, and travel scenes with a professional touch. Draw inspiration from renowned photography masters, and put your skills to the test on guided photo walks through downtown Victoria.

Prerequisites: iPhone or Android smartphone with three optical camera lenses.

Instructor: Andrzej Kielbowicz

Delivery Style: Face to Face

Date: Jan. 29 to Feb. 19

Time: Thursdays, 6 to 8:30 pm (classroom sessions); Saturdays, Jan. 31 and Feb. 7, 10:30 am to 12:30 pm (field trips)

Register by: Thursday, Jan. 22

Duration: 6 sessions

Fee: \$220 plus \$11 GST

Code: ASVA181 2026S C01

Travel and Street Photography

Elevate your travel photography by learning how to overcome shyness when photographing people, breathe new life into your landscape shots, and select photos worthy of Instagram. Explore essential travel and street photography gear, learn basic camera settings, improve composition, and understand the role of lighting to enhance your images. Gain inspiration from renowned photographers and practice your skills on guided photo walks through Victoria.

Prerequisites: DSLR or mirrorless camera with extra lenses, or smartphone with three optical camera lenses.

Instructor: Andrzej Kielbowicz

Delivery Style: Face to Face

Date: March 5 to 26

Time: Thursdays, March 5 to 26, 6 to 8:30 pm (classroom sessions); Saturdays, March 7 and 14, 10:30 am to 12:30 pm (field trips)

Register by: Thursday, Feb. 26

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASVA133 2026S C01

FOR MORE INFORMATION:

Photography
250-721-8630
lacadmin@uvic.ca
continuingstudies.uvic.ca/photography

CREATIVE DESIGN AND TECHNOLOGY

Online Art and Design Courses

The Division of Continuing Studies, in partnership with the Ontario College of Art and Design University (OCAD), is pleased to offer online educational opportunities for interested, creative professionals. Note: all courses are offered online.

Learners can explore a range of introductory and intermediate courses in areas such as digital design, creative software, visual communication, and multimedia production—designed to help build practical skills for both personal and professional creative work.

For the full list of current course offerings, visit continuingstudies.uvic.ca/creative-tech

VISUAL ARTS



Drawing for All

A back-to-basics course for those who have not drawn in a while and aren't sure where to start. We will look at still life and landscape compositions, and sharpen our observational drawing skills in a range of drawing media—pencil, charcoal, pen and ink, and watercolour. We will cover the basics in figurative proportions and perspective, and your confidence will improve as you work through the course. We will also look at inspiring work from other Canadian artists. A supply list will be attached to your receipt.

Instructor: Liz Charsley, (MA)

Delivery Style: Face to Face

Date: Tuesdays, Jan. 13 to March 17
No class Feb. 24, March 10

Time: 10 am to 12:30 pm

Register by: Tuesday, Jan. 6

Duration: 8 sessions

Fee: \$275 plus \$13.75 (includes partial supplies)

Code: ASVA205 2026S W01

Drawing Outside the Lines

Let go of perfection and dive into six weeks of playful, pressure-free drawing. This fun and expressive art course is all about experimenting, exploring, and finding joy in the creative process. Each week, we will shake things up with creative sketching prompts like drawing to music, using emotional lines, and playing with colour in unexpected ways. Whether you are a beginner or looking to break out of a creative rut, this relaxed and imaginative drawing class offers a space to explore freely, loosen up, and reconnect with your creativity. All skill levels welcome. Curiosity encouraged. A supply list will be attached to your receipt.

Instructor: Meghan Krauss, (MFA)

Delivery Style: Face to Face

Date: Mondays, Jan. 19 to March 2
No class Feb. 16

Time: 6:30 to 9 pm

Register by: Monday, Jan. 12

Location: John Horgan Campus
(Langford)

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASVA211 2026S E01

NEW Drawing as Meditation

This course offers drawing as a tool for calming the mind, cultivating awareness, and connecting with the present moment. Inspired by poetry from David Whyte and Mary Oliver, as well as practices from Julia Cameron, you will explore simple drawing techniques, mark-making to music, and mindful observation of nature. Drawing as Meditation provides space to slow down, reflect, and restore creativity through the practice of drawing. A supply list will be attached to your receipt.

Instructor: Chantal New, (MFA)

Delivery Style: Face to Face

Date: Mondays, Jan. 19 to March 2
No class Feb. 16

Time: 6:30 to 8:30 pm

Register by: Monday, Jan. 12

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASVA289 2026S W01

Drawing and Painting for Beginners

Acquire essential skills in the foundational components of drawing and painting such as line, form, space and colour. Employ an array of materials, tools and techniques to craft both unconventional and traditional renditions of drawing and painting. A supply list will be attached to your receipt.

Instructor: Maryam Tavakoli Dastjerdi, (MFA)

Delivery Style: Face to Face

Date: Wednesdays, Jan. 21 to March 11

Time: 2:30 to 4:30 pm

Register by: Wednesday, Jan. 14

Duration: 8 sessions

Fee: \$228 plus \$11.40 GST

Code: ASVA189 2026S C01

Hands-on Art History

Each class will introduce important visual themes in Western art history and then apply these ideas to hands-on drawing exercises. We will consider underlying structures and line through late medieval art, anatomy and perspective in the renaissance period, shading techniques as applied to Baroque painting, colour theory through Impressionism, and composition and various approaches to abstraction in modernism, as well as some of the ideas currently under discussion in contemporary art. Develop your evolving visual language in a fun and accessible way. A supply list will be attached to your receipt.

Instructor: David Kaarsemaker, (MFA)

Delivery Style: Face to Face

Date: Thursdays, Jan. 29 to March 19

Time: 6 to 8:30 pm

Register by: Thursday, Jan. 22

Duration: 8 sessions

Fee: \$265 plus \$13.25 GST

Code: ASVA206 2026S C01

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: Sundays, Feb. 1 to 15

Time: 10 am to 3:30 pm

Register by: Sunday, Jan. 25

Duration: 3 sessions

Fee: \$346 plus \$17.30 GST
(includes supplies)

Code: ASVA136 2026S W01

NEW Interior Design Essentials

This hands-on workshop series for beginners and DIYers is designed to empower you to plan and create your own interior spaces from conception to production. It combines simple design tools with needs analysis to support sound decision-making while achieving your aesthetic goals. Ideal for small residential or light commercial projects, the course covers pre-design theory, project conceptualization, space planning, design elements, specifications for interior projects, space rendering, design styles, colour theory, colour "stringing," and staging tools. You'll also develop your own project and receive feedback during the final class. A supply list will be attached to your receipt.

Instructor: Paulina Eguiguren

Delivery Style: Face to Face
Date: Tuesdays, Feb. 10 to March 31
Time: 6 to 8:30 pm
Register by: Tuesday, Feb. 3
Duration: 8 sessions
Fee: \$265 plus \$13.25 GST
Code: ASVA492 2026S C01

Watercolour for Beginners Workshop

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

Instructor: Rainy Huang, (MFA)

Delivery Style: Face to Face
Date: Feb. 27 to March 1
Time: Friday, Feb. 27, 7 to 9 pm;
Saturday, Feb. 28 and Sunday,
March 1, 10 am to 4 pm
Register by: Friday, Feb. 20
Location: John Horgan Campus
(Langford)
Duration: 3 sessions
Fee: \$210 plus \$10.50 GST
Code: ASVA019 2026S E01

Instructor: Rainy Huang, (MFA)

Delivery Style: Face to Face
Date: March 27 to 29
Time: Friday, March 27, 7 to 9 pm;
Saturday, March 28 and
Sunday, March 29, 10 am
to 4 pm
Register by: Friday, March 20
Location: John Horgan Campus
(Langford)
Duration: 3 sessions
Fee: \$210 plus \$10.50 GST
Code: ASVA019 2026S E11

Instructor: Rainy Huang, (MFA)

Delivery Style: Face to Face
Date: April 17 to 19
Time: Friday, April 17, 7 to 9 pm;
Saturday, April 18 and Sunday,
April 19, 10 am to 4 pm
Register by: Friday, April 10
Location: John Horgan Campus
(Langford)
Duration: 3 sessions
Fee: \$210 plus \$10.50 GST
Code: ASVA019 2026K E01

NEW Sketching Blossoms and Birds

Capture the beauty of the season through delicate colour or graphite pencil sketches of blooming flowers and lively birds. Based on your nature observations, you will explore the techniques of line drawing, shading, and composition to create elegant sketches of seasonal blossoms and birds. This course is for all skill levels and will help you to develop a graceful sketch style inspired by nature. A supply list will be attached to your receipt.

Instructor: Tasnova Haque (MFA)

Delivery Style: Face to Face
Date: Saturday and Sunday, March 14
and 15
Time: 1 to 4 pm
Register by: Saturday, March 7
Duration: 2 sessions
Fee: \$102 plus \$5.10 GST
Code: ASVA287 2026S W01

NEW Drawing with Confidence

To encourage the maintenance of a regular drawing practice, this course expands on foundational drawing skills. We will embark on slightly more challenging compositions, practicing and refining observational drawing skills, embellishing techniques in shading, line and wash, and perspective and proportion. This course is open to all experience levels, as basic drawing skills will be reviewed and practiced. A supply list will be attached to your receipt.

Instructor: Liz Charsley, (MA)

Delivery Style: Face to Face
Date: Wednesdays, April 1 to May 20
Time: 10 am to 12:30 pm
Register by: Wednesday, March 25
Duration: 8 sessions
Fee: \$275 plus \$13.75 GST (includes
partial supplies)
Code: ASVA288 2026K W01

Urban Sketching

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

Instructor: Meghan Krauss, (MFA)

Delivery Style: Face to Face
Date: Tuesdays, May 5 to June 9
Time: 6 to 8:30 pm
Register by: Tuesday, April 28
Location: John Horgan Campus
(Langford)
Duration: 6 sessions
Fee: \$216 plus \$10.80 GST
Code: ASVA188 2026K E01

FOR MORE INFORMATION:

Visual Arts
250-721-8630
lacadmin@uvic.ca
continuingstudies.uvic.ca/visual

WRITING AND LITERATURE



Sharing Family Medicine through Storytelling

Led by renowned Tłı̨chǫ Dene author and storyteller Richard Van Camp, this course will explore topics in Indigenous storytelling techniques through our responsibilities in reclaiming and sharing family medicines through storytelling. You will learn to engage in storytelling in ways that inspire and connect with your audience. Together, we will identify the medicines we deserve in our lives and practice storytelling as an invitation to explore “the Great Mystery” of life.

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: Jan. 7 to March 25

Time: Wednesdays, Jan. 7 and 21;
Feb. 4 and 25; March 11 and 25;
4 to 6 pm

Duration: 6 sessions

Fee: \$265 plus \$13.25 GST

Code: ASWL395 2026S D01

The Art of Murder: Mystery Writing 101

Murder mysteries are one of the oldest, and most enduringly popular, recognizable literary genres. But what makes a good mystery? And how do you write one? You will survey mystery writing in its many forms: from Holmes to Christie, and Chandler to Connelly. We'll poke around English manor houses and slum the dive bars of Los Angeles in search of the components of a good detective story: setting, plot, tone and detectives. Along with reading-based discussion, we will take a stab (or a shot, or a poison) at writing our own murder mysteries.

Instructor: Neil Griffin, (MFA)

Delivery Style: Face to Face

Date: Mondays, Jan. 12 to Feb. 23
No class Feb. 16

Time: 6 to 8 pm

Register by: Monday, Jan. 5

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL150 2026S C01

NEW Building Great Fiction

What makes great fiction? This course offers a fun and welcoming introduction to the craft of writing across a range of genres, including short stories, novels and fictionalized memoir. Each week we will explore a different aspect of writing through accessible examples, exercises and discussion. Whether you're interested in generating new ideas, crafting prose, planning effectively, or pitching your work, these sessions will help you on your writing journey. Suitable for beginners or those wanting to achieve new goals.

Instructor: Andrew Parrott, (MA)

Delivery Style: Online Synchronous

Date: Mondays, Jan. 26 to March 23
No class Feb. 16

Time: 6 to 8 pm

Register by: Monday, Jan. 19

Duration: 8 sessions

Fee: \$228 plus \$11.40 GST

Code: ASWL164 2026S D01

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.

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

- ▶ Buddhist Advice for Solving Problems From the Inside Out
- ▶ Democratic Backsliding and Opposition Strategies
- ▶ Dr Crippen: Sex, Murder, and Science in Early 20th-Century England
- ▶ From Atoms to Algorithms: Seeing Enzymes with AI
- ▶ Healthy Aging and the Anti-Inflammatory Diet
- ▶ Lands of Myth, Waters of Wonder
- ▶ Memory, Aging and Your Brain
- ▶ Myths and Omissions: A Textbook History of British Columbia
- ▶ Sacred Spaces and Spiritual Art
- ▶ Simulating Massive Structures in the Universe
- ▶ The Geology and Geological History of Vancouver Island
- ▶ The Rise of Central Banks Digital Currencies: the Case of Europe
- ▶ Three Texts and a Thousand Hamlets
- ▶ Unearthing Daily Life, Mapping Cultural Change in Roman Ilduro
- ▶ What Quantum Physics Tells Us About the Future

If you wish to receive the flyer that we mail out each August and December, or for more information regarding registration dates, please call **250-721-8630** or email ladadmin@uvic.ca.

NEW Exploring Creative Writing: Memoir and Fiction

Explore the art of creative writing and storytelling through short fiction, autobiography and hybrid forms. Through weekly writing prompts, workshops, and close readings of inspiring texts, you will develop your voice, sharpen your storytelling skills, and gain confidence in expressing personal and fictional narratives. No prior experience required, just a willingness to experiment with language and form!

Instructor: Riley Campbell, (MA)

Delivery Style: Face to Face

Date: Tuesdays, Jan. 27 to March 17

Time: 6:30 to 8:30 pm

Register by: Tuesday, Jan. 20

Location: John Horgan Campus (Langford)

Duration: 8 sessions

Fee: \$228 plus \$11.40 GST

Code: ASWL166 2026S E01

NEW Learning About Indigenous Culture Through Literature

This course will focus on using Indigenous literature and its genres to engage in conversations about culture, language and history. While some of us might know the works of the late Richard Wagamese, we might not know about the work of earlier writers like Jane Willis or Howard Adams. This course offers a brief history of Indigenous publications and writers. Together, let's work to deepen our understanding of the diversity within Indigenous literatures.

Instructor: Carmen Rodriguez de France, (PhD)

Delivery Style: Face to Face

Date: Wednesdays, Jan. 28 to March 4

Time: 6 to 8 pm

Register by: Wednesday, Jan. 21

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASWL165 2026S C01

NEW Fiction from Truth

We've all heard the idiom "truth is stranger than fiction"—sometimes the best fiction is inspired by truth. In this interactive course, you'll learn how to use your life experiences as a powerful source of inspiration for your fiction. Through exercises, discussion and sharing, you will learn to draw from life to create complex characters, detailed settings, and tell compelling stories.

Instructor: Hana Mason, (MFA)

Delivery Style: Face to Face

Date: Thursdays, Jan. 29 to March 5

Time: 6 to 8 pm

Register by: Thursday, Jan. 22

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL163 2026S C01

Screenwriting

In this workshop, you will start writing your feature-length screenplay with guidance and support in a creative and immersive environment. You'll dive into the fundamental principles of storytelling, character development and script structures while getting your story on the page. Through group discussions and mentoring, you'll cultivate your voice as a writer while receiving feedback 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: Thursdays, Jan. 29 to March 19

Time: 6 to 8:30 pm

Register by: Thursday, Jan. 22

Duration: 8 sessions

Fee: \$265 plus \$13.25 GST

Code: ASWL090 2026S W01

Writing a Memoir - Step by Step

Grow as a writer by learning the process of crafting a successful memoir. The course contains eight lessons to prepare your mind, organize your thoughts and motivate you to write. Each week you will submit a piece of writing and learn to revise after receiving thoughtful feedback. The pieces will become portions of your memoir and

form the base and guide for you to continue. The timeline for the course is eight weeks, but you will work at your own pace and receive feedback shortly after each piece is submitted.

Instructor: Karen Barnstable, (MEd)

Delivery Style: Online Asynchronous

Date: Feb. 2 to March 29

Register by: Monday, Jan. 26

Fee: \$306 plus \$15.30 GST

Code: ASWL125 2026S D01

Self-Publishing Checklist

Learn to navigate the world of self-publishing. In this course, you'll explore how the publishing industry has changed, where the money goes, and how to organize and publish your book. You'll also learn who to collaborate with—such as editors, illustrators, and proofreaders—and why an online presence is essential. Course handouts will include budgeting and pricing, with information on how to market your book.

Instructor: Darcy Nybo

Delivery Style: Online Synchronous

Date: Tuesdays, Feb. 3 to 24

Time: 6:30 to 8:30 pm

Register by: Tuesday, Jan. 27

Duration: 4 sessions

Fee: \$132 plus \$6.60 GST

Code: ASWL119 2026S D01

NEW Through a Planetary Lens: Writing with Photographs

This course offers a toolkit for writers at any stage of their journey in creative nonfiction. You will explore the work of a wide range of writers who combine image and text to re-imagine a culture of place and a sense of belonging, while experimenting with writing exercises inspired by your own photographs.

Instructor: Alex Bertram, (PhD)

Delivery Style: Face to Face

Date: Thursdays, Feb. 5 to March 12

Time: 7 to 9 pm

Register by: Thursday, Jan. 29

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL161 2026S C01

Creating Illustrated Children's Books

This course will assist you in creating books for children aged one to eight. They can be fiction or non-fiction, read-aloud and/or early readers books. Students will learn about plot, content, heroes and villains, and themes that are age appropriate for their readers. Learn how to use words efficiently and how to create a flow and rhythm that is pleasing to both children and adults. There are in-class and take home assignments, as well as group discussions. Students will also learn about the publishing side of children's books and if/when to use an illustrator.

Instructor: Darcy Nybo

Delivery Style: Online Synchronous

Date: Thursdays, Feb. 12 to March 12

Time: 6:30 to 8:30 pm

Register by: Thursday, Feb. 5

Duration: 5 sessions

Fee: \$162 plus \$8.10 GST

Code: ASWL113 2026S D01

NEW Speculative Fiction

It is an exciting moment for speculative fiction—whether fantasy, climate fiction, science fiction, or horror—maybe because our moment is weird, and we need weird stories to make sense of it. This course will explore what's happening in current speculative fiction and help you work up your own ideas for short stories. We will talk about what speculative fiction does, and develop some strategies for capturing what's weird, scary, and wonderful in prose.

Instructor: Rebecca Campbell, (PhD)

Delivery Style: Face to Face

Date: Wednesdays, Feb. 18 to March 25

Time: 6:30 to 8:30 pm

Register by: Wednesday, Feb. 11

Location: John Horgan Campus
(Langford)

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL168 2026S E01

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 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: March 13 to 15

Time: Friday, March 13, 7 to 9 pm,
Saturday, March 14, 10 am to 4 pm and Sunday, March 15,
10 am to 4 pm

Register by: Friday, March 6

Duration: 3 sessions

Fee: \$210 plus \$10.50 GST

Code: ASWL139 2026S W01

Get Paid to Write What You Love

Whether it's a novel, a collection of stories, magazine articles or blogs, you want to get paid for your writing, right? In this interactive course, we'll cover the myths on writing for pay, recognizing your passion and knowledge for profit, and ways to promote yourself online. We'll learn how to create a portfolio and bio, how to negotiate price, and we'll work on your pitch and editing. The fourth session will be novel specific.

Instructor: Darcy Nybo

Delivery Style: Online Synchronous

Date: Tuesdays, April 7 to 28

Time: 6:30 to 8:30 pm

Register by: Tuesday, March 31

Duration: 4 sessions

Fee: \$132 plus \$6.60 GST

Code: ASWL120 2026K D01

Inspired Writing

Inspiration can be a challenge at any stage of the writing journey. This course takes novel approaches to crafting plots, creating characters, honing intrigue and mastering the nuts and bolts of the writing process. Whether you're starting out as a writer or preparing to send a new project out into the world, this fun, encouraging forum will help you get inspired.

Instructor: Andrew Parrott, (MA)

Delivery Style: Online Synchronous

Date: Wednesdays, April 8 to May 27

Time: 6 to 8 pm

Register by: Wednesday, April 1

Duration: 8 sessions

Fee: \$228 plus \$11.40 GST

Code: ASWL148 2026K D01

NEW Memoir: The Story You've Always Wanted to Tell

We've all got a story we want to pass along to family and friends one day, and this course will help you to get your story down on paper in an engaging way. We'll explore sample essays, prompts, and techniques for writing characters, dialogue, flashbacks, and place so that you have all the tools you need to craft your own powerful pieces of memoir.

Instructor: Jenna Butler, (PhD)

Delivery Style: Face to Face

Date: Wednesdays, April 8 to May 13

Time: 6 to 8 pm

Register by: Wednesday, April 1

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL156 2026K C01

Writing Stories in an Age of Unravelling

In the turmoil of today's world, how do we respond to what is happening? Where do we find meaning? This creative writing workshop is designed to generate life writing and fictional stories as a means of responding to our crisis-filled world. We'll use writing prompts and selected readings from published authors to activate the deep wells of story that live inside all of us. No previous writing experience necessary.

Instructor: Patricia Robertson

Delivery Style: Face to Face

Date: Wednesdays, April 8 to May 13

Time: 6:30 to 9 pm

Register by: Wednesday, April 1

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASWL151 2026K C01

Writing When We Can't Find the Words

In times of personal and collective upheaval, finding language for our experiences can feel impossible, yet necessary. This creative writing workshop offers a space to explore what longs to be written when old words—and old worlds—fail. Through meditation, timed prompts and supportive conversation, we'll tap into truth and imagination, and coax our words onto the page. In a safe container, we'll write our way through uncertainty, grief, wonder, resilience and renewal. Sharing work is possible and optional. No prior writing experience is needed—only a willingness to begin.

Instructor: Sandy Ibrahim

Delivery Style: Face to Face

Date: Wednesdays, April 8 to May 13

Time: 6 to 8 pm

Register by: Wednesday, April 1

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL155 2026K C01

Creative Nonfiction: Writing from Everyday Life

Creative nonfiction uses personal narrative to engage readers in real life stories. It seeks to reflect the rich and multilayered details of lived experience. There are five main types: memoir, biography, travel writing, reportage and personal essay. In this course, you will learn 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: Thursdays, April 9 to May 14

Time: 7 to 9 pm

Register by: Thursday, April 2

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL127 2026K C01

NEW Writing the Land: A Place-Based Poetry Workshop

Write deeply into relationship with the lands and waters you love in this place-based poetry workshop. Build a weekly contemplative poetry practice, develop skills in several different poetic forms, and connect in meaningful ways with the locations that matter most to you. This course welcomes both emerging and established writers.

Instructor: Jenna Butler, (PhD)

Delivery Style: Face to Face

Date: Thursdays, April 9 to May 14

Time: 6 to 8 pm

Register by: Thursday, April 2

Location: John Horgan Campus (Langford)

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL167 2026K E01

NEW The Continuing Art of Murder: Mystery Writing 201

Sometimes murder is only the beginning. You've mastered the basics of murder mysteries. You know your Holmes from Poirot, your Connelly from your French. You can identify a Nordic noir from across a foggy fjord. In this follow-up to *The Art of Murder*, we'll delve deeper into the world's most popular literary genre. We'll explore ideas of subversion, sophisticated plotting, advanced clue-management, and the appeal of psychological depth. Maybe we'll even figure out why every detective seems to like whiskey so much (but no promises).

Instructor: Neil Griffin, (MFA)

Delivery Style: Face to Face

Date: Mondays, April 13 to May 25

No class May 18

Time: 6 to 8 pm

Register by: Monday, April 6

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL162 2026K C01

T.S. Eliot's Four Quartets

Four Quartets has been called T.S. Eliot's spiritual autobiography. Drawing on personal and universal symbolism and addressing themes of time, reality, and the conditions of self-knowing, this series of four poems explores the deepest questions of human existence. Through reading, written reflection and group dialogue, this course is a deep dive into one of the most notable literary works of the 20th century.

Instructor: Jane Dawson, (PhD)

Delivery Style: Online Synchronous

Date: Thursdays, May 14 to June 18

Time: 4 to 6 pm

Register by: Thursday, May 7

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL146 2026K D01

FOR MORE INFORMATION:

Writing and Literature
250-721-8630
lacadmin@uvic.ca
continuingstudies.uvic.ca/writing

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:

- Theatre

FOR MORE INFORMATION:

Arts
continuingstudies.uvic.ca/arts



Leading change with perspective...

Business and Management

BUSINESS AND CAREER ESSENTIALS



Business Administration Essentials MC

This self-paced online course serves as a foundational introduction for learners with little or no business background. Learners will gain a comprehensive overview of fundamental concepts and functions, including understanding human behavior within organizations, establishing financial stability, and enhancing decision-making skills. The course is designed to be completed in five weeks, with a commitment of six to eight hours per week, and can be enrolled in during any term.

Instructor: TBD

Delivery Style: Online Self-paced
Date: Jan. 1 to Aug. 30
Register by: Wednesday, July 1
Fee: \$225
Code: BMBA099 2026S D01

Essential Soft Skills Training MC

Essential Soft Skills Training provides learners with foundational soft skills such as communication, creativity, productive conflict resolution, self-awareness, social intelligence, problem solving, critical thinking and team-building. 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: Joyce Yu, (MA, BA)

Delivery Style: Online Asynchronous
Date: Jan. 30 to March 13
Fee: \$425
Code: HPPD700 2026S D01

NEW Self-Awareness and Unconscious Bias in Dialogue

Uncomfortable conversations begin with internal awareness. This foundational workshop helps you explore emotional triggers, unconscious bias, conflict styles, and dialogue habits to better understand how discomfort arises and how to manage it with clarity and composure. Through guided reflection and interactive exercises, you will strengthen your ability to stay grounded and lead with confidence and communication skills in challenging moments.

Instructor: Rishi Sharma, (MA Leadership)

Delivery Style: Face to Face
Date: Wednesday, Feb. 4
Time: 2 to 5 pm
Location: John Horgan Campus (Langford)
Duration: 1 session
Fee: \$145 plus \$7.25 GST
Code: BMPD801 2026S W01

NEW Navigating the Conversation – Tools and Practice

This hands-on workshop provides practical frameworks for initiating and sustaining uncomfortable conversations. You will learn to balance empathy and accountability using structured approaches that promote psychological safety, inclusion, clarity and trust.

Instructor: Rishi Sharma, (MA Leadership)

Delivery Style: Face to Face

Date: Wednesday, Feb. 18

Time: 2 to 5 pm

Location: John Horgan Campus
(Langford)

Duration: 1 session

Fee: \$145 plus \$7.25 GST

Code: BMPD802 2026S W01

NEW Building Trust in Dialogue, Collaboration and Feedback Culture

Trust is built not in comfort, but in how we handle discomfort. This workshop helps you build skills and competencies in dialogue to transform difficult conversations into opportunities for connection, collaboration, and cultural growth.

Instructor: Rishi Sharma, (MA Leadership)

Delivery Style: Face to Face

Date: Wednesday, March 4

Time: 2 to 5 pm

Location: John Horgan Campus
(Langford)

Duration: 1 session

Fee: \$145 plus \$7.25 GST

Code: BMPD803 2026S W01

FOR MORE INFORMATION:

Business and Career Essentials

25-472-4747

bmt@uvic.ca

continuingstudies.uvic.ca/bus-essentials

LEADERSHIP AND MANAGEMENT



Leadership Skills Development

This intensive three-week course is designed to cultivate essential leadership skills for navigating the complexities of the modern workplace. Moving beyond traditional management concepts, it explores leadership practices grounded in human psychology, emotional intelligence, and an appreciation for diverse perspectives. You will learn to leverage individual strengths, foster inclusive team environments, and inspire high performance. Through engaging learning experiences—including theoretical exploration, practical application, and self-reflection—you will develop the skills and confidence to lead with authenticity, empathy and impact.

Textbook: None required. Your instructor will use Open Education Resources (OER) at no cost.

Instructor: Cheryl Fitzpatrick

Delivery Style: Face to Face

Date: Feb. 18 to March 7

Time: Wednesday and Thursday, 6 to 9 pm; Saturdays, 9 am to 5 pm

Register by: Monday, Feb. 2

Location: John Horgan Campus
(Langford)

Duration: 9 sessions

Fee: \$605

Code: BMBA480 2026S C11

Organizational Behaviour

This is an intensive five-day course that explores how individuals and groups interact to drive success. This dynamic course dives into the psychology behind workplace behaviour, revealing how effective organizational behaviour

fuels collaboration, innovation and performance. You'll gain a strong theoretical foundation and apply it to real-world scenarios—learning to decode organizational dynamics, enhance team effectiveness, and lead with insight. Discover how understanding human behaviour transforms companies and empowers you to thrive in today's complex, people-driven workplace.

Textbook: *Organizational Behaviour: Concepts, Controversies and Applications*, 9th Cdn Ed. (Pearson publishing)

Instructor: Cheryl Fitzpatrick

Delivery Style: Face to Face

Date: April 20 to 24

Time: 9 am to 5:30 pm daily

Register by: Monday, April 13

Location: John Horgan Campus
(Langford)

Duration: 5 sessions

Fee: \$605

Code: BMBA130 2026K C01

Strategic Leadership

The objective of this course is to create an awareness of what constitutes the process of leadership, and the skills needed to effectively lead in a complex and constantly changing environment. This course is competency based, and emphasizes five essential elements: taking charge, strategic visioning, communications, teamwork and integrity.

Textbook: None required. Your instructor will use Open Education Resources (OER) at no cost.

Instructor: Cheryl Fitzpatrick

Delivery Style: Face to Face

Date: May 27 to June 13

Time: Wednesday and Thursday, 6 to 9 pm; Saturdays, 9 am to 5 pm

Register by: Monday, May 18

Location: John Horgan Campus
(Langford)

Duration: 9 sessions

Fee: \$605

Code: BMBA410 2026K C01

FOR MORE INFORMATION:

Leadership and Management

250-721-8944

bmt@uvic.ca

continuingstudies.uvic.ca/leadership

MARKETING



Marketing

Marketing has two essential functions: to identify and to satisfy a buyer's needs. In this introduction to marketing management, you will examine the concepts and techniques used by business to perform these functions. Topics include: target market definition; buyer behaviour; demand forecasting; product, pricing, communications, and distribution strategies; marketing research; and market planning and organization.

Textbook: None required. Your instructor will use Open Education Resources (OER) at no cost.

Instructor: Marco Qaqish

Delivery Style: Face to Face

Date: Saturdays, Jan. 17 to April 11

Time: 9 am to noon

Register by: Monday, Jan. 5

Location: John Horgan Campus (Langford)

Duration: 13 sessions

Fee: \$605

Code: BMBA240 2026S C11

FOR MORE INFORMATION:

Marketing
250-721-8944
bmt@uvic.ca
continuingstudies.uvic.ca/marketing

ADDITIONAL TOPICS

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

- **Accounting and Finance**
- **Entrepreneurship and Business Development**
- **Human Resources**
- **Public Policy and Administration**

FOR MORE INFORMATION:

Business and Management
continuingstudies.uvic.ca/business

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 learning and any type of online delivery style.

CONTINUING STUDIES@UVIC

PUBLIC RELATIONS



Build a diverse and rewarding career in public relations with our professional programs.

► **PUBLIC RELATIONS**
DIPLOMA

► **CRISIS COMMUNICATION FOR PUBLIC RELATIONS PROFESSIONALS**
MICRO-CERTIFICATE

► **SKILL BUILDING FOR PUBLIC RELATIONS**
MICRO-CERTIFICATE

► **STRATEGIC PUBLIC RELATIONS LEADERSHIP**
MICRO-CERTIFICATE

250-721-6129 | prprogram@uvic.ca
continuingstudies.uvic.ca/PR



University
of Victoria

Engaging audiences through perspective...

Communication and Public Relations

PUBLIC RELATIONS



Crisis Communication for Public Relations Professionals

Designed for communicators seeking to enhance their skills and expertise, you will develop, implement and assess robust crisis communication plans. Explore crisis communication theories and real-world case studies to navigate the complexities of crisis preparation, craft narratives for tumultuous times, ready spokespersons, effectively engage with media and social platforms, and maneuver through the post-crisis landscapes.

Instructor: Julie Gathercole, (MBA, BPR)

Delivery Style: Online Asynchronous

Date: Feb. 23 to May 15

Register by: Thursday, Feb. 26
Fee: \$900
Code: HPPR480 2026S D01

Skill Building for Public Relations

For new practitioners who want to boost their confidence, credibility and skills in the field of public relations, you will explore the fundamentals such as writing, social media, communications planning, media relations, leadership and more, through hands-on activities, practical tools and templates, and real-world examples. Upon completion, you will possess job-ready skills and a deeper understanding of their career path within the public relations profession.

Textbook: *The Canadian Press Stylebook: A Guide for Writers and Editors* (19th ed. or newer) - an optional resource

Instructor: Hillary Maceachern, (MPR, BPR)

Delivery Style: Online Asynchronous

Date: March 9 to May 29

Register by: Thursday, March 12

Fee: \$900

Code: HPPR400 2026S D01

FOR MORE INFORMATION:

Public Relations
250-721-6129
prprogram@uvic.ca
continuingstudies.uvic.ca/public-relations

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**

FOR MORE INFORMATION:

Communication and Public Relations
continuingstudies.uvic.ca/comm-pr



Turning data into perspective...

Data, Computing and Technology

COMPUTING AND INFORMATION SYSTEMS



Applied AI

Imagine powering up your productivity engine with rocket fuel. Add in artificial intelligence (AI), and your administrative workflows become swifter than ever. Many organizations are already benefiting from AI—and yours can too. From generative prompts to streamlining processes, this micro-certificate enhances your AI skills so you can adapt to different situations in today's workplaces. With practical training, you'll build confidence and proficiency in commonly used AI technology, preparing you for tomorrow's challenges.

Instructor: Melina Luxrue

Delivery Style: Online Asynchronous

Date: March 2 to April 12

Register by: Monday, Feb. 23

Fee: \$725

Code: AAA01 2026S D11

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 Luxrue

Delivery Style: Online Asynchronous

Date: Jan. 12 to April 12

Register by: Monday, Jan. 5

Fee: \$695

Code: TECH100 2026S D01

Instructor: Melina Luxrue

Delivery Style: Face to Face

Date: Thursdays, Jan. 15 to April 9

Time: 1 to 4 pm

Register by: Thursday, Jan. 8

Duration: 13 sessions

Fee: \$695

Code: TECH100 2026S C01

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)

Delivery Style: Online Asynchronous

Date: Jan. 12 to April 12

Register by: Monday, Jan. 5

Fee: \$695

Code: TECH110 2026S D01

Instructor: Amber McMillan

Delivery Style: Face to Face

Date: Wednesdays, Jan. 14 to April 8

Time: 6 to 9 pm

Register by: Wednesday, Jan. 7

Duration: 13 sessions

Fee: \$695

Code: TECH110 2026S C01

Digital Communication

In a world where we increasingly live and work online, managing our personal and professional digital communication and understanding the technology behind tools such as Zoom, Skype, Slack, Trello, Teams or Messenger has become imperative. This course will provide you with the skills, tools and plans you need to confidently navigate the digital world. Learn how to effectively use and compare video conferencing tools, mobile chat platforms, social media and more.

Instructor: Liz Pittman

Delivery Style: Face to Face

Date: Tuesdays, Jan. 13 to March 31

Time: 1 to 4 pm

Register by: Tuesday, Jan. 6

Fee: \$695

Code: TECH120 2026S C01

Instructor: Naji Yazdi, (DBA, MA, MBA, PIDP)

Delivery Style: Face to Face

Date: Thursdays, Jan. 15 to April 2

Time: 6 to 9 pm

Register by: Thursday, Jan. 8

Location: John Horgan Campus
(Langford)

Fee: \$695

Code: TECH120 2026S C11

FOR MORE INFORMATION:

Computing and Information Systems

250-721-8481

bstassist@uvic.ca

continuingstudies.uvic.ca/computing

DATA ANALYTICS



Business Intelligence and Data Analytics Fundamentals

This course explores foundational frameworks to understand, use and evaluate a variety of techniques and skills in analyzing data sets and making appropriate interpretations of the data.

Instructor: Olga Gould, (MSc)

Delivery Style: Online Synchronous

Date: Saturdays and Sundays, Jan. 10 to Feb. 15

Time: 9 am to noon

Register by: Saturday, Jan. 3

Duration: 12 sessions

Fee: \$725

Code: DAMS301 2026S D01

Instructor: Olga Gould, (MSc)

Delivery Style: Face to Face

Date: Wednesdays, Jan. 14 to April 1

Time: 6 to 9 pm

Register by: Wednesday, Jan. 7

Location: John Horgan Campus
(Langford)

Duration: 12 sessions

Fee: \$725

Code: DAMS301 2026S C11

Instructor: Olga Gould, (MSc)

Delivery Style: Face to Face

Date: Wednesdays, Jan. 14 to April 1

Time: 1 to 4 pm

Register by: Wednesday, Jan. 7

Duration: 12 sessions

Fee: \$725

Code: DAMS301 2026S C21

Instructor: Ron McMillan

Delivery Style: Face to Face

Date: Thursdays, Jan. 15 to April 2

Time: 9 am to noon

Register by: Thursday, Jan. 8

Duration: 12 sessions

Fee: \$725

Code: DAMS301 2026S C01

Data Ethics and Security

Explores the ethical and security considerations in data management, with a special emphasis on Indigenous Data Sovereignty. Students will learn about the principles of data ethics, privacy, and security, and how these apply to the collection, storage, and use of data. The course will delve into the unique challenges and opportunities related to Indigenous data, including the importance of respecting Indigenous knowledge systems, cultural values, and governance structures. Through case studies and practical exercises, students will gain a deep understanding of how to ethically manage data in a way that supports the rights and interests of Indigenous communities.

Instructor: Melina Luxrue

Delivery Style: Online Asynchronous

Date: Jan. 12 to April 12

Register by: Monday, Jan. 5

Duration: 13 sessions

Fee: \$725

Code: DAMS303 2026S D01

Instructor: Melina Luxrue

Delivery Style: Face to Face

Date: Tuesdays, Jan. 13 to April 7

Time: 6 to 9 pm

Register by: Tuesday, Jan. 6

Location: John Horgan Campus
(Langford)

Duration: 13 sessions

Fee: \$725

Code: DAMS303 2026S C11

Introduction to Data Storytelling, Visualization and Reporting

Learn how to effectively communicate data results, evaluate strengths and weaknesses of various data communication and visualization techniques, explore the fundamentals of various tools for creating interactive and static visualizations, and gain hands-on experience in reporting insights through both written and visual formats. You will learn how to transform data into compelling narratives using visual tools and effective communication strategies.

Instructor: Richard Rush, (DBA, MBA, BEd, Dip NM)

Delivery Style: Face to Face

Date: Mondays, Jan. 12 to March 30
No class Feb. 16

Time: 1 to 4 pm

Register by: Monday, Jan. 5

Duration: 12 sessions

Fee: \$725

Code: DAMS304 2026S C01

Instructor: Richard Rush, (DBA, MBA, BEd, Dip NM)

Delivery Style: Face to Face

Date: Wednesdays, Jan. 14 to April 1

Time: 6 to 9 pm

Register by: Monday, Jan. 5

Duration: 12 sessions

Fee: \$725

Code: DAMS304 2026S C11

Data Analytics Coding Fundamentals

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

Instructor: Ron McMillan

Delivery Style: Face to Face

Date: Thursdays, Jan. 15 to April 2

Time: 1 to 4 pm

Register by: Thursday, Jan. 8

Duration: 12 sessions
Fee: \$725
Code: DAMS302 2026S C01

Instructor: Afshin Amiraslany

Delivery Style: Online Synchronous

Date: Saturdays and Sundays, Feb. 21 to March 29

Time: 9 am to noon

Register by: Saturday, Feb. 14

Duration: 12 sessions

Fee: \$725

Code: DAMS302 2026S D01

NEW Agile Project Management

This course equips you with the skills to lead and thrive in organizations embracing Agile methodologies. You will learn about the history and principles of Agile, explore the mechanics of teams and frameworks, and provide hands-on experience with popular tools. The course uses simulations, group projects, and exercises, with a focus on creating a "sprint-ready" environment. Key themes covered include Agile frameworks like Scrum and Kanban, user stories, sprint cycles, user feedback, and the scaling of Agile practices within organizations. The goal is to help you integrate Agile methodologies into your work and contribute to the success of teams and organizations.

Instructor: Bryan Mavrow

Delivery Style: Online Synchronous

Date: Mondays and Wednesdays, Feb. 16 to March 25

Time: 6 to 9 pm

Register by: Monday, Feb. 9

Duration: 12 sessions

Fee: \$695

Code: APM01 2026S D01

FOR MORE INFORMATION:

Data Analytics
250-721-8481
bstassist@uvic.ca
continuingstudies.uvic.ca/data

CONTINUING STUDIES @UVIC



Urban and Regional Planning Professional Development

A series of workshops and lectures designed for professional planners and others whose work and interests intersect with the planning field.

Spring 2026 Workshops:

- Community Planning in Local Government
- Using Visual Tools in Engagement for Community Planning
- Planners as Consultants: The Business Side of Planning

See page 35 of this calendar for current workshop details

continuingstudies.uvic.ca/planning



University
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PLAYING FOR THE PLANET:

TACKLE CLIMATE CHANGE TOGETHER

with Marty Donatelli

By Portia Yip, Marketing Services

Climate change isn't always easy to talk about. For many, it can stir up emotions, spark anxiety, or lead to avoiding conversations altogether. Those who want to get involved may not know where to start, or what actions to take that will be most effective. One approach? Turning climate change into a game.

This is what Marty Donatelli did while taking the Introduction to the Human Dimensions of Climate Change course through Continuing Studies at UVic. "I think many people hear too much about the climate crisis and its consequences, and not enough about the effective, positive actions that people can take," he shares.

In the course, learners are tasked with creating a project that applies what they learned to the real world. For Marty, the course was a positive experience. He enjoyed the course content, engaging in the readings, and weekly interactions with peers. But the icing on the cake was the final project. "I was really excited that I was able to take an interest of mine—game playing—and find a way to apply it to this course," he describes.

Drawing on his background in teaching positive psychology at Camosun College—and his belief that people learn best when they are in a positive mindset—Marty decided to design a card game for high school students.

"When people are having fun, they're more open-minded, and the best way to have more fun is through play and being with other people," says Marty. "So, that's where the idea of a card game came from."

The game, Global Winning, encourages students to work together to fight climate change. Players collect and trade solution

and resource cards, then use them to implement climate solutions. Each time a solution is played, the game's "global temperature" goes down. If players can keep the temperature below 1.5°C by the end of the game, everyone wins.

"When people are having fun, they're more open-minded, and the best way to have more fun is through play and being with other people"

Marty's creative project resonated with course instructor, Dr. Kara Shaw. After the course ended, Kara received funding to support student projects that could benefit the community. She immediately thought of Global Winning. Together, the two started refining the game and now have a prototype that's ready for play-testing.

Marty hopes the game will help students not only understand climate solutions but also feel less anxious about the future. "I chose high school students because they're going to be our future leaders and decision-makers.

They're also the generation most affected by climate change," he explains. "There's a lot of climate anxiety among young people today, and I wanted to show them that effective actions can be taken."

But the game is more than just educational, it's about connection. Global Winning is designed to be cooperative, requiring students to work together face-to-face.

"If we're going to address the climate crisis, people need to come together and collaborate," says Marty. "By making the game cooperative, we're mimicking what's necessary in real life and how solutions happen when we work together."

With printing and distribution supported by the funding, the project is moving closer to classrooms. As early as this fall, high school students may be gathering around tables, playing Global Winning, and discovering that climate action can be both empowering and fun when approached together.

For anyone else interested in trying out the game, Marty says he is open to the idea of loaning out a copy. "While it's currently targeted at high school students, hopefully, everyone will have a chance to play this game in the future."

— CS —





Fostering wellness through perspective...

Health, Wellness and Safety

COMMUNITY HEALTH AND WELLNESS



NEW Neurodiversity and Everyday Relationships

Explore how neurodivergent brains experience and navigate the world, and learn how this understanding can enhance your relationships. This course combines current research in neuroscience and social science with practical strategies to improve communication, empathy, and connection in families, friendships, and communities.

Through reflective exercises and discussion, you will take away key concepts of neuro-affirming practice and how to apply them to everyday life.

Instructor: Alisha Stubbs, (MA)

Delivery Style: Online Synchronous

Date: Thursdays, Jan. 15 to 29

Time: 4 to 6 pm

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: HPHE515 2026S D01

NEW Healthy Aging, One Plate at a Time

Feeling overwhelmed by the endless literature on healthy aging and well-being? Let's deconstruct the many factors that impact how we age and discuss strategies and mechanisms that influence the process. Dr. Mallidou will bring her research and personal experience with the Mediterranean diet and the vegan diet to delve into the nutrients that matter most in the aging process, including those that provide support to the immune system to prevent common issues. Furthermore, she will wrap up the course by sharing healthy and delicious recipes based on a vegan diet.

Instructor: Anastasia Mallidou, (PhD)

Delivery Style: Online Synchronous

Date: Tuesday, Jan. 27

Time: 2 to 5 pm

Duration: 1 session

Fee: \$46 plus \$2.30 GST

Code: HPHE518 2026S D01

Eating to Live Vibrantly: The Science of Longevity

Longevity nutrition is an exciting branch of nutritional science and is getting a lot of attention, such as the regions known as blue zones and Dr. Valter Longo's book *The Longevity Diet*. However, longevity nutrition isn't without controversy. In this session, we will move past the hype to review what the scientific research supports are for eating to extend vitality. You will learn how to translate these findings into practical nutrition strategies that fit into your life.

Instructor: Kristen Yarker, (MSC, RD)

Delivery Style: Face to Face

Date: Wednesday, Jan. 28

Time: 6 to 8 pm

Location: John Horgan Campus (Langford)

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: HPHE344 2026S E01

NEW Reimagining Retirement

Retirement is not an ending, it's a beginning. In this course, we'll challenge outdated stereotypes of aging and explore what it means to live with purpose, vitality and joy in this next chapter. Through guided discussions, reflective writing, and insights from top healthy aging authors, you'll uncover what truly matters to you now. What do you value? What are you ready to release? What unique talents and gifts do you wish to share with the world? Together, we'll begin designing a life grounded in intention, meaning, and growth; one that reflects who you are today and who you're still becoming.

Instructor: Cindy Bachop

Delivery Style: Face to Face

Date: Tuesdays, Feb. 12 to 24

Time: 2 to 4 pm

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: HPHE513 2026S C01

NEW Enhancing Joy and Positivity Throughout the Lifespan

In this course, you will develop a deep and practical understanding of joy; discover your own version of joy; learn the benefits of joy and positivity; explore many activities and practices from which you can select to promote joy in your own lives; and generate a plan for ongoing development in being joyful.

Instructor: Billy Strean, (PhD)

Delivery Style: Face to Face

Date: Fridays, Feb. 13 to 27

Time: 1 to 3 pm

Location: John Horgan Campus (Langford)

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: HPHE521 2026S E01

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.

Please note that the class will be recorded, and the recording will be available to registrants for 30 days after the class.

Instructor: Jamie Knight, (PhD)

Delivery Style: Online Synchronous

Date: Thursday, Feb. 19

Time: 6 to 8 pm

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: HPHE337 2026S D01

NEW Seasonal Recalibration for Spring

While the calendar year begins in January, the natural world doesn't start to stir until early spring. This reflective workshop invites you to reconnect with the rhythms of nature and your own inner wisdom. Through indoor group discussions and guided journaling, as well as gentle outdoor explorations in the beautiful setting of Finnerty Gardens, you'll honour the gifts of winter, explore what's ready to awaken, and clarify your desires for the season ahead. Leave with renewed clarity, intention, and simple practices to support growth and balance as we step into the season of light.

Instructor: Cindy Bachop

Delivery Style: Face to Face

Date: Wednesdays, March 18 to April 1

Time: 2 to 4 pm

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: HPHE512 2026S C01

NEW Living Well with AgeTech: Simple Tools for Everyday Life

Age well at home with evidence-informed digital technology. This course offers a practical overview of smart home tools, wearables, telehealth and safety devices that support independence, dignity and connection. You will see demonstrations, compare affordable options, and receive checklists and resource guides. We will also address privacy, consent and data sharing, and provide strategies for communicating effectively with clinicians and care teams. Designed for older adults, family members, and caregivers—no prior technical experience is required. Leave with a personalized action plan and the confidence to evaluate, adopt, and use AgeTech solutions that improve everyday life and community well-being.

Instructor: Don Juzwishin, (PhD)

Delivery Style: Online Hybrid

Date: Thursdays, March 19 to April 2

Time: 2 to 4 pm

Duration: 2 sessions

Fee: \$60 plus \$3 GST

Code: HPHE516 2026S C01 & D01

NEW Financial Foundations: Beginner's Guide to Personal Finance

This workshop is a friendly, practical introduction to personal finance. You will learn key financial terms and tools, how to set realistic financial goals, the essentials of budgeting, and the basics of credit, debt, saving, and investing. Through discussion and examples, you will gain confidence and understanding, leaving with a solid foundation to start applying these concepts to your own financial situations. It's perfect for beginners or anyone looking to strengthen their financial knowledge in a supportive, judgement-free environment.

Instructor: Stephanie Kast

Delivery Style: Face to Face

Date: Mondays, March 23 to 30

Time: 6 to 8 pm

Duration: 2 sessions

Fee: \$60 plus \$3 GST

Code: HPHE519 2026S C01

NEW Food for Thought: Nutrition for Your Brain, Mood and Memory

Discover how nutrition influences mental well-being, focus, and long-term brain health. Registered dietitian Kristen Yarker explores the latest research on the connection between food, cognition, and mood. Learn how to support memory, reduce the risk of dementia, and improve mental clarity through balanced, sustainable eating habits. Ideal for adults interested in health, wellness, and lifelong learning, this seminar blends evidence-based insights with real-world application to help you feel and think your best—for today and years to come.

Instructor: Kristen Yarker, (MSc, RD)

Delivery Style: Face to Face

Date: Monday, March 9
Time: 2 to 4 pm
Duration: 1 session
Fee: \$34 plus \$1.70 GST
Code: HPHE522 2026S C01

Psychedelics, Science and Society

This course will provide a brief historical review of psychedelics, with a focus on traditional Indigenous uses and Western research over the past 150 years. You will explore the biological and psychological impacts of various psychedelic substances and review the most recent science exploring the potential personal and public health benefits and harms of psychedelics. Course material will include academic articles, podcasts and videos exploring the intersection of psychedelic substances, science and society.

Instructor: Philippe Lucas, (PhD)

Delivery Style: Online Hybrid

Date: Tuesdays, April 7 to 21
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: HPHE354 2026K C01 & D01

NEW Connecting with Nature to Find Inner Wisdom

Nature offers more than beauty, it nurtures clarity, calmness and connection. In this workshop series we'll use mindfulness, guided journaling, and group reflection to deepen our relationship with the natural world and

uncover the inner wisdom it can awaken in us. By engaging our senses and exploring nature's metaphors, we'll gain insight into our own lives. This is a chance to unplug, move at a slower pace, and reconnect with yourself, others, and the world around you. Come with curiosity and leave with a renewed sense of presence, perspective and inner guidance.

Instructor: Cindy Bachop

Delivery Style: Face to Face

Date: Thursdays, April 9 to 23
Time: 2 to 4 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: HPHE514 2026K C01

NEW Scent and Memory: Crafting a Memoir Through Smell

Unlock the emotional power of your sense of smell—to awaken memory, nourish creativity, and connect across generations—through a guided and sensory-rich process of recalling and preserving moments in time. Learn how smell shapes emotion, memory, and brain health, while engaging in hands-on scent mapping, group storytelling, and guided journaling. Craft your own "scent memoir"—a keepsake that captures memories and meaningful scents to preserve for yourself or to share with loved ones. Whether you're a writer, caregiver, or simply curious, this course invites you to pause, sniff, and reconnect with the moments that made you who you are.

Instructor: Jamie Knight, (PhD)

Delivery Style: Face to Face

Date: Thursdays, April 9 to 16
Time: 6 to 8 pm
Duration: 2 sessions
Fee: \$90 plus \$3 GST
Code: HPHE520 2026K C01

NEW Movement Solutions for Chronic Pain

Chronic pain can make moving feel like walking down stairs in scuba gear—but it doesn't have to stay that way! This course helps you get moving again in ways that feel doable, meaningful, and maybe even fun. You'll learn how to begin, build up at your own pace, and bring movement back into your life. Together, we'll focus on what matters most to you—so you can move with

confidence, enjoy your days more, and rediscover what your body can do.

Instructor: Richard McIlmoyle, (DC)

Delivery Style: Face to Face

Date: Wednesday, April 29
Time: 5:30 to 8:30 pm
Duration: 1 session
Fee: \$46 plus \$2.30 GST
Code: HPHE523 2026K C01

FOR MORE INFORMATION:

Community Health and Wellness
250-721-8305
comadmin@uvic.ca
continuingstudies.uvic.ca/health-wellness

HEALTH, SAFETY AND EMERGENCY MANAGEMENT



Crisis Communication

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

Instructor: Julie Gathercole, (MBA, BPR)

Delivery Style: Online Asynchronous

Date: Feb. 2 to April 24
Fee: \$725
Code: HPPD602 2026S D01

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: Loida Sinclair, (ABCP)

Delivery Style: Online Asynchronous

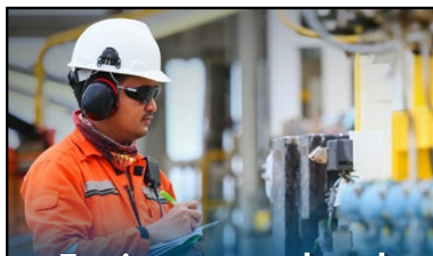
Date: Feb. 2 to April 24

Fee: \$725

Code: HPPD600 2026S D01

FOR MORE INFORMATION:

Health, Safety and Emergency Management
250-721-8558
hsadmin@uvic.ca
continuingstudies.uvic.ca/health-safety



Environmental and Occupational Health

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PROGRAM AT A GLANCE

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

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continuingstudies.uvic.ca/EOH

PROFESSIONAL DEVELOPMENT FOR HEALTH PRACTITIONERS



healthcare assistants, physiotherapists, caregivers and others who care for those managing continence issues. Participants who complete the program will learn to define and recognize the types of incontinence, explore treatment options, understand the underlying medical issues involved, and provide patients with education and resources.

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

Delivery Style: Online Asynchronous

Date: Jan. 26 to April 17

Fee: \$495

Code: HPPD350 2026S 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: Philip Groff, (PhD)

Delivery Style: Online Asynchronous

Date: Jan. 23 to Feb. 27

Fee: \$350

Code: HPCF215 2026S D01

Instructor: Philip Groff, (PhD)

Delivery Style: Online Asynchronous

Date: May 1 to June 5

Fee: \$350

Code: HPCF215 2026K D01

Continence Care Skills

This online micro-certificate is 12 weeks long and addresses the importance of pelvic floor health, nutrition and diet, as well as lifestyle management. The program is intended for professionals such as registered nurses,

Introduction to Health Impact Assessment

This course is designed to equip multi-disciplinary professionals with the critical skills to assess and enhance the health outcomes of policies, projects and programs. The course will cover the basic principles and procedures of HIA, according to international standards, and the development of effective mitigation measures, ensuring HIAs deliver meaningful health benefits.

Instructors: Laura Jokinen, (PhD), Gene Peralta, (PhD), Janis Shandro, (PhD), Mirko Winkler, (PhD)

Delivery Style: Online Asynchronous

Date: Jan. 26 to April 17

Fee: \$800

Code: HPPD800 2026S D01

Palliative Care Pharmacy

For community and hospital pharmacists, you will learn 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: Jan. 30 to March 13

Fee: \$525

Code: HPPD400 2026S D01

Wound Management for Health Professionals Level I

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

Textbook: *Acute and Chronic Wounds* (6th ed.), by Ruth Bryant and Denise Nix

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

Delivery Style: Online Asynchronous

Date: Jan. 30 to March 13

Fee: \$595

Code: HPPD257 2026S D01

Instructor: Jenny Lindsay, (BSN, WOCN, IIWCC(C), MCISC)

Delivery Style: Online Asynchronous

Date: Feb. 27 to April 10

Fee: \$595

Code: HPPD257 2026S D11

Instructor: Jenny Lindsay, (BSN, WOCN, IIWCC(C), MCISC)

Delivery Style: Online Asynchronous

Date: May 1 to June 12

Fee: \$595

Code: HPPD257 2026K D01

Wound Management for Health Professionals Level II

Develop your critical thinking skills for advanced wound management and professional skills for evidence-based practice. In this course, 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: Feb. 6 to April 3

Time: Mandatory workshop:
Saturday, April 11

Fee: \$695

Code: HPPD258 2026S D01

Wound Care for Clients Experiencing Inequities

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

Instructors: Misty Stephens, (BSN, RN, WOCC(C), MCISC), Kate Leahy, (BSN)

Delivery Style: Online Hybrid

Date: Feb. 20 to March 13

Time: 3-hour workshop: Saturday,
March 14

Fee: \$350

Code: HPPD300 2026S D01

Instructors: Kate Leahy, (BSN), Misty Stephens, (BSN, RN, WOCC(C), MCISC)

Delivery Style: Online Hybrid

Date: May 8 to 29

Time: 3-hour workshop: Saturday,
May 30

Fee: \$350

Code: HPPD300 2026K D01

Strategies and Actions for Independent Living (SAIL)

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

Instructor: Bobbi Symes, (MA)

Delivery Style: Online Asynchronous

Date: Feb. 27 to March 20

Fee: \$250

Code: HPCF200 2026S D01

High-Risk Foot, Level I

Expand your skills in assessing and managing clients with high-risk conditions of the foot and lower limb. Topics include: pathophysiology, clinical presentations, assessment skills, wound and disease management, and client and family education. Designed for foot care nurses, community nurses, RNs and LPNs in other areas of practice, community paramedics, physiotherapists, occupational therapists, and others who care for clients with high-risk foot conditions. Learn through discussion, presentations, videos, readings and case studies.

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

Delivery Style: Online Synchronous

Date: Saturday, May 23

Time: 2 to 5 pm

Duration: 1 session

Fee: \$250 plus \$12.50 GST

Code: HPPD285 2026K D01

FOR MORE INFORMATION:

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



Embracing diverse perspectives...

Humanities, Social Sciences and Law

EQUITY, DIVERSITY AND INCLUSION



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: Jan. 12 to April 6

Fee: \$605

Code: ISP101 2026S D01

Time: 4 to 6:50 pm

Fee: \$605

Code: ISP110 2026S C01

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: Jan. 12 to April 6

Fee: \$605

Code: ISP110 2026S 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: Jan. 12 to April 6

Fee: \$605

Code: ISP102 2026S D01

FOR MORE INFORMATION:

Equity, Diversity and Inclusion
250-721-8457

cmpasst@uvic.ca

continuingstudies.uvic.ca/equity

Instructor: Zahura Ahmed

Delivery Style: Face to Face

Date: Tuesdays, Jan. 13 to April 7

HISTORY, POLITICAL SCIENCE AND CONTEMPORARY ISSUES



Issues and Ideas in Canadian Environmentalism

What are the connections between the physical environment of this land and our sense of Canadian identity? How has Canada's environment been interpreted, protected, despoiled and worshipped? We will explore differences between European and non-Western approaches to the environment. You will examine how our environment has influenced Canada's position in the global environmental movement. We will also look at environmental activism, sustainability and environmental justice from a Canadian perspective. This course can be taken on its own or as part of a diploma in Canadian Studies.

Textbook: *The Golden Spruce: A True Story of Myth, Madness and Greed* by John Vaillant.

Instructor: Norm Fennema, (PhD)

Delivery Style: Online Asynchronous

Date: Jan. 5 to April 2

Fee: \$641.47

Code: CS201 2026S D01

Responsibilities to Coastal Indigenous Peoples and Lands

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. Registrants 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.

Instructor: Tracy Underwood, (MA)

Delivery Style: Face to Face

Date: Tuesdays, Jan. 6 to March 31
No class Feb. 17

Time: 5:30 to 8:30 pm

Duration: 12 sessions

Fee: \$641.47

Code: IS100 2026S C01

Consumed: The Hidden Forces Shaping Your Food Choices

In a world where every food choice is influenced by a maze of marketing tactics, media trends and strategic supermarket design, this course unpacks the hidden forces shaping your everyday decisions. We'll explore how advertisements, influencers and product placement subtly guide what ends up in your shopping cart. You'll dive into the power dynamics between consumers and food producers. Designed for curious minds, this course offers an eye-opening look at the food system. No homework, no required readings—just thought-provoking discussions and fresh perspectives on the power of the plate.

Instructor: Ali Kenefick, (PhD)

Delivery Style: Online Synchronous

Date: Tuesdays, Jan. 13 to 27

Time: 6 to 8 pm

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: ASH1837 2026S D01

NEW What We Choose to Remember: A Look into Dark Tourism

Why are we drawn to places marked by tragedy? From German concentration camps to American plantations, and residential schools to heritage houses, this course will explore what we mean by "dark tourism" and examine the stories that public history sites choose to tell. Discover what makes sites of public history powerful, how they shape our collective memory, and how they reflect our societal values. We'll unpack how and why history is preserved and what that says about us.

Instructor: Alyssa Talley, (MA)

Delivery Style: Face to Face

Date: Tuesdays, Jan. 13 to 27

Time: 6 to 8 pm

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: ASH1872 2026S C01

NEW Ice-free Northwest Passage and Canada's Arctic Sovereignty

The Canadian Coast Guard has recorded an increase in the number of ships moving through the Northwest Passage—now more navigable due to climate change. An ice-free Northwest Passage would unlock the north's resource potential. Other Arctic nations, such as the United States, argue that the Northwest Passage is an international strait. Is Canada able to enforce its sovereignty?

Instructor: Cara Camcastle, (PhD)

Delivery Style: Face to Face

Date: Wednesdays, Jan. 21 to 28

Time: 2 to 4 pm

Duration: 2 sessions

Fee: \$60 plus \$3 GST

Code: ASH1868 2026S C01

Victoria in the 1960s

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

Instructor: John Adams

Delivery Style: Online Synchronous

Date: Wednesday, Jan. 21

Time: 1 to 3 pm

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: ASH1812 2026S D01

NEW Latin America Through Film: Mexico, Guatemala and Cuba

Learn about Latin American culture, society, history and politics through the analysis of films made since the year 2000. Each session will include an introductory lecture, a screening, and a discussion. We will explore the works of some key filmmakers such as Alfonso Cuarón, Guillermo del Toro, Alejandro González Iñárritu, Tomás Gutiérrez Alea, Jayro Bustamante, and Rodrigo and Sebastián Barriuso. Some reference to Spanish culture and directors like Pedro Almodóvar and Icíar Bollain will also be included.

Instructor: Chrissie Forster, (MA)

Delivery Style: Face to Face

Date: Thursdays, Jan. 22 to Feb. 5

Time: 3 to 6 pm

Duration: 3 sessions

Fee: \$120 plus \$6 GST

Code: ASHI881 2026S C01

NEW Cathars, Castles and Carignan: Exploring Historic Southern France

Explore the history and culture of Languedoc, Bordeaux, and Provence from ancient times to today. Visit Phoenician trading posts, Roman amphitheatres, Templar fortresses, soaring cathedrals, monasteries, and Cathar castles. Discover pirate hideouts, witness the French Revolution, and admire the bravery of the French Resistance—all while enjoying the food, wine, art and architecture that define the region. This course spans six eras: pre-Roman, Roman, medieval, Renaissance, Enlightenment, and the 20th century.

Instructor: Justine Semmens, (PhD)

Delivery Style: Face to Face

Date: Mondays, Feb. 2 to March 2
No class Feb.16

Time: 2 to 4 pm

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: ASHI876 2026S C01

NEW The Art of Reading

In a world of endless information at our fingertips, why should one pick up a novel, an essay, a great work of literature or philosophy, or a poem? Explore the classical and foundational pieces of writing that support the intellectual motivation to read, the changing art of the practice, and the benefits to be gained. As Francis Bacon once remarked, “read not to contradict and confute, nor to believe and take for granted, nor to find talk and discourse, but to weigh and consider.”

Instructor: Taylor Green, (PhD)

Delivery Style: Face to Face

Date: Mondays, Feb. 2 to 9

Time: 6 to 8 pm

Duration: 2 sessions

Fee: \$60 plus \$3 GST

Code: ASHI880 2026S C01

NEW From Clam Gardens to Craft Beer: Vancouver Island Food Histories

Vancouver Island has a unique food culture shaped by Indigenous traditions, settler histories, and today's vibrant local food movement. This course traces the story of food on the Island from clam gardens and camas fields to salmon canneries, cideries, and craft breweries. You will explore how geography, history and culture intersect in what we grow, harvest and eat—and discover the role of food in shaping community, identity and sustainability on the Island.

Instructor: Ali Kenefick, (PhD)

Delivery Style: Online Synchronous

Date: Tuesdays, Feb. 3 to 17

Time: 6 to 8 pm

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: ASHI865 2026S D01

Industrial Victoria

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

Instructor: John Adams

Delivery Style: Online Synchronous

Date: Wednesday, Feb. 4

Time: 1 to 3 pm

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: ASHI410 2026S D01

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: Peter Scott, (MA)

Delivery Style: Online Synchronous

Date: Wednesdays, Feb. 4 to March 11

Time: 6 to 8 pm

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASHI830 2026S D01

Instructor: Peter Scott, (MA)

Delivery Style: Face to Face

Date: Thursdays, Feb. 5 to March 12

Time: 6 to 8 pm

Location: John Horgan Campus
(Langford)

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASHI830 2026S E01

NEW Fascist Futures: Identity Politics and the New Authoritarianism

Fascism didn't disappear with the defeat of Nazi Germany and Fascist Italy in World War II. There have been fascist movements across the globe ever since, and while they share certain ideological similarities, each new iteration of fascist ideology is unique to the culture that spawned it. In this course, we're going to work to demystify the idea of fascism, before taking a closer look at the nuts and bolts of fascist ideology, and how elements of it have made their way into mainstream politics across the Global North.

Instructor: Edwin Hodge, (PhD)

Delivery Style: Online Synchronous
Date: Thursdays, Feb. 5 to 26
Time: 6 to 8 pm
Duration: 4 sessions
Fee: \$108 plus \$5.40 GST
Code: ASHI884 2026S D01

NEW History of Women's Foodways in Scotland's Highlands and Islands

Scotland's food history is about more than potatoes and famine. Come learn about the foodways of non-gentry class Gaelic-speaking women living in Scotland's western Highlands and Islands during the long nineteenth century. Women's roles in coastal communities—including feisty Highland innkeepers—and their interconnected kitchen landscape will be explored along with traditional food practices, folklore, and the Gaelic Otherworld. Whether you are taking a trip to Scotland, a big Outlander fan, or you just love food, this course will help you look at the Scottish kitchen in a new way that takes you beyond the four walls of the home.

Instructor: Theresa Mackay, (PhD)

Delivery Style: Face to Face
Date: Tuesdays and Wednesdays,
May 12 to 20
Time: 2 to 4 pm
Duration: 4 sessions
Fee: \$108 plus \$5.40 GST
Code: ASHI 875 2026K C01

Fort Victoria: From 1843 Founding to 1860s Demolition

John Adams will give an in-depth talk about Fort Victoria. Find out why it was founded, why the site was chosen, the role of local First Nations people in its construction, and the language spoken by its workforce. Learn about the people in charge of the fort, such as Charles Ross, Roderick Finlayson and James Douglas, and about some of the people not usually covered in the history books, such as Amelia Douglas and other wives and children of the fur traders. Discover why the fort was dismantled and what became of the logs that were used in its construction.

Instructor: John Adams

Delivery Style: Online Synchronous
Date: Wednesday, Feb. 25
Time: 1 to 3 pm
Duration: 1 session
Fee: \$34 plus \$1.70 GST
Code: ASHI447 2026S D01

NEW Residential School Denialism

Despite decades of testimony and documentation, a growing wave of residential school denialism has emerged in Canada. Through this course, you will develop awareness of the scope, strategies and narratives that underpin denialism, and investigate the sources through which it circulates. By understanding the tactics of denialism, you will gain the capacity to recognize, name, and interrupt the harms it perpetuates. Together, we will explore how denialism manifests in Canadian society today, and why attending to these patterns is crucial to honouring survivors' truths and advancing meaningful reconciliation.

Instructors: Tahmineh Farnoud, (MA), Justin Harrison, (MA)

Delivery Style: Face to Face
Date: Wednesdays, Feb. 25 to March 4
Time: 10 to 11:30 am
Duration: 2 sessions
Fee: \$46 plus \$2.30 GST
Code: ASHI869 2026S C01

NEW Fantastical Cartography: Geofiction and Mapmaking

Geofiction is the study of fantasy or fictional landscapes using maps generated by either the author or fans. Learn about geographic and cartographic principles through the study of the maps found in fictional worlds such as The Hobbit or Game of Thrones. Through this cartographic study, you will develop an appreciation for geography by exploring unique fictional landscapes that adhere to geographic principles.

Instructor: Camryn Riccitelli, (MA)

Delivery Style: Face to Face
Date: Mondays, March 2 to 16
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASHI871 2026S C01

NEW Latin America Through Film: Peru, Chile and Argentina

Learn about Latin American culture, society, history and politics through the analysis of films made since the year 2000. Each session will include an introductory lecture, a screening, and a discussion. We will explore the works of some key filmmakers such as Pablo Larraín, Sebastián Lelio, Lucrecia Martel, Damián Szifron, Pablo Trapero and Andrés Wood.

Instructor: Chrissie Forster, (MA)

Delivery Style: Face to Face
Date: Thursdays, March 5 to 19
Time: 3 to 6 pm
Duration: 3 sessions
Fee: \$120 plus \$6 GST
Code: ASHI882 2026S C01

NEW Unravelling Modern Democracy Through Rousseau's Social Contract

Can democracy recognize both the group and the individual? In 1762, few governments were democratic. When Rousseau's *The Social Contract* exploded on the scene, it became one of the most influential books ever written. While his ideas were foundational to modern democracy, his proposal that governments stifle individual voices for the sake of the collective remains deeply controversial. From the height of European success, Rousseau fell from grace—his books burned, and his mind turned to paranoia. Through Rousseau's life and works, we can better understand today's identity and group politics.

Instructor: Taylor Green, (PhD)

Delivery Style: Face to Face
Date: Wednesdays, March 11 to 25
Time: 6 to 8 pm
Location: John Horgan Campus (Langford)
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASHI879 2026S E01

NEW Nicholas II and the Fall of Imperial Russia

Was Nicholas II a doomed autocrat, a weak reformer, or a martyr of faith? His reign forces us to confront the nature of power at the end of an empire. This course examines the life and rule of Nicholas II, the last tsar of the Romanov dynasty, and the dramatic collapse of Imperial Russia in the early 20th century. Moving beyond a simple biography, we will investigate the political, social and cultural forces that shaped his reign, the structural and personal factors that led to the fall of the Romanovs, and the enduring legacy that continues to fascinate historians, writers and the public alike.

Instructor: Maria Kalmykova

Delivery Style: Face to Face
Date: Tuesdays, April 7 to 28
Time: 6 to 8 pm
Location: John Horgan Campus (Langford)
Duration: 4 sessions
Fee: \$108 plus \$5.40 GST
Code: ASHI874 2026K E01

NEW Refuse to be Misled: Data Literacy in Everyday Life

In a world filled with headlines, polls, and health claims, how can we tell what is true? This course will explore how numbers and data are used—and misused—in everyday life. Using real-world examples, we will uncover tricks used to distort information, learn to interpret common charts and graphics, and discover simple, hands-on tools to question the claims we encounter. No math background required—just curiosity.

Instructor: James Clay, (PhD)

Delivery Style: Face to Face
Date: Wednesdays, April 8 to 22
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASHI867 2026K C01

NEW Understanding the Global Migrant Crisis

Explore the global migrant crisis through stories, case studies and discussion. Discover why people move across borders—war, climate change, economic and political pressures—and consider how power, colonial history and inequality shape these journeys. With examples from refugees to migrant domestic workers, you will analyze media and policy narratives. Each session will highlight risks and resilience, encouraging you to reflect on missing voices and fairer alternatives.

Instructor: Kalpana Jha, (MA)

Delivery Style: Face to Face
Date: Mondays, April 13 to 27
Time: 2 to 4 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASHI870 2026K C01

NEW Lies, Cunning and Control: Machiavelli and the Art of Power

Machiavelli's name is forever associated with cunning, manipulation, power, corruption and governing by fear and persuasion. Get to know the renaissance diplomat and philosopher through his book, *The Prince*, and his realpolitik approach—the removal of morality and ethics from politics to prioritizing power through dominance. To him, politics was a game of manipulation; politicians must preserve power and control, while providing the illusion of being just and moral. Discover the timeless relevance of Machiavelli's ideas and the tradition of politics he criticizes. Question, "is it better to be feared than loved?"

Instructor: Taylor Green, (PhD)

Delivery Style: Online Synchronous
Date: Mondays, April 13 to 27
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASHI878 2026K D01

NEW Food, Environment and Resilience

What we eat has profound impacts on the planet—and the planet, in turn, shapes what we can eat. This course explores the deep connections between food and environment from climate change and biodiversity to fisheries, forests and farms. Through case studies, discussion and critical reflection, students will gain insight into the ecological footprint of their meals and discover practical ways to make more sustainable food choices.

Instructor: Ali Kenefick, (PhD)

Delivery Style: Online Synchronous
Date: Tuesdays, April 14 to 28
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASHI887 2026K D01

NEW The End of the Ottoman Empire and Making of the Modern Middle East

Just over 100 years ago, following World War I, one of the longest-lived empires in the history of the world (the Ottomans) dissolved. In its stead emerged an amalgamation of new nations, states, and identities whose ongoing, tumultuous transformations could not be more integral to today's global flux. From Turkey's neo-Ottoman aspirations to Syria's repeated reassembling, and the intractable Israeli-Palestinian conflict to Saudi Arabia's immense 21st century influence, all are in key respects traceable to this world-historical pivot. We will explore anew the Ottomans' dissolution and the many ways in which it still reverberates.

Instructor: Andrew Wender, (PhD)

Delivery Style: Face to Face

Date: Thursday, April 16

Time: 6 to 8 pm

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: ASH1886 2026K C01

NEW The Significance of Cottonwood Swamp Forests

We invite you to learn about the historical and ongoing significance of cottonwood swamp forests within Coast Salish territories, the disruption of traditional stewardship practices, and the mismanagement of these important wetland landscapes. You will uncover the histories of drainage that have altered and degraded these wetlands and the importance of preserving the remaining wetland woodlands. This course will involve hands-on learning in a rare example of this forest type and in-class lectures to expand knowledge of these ecosystems and the need for continued conservation.

Instructors: Andrew Elves, Loreisa Lepine

Delivery Style: Face to Face

Date: Saturdays, April 18 to 25

Time: 1 to 4 pm

Duration: 2 sessions

Fee: \$84 plus \$4.20 GST

Code: ASH1883 2026K C01

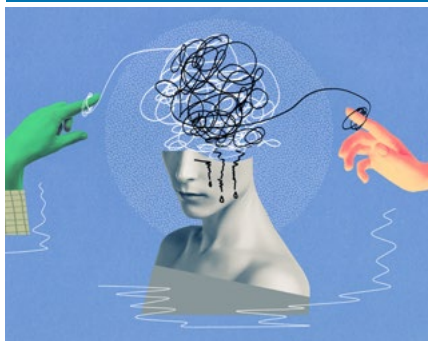
FOR MORE INFORMATION:

History, Political Science and
Contemporary Issues
250-721-8305

comadmin@uvic.ca

continuingstudies.uvic.ca/history

RELIGION, PHILOSOPHY AND PSYCHOLOGY



NEW Turn Your Life in the Direction of Happiness

Start the new year with inspiring advice from Buddha's teachings and explore how to deepen our love toward others without exception. Learning to cherish others is not so difficult. Through recognizing the kindness of others, we can strengthen our relationships and develop authentic love, which makes our mind peaceful all the time. This simple but powerful practice is designed to help us gain joyful experiences and confidence.

Instructor: Gen Kelsang Zopa

Delivery Style: Face to Face

Date: Saturdays, Jan. 17 to Feb. 7

Time: 10 am to noon

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: ASH1888 2026S C0

NEW Psychology of Relationships: Understanding Connection Across Cultures

Relationships are at the heart of human experience, but how we connect with others is deeply shaped by culture, family and identity. This course explores the psychology of relationships across cultures, from family

dynamics to romantic partnerships. Through engaging discussions and real-world examples, you will gain insight into how cultural values influence communication, intimacy, and well-being in our social worlds.

Instructor: Imran Tatla, (MA)

Delivery Style: Face to Face

Date: Tuesdays, Feb. 3 to 24

No class Feb. 17

Time: 3 to 5 pm

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: ASH1877 2026S C01

NEW Finding Inspiration Through Adversities

Life inevitably presents us with challenges and difficulties. While adversity can feel overwhelming, it also holds the potential for profound growth, unexpected strength, and deeper inspiration. This course offers a unique opportunity to explore how we can transform our experience of hardship and uncover hidden sources of courage and meaning, drawing upon the profound wisdom of Buddha's teachings.

Instructor: Gen Kelsang Zopa

Delivery Style: Face to Face

Date: Saturdays, Feb. 14 to March 14

No class Feb. 28

Time: 10 am to noon

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: ASH1889 2026S C0

Religion and Identity in 21st Century North America

In this course, you will explore the study of religion in our urban, digital, and increasingly polarized society. We will examine contemporary trends in religious life, the intricacies of religion online and the emerging shape of a new religious diversity. The course will highlight the dynamism of contemporary religious life, even as our societies seem to be growing more secular.

Instructor: Edwin Hodge, (PhD)

Delivery Style: Online Synchronous

Date: Thursdays, March 5 to 19

Time: 6 to 8 pm

Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASH1815 2026S D01

NEW Thinking about Virtue with Aristotle

The central concept of Aristotle's moral philosophy is virtue of character (not duty or obligation), and the key thought for moral agents to bear in mind is "what would a virtuous person do here?" Virtues are moderate states of feeling, expressed in types of behaviour that are in the middle between too much and not enough. In this seminar, you will discuss selections from Aristotle's ethics with the guidance of a scholar with long experience of these texts.

Instructor: Doug Hutchinson, (PhD)

Delivery Style: Face to Face
Date: Mondays and Wednesdays,
March 16 to April 1
Time: 2 to 4 pm
Duration: 6 sessions
Fee: \$156 plus \$7.80 GST
Code: ASH1866 2026S C01

NEW Buddhist Wisdom for Today's World

In a world that often feels tense and unpredictable, how can we stay calm and balanced? How do we make sense of our life within the confusion of societal conflict? Buddhist wisdom teachings offer a perspective based on a profound understanding of the inner causes of suffering and happiness. Each class will explore practical methods for cultivating positive intentions and attitudes to navigate life's challenges with greater peace and clarity.

Instructor: Gen Kelsang Zopa

Delivery Style: Face to Face
Date: Saturdays, March 21 to April 18
No class April 11
Time: 10 am to noon
Location: John Horgan Campus
(Langford)
Duration: 4 sessions
Fee: \$108 plus \$5.40 GST
Code: ASH1890 2026S E01

FOR MORE INFORMATION:
Religion, Philosophy and Psychology
250-721-8305
comadmin@uvic.ca
continuingstudies.uvic.ca/religion

URBAN AND REGIONAL PLANNING PROFESSIONAL DEVELOPMENT SERIES

NEW Community Planning in Local Government

This session provides an inside look at the essential functions of planning and development departments within local governments. Through real-world examples and practical insights, you will explore the roles and responsibilities of planning departments, the structure and steps of a comprehensive planning exercise, and how project management principles can help to organize project work and support planning processes.

Instructor: John Popoff (CLCM, MCIP, PMP, RPP)

Delivery Style: Online Synchronous
Date: Friday, Jan. 30
Time: 11 am to 1 pm
Duration: 1 session
Fee: \$90 plus \$4.50 GST
Code: URP05 2026S D01

NEW Using Visual Tools in Engagement for Community Planning

This workshop introduces planners to current trends in using visual tools to enhance inclusivity, accessibility, and impact in community engagement. You will explore how visual communication methods—such as infographics, educational materials, illustrations, website graphics, and graphic facilitation—can strengthen engagement processes across municipal and Indigenous planning contexts. An emphasis on practical applications, real-world examples, and reflective discussion ensures you leave with information that you can directly apply to your work.

Instructor: Kristen Elkow, (RPP, MCIP)

Delivery Style: Online Synchronous
Date: Friday, Feb. 6
Time: 10:00 to 1:30 pm
Duration: 1 session
Fee: \$75 plus \$3.75 GST
Code: URP06 2026S D01

NEW Planners as Consultants: The Business Side of Planning

Planners are trained to analyze policy, land use, and community needs; but few receive guidance on the practical realities of running a consulting practice. In this workshop, the facilitator will draw on her experience as the owner of a successful 30-person consulting firm to address the business skills you need to thrive as a consultant or firm owner. Real-world case studies, candid insights, and hands-on exercises will illustrate the learning and equip you with tools you can use.

Instructor: Jada Basi, (MCIP, RPP, LAI, CMC)

Delivery Style: Online Synchronous
Date: Wednesday, April 15
Time: 11 am to 1 pm
Duration: 1 session
Fee: \$90 plus \$4.50 GST
Code: URP07 2026S D01

FOR MORE INFORMATION:
Urban and Regional Planning
Professional Development Series
250-721-8458
continuingstudies.uvic.ca/planning

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:

- **Anthropology, Archaeology and Sociology**
- **Law**

FOR MORE INFORMATION:
Humanities, Social Sciences and Law
continuingstudies.uvic.ca/humanities

BRINGING THE WORLD OF AI TO EVERYONE

with instructor Peter Scott

By Portia Yip, Marketing Services

AI (artificial intelligence) may be trending right now, but the topic has been circulating for years. Peter Scott, an instructor with Continuing Studies at UVic, started talking about AI back in 2012. “I published my first book about it in 2017,” he says. “There was so much to tackle, and I wanted to organize my thinking.”

Since the widespread popularity of ChatGPT, Peter’s course, Using Artificial Intelligence for Your Life and Work, has evolved to meet learners where they are. Now, many learners typically have some hands-on experience with AI, or they want to strengthen their skills in the area. Over multiple sessions, the course



“AI is the electrification of thinking but at a speed and scale humans can’t match



Peter has given keynote speeches to audiences from Bali to the British Parliament and has delivered not one, but three TEDx talks. Today, Peter calls this moment “a hockey stick in human history.” He compares AI to previous innovations of the past like agriculture, which changed how we feed ourselves. “AI is the electrification of thinking but at a speed and scale humans can’t match,” he says.

This shift may be exciting and terrifying (or both) at the same time. In Peter’s classes, learners show a range of experiences and feelings about AI. For years, Peter taught AI literacy courses where most of the learning was spent on explaining what AI is about, where it appears in daily life, and the limits of AI. The challenges were helping learners move from big, abstract questions—like “does God exist?” or “what’s the secret to life?”—to smaller, more personal ones. For example, starting simple and asking for a chocolate chip cookie recipe before moving on to more practical questions. “People thought [AI] could answer everything,” Peter shares. “It was a matter of helping them see that AI can be used in ways that connected to their own lives.”

introduces practical applications, explores ethical questions, and gives students space to experiment.

“Everyone has their own thing—one person realized AI could generate knitting patterns and another used it to help plan her wedding,” Peter shares. “And someone else used it to build a website for their bowling club. The number of things AI can do for you is far bigger than I could ever imagine.”

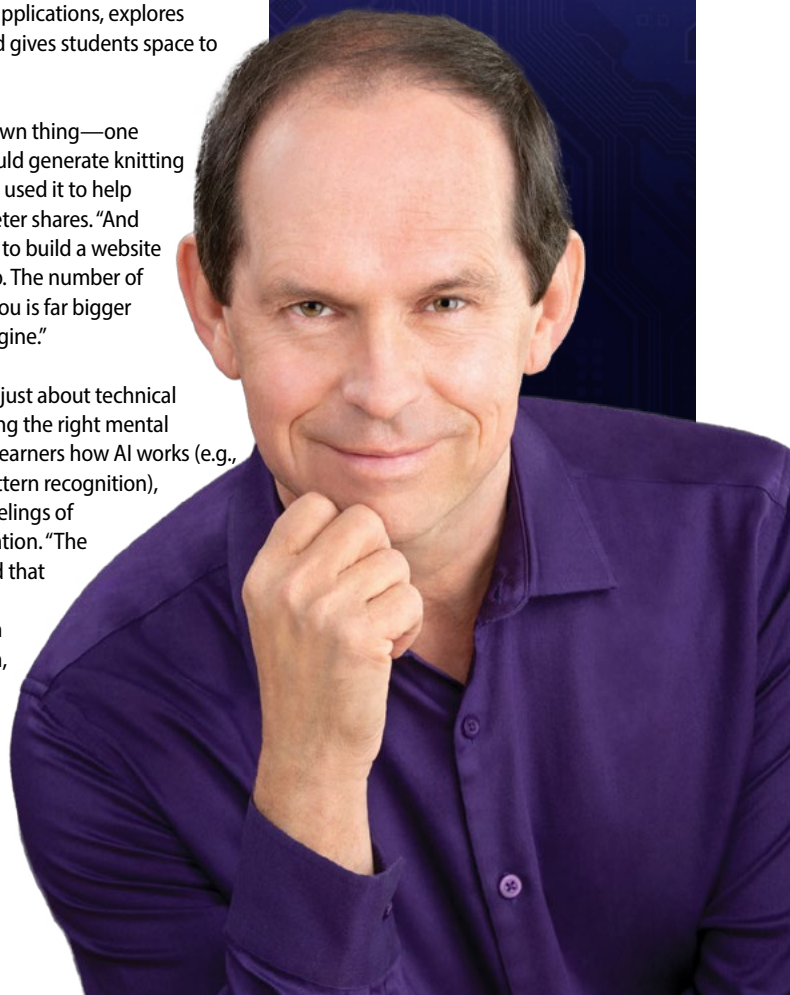
Peter’s AI course isn’t just about technical skills, it’s about framing the right mental models. By showing learners how AI works (e.g., through ways like pattern recognition), Peter helps reduce feelings of alienation or intimidation. “The more you understand that it’s not reasoning the way that we do when answering a question, but it’s completing a pattern, the more empowering it becomes to feel competent using it.”

Looking ahead, Peter’s work is expanding into high schools; specifically training teachers and students together in a shared framework based on UNESCO’s AI competency standards.

“Innovation in AI and education now starts with students,” he notes. “We’re helping teachers become the front line of developing the right answers for the generation that’s going to use AI to change the world.”

From public speaking to hosting his own weekly podcast, AI and You, Peter continues to create spaces where people can talk about and engage with AI in meaningful, relevant ways. “My motto is: I want to see what comes next,” he says. “We’re living through a change as big as the industrial revolution but it’s 10 or 50 times faster, and the only way to keep up is to understand it.”

— CS —





Bridging cultures through perspective...

Languages



FRENCH LANGUAGE



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 250-721-7797 or e-mail languages@uvic.ca.

Comprehensive French - Level 1

This is the **introductory** level of the series focusing on all four language competencies: listening, speaking, reading and writing.

Classes feature a balance of structural and communicative activities. No experience or initial assessment is necessary for September entry. Entrance at midpoint in January is possible if your initial level is sufficient.

Small classes (maximum 18) enhance individual participation.

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

Instructor: TBD

Delivery Style: Online Hybrid

Date: Mondays and Wednesdays, Jan. 5 to April 6
No class Feb. 16

Time: 6:30 to 8:30 pm

Register by: Tuesday, Jan. 6

Duration: 26 sessions

Fee: \$675

Code: FREN100 2026S D11

Comprehensive French - Level 2

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)

Instructor: TBD

Delivery Style: Online Hybrid

Date: Tuesdays and Thursdays, Jan. 6 to April 2

Time: 6:30 to 8:30 pm

Register by: Wednesday, Jan. 7

Duration: 26 sessions

Fee: \$675

Code: FREN200 2026S D11

Comprehensive French - Level 3

This is the **intermediate** level of the series focusing on all four language competencies: listening, speaking, reading and writing.

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

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

Instructor: TBD

Delivery Style: Online Hybrid

Date: Mondays and Wednesdays, Jan. 5 to April 6
No class Feb. 16

Time: 6:30 to 8:30 pm

Register by: Tuesday, Jan. 6

Duration: 26 sessions

Fee: \$675

Code: FREN300 2026S D11

Comprehensive French - Level 4

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)

Instructor: TBD

Delivery Style: Online Hybrid

Date: Tuesdays and Thursdays, Jan. 6 to April 2

Time: 6:30 to 8:30 pm

Register by: Wednesday, Jan. 7

Duration: 26 sessions

Fee: \$675

Code: FREN400 2026S D11

FRENCH CONVERSATION

If you are looking to hone your spoken French in a casual but dynamic setting, you'll love our French Conversation. 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 Conversation - 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.

Instructor: TBD

Delivery Style: Face to Face

Date: Mondays, Jan. 12 to March 23
No class Feb. 16

Time: 9:30 to 11:30 am

Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$305
Code: FLCC051 2026S C01

Instructor: TBD

Delivery Style: Online Hybrid

Date: Tuesdays, Jan. 13 to March 17

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$305

Code: FLCC051 2026S D11

Instructor: TBD

Delivery Style: Face to Face

Date: Wednesdays, Jan. 14 to March 18

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Location: John Horgan Campus (Langford)

Duration: 10 sessions

Fee: \$305

Code: FLCC051 2026S E11

Instructor: TBD

Delivery Style: Face to Face

Date: Thursdays, Jan. 15 to March 19

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$305

Code: FLCC051 2026S C11

Instructor: TBD

Delivery Style: Face to Face

Date: Mondays, April 13 to June 22
No class May 18

Time: 9:30 to 11:30 am

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$305

Code: FLCC051 2026K C01

Instructor: TBD

Delivery Style: Online Hybrid

Date: Tuesdays, April 14 to June 16

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$305

Code: FLCC051 2026K D11

Instructor: TBD

Delivery Style: Face to Face

Date: Wednesdays, April 15 to June 17

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Location: John Horgan Campus
(Langford)

Duration: 10 sessions

Fee: \$305

Code: FLCC051 2026K E11

Instructor: TBD

Delivery Style: Face to Face

Date: Thursdays, April 16 to June 18

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$305

Code: FLCC051 2026K C11

French Conversation - 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* 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.

Instructor: TBD

Delivery Style: Face to Face

Date: Mondays, Jan. 12 to March 23
No class Feb. 16

Time: 9:30 to 11:30 am

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$305

Code: FLCC101 2026S C01

Instructor: TBD

Delivery Style: Face to Face

Date: Mondays, Jan. 12 to March 23
No class Feb. 16

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Location: John Horgan Campus
(Langford)

Duration: 10 sessions

Fee: \$305

Code: FLCC101 2026S E11

Instructor: TBD

Delivery Style: Face to Face

Date: Tuesdays, Jan. 13 to March 17

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$305

Code: FLCC101 2026S C11

Instructor: TBD

Delivery Style: Online Hybrid

Date: Thursdays, Jan. 15 to March 19

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$305

Code: FLCC101 2026S D11

Instructor: TBD

Delivery Style: Face to Face

Date: Mondays, April 13 to June 22
No class May 18

Time: 9:30 to 11:30 am

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$305

Code: FLCC101 2026K C01

Instructor: TBD

Delivery Style: Face to Face

Date: Mondays, April 13 to June 22
No class May 18

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Location: John Horgan Campus
(Langford)

Duration: 10 sessions

Fee: \$305

Code: FLCC101 2026K E11

Instructor: TBD

Delivery Style: Face to Face

Date: Tuesdays, April 14 to June 16

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$305

Code: FLCC101 2026K C11

Instructor: TBD

Delivery Style: Online Hybrid

Date: Thursdays, April 16 to June 18

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$305

Code: FLCC101 2026K D11

French Conversation - 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.

Instructor: TBD

Delivery Style: Face to Face

Date: Tuesdays, Jan. 13 to March 17

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$305

Code: FLCC301 2026S C11

Instructor: TBD

Delivery Style: Face to Face

Date: Wednesdays, Jan. 14 to March 18

Time: 9:30 to 11:30 am

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$305

Code: FLCC301 2026S C01

Instructor: TBD

Delivery Style: Online Hybrid

Date: Wednesdays, Jan. 14 to March 18

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$305

Code: FLCC301 2026S D11

Instructor: TBD

Delivery Style: Face to Face

Date: Thursdays, Jan. 15 to March 19

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Location: John Horgan Campus
(Langford)

Duration: 10 sessions

Fee: \$305

Code: FLCC301 2026S E11

Instructor: TBD

Delivery Style: Face to Face

Date: Tuesdays, April 14 to June 16

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$305

Code: FLCC301 2026K C11

Instructor: TBD

Delivery Style: Face to Face

Date: Wednesdays, April 15 to June 17

Time: 9:30 to 11:30 am

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$305

Code: FLCC301 2026K C01

Instructor: TBD

Delivery Style: Online Hybrid

Date: Wednesdays, April 15 to June 17

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$305

Code: FLCC301 2026K D11

Instructor: TBD

Delivery Style: Face to Face

Date: Thursdays, April 16 to June 18

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Location: John Horgan Campus
(Langford)

Duration: 10 sessions

Fee: \$305

Code: FLCC301 2026K E11

French Conversation - Level 4

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

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

Instructor: TBD

Delivery Style: Face to Face

Date: Thursday, Jan. 15 to 19

Time: 9:30 to 11:30 am

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$305

Code: FLCC501 2026S C01

Instructor: TBD

Delivery Style: Face to Face

Date: Thursdays, April 16 to June 18

Time: 9:30 to 11:30 am

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$305

Code: FLCC501 2026K C01

FOR MORE INFORMATION:

French Language

250-721-7797

languages@uvic.ca

continuingstudies.uvic.ca/french

WORLD LANGUAGES



ARABIC

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: Maryam Shafo

Delivery Style: Online Synchronous

Date: Wednesdays, Jan. 28 to April 1

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 18

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA098 2026S D11

Instructor: Maryam Shafo

Delivery Style: Online Synchronous

Date: Wednesdays, April 22 to June 24

Time: 6:30 to 8:30 pm

Register by: Sunday, April 12

Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA098 2026K D11

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: Maryam Shafo

Delivery Style: Online Synchronous
Date: Tuesdays, April 21 to June 23
Time: 6:30 to 8:30 pm
Register by: Sunday, April 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA298 2026K D11

CANTONESE

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: TBD

Delivery Style: Online Synchronous
Date: Wednesdays, Jan. 28 to April 1
Time: 6 to 8 pm
Register by: Sunday, Jan. 18
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA011 2026S D11

Instructor: Yanny Yeung

Delivery Style: Online Synchronous
Date: Wednesdays, April 22 to June 24
Time: 6 to 8 pm
Register by: Sunday, April 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA011 2026K D11

Cantonese - Level 2

Building upon the foundational skills acquired in *Cantonese Level 1*, this course delves deeper into the intricacies of this dynamic language. Prepare to expand your conversational repertoire, navigate everyday scenarios with greater confidence, and gain a richer understanding of Cantonese culture. Through interactive activities and engaging content, you will refine your pronunciation, master essential grammar structures, and develop a more nuanced appreciation for the Cantonese language.

Delivery Style: Online Synchronous
Date: Wednesdays, Jan. 27 to March 31
Time: 6 to 8 pm
Register by: Sunday, Jan. 18
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA211 2026S D11

Instructor: Yanny Yeung

Delivery Style: Online Synchronous
Date: Tuesdays, April 21 to June 23
Time: 6 to 8 pm
Register by: Sunday, April 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA211 2026K D11

DUTCH

Dutch - Level 1

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

The emphasis will be on understanding the spoken language and simple texts, as well as engaging in basic conversation in Dutch.

Instructor: Naomi Bakrimi

Delivery Style: Online Synchronous
Date: Thursdays, Jan. 22 to March 26
Time: 6 to 8 pm
Register by: Sunday, Jan. 11
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA037 2026S D11

Instructor: Naomi Bakrimi

Delivery Style: Online Synchronous
Date: Thursdays, April 23 to June 25
Time: 6 to 8 pm
Register by: Sunday, April 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA037 2026K D11

Dutch - Level 2

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

Instructor: Naomi Bakrimi

Delivery Style: Online Synchronous
Date: Tuesdays, Jan. 20 to March 25
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 11
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA237 2026S D11

Instructor: Naomi Bakrimi

Delivery Style: Online Synchronous
Date: Tuesdays, April 21 to June 23
Time: 6:30 to 8:30 pm
Register by: Sunday, April 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA237 2026K D11

FARSI

Farsi - Level 1

This course is an engaging introduction to Farsi (Persian), one of the world's most historic and poetic languages. You will learn foundational conversational skills, essential vocabulary, and the basics of grammar. The course focuses on a communicative approach, helping you to read and write using the beautiful Persian script and build confidence to speak in practical, everyday situations. Through interactive activities, you will not only learn the language but also gain insights into the rich and vibrant culture of the Persian-speaking world.

Instructor: TBD

Delivery Style: Online Synchronous

Date: Tuesdays, Jan. 20 to March 24
Time: 6 to 8 pm
Register by: Sunday, Jan. 11
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA007 2026S D11

Instructor: TBD

Delivery Style: Online Synchronous

Date: Tuesdays, April 14 to June 16
Time: 6 to 8 pm
Register by: Sunday, April 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA007 2026K D11

GERMAN

German - Level 1

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

Instructor: Joanna Schaller, (MA)

Delivery Style: Face to Face

Date: Tuesdays, Jan. 20 to March 24
Time: 6 to 8 pm
Register by: Sunday, Jan. 11

Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA016 2026S C11

Instructor: Joanna Schaller, (MA)

Delivery Style: Face to Face

Date: Thursdays, Jan. 22 to March 26
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 11
Location: John Horgan Campus (Langford)
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA016 2026S E11

Instructor: Joanna Schaller, (MA)

Delivery Style: Face to Face

Date: Wednesdays, April 22 to June 24
Time: 6 to 8 pm
Register by: Sunday, April 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA016 2026K C11

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, (MA)

Delivery Style: Face to Face

Date: Wednesdays, Jan. 21 to March 25
Time: 6 to 8 pm
Register by: Sunday, Jan. 11
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA216 2026S C11

Instructor: Joanna Schaller, (MA)

Delivery Style: Face to Face

Date: Tuesdays, April 21 to June 23
Time: 6 to 8 pm
Register by: Sunday, April 12

Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA216 2026K C11

Instructor: Joanna Schaller, (MA)

Delivery Style: Face to Face

Date: Thursdays, April 23 to June 25
Time: 6:30 to 8:30 pm
Register by: Sunday, April 12
Location: John Horgan Campus (Langford)
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA216 2026K E11

ITALIAN

Italian - Level 1

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

Instructor: Estelle Kurier

Delivery Style: Face to Face

Date: Tuesdays, Jan. 13 to March 17
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA049 2026S C01

Instructor: Estelle Kurier

Delivery Style: Face to Face

Date: Mondays, March 30 to June 15
No class April 6, May 16
Time: 9:30 to 11:30 am
Register by: Sunday, March 22
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA049 2026K C01

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: Mondays, Jan. 12 to March 23
No class Feb. 16
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA249 2026S C01

Instructor: Estelle Kurier

Delivery Style: Face to Face

Date: Tuesdays, April 7 to June 9
Time: 9:30 to 11:30 am
Register by: Monday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA249 2026K 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, Jan. 15 to March 19
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA349 2026S C01

Instructor: Estelle Kurier

Delivery Style: Face to Face

Date: Fridays, April 10 to June 12
Time: 9:30 to 11:30 am
Register by: Sunday, March 29
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA349 2026K C01

Italian - Level 4

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

Instructor: Estelle Kurier

Delivery Style: Face to Face

Date: Fridays, Jan. 16 to March 20
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA449 2026S C01

Instructor: Estelle Kurier

Delivery Style: Face to Face

Date: Thursdays, April 9 to June 11
Time: 9:30 to 11:30 am
Register by: Sunday, March 29
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA449 2026K C01

JAPANESE

Japanese - Level 1

Whether you are hosting a Japanese visitor or planning a trip to Japan, this introductory course is the perfect place to start speaking Japanese! Designed for those with no prior knowledge of the language, this course offers a fun and supportive environment to begin your Japanese learning journey. In addition to learning essential "survival" words and phrases, you'll be introduced to the "hiragana" characters, and the basics of Japanese grammar. The course also focuses on building practical conversation skills and exploring aspects of everyday life and culture in Japan.

Instructor: Nozomi Franco Cea

Delivery Style: Face to Face

Date: Tuesdays, Jan. 13 to March 17
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 4
Location: John Horgan Campus (Langford)
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA008 2026S E11

Instructor: Keiko Tachibana

Delivery Style: Face to Face

Date: Wednesdays, Jan. 14 to March 18
Time: 6 to 8 pm
Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA008 2026S C11

Instructor: Nozomi Franco Cea

Delivery Style: Face to Face

Date: Tuesdays, April 7 to June 9
Time: 6:30 to 8:30 pm
Register by: Sunday, March 29
Location: John Horgan Campus (Langford)
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA008 2026K E11

Instructor: Keiko Tachibana

Delivery Style: Face to Face

Date: Wednesdays, April 8 to June 10

Time: 6 to 8 pm

Register by: Sunday, March 29

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA008 2026K C11

Japanese - Level 2

This beginner-level course is designed for those who have completed *Japanese - Level 1* or have some prior knowledge of the language. You will continue to improve your ability to understand, speak, read, and write Japanese in practical, everyday situations. The course further develops your knowledge of Japanese culture and society while building on your *hiragana* skills, introducing *katakana*, and beginning the study of basic *kanji*. You will also practice expressing yourself more clearly when talking about your daily routines, past experiences, preferences, and social interactions.

Instructor: Nozomi Franco Cea

Delivery Style: Face to Face

Date: Thursdays, Jan. 14 to March 18

Time: 6:30 to 8 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA208 2026S E11

Instructor: Nozomi Franco Cea

Delivery Style: Face to Face

Date: Thursdays, Jan. 15 to March 19

Time: 6 to 8 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA208 2026S C11

Instructor: Nozomi Franco Cea

Delivery Style: Face to Face

Date: Wednesdays, April 8 to June 10

Time: 6:30 to 8:30 pm

Register by: Sunday, March 29

Location: John Horgan Campus
(Langford)

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA208 2026K E11

Instructor: Nozomi Franco Cea

Delivery Style: Face to Face

Date: Thursdays, April 9 to June 11

Time: 6 to 8 pm

Register by: Sunday, March 29

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA208 2026K C11

Japanese - Level 3

If you have completed *Japanese - Level 2* or have a solid foundation in the language, including recognition of *hiragana* and *katakana*, this intermediate-level course is for you. *Japanese - Level 3* builds on your grammatical knowledge and conversational ability while introducing key aspects of Japanese culture. You will also be introduced to additional basic *kanji* characters to further develop your reading and writing skills. By the end of the course, you will select a topic of personal interest and deliver a short presentation in Japanese.

Instructor: Keiko Tachibana

Delivery Style: Face to Face

Date: Thursdays, Jan. 15 to March 19

Time: 6 to 8 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA308 2026S C11

Instructor: Keiko Tachibana

Delivery Style: Face to Face

Date: Thursdays, April 9 to June 11

Time: 6 to 8 pm

Register by: Sunday, March 29

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA308 2026K C11

Japanese - Level 4

This advanced-level course is designed for learners who wish to strengthen their fluency and deepen their understanding of the Japanese language and culture. Each week, you will explore engaging topics through conversation, thought-provoking reading materials, and current news from Japan. You will also have the opportunity to express your opinions in writing, helping you gain confidence in both spoken and written Japanese. To conclude the course, you will create and deliver a short presentation in Japanese on a topic of personal interest. Whether you're passionate about language, travel, or Japanese culture, this course provides a fun and challenging environment to take your skills to the next level.

Instructor: Keiko Tachibana

Delivery Style: Online Synchronous

Date: Mondays, Jan. 12 to March 23

No class Feb. 16

Time: 6 to 8 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA408 2026S D11

Instructor: Keiko Tachibana

Delivery Style: Online Synchronous

Date: Mondays, April 13 to June 22

No class May 18

Time: 6 to 8 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA408 2026K D11

KOREAN

Korean - Level 1

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

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

Instructor: Hailey Ceong

Delivery Style: Online Synchronous

Date: Wednesdays, Jan. 28 to April 1

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 18

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA009 2026S D11

Instructor: Hailey Ceong

Delivery Style: Online Synchronous

Date: Wednesdays, April 22 to June 24

Time: 6:30 to 8:30 pm

Register by: Sunday, April 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA009 2026K D11

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: Online Synchronous

Date: Tuesdays, Jan. 27 to March 31

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 18

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA209 2026S D11

Instructor: Hailey Ceong

Delivery Style: Online Synchronous

Date: Tuesdays, April 21 to June 23

Time: 6:30 to 8:30 pm

Register by: Sunday, April 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA209 2026K D11

MANDARIN

Mandarin - Level 1

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

Textbook: *Practice Makes Perfect: Basic Chinese*, Premium Second Edition, from McGraw-Hill (required)

Instructor: Liz Chiang.

Delivery Style: Online Synchronous

Date: Thursdays, Jan 22 to March 26

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 11

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA013 2026S D11

Instructor: Liz Chiang.

Delivery Style: Online Synchronous

Date: Thursdays, April 16 to June 18

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA013 2026K D11

POLISH

Polish - Level 1

The official language of Poland, Polish, is a blend of Slavic and European elements and the native language of over 40 million people. In this course, you'll start with pronunciation and progress to basic vocabulary and grammar. By the end of the course, you'll be able to greet

people, ask for and provide simple information, and much more. Whether you plan to travel to Poland, do business there, or just want to learn another language, you'll feel more comfortable with this solid foundation for further study.

Instructor: Agata Guzik

Delivery Style: Online Synchronous

Date: Wednesdays, Jan. 28 to April 1

Time: 6 to 8 pm

Register by: Sunday, Jan. 11

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA018 2026S D11

Instructor: Agata Guzik

Delivery Style: Online Synchronous

Date: Wednesdays, April 22 to June 24

Time: 6 to 8 pm

Register by: Sunday, April 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA018 2026K D11

Polish - Level 2

This fun and interactive course is designed for those who have completed Polish: Introductory, and/or have some prior knowledge of the language. You will gain proficiency in understanding, writing, reading and speaking Polish in a friendly atmosphere. By the end of the course, you will be able to communicate more fluently about daily life topics and be more familiar with essential grammar points. You will also enjoy some contemporary Polish culture through songs, videos and comics.

Instructor: Agata Guzik

Delivery Style: Online Synchronous

Date: Tuesdays, Jan. 27 to March 31

Time: 6 to 8 pm

Register by: Sunday, Jan. 18

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA218 2026S D11

Instructor: Agata Guzik

Delivery Style: Online Synchronous

Date: Tuesdays, April 21 to June 23

Time: 6 to 8 pm

Register by: Sunday, April 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA218 2026K D11

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.

Textbook: *Practice Makes Perfect: Basic Portuguese*, Second Edition, from McGraw-Hill (required)

Instructor: Tatiana Reis

Delivery Style: Online Synchronous

Date: Thursdays, Jan. 15 to March 19

Time: 6 to 8 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA100 2026S D11

Instructor: Tatiana Reis

Delivery Style: Online Synchronous

Date: Thursdays, April 16 to June 18

Time: 6 to 8 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA100 2026K 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.

Textbook: *Practice Makes Perfect: Basic Portuguese*, Second Edition, from McGraw-Hill (required)

Instructor: Tatiana Reis

Delivery Style: Online Synchronous

Date: Tuesdays, Jan. 13 to March 17

Time: 6 to 8 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA200 2026S D11

Instructor: Tatiana Reis

Delivery Style: Online Synchronous

Date: Tuesdays, April 14 to June 16

Time: 6 to 8 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA200 2026K D11

PUNJABI

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 Synchronous

Date: Thursdays, Jan. 29 to April 2

Time: 6 to 8 pm

Register by: Sunday, Jan. 18

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA099 2026S D11

Instructor: Amina Amina

Delivery Style: Online Synchronous

Date: Thursdays, April 23 to June 25

Time: 6 to 8 pm

Register by: Sunday, April 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA099 2026K D11

Punjabi - Level 2

Building upon the foundational skills acquired in Level 1, this course delves deeper into the intricacies of the Punjabi language. Prepare to expand your vocabulary, master more complex grammatical structures and refine your pronunciation. Through engaging activities and authentic materials, you'll gain the confidence to express yourself with greater fluency and nuance in a variety of everyday situations. Explore the richness of Punjabi culture as you engage with literature, music and film while further enhancing your appreciation for this vibrant language.

Instructor: Amina Amina

Delivery Style: Online Synchronous

Date: Tuesdays, Jan. 27 to March 31

Time: 6 to 8 pm

Register by: Sunday, Jan. 18

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA299 2026S D11

Instructor: Amina Amina

Delivery Style: Online Synchronous

Date: Tuesdays, April 21 to June 23

Time: 6 to 8 pm

Register by: Sunday, April 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA299 2026K D11

RUSSIAN

Russian - Level 1

Discover introductory concepts of the Russian language such as the alphabet, pronunciation, intonation, grammar, formal/informal styles of communication, 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 Synchronous

Date: Thursdays, Jan. 22 to March 26
Time: 6 to 8 pm
Register by: Sunday, Jan. 11
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA004 2026S D11

Instructor: Galina Sanaeva, (PhD)

Delivery Style: Online Synchronous

Date: Thursdays, April 23 to June 25
Time: 6 to 8 pm
Register by: Sunday, April 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA004 2026K D11

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 language communication skills using a variety of real-life scenarios such as asking about someone's occupation or hobbies, how to describe and compare items, how to read a map, asking for directions or about someone's health, addressing a stranger, and expressing your feelings. Also, you will discover the language of emotions and how to write a greeting card. You will explore more grammar including three Russian cases in the authentic context of everyday Russian, popular media, music videos and texts.

Instructor: Galina Sanaeva, (PhD)

Delivery Style: Online Synchronous

Date: Tuesdays, Jan. 20 to March 24
Time: 6 to 8 pm
Register by: Sunday, Jan. 11
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA204 2026S D11

Instructor: Galina Sanaeva, (PhD)

Delivery Style: Online Synchronous

Date: Wednesdays, April 22 to June 24
Time: 6 to 8 pm
Register by: Sunday, April 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA204 2026K D11

Russian - Level 3

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

Instructor: Galina Sanaeva, (PhD)

Delivery Style: Online Synchronous

Date: Wednesdays, Jan. 21 to March 25
Time: 6 to 8 pm
Register by: Sunday, Jan. 11
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA304 2026S D11

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: Alicia Brown, (BA)

Delivery Style: Face to Face

Date: Tuesdays, Jan. 13 to March 17
Time: 7 to 9 pm
Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA025 2026S C11

Instructor: Mónica Gil, (MA)

Delivery Style: Online Synchronous

Date: Tuesdays, Jan. 13 to March 17
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA025 2026S D11

Instructor: Mónica Gil, (MA)

Delivery Style: Face to Face

Date: Thursdays, Jan. 15 to March 19
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA025 2026S C01

Instructor: Marco Bequer Hernandez

Delivery Style: Face to Face

Date: Thursdays, Jan. 15 to March 19

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Location: John Horgan Campus (Langford)

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2026S E11

Instructor: Alicia Brown, (BA)

Delivery Style: Face to Face

Date: Mondays, April 13 to June 22

No class May 18

Time: 7 to 9 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2026K C11

Instructor: Mónica Gil, (MA)

Delivery Style: Online Synchronous

Date: Tuesdays, April 14 to June 16

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2026K D11

Instructor: Mónica Gil, (MA)

Delivery Style: Face to Face

Date: Thursdays, April 16 to June 18

Time: 9:30 to 11:30 am

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2026K C01

Instructor: Marco Bequer Hernandez

Delivery Style: Face to Face

Date: Thursdays, April 16 to June 18

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Location: John Horgan Campus (Langford)

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2026K E11

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: Marco Bequer Hernandez

Delivery Style: Face to Face

Date: Mondays, Jan. 12 to March 23

No class Feb. 16

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Location: John Horgan Campus (Langford)

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2026S E11

Instructor: Alicia Brown, (BA)

Delivery Style: Face to Face

Date: Wednesdays, Jan. 14 to March 18

Time: 7 to 9 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2026S C11

Instructor: Mónica Gil, (MA)

Delivery Style: Online Synchronous

Date: Wednesdays, Jan. 14 to March 18

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2026S D11

Instructor: Mónica Gil, (MA)

Delivery Style: Face to Face

Date: Mondays, Jan. 19 to March 30

No class Feb. 16

Time: 9:30 to 11:30 am

Register by: Sunday, Jan. 11

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2026S C01

Instructor: Mónica Gil, (MA)

Delivery Style: Face to Face

Date: Mondays, April 13 to June 22

No class May 18

Time: 9:30 to 11:30 am

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2026K C01

Instructor: Marco Bequer Hernandez

Delivery Style: Face to Face

Date: Mondays, April 13 to June 22

No class May 18

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Location: John Horgan Campus (Langford)

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2026K E11

Instructor: Alicia Brown, (BA)

Delivery Style: Face to Face

Date: Wednesdays, April 15 to June 17

Time: 7 to 9 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2026K C11

Instructor: Mónica Gil, (MA)

Delivery Style: Online Synchronous

Date: Wednesdays, April 15 to June 17

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2026K 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: Maria Elena Cuervo-Lorens

Delivery Style: Online Synchronous

Date: Wednesdays, Jan. 14 to March 18
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA325 2026S D11

Instructor: TBD

Delivery Style: Face to Face

Date: Tuesdays, April 14 to June 16
Time: 6:30 to 8:30 pm
Register by: Sunday, April 5
Location: John Horgan Campus (Langford)
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA325 2026K E11

Instructor: Maria Elena Cuervo-Lorens

Delivery Style: Online Synchronous

Date: Wednesdays, April 15 to June 17
Time: 6:30 to 8:30 pm
Register by: Sunday, April 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA325 2026K D11

Instructor: Alicia Brown

Delivery Style: 7 to 9 pm

Date: Wednesdays, April 15 to June 17
Time: 7 to 9 pm
Register by: Sunday, April 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA325 2026K C11

Spanish - Level 4

This conversation class is designed for students who have successfully completed *Spanish - Level 3* or possess a high-intermediate to advanced level of Spanish proficiency. The course focuses on enhancing conversational fluency, expanding vocabulary and deepening your understanding of Spanish and Latin American cultures. Engage in dynamic discussions on current events, participate in oral presentations and explore diverse cultural topics.

Instructor: Maria Elena Cuervo-Lorens

Delivery Style: Face to Face

Date: Saturdays, Jan. 17 to March 21
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA425 2026S C01

Instructor: Maria Elena Cuervo-Lorens

Delivery Style: Face to Face

Date: Saturdays, April 18 to June 20
Time: 9:30 to 11:30 am
Register by: Sunday, April 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA425 2026K C01

TAGALOG (FILIPINO)

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.

Instructor: Mae Raganas

Delivery Style: Online Synchronous

Date: Mondays, Jan. 12 to 23
No class Feb. 16
Time: 6 to 8 pm

Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA055 2026S D11

Instructor: Mae Raganas

Delivery Style: Online Synchronous

Date: Mondays, April 13 to June 22
No class May 18
Time: 6 to 8 pm
Register by: Sunday, April 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA055 2026K D11

Tagalog (Filipino) - Level 2

Dive deeper into the vibrant world of Tagalog! Building on the foundations of Level 1, this course expands your communication skills and cultural understanding. You'll move beyond basic greetings and delve into more complex sentence structures, allowing you to express yourself with greater nuance and fluency. We'll focus on practical conversational skills for everyday communication, including how to express time. Through engaging activities and authentic materials, you'll gain confidence in navigating casual conversations and deepen your connection with Filipino culture.

Instructor: Mae Raganas

Delivery Style: Online Synchronous

Date: Wednesdays, Jan. 14 to March 18
Time: 6 to 8 pm
Register by: Sunday, Jan. 4
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA255 2026S D11

Instructor: Mae Raganas

Delivery Style: Online Synchronous

Date: Wednesdays, April 15 to June 17
Time: 6 to 8 pm
Register by: Sunday, April 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA255 2026K D11

UKRAINIAN

Ukrainian - Level 1

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

Instructor: Alla Dudka

Delivery Style: Online Synchronous

Date: Mondays, Jan. 12 to March 23
No class Feb. 16

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA019 2026S D11

Instructor: Alla Dudka

Delivery Style: Online Synchronous

Date: Mondays, April 13 to June 22
No class May 18

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA019 2026K D11

Ukrainian - Level 2

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

Instructor: Alla Dudka

Delivery Style: Online Synchronous

Date: Wednesdays, Jan. 14 to March 18

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 4

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA219 2026S D11

Instructor: Alla Dudka

Delivery Style: Online Synchronous

Date: Wednesdays, April 15 to June 17

Time: 6:30 to 8:30 pm

Register by: Sunday, April 5

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA219 2026K D11

FOR MORE INFORMATION:

World Languages
250-721-7797
languages@uvic.ca
continuingstudies.uvic.ca/world-languages



purchase.tickets.uvic.ca | 250-721-8480

International Guitar Night

This year's tour featuring:

Itamar Erez,
Jocelyn Gould,
Jaimie Duplis, and
Caroline Plante.

Saturday
January 31
2026
7:30 pm



Honouring our past perspectives...

Museums, Heritage and Indigenous Culture

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

LEARN MORE

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

- **Indigenous Language and Culture**
- **Museum and Heritage Studies**

FOR MORE INFORMATION:

Museums, Heritage and Indigenous Culture
continuingstudies.uvic.ca/culture

Delivery style definitions

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

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

Online Hybrid – A combination of synchronous and asynchronous learning.

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

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

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

Observing new perspectives...

Science and the Environment

CLIMATE ACTION



Introduction to the Human Dimensions of Climate Change

This course examines a range of understandings of and approaches to addressing climate change. It explores what kind of problems climate change poses; what toolkits are needed to develop and engage it effectively; how to collaborate across diverse priorities in relation to it; and what scales and kinds of actions should be prioritized.

Instructor: Karena Shaw, (PhD)

Delivery Style: Online Asynchronous

Date: Jan. 5 to April 2

Fee: \$641.48

Code: TCA210 2026S D01

Organizing for Transformative Change

During this course, you will focus on the concepts, skills and practices for organizing for transformational change. This includes intersectional analysis, power mapping, theories of change, effective communications, alliance-building strategies, and navigating and overcoming barriers to change. With a focus on student-led, semester-long projects, deep reflection and learning directly from organizers across Canada, you will emerge from this course with more skills, tools and hope for the work ahead.

Instructor: Jen Gobby, (PhD)

Delivery Style: Online Asynchronous

Date: Jan. 5 to April 2

Fee: \$641.48

Code: TCA425 2026S D01

Politics, Policies and Planning for Climate Action

This course uses British Columbia as a case study to introduce the policy and political contexts that shape climate action locally and globally, including relevant institutional and governance innovations. You will learn skills for engaging and overcoming stagnation and polarization

and develop strategies that are responsive to climate science. You will also focus on social and ecological impacts, and effective communication techniques.

Instructor: Kevin Andrew, (PhD)

Delivery Style: Online Asynchronous

Date: Jan. 5 to April 2

Fee: \$641.48

Code: TCA320 2026S D01

Water Futures: Collaborative Responses to Climate Impacts

This course explores how governance is evolving to address the impacts of climate change on freshwater regimes, including cycles of drought, fire and floods with a particular emphasis on collaborative governance.

Instructor: Justine Keefer

Delivery Style: Online Asynchronous

Date: Jan. 5 to April 2

Fee: \$641.48

Code: TCA420 2026S D01

NEW Special Topics: Psychology of Transformative Climate Action

This course introduces students to the psychology of systemic, collective, and individual-level climate action. It will provide students with the tools to: integrate psychological perspectives into climate action strategies, collaborate effectively with interdisciplinary solution-seekers, critically assess existing psychological strategies, and adopt a hopeful vision of climate action.

Instructor: Sam Lloyd

Delivery Style: Face to Face

Date: Tuesdays, Jan. 6 to April 2

Time: 2:30 to 5:20 pm

Fee: \$641.48

Code: TCA480 2026S C01

Practical Leadership for Technology and Engineering  

In the fast-paced world of science, business and the digital age, technical expertise is only part of the equation for successful leadership. For professionals in engineering or technology, the need for strong human capabilities, like managing client relationships or leading effective teams, is growing. As a new or aspiring leader in your field, this micro-certificate offers practical soft skills training to help you excel in leadership roles within technical environments.

Instructor: Aram Khalil-Pour

Delivery Style: Online Asynchronous

Date: Jan. 12 to Feb. 22

Register by: Monday, Jan. 5

Fee: \$995

Code: PLTE01 2026S D01

FOR MORE INFORMATION:

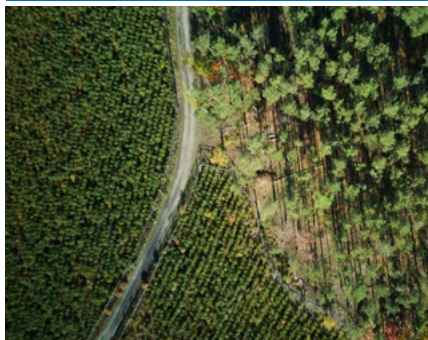
Climate Action

250-721-8481

bstassist@uvic.ca

continuingstudies.uvic.ca/climate-action

ECOLOGICAL RESTORATION



NEW Restoration of Our Past and Future: Towards a Way of Life

Join Dr. Richard Heba to learn how we can all participate in the respectful rebalancing of global systems and human communities through big and small actions. Thirty years ago, Continuing Studies at UVic identified a training gap in the developing field of restoration. Well ahead of others, a unique program of holistic restoration blending science, social sciences, and the humanities emerged. From politics to plant ecology, we invited all to participate whatever their background. We included practical experience in the field and in the human community. Today, global systems of water (hydrosphere), air (atmosphere), life (biosphere) and land (geosphere) are widely out of balance as a fifth system humanity (sociosphere) robs energy and resources. Pushing aside the laws of nature, our present system alters global climates and leads to the catastrophic depletion of the diversity of life. Holistic restoration presents a way of life, to bring humanity into equilibrium with the earth!

Instructor: Richard Hebda

Delivery Style: Face to Face

Date: Thursday, Feb. 26

Time: 7 to 8 pm

Duration: 1 session

Code: ER901 2026S C01

CONTINUING STUDIES@UVIC

Workplace Learning Programs

Empower yourself as a workplace learning professional by mastering the art of engaging your participants, whether in-person or online. As you elevate your confidence and nurture your creativity, you will hone your skills in designing and delivering effective instruction for adult learners and workplace staff.

- ▶ **Adult and Continuing Education** CERTIFICATE
- ▶ **Designing Learning for a Changing Workplace** MICRO-CERTIFICATE
- ▶ **Designing Learning in a Hybrid Workplace** MICRO-CERTIFICATE



continuingstudies.uvic.ca/work



University of Victoria

Instructor: Roger Stephen

Delivery Style: Online Asynchronous

Date: March 9 to April 19

Fee: \$545

Code: MWD02 2026S D01

Down the Rabbit Hole - Quantum Physics for Nonphysicists

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

Instructor: Skye Goksenin Sen, (PhD)

Delivery Style: Online Synchronous

Date: Tuesdays, April 7 to May 12

Time: 6:30 to 8:30 pm

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASSC284 2026K D01

The Metaphysics of Quantum Physics

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

Instructor: Skye Goksenin Sen, (PhD)

Delivery Style: Online Synchronous

Date: Wednesdays, May 6 to 27

Time: 6:30 to 8:30 pm

Duration: 4 sessions

Fee: \$90 plus \$4.50 GST

Code: ASSC302 2026K D01

FOR MORE INFORMATION:

General Science and Math

250-721-8305

comadmin@uvic.ca

continuingstudies.uvic.ca/general-science

HORTICULTURE AND NATURE



Plants in the Landscape

In this eight-week course, you will learn how to design beautiful gardens and select plants best suited to specific landscapes and climates. The course will include online exercises, video demonstrations and a weekly live Zoom class. You will leave this course with a completed design that is tailored for use in your own garden space.

Instructor: Susan Hawkins, (MA, BA (Hons))

Delivery Style: Online Synchronous

Date: Jan. 28 to March 18

Time: Students will have a live Zoom class on Wednesdays from 7 to 8:30 pm for the duration of the course.

Duration: 8 sessions

Fee: \$225

Code: ALGD02 2026S D01

NEW Garden Hospitality: Welcoming the Pollinators

The creation of a pollinator garden is an intentional act of hospitality. In this course we will celebrate the rich diversity of insect pollinators found in gardens on southern Vancouver Island. We will discover “who” these pollinators are and why they are so important, identify the many challenges faced by

pollinators, and explore ways to design garden spaces that are safe and inviting for native bees and other pollinating insects.

Instructor: Burl Jantzen

Delivery Style: Face to Face

Date: Tuesdays, Feb. 17 to March 3

Time: 2 to 4 pm

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: ASSC372 2026S C01

Beginner’s Guide to Propagating Vegetables From Seed

Learn the benefits of starting your own vegetable seeds and how to source supplies. Through seeding demonstrations and planting techniques, tips, and tricks, you will learn how to solve common problems and increase your chances of success.

Instructor: Jennifer Kolot

Delivery Style: Face to Face

Date: Wednesday, March 11

Time: 6 to 8 pm

Duration: 1 session

Fee: \$32 plus \$1.60 GST

Code: ASSC371 2026S C01

The Earth Laughs in Flowers

Just in time for Earth Day and Mother’s Day. Imagine a container that celebrates the beauty of flowering plants. Flowers welcome pollinators of all kinds. Hummingbirds and bees will be thrilled with the possibilities this class will inspire you to create. Jeff will show you how to create container plantings that are beautiful and look amazing all through the year. This is truly a celebration of all things beautiful.

Instructor: Jeff de Jong

Delivery Style: Face to Face

Date: Saturday, March 14

Time: 10 am to noon

Location: John Horgan Campus (Langford)

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: ASSC333 2026S E01

Landscape Design for the Pacific Northwest

In this eight week course, you will learn the landscape design process through online exercises and weekly synchronous online sessions. You will leave the course with the essential tools to design a garden landscape plan specifically for the Pacific Northwest.

Instructor: Jeff de Jong

Delivery Style: Online Synchronous

Date: Tuesdays, March 17 to May 12
No class on April 7

Time: 6:30 to 8 pm

Duration: 8 sessions

Fee: \$270

Code: ALGD01 2026S D01

Gardening with Native Plants

In this workshop, you will learn how gardening with local native plants can give you a water-saving, low-maintenance garden that brings colour all season long. Native plants are adapted to the area's conditions, making them ideal for organic gardening—no supplemental fertilizers or pesticides are needed. Whether your garden conditions are wet, salty or xeric (dry, dry, dry), there are native plants that will thrive, supporting great pollinators and local ecology. We will explore how to keep the garden beautiful from spring to winter, and tap into valuable local and online resources to help you along the way!

Instructor: Emony Nicholls

Delivery Style: Face to Face

Date: Saturday, March 28

Time: Noon to 3 pm

Duration: 1 session

Fee: \$46 plus \$2.30 GST

Code: ASSC334 2026S C01

NEW Easy Gardening

Finally, a low maintenance garden is within reach. Whether your garden is on a patio or an acreage, this course will set you up for many seasons of easy, breezy, gardening. Jeff de Jong presents an improved gardening practice that offers guiding principles that simplify the horticultural process and empower the gardener. From setting the stage—soils, weather, pests/diseases, and biological controls—to making key

choices and choosing the right plants, you will leave this course with a clear understanding of the elements to place throughout the garden, and the power to navigate the home garden decision-making process.

Instructor: Jeff de Jong

Delivery Style: Face to Face

Date: Saturdays, April 11 to 25

Time: 10 am to noon

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: ASSC370 2026K C01

Nature Explorations at Yellow Point Lodge

It's our swan song—40 years of nature explorations from 1986 to 2026. Join us for one last season of leisurely learning and exploration at the legendary Yellow Point Lodge. Enjoy nature walks in the forest, fields, and seashore, guided by knowledgeable leaders. Evenings are for calling owls, stargazing, and the wonder of seeing our discoveries through microscopes on the big screen plus a lively musical evening. Tasty meals, good company and the wonders of nature create an inspiring opportunity for all ages.

Double rooms and a limited number of single rooms are available. Cancellation deadline for refund of fees is March 20, 2026. Purchase of trip cancellation insurance is strongly recommended.

Facilitator: Anne L. Fraser

Instructors: Claudia Copley, Darren Copley, David Denning, Jeff Shatford, Marc Bell, Bruce Vogt, Barry Gates

Delivery Style: Face to Face

Date: Monday to Friday, April 20 to 24

Location: Yellow Point Lodge

Fee: \$1365 plus \$68.25 GST (based on double occupancy). A limited number of single rooms are available for an additional cost of \$180 plus \$9 GST

Code: ASRP012 2026K E01

Managing Mason and Leafcutter Bees

Learn how these efficient native pollinators can help give you larger and more abundant fruit, vegetables and perennials throughout the spring and summer seasons with their exceptionally high pollination rates. While you are also providing habitat and food for these important insects—it's a win-win! Learn how to attract and keep the bees, manage their houses, and keep their cocoons over the winter so the next generation is ready in the spring.

Instructor: Emony Nicholls

Delivery Style: Face to Face

Date: Saturday, May 2

Time: Noon to 3 pm

Duration: 1 session

Fee: \$46 plus \$2.30 GST

Code: ASSC373 2026K C01

FOR MORE INFORMATION:

Horticulture and Nature
250-721-8305
comadmin@uvic.ca
continuingstudies.uvic.ca/horticulture

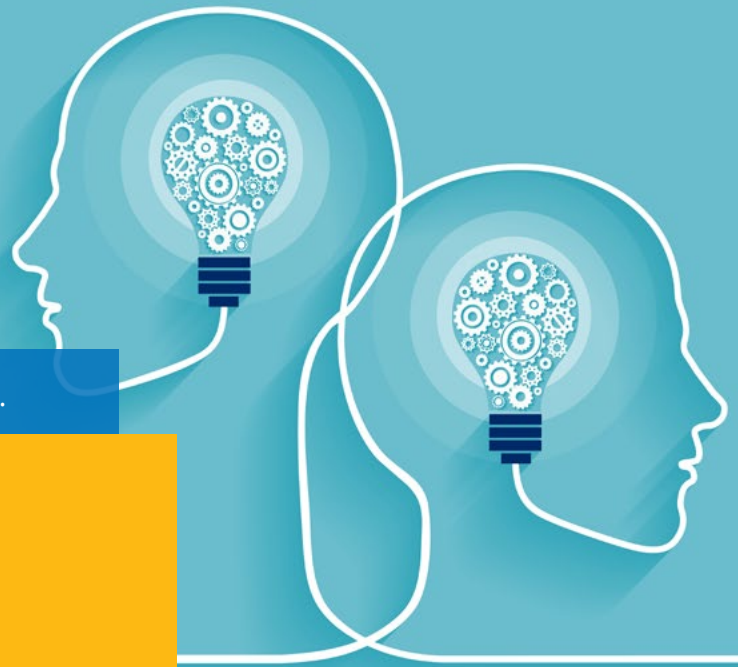
ADDITIONAL TOPICS

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

- Marine Science
- Sustainability

FOR MORE INFORMATION:

Science and the Environment
continuingstudies.uvic.ca/science



Inspiring growth through perspective...

Teaching, Learning and Development

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.

TOEFL(iBT) score: 94
IELTS score 7.0

Textbook: *Learning Teaching: An Essential Guide to English Language Teaching*, Third Edition, by Jim Scrivener

Instructor: TBD

Delivery style: Face to Face

Date: Jan. 20 to April 23

Time: Tuesday and Thursday
6:15 to 9:15 pm and every
second Saturday 9 am to 4 pm

Register by: Jan. 20

Duration: 34 sessions

Fee: \$1,500 plus \$75 GST

Code: EDTE125 2026S C01

FOR MORE INFORMATION:

Teacher Professional Development
250-721-7290
ELCProgramAssistant@uvic.ca
continuingstudies.uvic.ca/teacher-prod

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:

- **Workplace Learning**

FOR MORE INFORMATION:

Teaching, Learning and Development
continuingstudies.uvic.ca/teaching

PROGRAMS

Looking to refresh your skills or to develop new ones for our changing world? Set yourself apart with a certificate, diploma or micro-credential from Continuing Studies at UVic. Visit: continuingstudies.uvic.ca/programs

BUSINESS AND MANAGEMENT

Program (A-Z)	Delivery	Credential
Business Administration – Certificate	Blended, Face to Face, Online	Certificate
Business Administration – Diploma	Blended, Face to Face, Online	Diploma
Business Finance	Blended, Face to Face, Online	Micro-certificate
Business Intelligence and Data Analytics	Blended, Face to Face, Online	Micro-certificate
Change Resilience in the Workplace	Face to Face, Online	Micro-certificate
Digital Marketing	Blended, Face to Face, Online	Diploma
Essential Soft Skills Training	Online	Micro-certificate
Fundamental Leadership Skills	Face to Face, Online	Micro-certificate
Inclusive Leadership Strategies	Face to Face, Online	Micro-certificate
Indigenous Approaches to Governance in Canada	Online	Micro-certificate

COMMUNICATION AND PUBLIC RELATIONS

Program (A-Z)	Delivery	Credential
Business Communication	Blended, Face to Face, Online	Micro-certificate
Crisis Communication for Public Relations Professionals	Online	Micro-certificate
Marketing Communication	Blended, Face to Face	Micro-certificate
Professional Communication in the Workplace	Online	Micro-certificate
Public Relations	Online	Diploma
Skill Building for Public Relations	Online	Micro-certificate
Strategic Public Relations Leadership	Online	Micro-certificate

DATA, COMPUTING AND TECHNOLOGY

Program (A-Z)	Delivery	Credential
2D Graphics and Rendering Essentials for Video Games	Blended	Micro-certificate
3D Graphics and Rendering Essentials for Video Games	Blended	Micro-certificate
Administrative Technology	Blended, Face to Face, Online	Micro-certificate
Agile Project Management	Blended	Micro-certificate
Applied AI	Online	Micro-certificate, UNITAR-CIFAL certified
Business Intelligence and Data Analytics	Face to Face, Online	Micro-certificate
Data Analytics for Management Science	Blended, Face to Face, Online	Diploma
Data Storytelling and Visualization	Blended, Face to face, Online	Micro-certificate
Microsoft Office Bootcamp	Blended	Micro-certificate
Population Health Data Analysis	Online	Professional Specialization Certificate, UNITAR-CIFAL certified

HEALTH, WELLNESS AND SAFETY

Program (A-Z)	Delivery	Credential
Canadian Fall Prevention Curriculum	Online	Micro-certificate
Continence Care Skills	Online	Micro-certificate
Current Concepts in Dentistry	Face to Face	Certificate of Participation
Emergency Management for Organizational Continuity	Online	Micro-certificate
Environmental and Occupational Health	Online	Certificate
Fundamentals for the Homelessness Serving Sector	Online	Micro-certificate
Health Terminology and Interoperability Standards	Online	Micro-certificate
Introduction to Health Impact Assessment	Online	Micro-certificate
Organizational Preparedness and Adaptability	Online	Micro-certificate
Palliative Care Pharmacy	Online	Micro-certificate
Strategies and Actions for Independent Living	Online	Micro-certificate
Wound Care for Clients Experiencing Inequities	Online	Micro-certificate
Wound Management for Health Professionals	Online	Micro-certificate

PROGRAMS

HUMANITIES, SOCIAL SCIENCES AND LAW

Program (A-Z)	Delivery	Credential
Canadian Studies	Blended	Diploma
Equity, Diversity and Inclusion	Blended, Online	Micro-certificate, UNITAR-CIFAL certified
General Studies	Blended, Face to Face, Online	Certificate
Intellectual and Cultural Property Law	Blended	Professional Specialization Certificate, UNITAR-CIFAL certified
Intercultural Studies and Practice	Face to Face	Diploma
Knowledge Democracy in Higher Education	Online	Certificate of Completion, UNITAR-CIFAL certified
Social Justice Studies	Face to Face	Diploma
Teaching the Holocaust	Online	Micro-certificate, UNITAR-CIFAL certified

LANGUAGES

Program (A-Z)	Delivery	Credential
American Sign Language	Face to Face, Online	Certificate
La Maison française	Online	Certificate of Completion

MUSEUMS, HERITAGE AND INDIGENOUS CULTURE

Program (A-Z)	Delivery	Credential
Collections Management	Blended, Online	Professional Specialization Certificate
Cultural Resource Management	Blended, Online	Diploma
Digital Planning for the Cultural Sector	Online	Micro-certificate
Foundations in Indigenous Fine Arts	Online	Certificate
Indigenous Cultural Stewardship	Online	Micro-certificate
Indigenous Language Documentation	Online	Micro-certificate
Indigenous Language Revitalization	Face to Face, Online	Certificate
Visitor and Community Engagement	Blended, Online	Professional Specialization Certificate

SCIENCE AND THE ENVIRONMENT

Program (A-Z)	Delivery	Credential
Amateur Landscape and Garden Design	Face to Face, Online	Micro-certificate
Climate Action Planning	Online	Micro-certificate, UNITAR-CIFAL certified
Climate Activism	Online	Micro-certificate
Ecological Restoration	Online	Professional Specialization Certificate, UNITAR-CIFAL certified
Fire Ecology for Environmental Restoration	Blended	Micro-certificate, UNITAR-CIFAL certified
GIS Skills and Mapping	Online	Micro-certificate
Green Shores™ Training	Face to Face	Certificate of Participation
LiDAR Fundamentals for Climate Change Risk Analysis	Online	Micro-certificate, UNITAR-CIFAL certified
Mapping with Drones	Online	Micro-certificate, UNITAR-CIFAL certified
Politics, Policy and Climate Action	Online	Micro-certificate
Practical Leadership for Technology and Engineering	Online	Micro-certificate
Restoration of Natural Systems – Certificate	Blended	Certificate, UNITAR-CIFAL certified
Restoration of Natural Systems – Diploma	Blended	Diploma, UNITAR-CIFAL certified
Tourism Sustainability	Online	Micro-certificate, UNITAR-CIFAL certified
Transformative Climate Action	Blended	Certificate, UNITAR-CIFAL certified

TEACHING, LEARNING AND DEVELOPMENT

Program (A-Z)	Delivery	Credential
Adult and Continuing Education	Online	Certificate
Designing Learning for a Changing Workplace	Online	Micro-certificate
Designing Learning in a Hybrid Workplace	Online	Micro-certificate
Evidence-Aligned Literacy Practices	Online	Micro-certificate
Teaching English as a Foreign Language	Face to Face	Micro-certificate
Teaching English Language Learning	Online	Micro-certificate

General information

CAMPUS SERVICES

Academic accommodations

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

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

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

FOR MORE INFORMATION

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

The Farquhar at UVic

The Farquhar at UVic is the largest performing arts venue located on campus, presenting high profile music, theatre, dance and performances by many local community groups. It is also home to all UVic convocation ceremonies. Follow the venue on social media for event information and updates.

FOR MORE INFORMATION

250-721-8480 | uvic.ca/farquhar

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, Čeqʷənjín ʔéʔlən (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 Art Collection

At the University Art Collections, 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 our operations while providing real-life museum and collection work experience enabling students to be better prepared for future careers.

University Art Collections 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 and public programs.

Legacy Maltwood (at the Mearns Centre – McPherson Library on campus) is located on the lower level of the McPherson Library. Gallery hours are the same as the library.

The Legacy Maltwood features rotating exhibitions and is a storage and reference facility.

FOR MORE INFORMATION

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

Open Thursday to Saturday from 10 am to 4 pm
Free and open to the public.

UVic Alumni Association

The UVic Alumni Association is proud to represent all graduates of the University of Victoria, including from diploma and certificate programs. We are a volunteer-led organization that brings alumni together to connect, learn and support each other and our university.

We provide exclusive benefits and savings for UVic alumni, including preferred rates on insurance. We offer engaging programming (events, contests and more!) and the UVic Torch Alumni Magazine (packed with the latest campus news and inspiring alumni stories) to connect with alumni wherever they are.

Alumni should update their preferred address with us to keep in touch.

FOR MORE INFORMATION

250-721-6000 | alumni@uvic.ca | alumni.uvic.ca

UVic Bookstore / Blink Print / Computer Store / Starbucks

The Bookstore offers a variety of items essential to academic success, including new and used texts and digital versions when available. All textbooks requested by faculty are stocked in store. The Bookstore's general book department carries a comprehensive selection of both academic and general titles. Textbook listings are available online three weeks before the beginning of each term.

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

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

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 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 | info@uvic.ca
uvic.ca/library/info@uvic.ca

VISITING CAMPUS

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

Buses

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

- 4 UVic/Downtown via Hillside, Douglas, Fairfield and Gorge
- 7 UVic/Downtown via Douglas, Fairfield, May and Foul Bay
- 9 Royal Oak/UVic via Interurban, Burnside, Gorge and Hillside
- 11 Tillicum Centre/UVic via Gorge, Fort, Oak Bay and Cadboro Bay
- 12 University Heights/UVic via Garnet, Kenmore and San Juan
- 13 Ten Mile Point/UVic via Cadboro Bay and Arbutus
- 14 Vic General/UVic via Oak Bay Junction, Yates, Craigflower and Victoria General Hospital
- 15 Esquimalt/UVic via HMC Dockyard, Esquimalt, Fort, Oak Bay and Foul Bay

- 16 Uptown/UVic via McKenzie and Carey
- 26 Dockyard/UVic via McKenzie, Saanich Road, Tillicum and HMC Dockyard
- 39 Westhills/Interurban/Royal Oak/UVic via Shelbourne, Royal Oak, Interurban, Watkiss Way, Island Hwy and Goldstream
- 51 Langford Exchange/UVic via McKenzie, Glanford 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 Manager 250-472-5144

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

FOR MORE INFORMATION

uvic.ca/services/emergency

Parking

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

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

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

FOR MORE INFORMATION

Campus Security Services
250-721-6386 | 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 canceled one week prior to the start date if they do not meet their minimum enrolment. If we are unable to register you in a course because it is full, you will be placed on a waiting list and contacted if a space becomes available. Your payment will not be processed unless space is available for you in the class.

Registration payment

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

Goods and Services Tax

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

Confirmation and classroom location

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

Scents and perfumes

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

Use of educational technologies

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

Tuition fee tax deductions

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

Cancellations, withdrawals and refunds

The Division of Continuing Studies reserves the right to cancel/reschedule courses or other offerings without notice, and to establish special regulations for admission to non-degree

programs or courses. If a course or offering is canceled/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**

**CONTINUING
STUDIES@UVIC**

Depth Education Collection



Explore courses that deepen relational intelligence, strengthen systemic accountability, and support ethical engagement with complexity.

The Depth Education Series invites learners to move beyond quick fixes and cultivate more humble, entangled ways of thinking, being and relating.

Join us online this fall, and explore how learning with uncertainty, care and curiosity can support deeper engagement.

LEARN MORE
[continuingstudies.uvic.ca/
depth-education](https://continuingstudies.uvic.ca/depth-education)



University
of Victoria

Exhibition developed by



Natural
History
Museum
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ROYAL BC MUSEUM

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rbcm.ca/wildlife

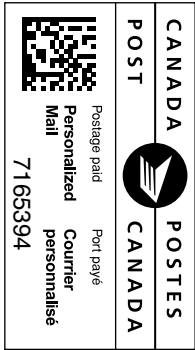
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CONTINUING STUDIES @UVIC

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



Or current addressee



RETURN POSTAGE GUARANTEED
PORT DE RETOUR GARANTI

CONTACT US

250-472-4747 | uvcstreg@uvic.ca

VISIT REGISTRATION

2nd Floor, Continuing Studies Building
University of Victoria
3800 Finnerty Road, Victoria BC
continuingstudies.uvic.ca

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[@UVicContinuingStudies](https://www.youtube.com/channel/UCVcContinuingStudies)
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