

CONTINUING
STUDIES@UVIC

Calendar

JAN-AUG 2023

Grow
a different
perspective

See course and program listings inside



University
of Victoria

continuingstudies.uvic.ca/calendar

CONTINUING STUDIES@UVIC

Grow a different perspective

Whether you're interested in pursuing a new hobby, learning a language or improving your professional skills, now is the perfect time to start planting seeds. When you learn more about the world around you, perspectives grow, opportunities blossom and life flourishes.

At Continuing Studies at the University of Victoria, we offer an ever-evolving selection of courses and programs each term, exploring the latest in a wide range of topics, taught in small classes and online environments. Let curiosity guide your learning and grow a different perspective this year.

STAY CONNECTED



/uviccontinuingstudies



/ContinuingstudiesCa

Find the calendar online!

The calendar is available online in an interactive format—nothing to download, just flip the pages and click on a course title to register.

continuingstudies.uvic.ca/calendar



Published by Marketing Services, Division of Continuing Studies, University of Victoria. Design and layout: Donovan Spilchuk, Ashley Davis. Printed in Canada on 10% recycled paper using vegetable-based inks by Mitchell Press, Vancouver BC, an environmental award-winning, FSC® certified and G7 accredited company.

Can we help you find something?

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Feb. 16	14

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Feb. 22	23

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Feb. 1	25
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Feb. 3	27
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Feb. 10	28
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Feb. 17	27
Wound Management for Health Professionals Level I	
Feb. 17	27
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Feb. 23	25
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Feb. 28	26

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China's Belt and Road Initiative: Multiple Perspectives	
Feb. 16	31
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Feb. 21	32
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Feb. 24	31
Residing in a Peaceful Heart	
Feb. 25	34

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Feb. 11	54

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March 15	15
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March 23	11
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March 23	11

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March 7	26
The Human Immune System	
March 14	26
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March 15	26
Living Consciously Expanded	
March 18	26
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Humanities and Social Sciences

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March 8	33
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April 11	15
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Humanities and Social Sciences

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April 6	32
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April 11	34

Languages

German - Level 2	
April 17	38
Italian - Level 2	
April 17	39
Japanese - Level 4 - Part 2	
April 17	40
Spanish - Level 3	
April 17	42
French Language Conversation Classes - Level 2	
April 18	37
German - Level 3	
April 18	38
Italian - Level 3	
April 18	39
Japanese - Level 3	
April 18	40

Ukrainian - Level 1	
April 18	43
Spanish - Level 1	
April 18	42
French Language Conversation Classes - Level 3	
April 19	37
German - Level 4	
April 19	39
Japanese - Level 2	
April 19	40
Spanish - Level 2	
April 19	42
Spanish - Level 4	
April 19	43
French Language Conversation Classes - Level 1	
April 20	37
Japanese - Level 4 - Part 1	
April 20	40
Spanish - Level 3	
April 20	42
French Language Conversation Classes - Level 4	
April 21	38
Italian - Level 4	
April 21	39
Korean - Level 3	
April 25	41
Korean - Level 2	
April 26	40

Science and the Environment

Small Wonders	
April 1	54
The Earth Laughs in Flowers	
April 1	54
Plants in the Landscape	
April 5	54
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April 22	54
Nature Explorations at Yellow Point Lodge	
April 24	55

MAY

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Organizational Preparedness and Adaptability	
May 12	18
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May 15	19
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May 15	19

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May 1	22
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May 2	24

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May 2	22
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Canadian Fall Prevention Curriculum	
May 5	27
Wound Management for Health Professionals Level I	
May 5	27
Wound Management for Health Professionals Level II	
May 5	27
High-Risk Foot, Level I	
May 13	28

Science and the Environment

Gardening with Native Plants	
May 3	55
Birding Basics I: Songbirds	
May 4	55
Introduction to Chemistry	
May 8	53

JULY

Science and the Environment

Introduction to Chemistry	
July 3	53

Become a host with UVic Homestay program

We're recruiting new homestay hosts!

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

We offer...

- **Excellent support services** – including orientation and community-building opportunities
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- **Increased compensation** – to match rising costs of living (receive \$1,260/month)

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

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continuingstudies.uvic.ca/elc/new-host

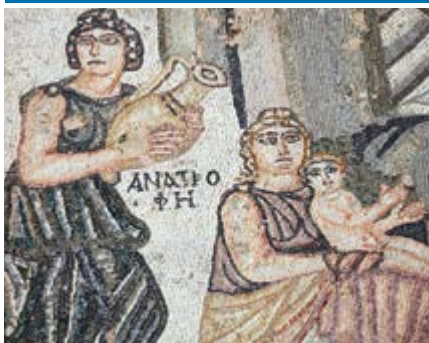


CONTINUING STUDIES@UVIC

Creating new perspectives...

Arts

ART HISTORY



NEW Art Now: An Introduction to Contemporary Visual Art

This course will examine contemporary visual art through a thematic framework. Students will gain exposure to a wide range of artists and practices while developing skills with which to unpack and analyze contemporary works of art. Through a combination of lectures, slideshows, videos and group discussions, students will gain exposure to a wide range of contemporary artists

and practices, while developing critical skills with which to examine works of art and question the experience of looking.

Instructor: Laura Dutton (MFA)

Delivery style: Online Hybrid

Date: Tuesdays, Feb. 7 to March 28

Time: 6:30 to 8:30 pm

Register by: Monday, Jan. 30

Duration: 8 sessions

Fee: \$150 plus \$7.50 GST

Code: ASHA151 2023S D01

Instructor: Amber Morrison (MFA)

Delivery style: Online Hybrid

Date: Wednesdays, Feb. 8 to March 29

Time: 6 to 7:30 pm

Register by: Tuesday, Jan. 31

Duration: 8 sessions

Fee: \$119 plus \$5.95 GST

Code: ASHA150 2023S D01

FOR MORE INFORMATION:

Art History

250-721-7797

lacadmin@uvic.ca

continuingstudies.uvic.ca/art-history

NEW Her Story: Women Making Art

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

MUSIC



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. 11 to March 29
Time: 6 to 7:30 pm
Register by: Wednesday, Jan. 4
Duration: 12 sessions
Fee: \$170 plus \$8.50 GST
Code: ASMU204 2023S C01

Instructor: Debra Laprise

Delivery style: Face to Face

Date: Wednesdays, April 12 to June 14
Time: 6 to 7:30 pm
Register by: Tuesday, April 4
Duration: 10 sessions
Fee: \$145 plus \$7.25 GST
Code: ASMU204 2023K C01

Let's Sing! Level 2

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

Instructor: Debra Laprise

Delivery style: Face to Face

Date: Tuesdays, Jan. 10 to March 28
Time: 6 to 7:30 pm
Register by: Tuesday, Jan. 3
Duration: 12 sessions
Fee: \$170 plus \$8.50 GST
Code: ASMU310 2023S C01

Instructor: Debra Laprise

Delivery style: Face to Face

Date: Tuesdays, April 11 to June 13
Time: 6 to 7:30 pm
Register by: Monday, April 3
Duration: 10 sessions
Fee: \$145 plus \$7.25 GST
Code: ASMU310 2023K C01

Opera in High Definition

From the comfort of your home, enjoy getting to know the world of opera through five spectacular works. In each Zoom lecture, we will talk about the history of each opera, compare different stagings, and listen to great singers bring each role to life. Two of the operas lectures will prepare you for Pacific Opera Victoria's productions of Braunfel's *The Birds*, and Mozart's *Così fan Tutti*. Impassioned melodrama takes centre stage with two popular operas, Puccini's *Tosca* and Giordano's *Fedora*, while Wagner's final opera *Parsifal* deals with human suffering, redemption and healing in transcendent music. So dress up or dress down, and get ready to enjoy a night in at the opera.

Instructor: Mikki Reintjes (MMus)

Delivery style: Online Synchronous

Date: Jan. 12 to April 6
Time: Thursdays, Jan. 12; Feb. 16; March 9 and 23; April 6, 7 to 9 pm
Register by: Wednesday, Jan. 4
Duration: 5 sessions
Fee: \$105 plus \$5.25 GST
Code: ASMU452 2023S D01

NEW Music in Place

Place exerts tremendous influence on the music that is composed specifically in, for, or because of that locale. Sometimes music is so specific to a location that it pulls listeners into the location as surely as if one were actually there. Sometimes the music is so evocative that it transcends boundaries. Either way, music creates magic.

In our class, we will explore through listening to a selection of the most potent music written for a specific place. No prior experience in 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. 23 to March 20
 No class Feb. 20
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 15
Duration: 8 sessions
Fee: \$150 plus \$7.50 GST
Code: ASMU470 2023S C01

Instructor: Mary Byrne (PhD)

Delivery style: Online Synchronous

Date: Mondays, Jan. 23 to March 20
 No class Feb. 20
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 15
Duration: 8 sessions
Fee: \$150 plus \$7.50 GST
Code: ASMU470 2023S D01

NEW Elvis and the Story of Rock and Roll

We'll go back and look at the roots of rock and roll in the late 1940s and early 1950s, from Black American music such as gospel, jump blues, jazz, boogie woogie, rhythm and blues, to country music. Add in the electric guitar, radio stations willing to play the music and one young man from Tupelo Mississippi named Elvis Presley, and you have the perfect recipe for the birth of rock and roll.

Instructor: John Mitchell

Delivery style: Online Synchronous

Date: Tuesdays, Jan. 24 to Feb. 28
Time: 10 am to noon
Register by: Monday, Jan. 16
Duration: 6 sessions
Fee: \$119 plus \$5.95 GST
Code: ASMU471 2023S D01

NEW The Third Wave: Rock After The Beatles

The turbulent, “fabulous” ’60s and the “Fab-Four” Beatles both ended their run within a mere three months, punctuating the notion that a great era had ended. Then ensued an explosion of fused styles, including genres as diverse as hard rock, soft rock, country rock, art rock, glam, disco and the earliest tremors of punk. While new artists emerged, many established acts remained active. But how did rock, whose birth is popularly rooted in youth rebellion (and not trusting anyone over 30), confront entering its own 30s?

Instructor: Paul Harris (PhD)

Delivery style: Face to Face

Date: Tuesdays, Jan. 24 to Feb. 28

Time: 7 to 9 pm

Register by: Tuesday, Jan. 17

Duration: 6 sessions

Fee: \$119 plus \$5.95 GST

Code: ASMU474 2023S C01

Beginner Guitar 1

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

Textbook: *Simple Songs: The Easiest Easy Guitar Songbook Ever*, App: iReal Pro, available for iOS, OSX or Android

Instructor: Patrick Walters (BMus)

Delivery style: Face to Face

Date: Thursdays, Jan. 26 to March 16

Time: 6 to 8 pm

Register by: Wednesday, Jan. 18

Duration: 8 sessions

Fee: \$150 plus \$7.50 GST

Code: ASMU469 2023S C01

NEW The Emotional Language of Music

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

Instructor: Jan Randall (BMus)

Delivery style: Face to Face

Date: Wednesdays, Feb. 8 to March 15

Time: 2:30 to 4:30 pm

Register by: Tuesday, Jan. 31

Duration: 6 sessions

Fee: \$119 plus \$5.95 GST

Code: ASMU472 2023S C01

NEW The Songwriters Behind Your Favourite Songs

Do you know who wrote your favourite songs? It wasn't until the early '60s that artists began to write and perform their own songs and the job of songwriter changed. Their melodies and lyrics touched you and gave you wonderful memories. We'll look at the songwriters behind some of our most popular songs and follow the evolution of song writing.

Instructor: John Mitchell

Delivery style: Online Synchronous

Date: Tuesdays, April 4 to May 9

Time: 10 am to noon

Register by: Monday, March 27

Duration: 6 sessions

Fee: \$119 plus \$5.95 GST

Code: ASMU473 2023K D01

NEW The Music of New Orleans

New Orleans has long been recognized as one of the most important cities for the creation of new musical styles including blues, jazz, gospel, pop and funk. This course examines this history and how events and the mixing of cultures has led to the exciting sounds and rhythms that continue to emerge today. In-class demonstrations will be conducted by instructor and pianist, Jan Randall. No musical knowledge is required.

Instructor: Jan Randall (BMus)

Delivery style: Face to Face

Date: Wednesdays, April 5 to May 10

Time: 2:30 to 4:30 pm

Register by: Tuesday, March 28

Duration: 6 sessions

Fee: \$119 plus \$5.95 GST

Code: ASMU475 2023K C01

FOR MORE INFORMATION:

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

PHOTOGRAPHY



Documentary Photography: Creating the Personal Project

By learning and applying the techniques of documentary photographers to your personal photo work, you will create a project that will allow you to explore your creative side while improving your general photography and camera-handling skills. Each week, you will create new images for your project and bring those images to share with the class. This can be an existing project or something new and initiated by the class experience.

This is a course about creativity, not equipment. Use whatever camera you own, digital or film. A notebook and pen is required for these sessions.

Instructor: Donald Denton

Delivery style: Online Hybrid

Date: Tuesdays, Jan. 17 to March 7

Time: 6:30 to 9 pm

Register by: Monday, Jan. 9

Duration: 8 sessions

Fee: \$200 plus \$10 GST

Code: ASVA064 2023S D01

Introduction to Digital Photography

Learn how to get the best possible photographs from your digital camera and find out what all those mysterious buttons and settings really do! We'll cover topics like basic exposure theory, colour temperature of light and lens selection. Learn about visual design and composition. This is a course for the complete novice or beginners wanting to increase their understanding of digital photography.

Instructor: Tony Bounsall (BAPA)

Delivery style: Online Hybrid
Date: Wednesdays, Jan. 25 to March 1
Time: 6:30 to 9 pm
Register by: Tuesday, Jan. 17
Duration: 6 sessions
Fee: \$165 plus \$8.25 GST
Code: ASVA127 2023S D01

NEW Shadows and Reflections

Shadows and Reflections examines basic approaches to night photography. It is a hands-on course that includes critiques and discussions around contemporary photographers as inspiration. We will cover photographing in limited light conditions, methods of finding a focal point and composing or framing a scene. We will focus on the shadows and reflections that occur in the evenings or at night.

Instructor: Meghan Krauss (MFA)

Delivery style: Face to Face
Date: Tuesdays, Jan. 31 to March 7
Time: 6:30 to 9 pm
Register by: Monday, Jan. 23
Duration: 6 sessions
Fee: \$165 plus \$8.25 GST
Code: ASVA179 2023S C01

Understanding Light in Photography



Light is photography's visual vocabulary, used to convey what we see in our viewfinders. It shapes our subject aesthetically while also influencing mood in a subliminal context.

The goal of this course is to use our devices outside automated settings. You will learn to employ creative menus for superior, more memorable images and understand the divide between how we see and how our devices see. It is both a technical and a creative course which will include lectures, image assignments and in-class critiques.

Instructor: Gerry Schallié
Delivery style: Online Hybrid
Date: Wednesdays, Feb. 1 to March 8
Time: 7 to 9 pm
Register by: Tuesday, Jan. 24
Duration: 6 sessions
Fee: \$140 plus \$7 GST
Code: ASVA101 2023S D01

Garden Photography

From the dawn of image-making, capturing gardens, plants and flowers has been one of the most enduring photographic themes. In this course, we'll explore historical and contemporary botanicals and examine how, as a subject, they can provide a viable stream of income. We'll distinguish and practice the various approaches from close-ups to wide-angle scenes, and how light and design are foundations to visually strengthen our results.

Instructor: Andrea Sirois

Delivery style: Online Hybrid
Date: Thursdays, March 23 to May 18
No class April 27
Time: 6:30 to 9 pm
Register by: Wednesday, March 15
Duration: 8 sessions
Fee: \$200 plus \$10 GST
Code: ASVA151 2023K D01

Travel and Street Photography Basics

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

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

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

Instructor: Andrew Kielbowicz

Delivery style: Face to Face
Date: March 23 to April 20
Time: Thursdays, March 23 to April 20, 6 to 8:30 pm (classroom sessions); Saturday, April 1, 10 am to 12:30 pm (field trip)
Register by: Wednesday, March 15
Duration: 6 sessions
Fee: \$165 plus \$8.25 GST
Code: ASVA133 2023K C01

Natural Light Portraiture Made Easy

Learn how to photograph people on location. If you have wanted to learn the professional secrets to getting a great portrait then this class is for you. We will cover the following: portrait lighting using natural light; which lens to use and when; how to maintain consistent accurate colour; and understanding your light meter

Participants should have an understanding of how their camera functions. This class is suitable for the informed novice to more advanced hobby photographers.

Instructor: Tony Bounsall (BAPA)

Delivery style: Face to Face
Date: April 14 and 15
Time: Friday, April 14, 7 to 9 pm (classroom) and Saturday, April 15, 9 am to 1 pm (field trip)
Register by: Thursday, April 6
Duration: 2 sessions
Fee: \$75 plus \$3.75 GST
Code: ASVA091 2023K C01

FOR MORE INFORMATION:

Photography
250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/photography

Delivery style definitions

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

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

Online Hybrid – A combination of synchronous and asynchronous learning.

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

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

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

THEATRE



Contemporary Theatre: Reading Award-Winning Canadian Plays 🖥️

Do you love theatre? Reading plays aloud is a fun, rewarding way to encounter some of Canada's best writers. Classes alternate between reading scripts aloud and classes discussing meaning and relevance. Varied in style and content, the plays provide a compelling overview of some of the wisest, funniest, and most irreverent voices in Canadian theatre. No acting experience necessary!

Instructor: Rachel Ditor (MFA)

Delivery style: Online Hybrid

Date: Thursdays, Feb. 9 to March 30

Time: 6:30 to 8:30 pm

Register by: Wednesday, Feb. 1

Duration: 8 sessions

Fee: \$170 plus \$8.50 GST

Code: ASTH660 2023S D01

S'Blood, I'm Speaking Shakespeare!

Shakespeare's plays should be fun. Shakespeare was an actor who wrote plays for actors. As such, his plays were meant to be seen and heard, and not simply read. Somewhere along the way, we lost sight of this and the result was that some of us had terrible experiences in school with Shakespeare. This course will offer you many techniques to unlock the mysteries of the text—the very same techniques actors use to understand the speeches and scenes. By the end of our sessions, you will have a heightened comprehension of the text, while experiencing the joy and genius of Shakespeare. (S'Blood = God's Blood)

Instructor: Kevin McKendrick

Delivery style: Face to Face

Date: Wednesdays, April 12 to May 3

Time: 1 to 3 pm

Register by: Tuesday, April 4

Duration: 4 sessions

Fee: \$85 plus \$4.25 GST

Code: ASTH658 2023K C01

FOR MORE INFORMATION:

Theatre

250-721-7797

lacadmin@uvic.ca

continuingstudies.uvic.ca/theatre

VISUAL ARTS



NEW Drawing Basics

Drawing Basics is a 10-week introductory course for complete beginners and those who want to restart their drawing practice. Through accessible hands-on exercises and projects in a range of drawing media, artist Connie Morey will support participants with the development of skills, confidence and individual creativity. Unleash your creative potential while drawing from life and imagination with pencil, charcoal, ink and watercolour pencils. A supply list will be attached to your receipt.

Instructor: Connie Morey

Delivery style: Face to Face

Date: Tuesdays, Jan. 10 to March 14

Time: 6:30 to 9 pm

Register by: Tuesday, Jan. 3

Duration: 10 sessions

Fee: \$240 plus \$12 GST

Code: ASVA178 2023S C01

Watercolour for Beginners Workshop

This course introduces novice painters to watercolour painting. We will review everything from the correct side of the paper to use, to how to hold a brush, how to clean your brushes, how to mix pigments together to create an abundance of colour choices, and washes. Expect to have fun and learn through still-life and abstract painting! A supply list will be attached to your receipt.

Instructor: Joanne Thomson (MAdEd)

Delivery style: Face to Face

Date: Jan. 20 to 22

Time: Friday, Jan. 20, 7 to 9 pm;
Saturday, Jan. 21, 9 am to 4 pm;
Sunday, Jan. 22, 1 to 5 pm

Register by: Thursday, Jan. 12

Duration: 3 sessions

Fee: \$160 plus \$8 GST

Code: ASVA019 2023S W01

Instructor: Joanne Thomson (MAdEd)

Delivery style: Face to Face

Date: Feb. 17 to 19

Time: Friday, Feb. 17, 7 to 9 pm;
Saturday, Feb. 18, 9 am to 4 pm;
Sunday, Feb. 19, 1 to 5 pm

Register by: Thursday, Feb. 9

Duration: 3 sessions

Fee: \$160 plus \$8 GST

Code: ASVA019 2023S W11

Collage – Value, Colour and Design 🖥️

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

Instructor: Tony Bounsall (BAPA)

Delivery style: Online Hybrid

Date: Mondays, Feb. 6 to April 24
No classes Feb. 20 and April 10

Time: 6:30 to 9 pm

Register by: Sunday, Jan. 29

Duration: 10 sessions

Fee: \$240 plus \$12 GST

Code: ASVA104 2023S D01

Exploring Colour

We take colour for granted in everyday life. It helps us identify objects and products, it orients us in our environment and enhances our sense of beauty. But colour is also a medium to create new images and to express thoughts and emotions. We will work with water and oil-based colours as well as with pigments, to try new possibilities and convey our thoughts and emotions. To deepen our understanding of this medium, we'll compare our intentions with the results of our work. A list of recommended supplies will be provided.

Instructor: Hermann Valentin Schmitt

Delivery style: Face to Face

Date: Saturdays, Feb. 11 to 25

Time: 1 to 4 pm

Register by: Friday, Feb. 3

Duration: 3 sessions

Fee: \$150 plus \$7.50 GST (includes partial supplies)

Code: ASVA105 2023S C01

NEW Mapping with Thread

Through three hands-on mapping projects, participants will learn hand sewing, embroidery, how to use dissolvable fabric and techniques for mapping through removal. The maps will begin with each person's own life and will be inspired by contemporary textile art and how mapping is used in society and in art. At the end of this course, participants will leave with textile art skills they can use for further art and mapping projects, and they will have completed three samplers. A supply list will be attached to your receipt.

Instructor: Corrie Peters (MFA)

Delivery style: Face to Face

Date: Wednesdays, Feb. 22 to April 12

Time: 6:30 to 8:30 pm

Register by: Tuesday, Feb. 14

Duration: 8 sessions

Fee: \$170 plus \$8.50 GST

Code: ASVA180 2023S C01

Basic Observational Drawing with Graphite

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

Instructor: Jeannette Sirois (MEd)

Delivery style: Online Hybrid

Date: Saturdays, April 15 to May 13

Time: 9:30 am to 12:30 pm

Register by: Friday, April 7

Duration: 5 sessions

Fee: \$165 plus \$8.25 GST

Code: ASVA141 2023K D01

FOR MORE INFORMATION:

Visual Arts

250-721-7797

lacadmin@uvic.ca

continuingstudies.uvic.ca/visual-arts

WRITING AND LITERATURE



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 Hybrid

Date: Tuesdays, Jan. 24 to Feb. 14

Time: 6:30 to 8:30 pm

Register by: Monday, Jan. 16

Duration: 4 sessions

Fee: \$100 plus \$5 GST

Code: ASWL120 2023S D01

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 Hybrid

Date: Thursdays, Jan. 26 to Feb. 23

Time: 6:30 to 8:30 pm

Register by: Wednesday, Jan. 18

Duration: 5 sessions

Fee: \$120 plus \$6 GST

Code: ASWL113 2023S D01

Chronicling the Stories of Your Life

Your life is a singular reflection of an unparalleled human journey that begs to be recalled. This workshop will encourage you to examine significant experiences and central themes in your life. Through presentations, writing exercises and group discussions, you will sharpen your memories of pivotal events in your life. You will share your stories and explore options for the continuance of your life story journey.

Instructor: Faye Ferguson (MA, MSc)

Delivery style: Face to Face

Date: Saturdays, Jan. 28 to March 4

Time: 10 am to noon

Register by: Friday, Jan. 20

Duration: 6 sessions

Fee: \$140 plus \$7 GST

Code: ASWL089 2023S C01

How to Write Fast-paced Novels

Writing thriller and mystery novels requires a fast pace combined with strong characters, believable situations and plenty of twists and turns. In this four-part course, learn how to foreshadow with clues, both false and real, as well as how to create strong heroes and villains. Learn how to write in your true voice, how to build a sense of urgency, and how to give the reader a break. By the end of this course, you will have a concrete timeline, strong characters, great locations and a solid plot.

In-class and take-home assignments will be included.

Instructor: Darcy Nybo

Delivery style: Online Hybrid

Date: Saturdays, Feb. 11 to March 4

Time: 9 to 11 am

Register by: Friday, Feb. 3

Duration: 4 sessions

Fee: \$100 plus \$5 GST

Code: ASWL112 2023S D01

Writing a Memoir - Step by Step

You will learn the step by step process to write a successful memoir. The course contains eight lessons that will prepare your mind, organize your thoughts and motivate you to write. Through each lesson you will craft portions of your memoir by writing drafts of 500 - 1000 words, and receiving thoughtful feedback. You will develop new skills for creating a memoir and grow as a writer. The intended timeline for the course is eight weeks, but students may have access to the course for six months.

Instructor: Karen Barnstable (MEd)

Delivery style: Online Asynchronous

Date: Feb. 13 to April 10

Register by: Sunday, Feb. 5

Duration: 8 weeks

Fee: \$230 plus \$11.50 GST

Code: ASWL125 2023S D01

From Journal to Story: Using Life Experience to Create Fiction

This course focuses on using life experiences as a source of powerful raw material for creating fiction. Through writing exercises and discussion, participants will draw on their own lives and memories to find new story ideas, create compelling characters and write powerful and engaging stories for readers of all ages.

Instructor: Robin Stevenson

Delivery style: Face to Face

Date: Wednesdays, Feb. 15 to March 22

Time: 7 to 9 pm

Register by: Tuesday, Feb. 7

Duration: 6 sessions

Fee: \$140 plus \$7 GST

Code: ASWL076 2023S C01

Creative Writing: The Writer's Craft

This is a comprehensive, multi-genre course in the craft of creative writing. Through writing exercises, cross-genre readings and engaging discussion, you will explore everything from the structural integrity of the sentence and the symbolic unity of word sounds, to the archetypal patterns in narrative and verse form. In addition to your weekly tutorials, expect to spend approximately three hours per week on your own, completing readings and writing exercises. You will develop the discipline and tools to hone your editorial skills and discover your own distinct voice.

Instructor: Amanda Merritt (MFA)

Delivery style: Online Hybrid

Date: Thursdays, Feb. 16 to April 27

Time: 6 to 7:30 pm

Register by: Wednesday, Feb. 8

Duration: 10 weeks

Fee: \$325 plus \$16.25 GST

Code: ASWL200 2023S D01

Writing Historical Fiction

Do you know of an unsung hero from the past? Is your family history ripe for a fictional retelling? Are you a fan of historical fiction and long to create your own narratives? In this course we will focus on finding stories from the past that are destined to become compelling historical fiction. We will learn about the challenges and joys of research, the creation of world-views, the development of believable dialogue, and the role of setting and writing style in creating your own unique vision of the past. For inspiration we will look at the various genres of historical fiction: thrillers, mysteries, literary novels, YA, Supernatural, and even steampunk. Classes will be divided into lectures, discussion, in class prompts, and the work-shopping of one page assignments that will lead towards the final assignment of the completion of a short story or the first chapter of a novel.

Instructor: Claire Mulligan (MFA)

Delivery style: Face to Face

Date: Tuesdays, Feb. 21 to March 28

Time: 6:30 to 9 pm

Register by: Monday, Feb. 13

Duration: 6 sessions

Fee: \$165 plus \$8.25 GST

Code: ASWL094 2023S C01

Romancing the Keyboard

Romance is the most popular (sales-wise) of all the genres. Learn what sub-genre works best for you and how to create a great story line. Discover the importance of settings, character development and satisfying the reader. Learn about tropes and how to use them, as well as creating tension through action and dialogue. This is an interactive class with sharing and critique.

Instructor: Darcy Nybo

Delivery style: Online Hybrid

Date: Tuesdays, Feb. 28 to April 4

Time: 6:30 to 8:30 pm

Register by: Monday, Feb. 20

Duration: 6 sessions

Fee: \$140 plus \$7 GST

Code: ASWL118 2023S D01

Self-publishing Your Book

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

Instructor: Darcy Nybo

Delivery style: Online Hybrid

Date: Thursdays, March 9 to 30

Time: 6:30 to 8:30 pm

Register by: Wednesday, March 1

Duration: 4 sessions

Fee: \$100 plus \$5 GST

Code: ASWL119 2023S D01

NEW The Art of Adaptation for Screen

Hate it when your favourite story becomes a mediocre screen-play? Think you can do better? You can. Half of class time will be writer-room style. Half will be lecture and discussion on formatting and structure, legal rights vs public domain, finding source material and adaptation techniques.

Expect to create at least one short-film adaptation and ideas for more. All levels of experience are welcome.

Instructor: Claire Mulligan (MFA)

Delivery style: Face to Face

Date: Thursdays, March 9 to 30

Time: 6:30 to 9 pm

Register by: Wednesday, March 1

Duration: 4 sessions

Fee: \$140 plus \$7 GST

Code: ASWL128 2023S C01

Writing for Children: Releasing the Child Within

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

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

Delivery style: Face to Face

Date: Wednesdays, March 15 to April 19

Time: 6:30 to 9 pm

Register by: Tuesday, March 7

Duration: 6 sessions

Fee: \$165 plus \$8.25 GST

Code: ASWL041 2023K C01

NEW Creative Nonfiction: Writing from Everyday Life

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

Instructor: Alex Bertram (PhD)

Delivery style: Face to Face

Date: Tuesdays, April 11 to May 16

Time: 7 to 9 pm

Register by: Monday, April 3

Duration: 6 sessions

Fee: \$140 plus \$7 GST

Code: ASWL127 2023K C01

FOR MORE INFORMATION:

Writing and Literature

250-721-7797

lacadmin@uvic.ca

continuingstudies.uvic.ca/writing



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FINDING CONFIDENCE AND SUCCESS IN THE BUSINESS WORLD

with alumna and Order of Canada appointee Janis Dunning, CM

The performing arts are Janis Dunning's pride and passion, but learning the foundations of business was an important catalyst for achieving her goal to support the arts. "Everyone benefits from learning business skills; it will support you in your line of work," says Janis, a graduate of the Certificate in Business Administration (CBA) and a 2021 Order of Canada appointee.

After her career in the performing arts, Janis wanted to fuel others' passion for the spotlight. She was successful in seeing her vision unfold and co-founded the Canadian College of Performing Arts (CCPA), which opened in 1998. A year before the doors were planned to open, she noticed one missing piece. For this college to thrive, she needed to update her business skills. "I wanted every business partner, educator and provincial regulator to have confidence in me as a businessperson," she explains. "I needed to use the most current business language and computer skills to ensure the college was respected."



In 1997, Janis turned to the CBA program within Continuing Studies at UVic to increase her business knowledge and skills. At the time, it was offered as the CBA Fast Track program. All the course content was compiled into 12 weeks, which meant Janis could graduate before the CCPA opened. Completing the program ensured that Janis had exactly the skillset needed to run the college. The program's multidimensional structure confirmed the importance of business fundamentals and communication. "The CBA program taught me about teamwork, finance, strategy and marketing," she says. "The long-term benefit was the confidence it gave me to strive for success in the business world."

When Janis first walked into a Continuing Studies classroom at age 47, she was instantly reassured. The CBA program values students who have the ambition to learn and grow. "You're surrounded by students with different levels of experience who are thirsty to learn," she adds. The energized classroom



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Go out there and learn! Any line of endeavour requires a strong foundation in business.

environment made studying business even more rewarding for Janis. "I had goals and I was going to achieve them if I worked hard," she continues. The instructors' professionalism made her feel comfortable enough to participate in classroom discussions and to ask for support with her coursework. The atmosphere of positivity at Continuing Studies kept her motivated and eager to push forward.

Janis couldn't be happier with the skills that the CBA program exposed her to. The program gave her the boost of confidence she needed to open the CCPA, and confirmed to her that business skills can apply to various careers and aspects of life. "Go out there and learn! Any line of endeavour requires a strong foundation in business," she says. Janis believes people need to step out of their comfort zones and recognize how strong business skills can open doors. "Don't be afraid to learn things you don't know about. There is always time to start again, and to go in a new direction."

— CS —



Janis Dunning, CM is a Continuing Studies alumna and was appointed to the Order of Canada in 2021.

CONTINUING STUDIES@UVIC

Sharing new perspectives...

Business and Management

LEADERSHIP AND MANAGEMENT



Organizational Preparedness and Adaptability

This course will equip you to improve your organization's ability to operate through the crises and disruptions many describe as the new normal. Designed for non-specialists to enable staff across organizations in all sectors to prepare for and adapt to our highly unpredictable environment. We will explore risk assessment

and impact analysis, mitigation, business continuity planning, emergency preparedness and response, leadership and organizational culture, and crisis communications.

Instructor: Paul Breed (MSc, MBCI/CBCI, CSyP, FSyl, FCMI)

Delivery style: Online Asynchronous

Date: Jan. 30 to March 10

Duration: 6 weeks

Fee: \$495 plus \$24.75 GST
\$371.25 plus \$18.56 GST for BC residents

Code: HPPD650 2023S D01

Instructor: Paul Breed (MSc, MBCI/CBCI, CSyP, FSyl, FCMI)

Delivery style: Online Asynchronous

Date: May 12 to June 23

Duration: 6 weeks

Fee: \$495 plus \$24.75 GST
\$371.25 plus \$18.56 GST for BC residents

Code: HPPD650 2023K D01

IT Security for Business Continuity



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

Instructor: Steve Gidden (BA)

Delivery style: Online Asynchronous

Date: Feb. 6 to April 28

Duration: 12 weeks

Fee: \$695 plus \$34.75 GST

Code: HPPD601 2023S D01

Operational Resilience

This course equips learners to help strengthen their organization's operational resilience *today* to be able to operate in the event of a disruption. Develop your business continuity management skills to gather and analyze key information and propose solutions to prevent or minimize disruptions. Concepts include theory of risk, risk assessment, policy and program management, organizational cultural challenges, leadership for business continuity, impact analysis, business continuity plans and communicating decisions.

Instructor: Paul Breed (MSc, MBCI/CBCI, CSyP, FSyl, FCMI)

Delivery style: Online Asynchronous

Date: Feb. 6 to April 28

Duration: 12 weeks

Fee: \$695 plus \$34.75 GST

Code: HPPD603 2023S D01

Crisis Communications

Recent disruptions including wildfires, floods, IT system failures and the Covid-19 pandemic have brought to light how important effective communication is during a crisis. With poor communication, crisis events can result in loss of business, closure, economic failure and reputational damage. This course equips learners 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: May 15 to Aug. 4

Duration: 12 weeks

Fee: \$695 plus \$34.75 GST

Code: HPPD602 2023K 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 psychosocial impact of crisis. Examine a range of tools for planning and training, and consider the ethical issues, opportunities and challenges overlaying emergency management. You will work in groups on case studies to apply course concepts in developing and presenting business continuity recommendations.

Instructor: Scott Manning (MPA, MSc, DSc)

Delivery style: Online Asynchronous

Date: May 15 to Aug. 4

Duration: 12 weeks

Fee: \$695 plus \$34.75 GST

Code: HPPD600 2023K D01

FOR MORE INFORMATION:

Leadership and Management

250-721-8558

hsadmin@uvic.ca

continuingstudies.uvic.ca/leadership

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**
- **Business and Career Essentials**
- **Business Continuity**
- **Communications and Public Relations**
- **Entrepreneurship and Business Development**
- **Human Resources**
- **Marketing**

FOR MORE INFORMATION:

Business and Management

continuingstudies.uvic.ca/business

CONTINUING STUDIES@UVIC

Public Relations

DIPLOMA | ONLINE

Take your PR career to new heights. Gain knowledge and skills in the public relations and communications field, and integrate the new theoretical and practical models of public relations practice.

PROGRAM AT A GLANCE

- Start in January or September
- Part-time studies
- Instructors are PR leaders

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The bright side of the digital world

with instructor Liz Pittman

By Sarah Androsoff, Marketing Services

The thought of pursuing digital communication stood out to Liz Pittman like a rainbow glowing in the sky after a heavy rainfall. "Social media can be a great community-building tool," she says. "I realized this when I was working as a weather personality for a TV station." Liz managed some of the TV station's social media and witnessed many online conversations about the weather. "Social media gets a bad reputation, but I think there's a lot of goodness there too." She feels that people need to be more aware of how technology influences their emotional intelligence. That kind of thinking is what encouraged Liz to reach for that pot of gold at the end of the rainbow and switch to a career in digital communication.

Liz holds a diploma in communication arts, specializing in broadcast journalism from Lethbridge College. She worked in TV and radio for six years before switching over to communication. Once she had launched her own freelance business as a digital communication specialist, she knew she had found her calling. In her business, Liz partners with clients on projects, providing expertise on social media strategies, content creation, podcast production, and blog and newsletter writing. "I make the client's life easier," Liz states. "I set them up with a strategy by talking about their goals and who they are trying to reach as a customer base."

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Social media gets a bad reputation, but I think there's a lot of goodness there too.

In 2020, an opportunity for Liz to become an instructor with Continuing Studies at UVic presented itself—and to her, it was the best of both worlds. It gave Liz a chance to combine her communication and journalism experience with teaching. "There was a need for programming, and I have a soft spot for post-secondary education," she adds. Continuing Studies made Liz's transition to becoming a new instructor at the peak of the pandemic stress free. "I appreciated how supportive the department was. Help was always guaranteed."

"I love teaching because I enjoy opening students' eyes to new concepts," Liz explains. Her students would describe her as very energetic and interactive. She gives her students the opportunity to experiment and grasp new ideas through hands-on learning. A class with Liz will often grab your attention. "I don't hold still. I talk with my hands and by the end of a full teaching day, I am exhausted!" she laughs.

Liz teaches courses in social media marketing, digital communication and podcasting. "Social Media Marketing is the course I teach the most. I cover how to set up a website, how to write good social media copy, content marketing and social media ads," she says. In Digital Communication, Liz talks about instant messaging, video conferencing and emailing; and finally, Podcasting is a community course that takes students step-by-step through the making of a podcast.

Our digital world has forever changed the way we communicate with others and entertain ourselves. Technology and online platforms impact our personal lives, but also our work lives. "Even if you aren't in the communication or social media marketing industry, it's helpful to learn how to be an effective communicator and to understand why you're being marketed to," she explains. If Liz could change one thing about the online world, she would wish for more kindness behind the keyboard. "If we just took a breath before tweeting or emailing back so quickly, I think we would be living in a much happier world."

— CS —



This term, Liz is teaching: Social Media Marketing, Digital Communications and Podcasting. To register, visit continuingstudies.uvic.ca/creative-tech.

CONTINUING STUDIES@UVIC

Evaluating new perspectives...

Data, Computing and Technology

COMPUTING AND INFORMATION SYSTEMS



IT Privacy and Security

Information technology touches all aspects of our lives: how we work, how we make decisions, how we communicate, and how we entertain ourselves. Our diverse selection computing and information systems courses could be just what you need to get the competitive edge.

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

Instructor: Melina Luxruel

Delivery style: Online Asynchronous

Date: Jan. 9 to April 9

Duration: 13 weeks

Fee: \$695

Code: TECH325 2023S D01

Microsoft Office Bootcamp

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

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

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

Delivery style: Online Hybrid

Date: Mondays, May 1 to June 16
No class on May 22

Time: 6 to 8 pm

Register by: Thursday, April 27

Duration: 6 sessions

Fee: \$695

Code: TECH130 2023K D01

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, 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: Online Hybrid

Date: Tuesdays and Thursdays, May 2 to June 11

Time: 6 to 8 pm

Duration: 12 sessions

Fee: \$695

Code: TECH120 2023K D01

FOR MORE INFORMATION:

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

CREATIVE TECHNOLOGY AND DESIGN



Online Art and Design Courses

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

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

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

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

Unity® for Creative Technology

Unity® for Creative Technology quickly provides learners with in-demand skills and competencies to support employment in the creative technology sector. It introduces learners to real-time, interactive 3D essentials and fundamentals for building virtual experiences through the Unity platform and prepares learners for optional Unity certification. This course will introduce and explain the technologies that make interactive projects possible and walk learners through creating 3D apps and projects, focusing on Unity.

Instructor: Charles Hache

Delivery style: Online Hybrid

Date: Tuesdays and Thursdays, Jan. 24 to March 2

Time: 6 to 9 pm

Duration: 6 sessions

Fee: \$897.50 \$120 plus \$6 GST

Code: ISCT800 2023S D01

Podcasting

In *Podcasting 101*, we'll learn all about what a powerful storytelling tool podcasting can be for individuals and businesses. Learn how to properly plan a new podcast series, how to prepare for and conduct interviews, record audio, edit an episode, and promote the series to your loyal fans.

Instructor: Liz Pittman

Delivery style: Online Hybrid

Date: Wednesdays, Feb. 22 to March 22

Time: 7 to 9 pm

Duration: 5 sessions

Fee: \$160 plus \$8 GST

Code: TECC028 2023S D01

FOR MORE INFORMATION:

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

DATA ANALYTICS



Predictive Data Analytics and Modelling

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

Note: It is recommended that students have completed the following courses:

BIDA301 *Business Intelligence and Data Analytics Fundamentals*

BIDA302 *Data Analytics Coding Fundamentals, or proficient coding in R, Python and JavaScript*

Instructor: Hossen Teimoorinia (PhD, MSc, BSc)

Delivery style: Face to Face

Date: Saturdays, Feb. 25 to April 1

Time: 9 am to 4 pm

Register by: Tuesday, Feb. 21

Duration: 6 sessions

Fee: \$695

Code: BIDA406 2023S C01

Data Visualization and Reporting



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

Instructor: Jonah Glass

Delivery style: Online Hybrid

Date: Tuesdays and Thursdays, May 2 to June 8

Time: 6 to 9 pm

Register by: Thursday, April 27

Duration: 12 sessions

Fee: \$695

Code: BIDA404 2023K C01

NEW Machine Learning Fundamentals

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

Instructor: Hossen Teimoorinia (PhD, MSc, BSc)

Delivery style: Online Hybrid

Date: Saturdays and Sundays, May 6 to June 11

Time: 9 am to noon

Duration: 12 sessions

Fee: \$695

Code: BIDA407 2023K D01

FOR MORE INFORMATION:

Data Analytics
250-721-8944
bustech@uvic.ca
continuingstudies.uvic.ca/data

CONTINUING STUDIES@UVIC

Careers at Continuing Studies

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

Staff opportunities

Marketing Specialist, Digital

Division Marketing Services

Apply by: Open until filled

Instructor opportunities

Instructors

Business and Management Programs

Apply by: Open until filled

Academic Advisory Committee Members

Current Concepts in Dentistry

Apply by: Open until filled

Instructors

French Language offerings

Apply by: Open until filled

English Language Centre opportunities

Cultural Assistant

Apply by: Ongoing

Virtual volunteer opportunity for current UVic students

Apply by: Ongoing

In-person volunteer

Apply by: Ongoing

Homestay host

Apply by: Ongoing

To apply please visit our website at:

continuingstudies.uvic.ca/careers

Please note that the info here is accurate as of Nov. 30, 2022. Some positions may have been filled since publication. View our website for the most current list of offerings.



CONTINUING STUDIES@UVIC

Researching new perspectives...

Health, Wellness and Safety

COMMUNITY HEALTH AND WELLNESS



Advanced Investing for Financial Wellness

Designed for students who have completed Investing for Financial Wellness I or those with investing experience seeking more advanced discussions, Level II starts with a focus on common behavioral biases that undermine investing success and building a framework for improved decision-making. The course takes a deeper dive into the historical behaviour of markets to

draw important lessons and provide a larger perspective. We then take a detailed look at portfolio construction and the importance of building a cohesive investment process. Finally, we discuss the current market environment, asset allocation implications and how to manage risks.

Instructor: Ian Johnson (CFA)

Delivery style: Online Synchronous

Date: Wednesdays, Feb. 1 to 22

Time: 6:30 to 9 pm

Duration: 4 sessions

Fee: \$100 plus \$5 GST

Code: HPHE310 2023S D01

NEW Healthy Aging: Insights on Place, Space and Time

For the first time in Canadian history, older adults age 65+ outnumber younger persons age 14 and under. As the population ages, there is increasing interest locally and worldwide in understanding the factors that contribute to healthy aging and longevity. We will explore individual factors known to influence health and wellbeing and discuss what kinds of communities are better at supporting our health and wellness. Additionally,

we will learn how earlier life experiences influence later life habits, health and wholeness, and we will explore and consider what it means to age well.

Instructor: Denise Cloutier (PhD)

Delivery style: Face to Face

Date: Thursday, Feb. 23

Time: 6:30 to 8:30 pm

Duration: 1 session

Fee: \$65 plus \$3.25 GST

Code: HPHE325 2023S C01

More Than Money: Making the Most of Retirement

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

Instructor: John Meldrum (PhD)

Delivery style: Face to Face

Date: Tuesday, Feb. 28

Time: 6:30 to 8:30 pm

Duration: 1 session

Fee: \$65 plus \$3.25 GST

Code: HPHE281 2023S C01

NEW The Neuroscience of Optimal Mental Health

Mental health is a concept that is frequently discussed but do we even know what it means? Insights from neuroscience research provide us with a basis for understanding what a healthy brain is and the factors that affect it. In this course, we will first review the basics of brain function, what healthy brain function entails and how this leads to "mental health". Secondly, we will review factors that can have a negative impact on our brain and thus our mental health. We will conclude by reviewing neuroscientifically informed approaches to achieving optimal mental health and well-being.

Instructor: Olav Krigolson (PhD)

Delivery style: Face to Face

Date: Tuesday, March 7

Time: 6:30 to 8:30 pm

Duration: 1 session

Fee: \$65 plus \$3.25 GST

Code: HPHE326 2023S C01

NEW The Human Immune System

Until recently, the initial stages of immune system development were unknown. With novel experimental systems and advanced technologies, scientists have now uncovered the first clues to how immunity develops, opening the way to exciting future discoveries. Session 1 will examine how the immune system develops as well as examine possible future research directions in immune system development. Session 2 will focus on the underlying causes of age-associated changes in immune function and potential therapeutic targets that may slow the aging process. Therapeutic strategies, including candidate drugs, most of which are still in experimental development, and potential dietary practices will be discussed.

Instructor: Ed Ishiguro (PhD)

Delivery style: Face to Face

Date: Tuesday and Thursday, March 14 and 16

Time: 6:30 to 8:30 pm

Duration: 2 sessions

Fee: \$85 plus \$4.25 GST

Code: HPHE323 2023S C01

NEW From Brain Fog to Dementia



In this interactive session we will go in-depth into the biology of nerve cell connections (synapses) and the impacts of aging and disease on these key communication structures. We will discuss cellular and molecular mechanisms, highlighting how these structures are set up during development and how they are impacted by disease and aging, including changes that can contribute to brain fog and dementia. We will also delve into some of the research being done on this topic in the Swayne lab at UVic and some of the research tools (mainly microscopy) used to address these important questions.

Instructors: Leigh Anne Swayne (PhD),
Leigh Wicki-Stordeur (PhD)

Delivery style: Online Synchronous

Date: Wednesday, March 15

Time: 6:30 to 8:30 pm

Duration: 1 session

Fee: \$40 plus \$2 GST

Code: HPHE322 2023S D01

Living Consciously Expanded

Do you ever have the sense that "when I just get everything sorted out, THEN I will be happy?" If so, then the practice of mindfulness may speak to you. An ancient practice that helps return us to the driver seat of our lives, lower stress levels, and ultimately be more present in more moments of our lives.

Instructor: David Greenshields (MA, CQSW, RSW)

Delivery style: Face to Face

Date: Saturday and Sunday, March 18 and 19

Time: 10:30 am to 3 pm

Duration: 2 sessions

Fee: \$150 plus \$7.50 GST

Code: HPCE181 2023S C01

Healthy Aging and the Anti-Inflammatory Diet

Heart disease, cancer, arthritis, colitis, asthma and many other conditions that we associate with aging have been linked to inflammation. This class will discuss how and why inflammation

occurs, how certain health conditions can perpetuate chronic inflammation, how to identify food allergies that may be contributing to inflammation and poor health, and how to explore dietary strategies for preventing and treating conditions associated with inflammation.

Instructor: Maureen Williams (ND)

Delivery style: Face to Face

Date: Tuesday and Thursday, March 21 and 23

Time: 6:30 to 8:30 pm

Duration: 2 sessions

Fee: \$85 plus \$4.25 GST

Code: HPHE246 2023S C01

Understanding the Risks of COVID on the Brain

Regardless of getting infected, it is safe to say that the COVID-19 pandemic has left no one unscathed. Will there be long-term effects? Part of the answer might be in the brain. During this course, we will discuss what scientists are discovering about the outcomes of COVID-19 on the brain. We will examine the marks left by the virus, as well as the pandemic stress, particularly in at-risk populations, including older individuals. This course will equip learners with information to alleviate the effects of COVID-19 on brain health.

Instructor: Elisa Gonçalves de Andrade (MSc)

Delivery style: Online Synchronous

Date: Tuesday, March 28

Time: 6:30 to 8:30 pm

Duration: 1 session

Fee: \$40 plus \$2 GST

Code: HPHE316 2023S D01

NEW Cannabinoids in Chronic Pain

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

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

Instructor: Robert Sealey (MD)

Delivery style: Face to Face
Date: Tuesday, March 28
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: \$65 plus \$3.25 GST
Code: HPHE324 2023S C01

FOR MORE INFORMATION:

Community Health and Wellness
250-721-8558
hsadmin@uvic.ca
continuingstudies.uvic.ca/health-wellness

PROFESSIONAL DEVELOPMENT FOR HEALTH PRACTITIONERS



Canadian Fall Prevention Curriculum

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

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

Instructor: Bobbi Symes (MA)

Delivery style: Online Asynchronous
Date: Jan. 20 to Feb. 24
Duration: 5 weeks
Fee: \$310 plus \$15.50 GST
Code: HPCF215 2023S D01

Instructor: Philip Groff (PhD)

Delivery style: Online Asynchronous
Date: Feb. 17 to March 24
Duration: 5 weeks
Fee: \$310 plus \$15.50 GST
Code: HPCF215 2023S D11

Instructor: Philip Groff (PhD)

Delivery style: Online Asynchronous
Date: May 5 to June 9
Duration: 5 weeks
Fee: \$310 plus \$15.50 GST
Code: HPCF215 2023K D01

Wound Management for Health Professionals Level I

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

Textbook: *Acute and Chronic Wounds (5th ed.)*, by Ruth Bryant and Denise Nix

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

Delivery style: Online Asynchronous
Date: Jan. 20 to March 3
Duration: 6 weeks
Fee: \$525 plus \$26.25 GST
Code: HPPD257 2023S D01

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

Delivery style: Online Asynchronous
Date: Feb. 17 to March 31
Duration: 6 weeks
Fee: \$525 plus \$26.25 GST
Code: HPPD257 2023S D11

Delivery style: Online Asynchronous
Date: May 5 to June 16
Duration: 6 weeks
Fee: \$525 plus \$26.25 GST
Code: HPPD257 2023K D01

Wound Management for Health Professionals Level II

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

Textbook: *Acute and Chronic Wounds (5th ed.)*, by Ruth Bryant and Denise Nix

Instructor: Misty Stephens (BSN, RN, NSWOC, MCISc)

Delivery style: Online Hybrid
Date: Jan. 20 to March 17
Time: Mandatory one-day workshop: Saturday, March 25, 2023.
Duration: 8 weeks
Fee: \$625 plus \$31.25 GST
Code: HPPD258 2023S D01

Instructor: Misty Stephens (BSN, RN, NSWOC, MCISc)

Delivery style: Online Hybrid
Date: May 5 to June 30
Time: Mandatory one-day workshop: Saturday, July 8, 2023.
Duration: 8 weeks
Fee: \$625 plus \$31.25 GST
Code: HPPD258 2023K D01

Palliative Care Pharmacy

This online course equips community and hospital pharmacists with specialized knowledge in palliative care to support patients and families, as well as others in the multidisciplinary team, including community-care nurses and GPs. Newly updated in 2022, topics include the pharmacist's role, pain management, use of opioids in palliative care, cancer-associated thrombosis, symptom management and drug-related adverse effects.

Instructor: Melissa McQuat (HBSc, BSP, ACPR)

Delivery style: Online Asynchronous
Date: Feb. 3 to March 17
Duration: 6 weeks
Fee: \$495 plus \$24.75 GST
Code: HPPD400 2023S 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. 10 to March 6

Duration: 3 weeks

Fee: \$210 plus \$10.50 GST
Optional SAIL resources: \$50 plus \$2.50 GST for individual fee (call 250-721-8558 for group discounts)

Code: HPCF200 2023S 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, 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, NSWOC, MCISC)

Delivery style: Online Synchronous

Date: Saturday, May 13

Time: 2 to 5 pm

Duration: 1 session

Fee: \$175 plus \$8.75 GST

Code: HPPD285 2023K D01

FOR MORE INFORMATION:

Professional Development for Health Practitioners

250-721-8558

hsadmin@uvic.ca

continuingstudies.uvic.ca/health-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:

- **Health and Safety**

FOR MORE INFORMATION:

Health, Wellness and Safety

continuingstudies.uvic.ca/health

**CONTINUING
STUDIES@UVIC**

Environmental and Occupational Health

CERTIFICATE | ONLINE

Help people stay safe in the workplace.

Learn how to identify health risks, prevent serious accidents and maintain safety regulations—apply today to one of Canada's leading health and safety programs.

PROGRAM AT A GLANCE

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

LEARN MORE

continuingstudies.uvic.ca/EOH



University
of Victoria

What is intercultural studies and why is it important?

Intercultural studies and practice is an interdisciplinary field that covers a wide range of current issues including cross-cultural relations, intercultural communication, cultural diversity, and issues of power, oppression and privilege. Learn more about what courses and programs we offer on this topic, and watch the video to find out how intercultural studies can be applied in your community or workplace to support diversity, inclusion and social change.



Instructor Dr. Moussa Magassa explains the importance of intercultural studies.

WATCH VIDEO AT: continuingstudies.uvic.ca/ISPvideo



**University
of Victoria**

CONTINUING STUDIES@UVIC

Bridging new perspectives...

Humanities and Social Sciences

EQUITY, DIVERSITY AND INCLUSION



Facilitating Intercultural Relationships

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

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

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

Instructor: Robyn Fila

Delivery style: Face to Face

Date: Tuesdays, Jan. 9 to April 6
No class Feb. 21

Time: 4 to 7 pm

Register by: Sunday, Nov. 27

Duration: 12 sessions

Fee: \$604.47

Code: ISP430 2023S 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: Crystal Nykilchuk

Delivery style: Face to Face

Date: Tuesdays, Jan. 10 to April 4
No class Feb. 21

Time: 3 to 6 pm

Register by: Tuesday, Nov. 29

Duration: 26 sessions

Fee: \$595

Code: ISP110 2023S C01

NEW Introduction to Intercultural Studies

An interdisciplinary exploration of theory and practice in the field of intercultural studies. Focuses on understanding the application of intercultural concepts and theories to effect social change. Topics include cultural identity, diversity and inclusion, and the development of intercultural relations.

Instructor: Audrey Yap (BA, PhD)

Delivery style: Face to Face

Date: Tuesdays, Wednesdays, Fridays,
Jan. 10 to April 5
Reading Break: Feb. 20 to
24, 2023 (no classes)

Time: 9:30 to 10:20 am

Duration: 36 sessions

Fee: \$604.47

Code: ISP200 2023S C01

FOR MORE INFORMATION:

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

HISTORY, POLITICAL SCIENCE AND CONTEMPORARY ISSUES



Chinese New Year Customs

The Year of the Water Rabbit begins on January 22, 2023 and marks the beginning of the fifteen-day Spring Festival. John Adams, author of *Chinese Victoria*, will explain how the date of the annual event is calculated, how the twelve Chinese zodiac animals were chosen and show many of the items popularly used in the celebrations. Learn the reasons for the lion and dragon dances, the purpose of lai see (lucky red envelopes), the symbolism of holiday foods and many of the customs and legends associated with the event.

Instructor: John Adams

Delivery style: Online Synchronous

Date: Wednesday, Jan. 25

Time: 1 to 3 pm

Duration: 1 session

Fee: \$23 plus \$1.15 GST

Code: ASHI550 2023S D01

A Journey through Iran

Long before Marco Polo travelled through Persia, the country was admired in many ways. Visitors were in awe of the country's bustling bazaars, ancient monuments, parched deserts, snow capped mountains and legendary hospitality. We will use photographs, artifacts, and maps to explore Iran's exciting history and rich diversity.

Instructor: Paul G. Chamberlain (PhD)

Delivery style: Face to Face

Date: Thursday, Jan. 26

Time: 7 to 9 pm

Duration: 1 session

Fee: \$23 plus \$1.15 GST

Code: ASHI789 2023S C01

NEW How to Give a Great Presentation

Dr. Krigolson will provide tips on how to give an outstanding presentation, including how to engage your audience, how to speak and how to design good slides. He will draw on his research as a neuroscientist and on his extensive experience as a presenter. He has given talks at TEDx and the Consumer Electronics Show, made numerous media appearances and delivered over 200 conference presentations. The lessons he has learned will boost your skills whether you are a student or a working professional.

Instructor: Olav Krigolson (PhD)

Delivery style: Face to Face

Date: Wednesday, Feb. 15

Time: 4:30 to 5:30 pm

Duration: 1 session

Fee: \$15 plus \$.75 GST

Code: ASHI803 2023S C01

NEW Victoria 100 Years Ago: A Look at 1923

Join local historian John Adams for a trip to the Victoria of 1923. You'll learn about the Chinese students strike, a proposed curfew for children, plans for the CPR's steamship terminal, a controversy over funeral pyres, the first train to cross the Johnson Street rail bridge, the introduction of the Chinese Exclusion Act, the

shenanigans of Victoria's rum runners during US Prohibition and much more.

Instructor: John Adams

Delivery style: Online Synchronous

Date: Wednesday, Feb. 15

Time: 1 to 3 pm

Duration: 1 session

Fee: \$23 plus \$1.15 GST

Code: ASHI800 2023S D01

China's Belt and Road Initiative: Multiple Perspectives

China's Belt and Road Initiative involves over 100 countries. The projects are designed to kick start economic growth and regional connectivity, but opinions about their purpose and success differ radically. We will apply multiple lenses in our analysis of the initiative, including China's vision of economic development, China's power projection, host country views, post-colonial and post-western critiques, and the impact on US geopolitical interests.

Instructor: Margaret Cornish

Delivery style: Face to Face

Date: Thursdays, Feb. 16 to March 9

Time: 6:30 to 8:30 pm

Duration: 4 sessions

Fee: \$83 plus \$4.15 GST

Code: ASHI774 2023S C01

Troy Revisited

Troy is a well-known legendary city and an archeological site in the northwest corner of Turkey. Homer's *Iliad* defines a walled-city in front of which the Achaeans and the Trojans launched a fierce battle for Helene's sake. This story has been told by artists, musicians, dancers, filmmakers and even politicians. This session, however, looks at the story of the excavations in the last 150 years, which is no less exciting than the legend itself and will give you new insight on Troy. This is for you if you are a lover of classical history, mythology and archeology.

Instructor: Deniz Unsal (PhD)

Delivery style: Online Synchronous

Date: Friday, Feb. 24

Time: 10 am to noon

Duration: 1 session

Fee: \$23 plus \$1.15 GST

Code: ASHI672 2023S D01

Instructor: Deniz Unsal (PhD)

Delivery style: Face to Face

Date: Tuesday, March 14

Time: 7 to 9 pm

Duration: 1 session

Fee: \$23 plus \$1.15 GST

Code: ASHI672 2023S C01

NEW Not Just a Little Bit of Olde England

For years Victoria had the reputation for being so very English. Local historian John Adams will sort fact from fiction and show that there was a lot more diversity in the city than tourism promoters, beginning in the 1920s, wanted us to believe. Home to Indigenous Peoples for millennia, the area witnessed an influx of newcomers that began in 1843 and continued through the eras of the fur trade, gold rushes, railway construction and development of the city as BC's capital and an industrial hub. First Nations, French Canadians, Métis, Hawaiians, Black people, Asians, British and Europeans were all part of the mix.

Instructor: John Adams

Delivery style: Online Synchronous

Date: Wednesday, March 1

Time: 1 to 3 pm

Duration: 1 session

Fee: \$23 plus \$1.15 GST

Code: ASHI801 2023S D01

Conspiracies and Radicalization in the "Post-Truth" Era

What happens when a society begins to equate opinion with fact or when our collective ideas about what's true—like the shape or age of the earth, or the reality of COVID—are challenged by beliefs that undermine the very idea of truth as a concept? We will explore the emergence of what some are calling the "post-truth" era, where the foundations of the modern age—observation, empiricism and a recognition of the existence of a shared reality—have begun to crumble. We will examine contemporary social media and knowledge-production landscapes to better understand the rapid spread of conspiratorial thinking and extremist ideologies.

Instructor: Edwin Hodge (PhD)

Delivery style: Online Synchronous

Date: Mondays, March 6 to 27

Time: 6:30 to 8:30 pm

Duration: 4 sessions

Fee: \$83 plus \$4.15 GST

Code: ASHI791 2023S D01

NEW A New Look at James Bay History

James Bay is Victoria's oldest residential suburb and where local historian John Adams has lived for over forty years. In this richly illustrated look at the history of James Bay, John brings an updated focus to the past. The class will look at Indigenous origins and current involvement, Hudson's Bay Company farms, Gold Rush era land speculation, locating the colonial and provincial government buildings, industrialization, zoning for high-rise apartments in the 1950s and 1960s and the eventual backlash against them.

Instructor: John Adams

Delivery style: Online Synchronous

Date: Wednesday, March 22

Time: 1 to 3 pm

Duration: 1 session

Fee: \$23 plus \$1.15 GST

Code: ASHI802 2023S D01

"Nerdology": The Sociology of Video Games and Digital Media

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

Instructor: Edwin Hodge (PhD)

Delivery style: Face to Face

Date: Thursdays, April 6 to 27

Time: 6:30 to 8:30 pm

Duration: 4 sessions

Fee: \$83 plus \$4.15 GST

Code: ASHI793 2023K C01

FOR MORE INFORMATION:

History, Political Science and
Contemporary Issues
250-721-8481
artsci2@uvic.ca
continuingstudies.uvic.ca/history

IN PURSUIT OF KNOWLEDGE SERIES

Winter Term Series Registration

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

Note: The First Treaties: The Roots of Indigenous-Settler Relations in Canada is a special evening session and not included in the series registration.

Delivery style: Online Synchronous

Date: Tuesdays and Wednesdays, Jan. 31 to March 28

Time: 9:30 to 11:30 am

Duration: 4 sessions

Fee: \$87 plus \$4.35 GST

Code: ASPT007 2023S D00

NEW Conspiracy Thinking: A Rational Guide to Thinking Irrationally

In this talk Dr. Devereaux introduces the major human needs that animate conspiracy thinking in the modern world. These include the need for big explanations for large-scale disasters, the need to believe that order prevails over chaos and the superior appeal of complexity by comparison with simple answers.

Instructor: Simon Devereaux (PhD)

Delivery style: Online Synchronous

Date: Tuesday, Jan. 31

Time: 9:30 to 11:30 am

Duration: 1 session

Fee: \$25 plus \$1.25 GST

Code: ASPT007-1 2023S D01

NEW Jack the Ripper and the Royal Family: Murder and Myth

In this talk, which takes a light approach to dark subject matter, Dr. Devereaux reviews the theories, many of them preposterous, which have suggested that Jack the Ripper—the most famous killer in history—was either a member of the royal family or someone acting on its behalf.

Instructor: Simon Devereaux (PhD)

Delivery style: Online Synchronous

Date: Tuesday, Feb. 21

Time: 9:30 to 11:30 am

Duration: 1 session

Fee: \$25 plus \$1.25 GST

Code: ASPT007-2 2023S D01

NEW Shakespeare's Adopted Children

This talk will explore the sometimes surprising nature of the family in Shakespeare's theatre. Works of literature, including plays, are shaped by historical, social, cultural and political concerns. Familial structures in early modern drama reflect such influences but also represent imaginative possibilities for domestic arrangements. We will examine adoptive bonds in Shakespeare to understand how the plays portray and challenge the importance of genealogy and inheritance.

Instructor: Erin Ellerbek (PhD)

Delivery style: Online Synchronous
Date: Wednesday, March 8
Time: 9:30 to 11:30 am
Duration: 1 session
Fee: \$25 plus \$1.25 GST
Code: ASPT007-3 2023S D01

NEW Legalizing Illegal Mass Surveillance: Democracy on the Decline

Electronic surveillance activities have expanded globally since the 'War on Terror' began in 2001. These include illegal mass surveillance practices by national security intelligence agencies. Legislative trends in Canada and other countries are increasing legalization of previously illegal mass surveillance activities, lowering legal standards of privacy and personal data protection and weakening the checks and balances in democratic governance. In this talk, based on her interviews with Edward Snowden and other whistleblowers, Dr. Ogasawara gives an overview of contemporary mass surveillance activities and discusses how they relate to our everyday lives and democracy.

Instructor: Midori Ogasawara (PhD)

Delivery style: Online Synchronous
Date: Tuesday, March 28
Time: 9:30 to 11:30 am
Duration: 1 session
Fee: \$25 plus \$1.25 GST
Code: ASPT007-4 2023S D01

NEW The First Treaties: The Roots of Indigenous–Settler Relations in Canada

This talk explores the 500-year history of alliances and treaties involving the Indigenous peoples of what is now Canada and settlers who arrived from Europe and elsewhere after 1500. Its focus is on the lesser-known treaties negotiated before Confederation in 1867, including the Vancouver Island treaties of 1850-54.

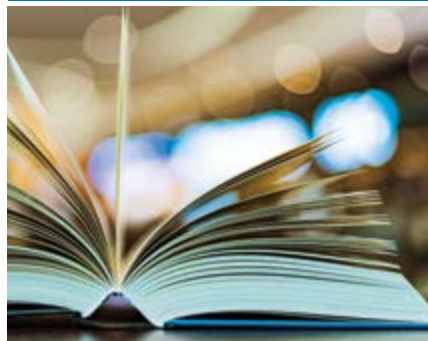
Instructor: Peter Cook (PhD)

Delivery style: Online Synchronous
Date: Tuesday, Jan. 31
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: \$25 plus \$1.25 GST (this evening session is not included in the series discount)
Code: ASPT007-5 2023S D01

FOR MORE INFORMATION:

In Pursuit of Knowledge Series
250-721-8481
artssci2@uvic.ca
continuingstudies.uvic.ca/know-winter

RELIGION, PHILOSOPHY AND PSYCHOLOGY



NEW Enjoy Life in the Present Moment

We all aspire to enjoy our lives and fully appreciate those we care about. But how often is this our actual experience? Many of us experience a profound sense of waiting for something to change or improve, thinking, 'I'll be happy when...' But by putting off our happiness we can easily become despondent and unable to appreciate even the good things. In this course we will learn how to recognize the impermanence of all things. This special Buddhist wisdom reduces our attachment to the things of this life, allowing us to create happiness and contentment in every moment.

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face
Date: Saturdays, Jan. 21 to Feb. 18
No class on Feb. 4, 2023.
Time: 10 am to noon
Duration: 4 sessions
Fee: \$83 plus \$4.15 GST
Code: ASHI794 2023S C01

NEW Residing in a Peaceful Heart

The key to a happy life is learning to reside in a peaceful heart. This is the essence of Buddhist practice and something we can all learn to do. Not only does this peaceful mind give us the foundation for a happy life. It is also the basis for higher attainments, such as love, compassion, patient acceptance and wisdom. In this course, we will learn to develop and maintain a peaceful, light, flexible heart that becomes our real home: the place where we truly reside, even when times are difficult.

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face
Date: Saturdays, Feb. 25 to March 18
Time: 10 am to noon
Duration: 4 sessions
Fee: \$83 plus \$4.15 GST
Code: ASHI796 2023S C01

NEW The Epicurean Way of Life

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

Instructor: Doug Hutchinson (DPhil)

Delivery style: Face to Face
Date: Tuesdays and Thursdays, March 14 to 30
Time: 2:30 to 4:30 pm
Duration: 6 sessions
Fee: \$119 plus \$5.95 GST
Code: ASHI795 2023S C01

NEW Reasons to be Inspired Every Day

Where can we turn to find authentic inspiration that will encourage us to live fully-engaged, joyful and meaningful lives? This course will offer a number of key insights from modern Buddhist teachings that are both extraordinary and eminently applicable to our lives. Not only will these insights give us wonderful reasons to get up in the morning, but they also give us the skill set and energy to transform daily life problems into our spiritual path. Gradually, we learn to carry this inspiration with us continuously.

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face

Date: Saturdays, March 25 to April 15

Time: 10 am to noon

Duration: 4 sessions

Fee: \$83 plus \$4.15 GST

Code: ASH1798 2023K C01

NEW The Myths that Plato Told: Part 2

After people die, where do their souls go and what happens to them? Plato explored these questions in three different works and three different ways, each time by creating a new myth out of elements of traditional Greek mythology. This discussion course explores the afterlife myths in Plato's Phaedo, Gorgias and Republic, under the guidance of a scholar of Plato's thought.

Instructor: Doug Hutchinson (DPhil)

Delivery style: Face to Face

Date: Tuesdays and Thursdays, April 11 to 27

Time: 2:30 to 4:30 pm

Duration: 6 sessions

Fee: \$119 plus \$5.95 GST

Code: ASH1797 2023K C01

FOR MORE INFORMATION:

Religion, Philosophy and Psychology
250-721-8481
artssci2@uvic.ca
continuingstudies.uvic.ca/religion

SAGE STUDY GROUPS

The most active component of SAGE (Stimulate, Advance and Guide Education) is our study groups. Study groups are not taught by instructors; rather, a facilitator assists in coordinating the presentations of group members and in moderating the discussions. An important aspect of study groups is their small size. Group members quickly get to know each other, and learning takes place in a relaxed, friendly atmosphere.

There is a limited number of fee waivers available for all study groups. Study groups happen through your initiative, so if there is a subject you would love to learn more about and you are willing to facilitate a group next term, please contact Amy Errington at 250-721-8827.

SAGE Study Group at UVic

Are you seeking opportunities to stimulate that grey matter? This peer learning group will allow you to explore a topic of interest and facilitate discussions in an informal and supportive environment. Topics have included critical thinking, stoicism, prairie immigration, memory and impacts of exponential change. The only prerequisites are a desire to learn, share and engage in stimulating discussions!

Note: participants will be meeting in late January to discuss topics. To ensure you are part of this planning discussion, please register by Friday, Jan. 20.

Facilitator: Judy Baldwin

Delivery style: Face to Face

Date: Thursdays, Feb. 23 to March 30

Time: 10 am to 12:30 pm

Register by: Friday, Jan. 20

Duration: 6 sessions

Fee: \$85 plus \$4.25 GST

Code: ASSG187 2023S C01

FOR MORE INFORMATION:

SAGE Study Groups
250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/SAGE

UNIVERSITY 101

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

FOR MORE INFORMATION:

University 101 Program
250-721-6516
uni101@uvic.ca
uvic.ca/uni101

UVIC ON THE PENINSULA SERIES

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

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

- A Journey Through Iran
- Apocalypse Now: Christian Right Literature and Politics
- Expected and Actual Performance of Green Buildings: Lessons Learned
- Into the Woods with German Myths and Fairy Tales
- Murder and the Media in Victorian England
- Ukraine and the Middle East: Impact and Responses
- SAGE Study Group - Something I Want to Share ...

FOR MORE INFORMATION:

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

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**

FOR MORE INFORMATION:

Humanities and Social Sciences
continuingstudies.uvic.ca/humanities

Deans' Lecture Series

FREE | ONLINE



Research is continually reshaping the way we live and think. In these free online lectures, you'll hear from distinguished members of the faculties at the University of Victoria and learn about their research interests. New lectures are added regularly, and you can join our mailing list to be notified when they become available. There is no need to register. Simply visit the website for more information.

continuingstudies.uvic.ca/deans-lectures

RECENTLY RELEASED



SCIENCE

Gold Nanoparticles as a Magic Bullet to Treat Cancer, **DR. DEVIKA B. CHITHRANI**

By 2040, the number of new cancer cases per year is expected to rise to 29.5 million and the number of cancer-related deaths to 16.4 million. In this talk, Dr. Chithrani will discuss the importance of using gold nanoparticle-based novel strategies to overcome challenges imposed by the tumour and its microenvironment.



FINE ARTS

Amusing the King: Gender, Parody and Musical Theatre in Early 18th Century Spain, **DR. MARIA VIRGINIA ACUÑA**

We will explore the world of Spanish baroque musical theatre through the lens of *Acis y Galatea* (*Acis and Galatea*), an operatic work performed for King Philip V of Spain in 1708. What makes this work interesting is that it reverses gender roles of the era, while also satirizing the archetype of the male lover so commonly found in dramatic works of the period.

COMING SOON



EDUCATION

The Insidious Harms of Diet Culture, **DR. SARAH NUTTER**

In her presentation, Dr. Nutter speaks to the cultural messages and beliefs about appearance, bodies and health in our society. After defining diet culture, she uses the fictional stories of two women with eating disorders to describe how we come to learn and internalize the messages of diet culture.

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



GREATER VICTORIA
PUBLIC LIBRARY

CONTINUING STUDIES@UVIC

Composing new perspectives...

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 250-721-8630 or email languages@uvic.ca.

Comprehensive French - Level 1

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

Classes feature a balance of structural and communicative activities. No experience or initial assessment is necessary for September entry. Entrance at midpoint in January is possible if your initial level is sufficient. Small classes (maximum 18) enhance individual participation.

Textbook: *Défi A1 - Student Book Online Premium Edition* (required) - instructions on how to purchase your "Espace Virtuel" account and get connected to the textbook and workbook will be provided separately.

Delivery style: Online Hybrid
Date: Mondays and Wednesdays, Jan. 9 to April 12
No class Feb. 20 and April 10
Time: 6:30 to 8:30 pm
Register by: Monday, Jan. 2
Duration: 26 sessions
Fee: \$549
Code: FREN100 2023S D11

Comprehensive French - Level 2

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

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

Textbook: *Défi A2 - Student Book Online Premium Edition* (required) - instructions on how to purchase your "Espace Virtuel" account and get connected to the textbook and workbook will be provided separately.

Instructor: Anita LaLiberté

Delivery style: Online Hybrid
Date: Tuesdays and Thursdays, Jan. 10 to April 6
Time: 6:30 to 8:30 pm
Register by: Monday, Jan. 2
Duration: 26 sessions
Fee: \$549
Code: FREN200 2023S D11

Comprehensive French - Level 3

The Comprehensive French Series (FREN) features four levels, each taking a full academic year (September and January term) to complete. This is the intermediate level of the series focusing on all four language competencies: listening, speaking, reading and writing. Classes feature a balance of structural and communicative activities and an important cultural content to optimize learning. Entrance at midpoint in January is possible if your initial level is sufficient. Small classes (maximum 18) enhance individual participation.

Textbook: *Défi B1 - Student Book Online Premium Edition* (required) - instructions on how to purchase your "Espace Virtuel" account and get connected to the textbook and workbook will be provided separately.

Instructor: TBA

Delivery style: Online Hybrid
Date: Mondays and Wednesdays, Jan. 9 to April 12
No class Feb. 20 and April 10
Time: 6:30 to 8:30 pm
Register by: Monday, Jan. 2
Duration: 26 sessions
Fee: \$549
Code: FREN300 2023S D11

FRENCH LANGUAGE CONVERSATION CLASSES

French Language Conversation Classes - Level 1

If you are looking to hone your spoken French in a casual but dynamic setting, you'll love our French Language Conversation Classes. With these classes there is no rush to get to the next level—you and your teacher work together to decide when you are ready to move up. The main themes will vary from one session to the next so you can register in a given level multiple times to solidify your skills.

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 course if you have no previous knowledge or experience with French or can recognize a few French words.

Delivery style: Face to Face
Date: Thursdays, Jan. 19 to March 23
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 8
Duration: 10 sessions
Fee: \$245
Code: FLCC051 2023S C11

Delivery style: Face to Face
Date: Thursdays, April 20 to June 22
Time: 6:30 to 8:30 pm
Register by: Sunday, April 9
Duration: 10 sessions
Fee: \$245
Code: FLCC051 2023K C11

French Language Conversation Classes - Level 2

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

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

Delivery style: Face to Face
Date: Tuesdays, Jan. 17 to March 21
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 8
Duration: 10 sessions
Fee: \$245
Code: FLCC101 2023S C01

Delivery style: Face to Face
Date: Tuesdays, April 18 to June 20
Time: 9:30 to 11:30 am
Register by: Sunday, April 9
Duration: 10 sessions
Fee: \$245
Code: FLCC101 2023K C01

French Language Conversation Classes - Level 3

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

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

Delivery style: Face to Face
Date: Wednesdays, Jan. 18 to March 22
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 8
Duration: 10 sessions
Fee: \$245
Code: FLCC301 2023S C01

Delivery style: Face to Face
Date: Wednesdays, April 19 to June 21
Time: 9:30 to 11:30 am
Register by: Sunday, April 9
Duration: 10 sessions
Fee: \$245
Code: FLCC301 2023K C01

French Language Conversation Classes - Level 4

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

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

Delivery style: Face to Face
Date: Fridays, Jan. 20 to March 24
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 8
Duration: 10 sessions
Fee: \$245
Code: FLCC501 2023S C01

Delivery style: Face to Face
Date: Fridays, April 21 to June 23
Time: 9:30 to 11:30 am
Register by: Sunday, April 9
Duration: 10 sessions
Fee: \$245
Code: FLCC501 2023K C01

FOR MORE INFORMATION:

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

WORLD LANGUAGES



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

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

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

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: Mondays, Jan. 23 to April 3
No class Feb. 20
Time: 6 to 8 pm
Register by: Sunday, Jan. 15
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA016 2023S C11

German - Level 2

If you have completed *German - Level 1* (formerly *Introductory*) or have equivalent grammar and conversation skills, this course will build on that foundation. Through role-playing, simulations and other exercises, you'll continue to build your essential vocabulary and your knowledge of structures, idioms and cultural etiquette.

Instructor: Joanna Schaller (MA)

Delivery style: Online Hybrid
Date: Tuesdays, Jan. 24 to March 28
Time: 6 to 8 pm
Register by: Sunday, Jan. 15
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA216 2023S D11

Instructor: Joanna Schaller (MA)

Delivery style: Face to Face
Date: Mondays, April 17 to June 26
Time: 6 to 8 pm
Register by: Sunday, April 9
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA216 2023K C11

German - Level 3

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

Instructor: Joanna Schaller (MA)

Delivery style: Online Hybrid
Date: Wednesdays, Jan. 25 to March 29
Time: 6 to 8 pm
Register by: Sunday, Jan. 15
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA316 2023S D11

Instructor: Joanna Schaller (MA)

Delivery style: Online Hybrid
Date: Tuesdays, April 18 to June 20
Time: 6 to 8 pm
Register by: Sunday, April 9
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA316 2023K D11

German - Level 4

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

Instructor: Joanna Schaller (MA)

Delivery style: Online Hybrid

Date: Thursdays, Jan. 26 to March 30

Time: 6 to 8 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA416 2023S D11

Instructor: Joanna Schaller (MA)

Delivery style: Online Hybrid

Date: Wednesdays, April 19 to June 21

Time: 6 to 8 pm

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA416 2023K D11

ITALIAN

Italian - Level 1

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

Instructor: Estelle Kurier

Delivery style: Face to Face

Date: Mondays, Jan. 23 to April 3

No class Feb. 20

Time: 10 am to noon

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA049 2023S C01

Italian - Level 2

This beginner course is intended for those who have completed *Italian - Level 1* (formerly *Introductory*) or who already have some basic 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: Tuesdays, Jan. 24 to March 28

Time: 12:15 to 2:15 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA249 2023S C01

Instructor: Estelle Kurier

Delivery style: Face to Face

Date: Mondays, April 17 to June 26

No class May 22

Time: 10 am to noon

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA249 2023K C01

Italian - Level 3

This intermediate course is intended for those who have completed *Italian - Level 2* (formerly *Beginner*) or who feel confident with the basics and wish to explore the language further.

You will advance your conversation skills and further develop your listening and reading comprehension skills while continuing to learn about various cultural topics.

Instructor: Estelle Kurier

Delivery style: Online Hybrid

Date: Tuesdays, Jan. 24 to March 28

Time: 6 to 8 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA349 2023S D11

Instructor: Estelle Kurier

Delivery style: Face to Face

Date: Tuesdays, April 18 to June 20

Time: 12:15 to 2:15 pm

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA349 2023K C01

Italian - Level 4

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

Instructor: Estelle Kurier

Delivery style: Online Hybrid

Date: Fridays, Jan. 27 to March 31

Time: 12:30 to 2:30 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA449 2023S D01

Instructor: Estelle Kurier

Delivery style: Online Hybrid

Date: Fridays, April 21 to June 23

Time: 12:30 to 2:30 pm

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA449 2023K D01

JAPANESE

Japanese - Level 1

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

Instructor: Nozomi Franco Cea

Delivery style: Face to Face

Date: Wednesdays, Jan. 25 to March 29

Time: 6 to 8 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA008 2023S C11

Japanese - Level 2

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

Instructor: Nozomi Franco Cea

Delivery style: Face to Face

Date: Tuesdays, Jan. 24 to March 28

Time: 6 to 8 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA208 2023S C11

Instructor: Nozomi Franco Cea

Delivery style: Face to Face

Date: Wednesdays, April 19 to June 21

Time: 6 to 8 pm

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA208 2023K C11

Japanese - Level 3

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

Instructor: Nozomi Franco Cea

Delivery style: Online Hybrid

Date: Thursdays, Jan. 26 to March 30

Time: 6 to 8 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA308 2023S D11

Instructor: Nozomi Franco Cea

Delivery style: Face to Face

Date: Tuesdays, April 18 to June 20

Time: 6 to 8 pm

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA308 2023K C11

Japanese - Level 4 - Part 1

This course is designed for those who have a high-intermediate knowledge of Japanese. It will further develop your speaking, listening and reading skills, using basic expressions. Students interested in enrolling in this section are invited to contact us beforehand for a level assessment.

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

Instructor: Keiko Tachibana

Delivery style: Online Hybrid

Date: Thursdays, Jan. 26 to March 30

Time: 6 to 8 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA408 2023S D11

Instructor: Keiko Tachibana

Delivery style: Online Hybrid

Date: Thursdays, April 20 to June 22

Time: 6 to 8 pm

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA408 2023K D11

Japanese - Level 4 - Part 2

This advanced level course is designed for those who have a high ability to understand Japanese used in everyday situations. The aim is to become able to talk in some detail and have conversations in Japanese about topics that you are interested in. Students interested in enrolling in this section are invited to contact us beforehand for a level assessment.

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

Instructor: Keiko Tachibana

Delivery style: Online Hybrid

Date: Mondays, Jan. 23 to April 3

No class Feb. 20

Time: 6 to 8 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA408 2023S D21

Instructor: Keiko Tachibana

Delivery style: Online Hybrid

Date: Mondays, April 17 to June 26

No class May 22

Time: 6 to 8 pm

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA408 2023K D21

KOREAN

Korean - Level 1

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

Textbook: *Active Korean 1*, by Seoul National University Language Education Institute, Two Ponds publishing (required)
Active Korean 1 Workbook, Two Ponds publishing (optional)

Instructor: Hailey Ceong

Delivery style: Face to Face

Date: Wednesdays, Jan. 25 to March 29

Time: 7 to 9 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA009 2023S C11

Korean - Level 2

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

Textbook: *Active Korean 1*, by Seoul National University Language Education Institute, Two Ponds publishing (required)
Active Korean 1 Workbook, Two Ponds publishing (optional)

Instructor: Hailey Ceong

Delivery style: Face to Face

Date: Tuesdays, Jan. 24 to March 28

Time: 7 to 9 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA209 2023S C11

Delivery style: Face to Face

Date: Wednesdays, April 26 to June 28

Time: 7 to 9 pm

Register by: Sunday, April 16

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA209 2023K C11

Korean - Level 3

This intermediate level course is for those who have already completed *Korean - Level 2* (formerly *Beginner*) or who have some basic communication skills, vocabulary and sentence patterns. In this course, you will deepen your understanding of basic grammar and sentence construction. You will expand your vocabulary to be able to: make inquiries about public transportation, make reservations for hotels or restaurants and more. You will also broaden your understanding of modern Korean pop culture.

Textbook: *Active Korean 2*, by Seoul National University Language Education Institute, Two Ponds publishing (required)
Active Korean 2 Workbook, Two Ponds publishing (optional)

Instructor: Jaerang Lee

Delivery style: Online Hybrid

Date: Wednesdays, Jan. 25 to March 29

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA309 2023S D11

Delivery style: Face to Face

Date: Tuesdays, April 25 to June 27

Time: 7 to 9 pm

Register by: Sunday, April 16

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA309 2023K C11

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.

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.

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

Instructor: Dawn Yuan

Delivery style: Face to Face

Date: Mondays, Jan. 9 to March 20

No class Feb. 20

Time: 7 to 9 pm

Register by: Monday, Jan. 2

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA013 2023S C11

Instructor: Dawn Yuan

Delivery style: Online Hybrid

Date: Mondays, Jan. 9 to March 20

No class Feb. 20

Time: 7 to 9 pm

Register by: Monday, Jan. 2

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA013 2023S D11

Mandarin - Level 2

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

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

Instructor: Dawn Yuan

Delivery style: Face to Face

Date: Wednesdays, Jan. 11 to March 15

Time: 7 to 9 pm

Register by: Monday, Jan. 2

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA213 2023S C11

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: Dawn Yuan

Delivery style: Face to Face

Date: Mondays, March 27 to June 12

No class April 10 and May 22

Time: 7 to 9 pm

Register by: Sunday, March 19

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA213 2023K C11

Instructor: Dawn Yuan

Delivery style: Online Hybrid

Date: Mondays, March 27 to June 12

No class April 10 and May 22

Time: 7 to 9 pm

Register by: Sunday, March 19

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA213 2023K D11

Delivery style definitions

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

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

Online Hybrid – A combination of synchronous and asynchronous learning.

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

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

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

Mandarin - Level 3

This course is for those who have already completed *Mandarin - Level 2* (formerly *Beginner*), or the equivalent. Here, you'll take your basic knowledge of Chinese characters and developed tone recognition and expand your ability to build longer sentences. You will also continue to learn about the culture through Chinese songs, poems, movies and other art forms.

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

Instructor: Dawn Yuan

Delivery style: Online Hybrid

Date: Thursdays, Jan. 12 to March 16
Time: 7 to 9 pm
Register by: Monday, Jan. 2
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA313 2023S D11

Instructor: Dawn Yuan

Delivery style: Face to Face

Date: Thursdays, March 30 to June 1
Time: 7 to 9 pm
Register by: Sunday, March 19
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA313 2023K C11

SPANISH

Spanish - Level 1

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

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

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Online Hybrid

Date: Tuesdays, Jan. 17 to March 21
Time: 7 to 9 pm
Register by: Sunday, Jan. 8
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA025 2023S D11

Instructor: Alicia Brown (BA)

Delivery style: Face to Face

Date: Wednesdays, Jan. 18 to March 22
Time: 7 to 9 pm
Register by: Sunday, Jan. 8
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA025 2023S C11

Delivery style: Face to Face

Date: Tuesdays, April 18 to June 20
Time: 7 to 9 pm
Register by: Sunday, April 9
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA025 2023K C11

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Online Hybrid

Date: Tuesdays, April 18 to June 20
Time: 7 to 9 pm
Register by: Sunday, April 9
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA025 2023K D11

Spanish - Level 2

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

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

Instructor: Alicia Brown (BA)

Delivery style: Face to Face

Date: Mondays, Jan. 16 to March 27
No class Feb. 20
Time: 7 to 9 pm
Register by: Sunday, Jan. 8
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA225 2023S C11

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Online Hybrid

Date: Wednesdays, Jan. 18 to March 22
Time: 9:15 to 11:15 am
Register by: Sunday, Jan. 8
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA225 2023S D01

Instructor: Alicia Brown (BA)

Delivery style: Face to Face

Date: Wednesdays, April 19 to June 21
Time: 7 to 9 pm
Register by: Sunday, April 9
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA225 2023K C11

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Online Hybrid

Date: Wednesdays, April 19 to June 21
Time: 9:15 to 11:15 am
Register by: Sunday, April 9
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA225 2023K D11

Spanish - Level 3

Do you have a basic knowledge of Spanish and are looking to progress further? Or have you recently completed *Spanish - Level 2* (formerly *Beginner*)? This intermediate course will help you improve your speaking abilities by giving you 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: Face to Face

Date: Thursdays, Jan. 19 to March 23
Time: 9:15 to 11:15 am
Register by: Sunday, Jan. 8
Duration: 10 sessions
Fee: \$222 plus \$11.10 GST
Code: ASLA325 2023S C01

Delivery style: Online Hybrid

Date: Thursdays, Jan. 19 to March 23

Time: 7 to 9 pm

Register by: Sunday, Jan. 8

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA325 2023S D11

Instructor: Alicia Brown (BA)

Delivery style: Face to Face

Date: Mondays, April 17 to June 26

No class May 22

Time: 7 to 9 pm

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA325 2023K C11

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Online Hybrid

Date: Thursdays, April 20 to June 22

Time: 9:15 to 11:15 am

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA325 2023K D01

Spanish - Level 4

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

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Online Hybrid

Date: Wednesdays, Jan. 18 to March 22

Time: 7 to 9 pm

Register by: Sunday, Jan. 8

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA425 2023S D11

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Online Hybrid

Date: Wednesdays, April 19 to June 21

Time: 7 to 9 pm

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA425 2023K D11

UKRAINIAN

NEW Ukrainian - Level 1

As the official language of Ukraine, Ukrainian is the native language of over 40 million people. This introductory level course is designed for those who have no previous knowledge of Ukrainian and want to learn basic conversation, reading and writing skills. In addition to dialogues and short texts, you will also get acquainted with Ukrainian culture through short videos and slide shows.

Delivery style: Online Hybrid

Date: Tuesdays, Jan. 24 to March 28

Time: 6 to 8 pm

Register by: Sunday, Jan. 15

Duration: 10 sessions

Fee: \$222 plus \$11.10 GST

Code: ASLA019 2023S D11

NEW Ukrainian - Level 2

This beginner level course is intended for students who have completed *Ukrainian - Level 1* (formerly *Introductory*), or have a basic knowledge of the language and wish to improve their written and speaking skills.

Delivery style: Online Hybrid

Date: Tuesdays, April 18 to June 20

Time: 6 to 8 pm

Register by: Sunday, April 9

Duration: 10 sessions

Fee: \$222

Code: ASLA219 2023K D11

FOR MORE INFORMATION:

World Languages

250-721-8630

languages@uvic.ca

continuingstudies.uvic.ca/world-languages

Delivery style definitions

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Mapping the way to entrepreneurship

By Ashlee Levy, Marketing Services



The Instagram page for [@walk_with_Masami](#) is filled with colourful photos of local businesses and art taken throughout Victoria. "A Japanese hand-drawn map creator displaying treasures that she discovered in her neighbourhood," reads the bio.

The account belongs to Masami Teramachi, a recent graduate of the Business Administration diploma program at Continuing Studies at

UVic. During her time at Continuing Studies, Masami began exploring her neighbourhood in Victoria and created a hand-drawn map to showcase what she found. She began sharing photos of her walks on her personal Instagram. After a local business owner encouraged her to share the

map and photos

with a wider audience on social media, she started

[@walk_with_Masami](#). The map highlights hidden gems such as neighbourhood art, walking paths and local businesses in the Fernwood, North Park and Oaklands area.

"My passion for small businesses in Gifu was kind of floating around in my mind," says Masami. "Instead of [helping] people in Gifu, I thought I can contribute to the communities in Canada, and since I am in Victoria, why don't I do something for them?"



UVic. Masami moved to Canada from Gifu, Japan after she became interested in marketing.

"In Gifu there are so many beautiful artisans and farmers, but they're struggling with PR and marketing," she explains. "I wanted to be the one who knows marketing and be able to help the local businesses in my hometown."



Masami Teramachi is a recent graduate of the Business Administration diploma program at Continuing Studies at UVic.

READ THE FULL ARTICLE AT: continuingstudies.uvic.ca/mapping-entrepreneurship

A journey of gratitude

with instructor Jason Cressey, PhD

By Sarah Androsoff, Marketing Services





Taking a break along the Pamir Highway from Tajikistan into Kyrgyzstan, Central Asia.



Alongside the world's Cruz Island,

Human behaviour has always fascinated Dr. Jason Cressey. In high school, he would visit the shopping mall food court at lunch just to watch people. "It was the perfect arena," he laughs. "You can sit at the edge of a food court without buying anything and watch people have conversations." Watching people was an unplanned introduction to psychology that held him spellbound.

Yorkshire, UK is where Jason grew up, went to high school, and had his first continuing education experience. His high school didn't offer psychology classes, so in the evenings he took a continuing education course in psychology. He then went on to complete his undergraduate degree in psychology and doctorate in social psychology at Oxford University.

In 2007, Jason became an instructor with Continuing Studies at UVic. He teaches courses that discuss mindfulness, resilience and emotional intelligence; and this term, his course Resilience and Flourishing covers the subject of positive thinking. In one of his class activities, Jason often asks his students to write down the things they are grateful for. "It's fine if they are small moments, we don't need monumental events to feel grateful," explains Jason. "The more we cultivate the sense of gratitude, the more we actively manifest positivity in our lives."

The accessibility and consistent engagement from his Continuing Studies students is what makes teaching enjoyable for Jason. "The students here want to be challenged and learn something new," Jason points out. Hearing his students' perspectives and life experiences reminds him to stay humble. "Particularly in a subject like psychology, which is about the human experience, I am always learning from others," he continues.

”
The more we cultivate the sense of gratitude, the more we actively manifest positivity in our lives.



largest tortoises on Santa Galápagos.



Strolling along deserted Scarborough Beach, close to the southern tip of Africa.

Besides teaching, Jason spends his time travelling the world: "The richest lessons I've learned in the field of psychology have come from travelling." He has had multiple travel articles published in magazines, and he posts travel stories on his blog. To date, Jason has travelled to 150 countries, and he hopes to keep seeing more. "One of my favourite countries is Niue [a small island nation in the South Pacific Ocean]. I used to lead tours there to swim with the dolphins and whales off its coastline."

Travelling to countries like Türkiye, Madagascar, Bangladesh, Spain and Zimbabwe have strengthened Jason's frame of mind. "Zimbabwe, in particular, has crippling financial pressures and yet has some of the most gracious people." Meeting people with different backgrounds and lifestyles has educated him greatly on the world's realities. "You see resiliency in a whole new light when you're spending time with people of different cultures and watching the way they live," says Jason. He believes that his travel experiences add richness and credibility to his teaching.

Teaching and travel writing motivates Jason to inspire others, but also to inspire himself. Practicing gratitude and listening to other people's perspectives reminds him to not take life for granted. "Focus more on the value of the present moment," he suggests. "Those who choose to adopt a more positive approach will have greater levels of joy in their lives."

— CS —



Dr. Jason Cressey specializes in body language, interspecies communication, social skills, interpersonal relationships and cultural differences.

CONTINUING STUDIES@UVIC

Exploring new perspectives...

Museums, Heritage and Indigenous Culture

For over 30 years, the Cultural Resource Management unit in the Division of Continuing Studies has been offering educational opportunities for emerging and mid-career professionals working in the museum, heritage and cultural sector. This currently includes a Diploma in Cultural Resource Management, a Professional Specialization Certificate in Collections Management, and a Professional Specialization Certificate in Visitor and Community Engagement. Individual courses can also be accessed on a credit or non-credit basis as a form of professional development.

An exciting online course, *Indigenous Cultural Stewardship*, is currently in development. This course will be launched in September 2023 and will allow participants to develop an understanding of the historical relationship between the museum/heritage sector and Indigenous communities. Join us for this opportunity to gain the foundational knowledge and skills to support the preservation and stewardship of tangible and intangible Indigenous culture and heritage.

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

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

KEEP IN TOUCH!

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



THE FARQUHAR
AT UVIC



INTERNATIONAL GUITAR NIGHT
23rd Anniversary Tour featuring Stephanie Jones, Jesus Guerrero, Jocelyn Gould and Itamar Erez.
internationalguitarnight.com

WEDNESDAY
JAN 25
7:00 PM



SEBASTIAN GASKIN
"...think Post Malone mixed with Frank Ocean, all swag and smooth vocals, hits of hip-hop and rap, rounded out with emotive thoughtful lyrics."
Winnipeg Free Press
sebastiangaskin.com

VOICES IN CIRCLE

SATURDAY
MAR 11
7:00 PM

Presented By The University of Victoria


uvic.ca/farquhar | 250-721-8480 |  UVicFarq |  @UVicFarquhar



HOPING FOR THE BUS:

LANGUAGE LETS US SEE THE WORLD DIFFERENTLY

with instructor Annie Poirier



By Ashlee Levy, Marketing Services

"It's going to rain," says Annie Poirier. Muffled thunder rumbles in the background of our Zoom call. She's speaking with me from a café in Bacalar, Mexico. Her video wobbles as she moves to a covered table.

Video calls and adaptation have become integral parts of Annie's life over the past few years. Since 2020, she has been teaching French classes online through Continuing Studies at UVic while backpacking in Mexico. She calls herself a digital nomad.

"There's all this Mexican life that enters the class," says Annie. "I taught one of my classes on a washing machine in the hotel because it was the only place where the wifi and the light were good enough," she laughs.

Even the small adventures like finding a decent internet connection are part of why Annie loves travelling. New environments, cultures and languages keep her stimulated. "I found that when I live in a French environment, I'm bored because I understand everything," says Annie. "Life is way more interesting when you speak several languages." Annie jokes that she speaks two and a half languages. Her first language is French. However, she also speaks English and continues to work on her Spanish skills.

For Annie, travelling is also about connecting with new people, something that learning a language has the power to unlock. "When I travel, I can talk with everybody. In French, in English [or] in Spanish." This ability, she says, makes it easier for her to make friends.

Currently, Annie is building on her Spanish skills through music. Learning and singing popular Spanish songs has not only helped her learn the language but connect with the people around her. Annie explains that singing with people she



meets, such as taxi drivers, has “opened up a brand new type of interaction,” both with people and Mexican culture. Taking that extra step toward another culture, she says, “is a big part of having a beautiful experience when you travel.”



The songs she’s learned are also useful memorization tools. Going through the lyrics of a song in her head can help her think of a word she’s trying to remember.

Singing is something Annie’s beginner French students at Continuing Studies are familiar with. It’s part of the fun and lively atmosphere she enjoys and strives to create within her virtual classrooms.

Like travel, Annie finds the challenge of learning a new language stimulating and fun.

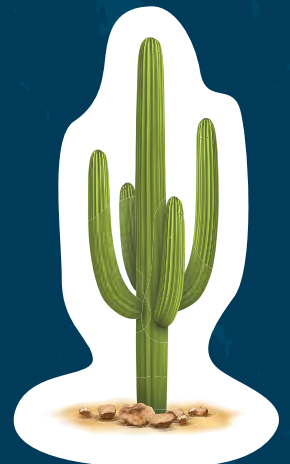
Above all, she hopes her students find as much pleasure in learning a language as she does. However, that’s not the only thing Annie hopes her students gain. She also sees language as an opportunity to learn about yourself and see the world from a new perspective.

For example, she explains that in English, you “wait” for the bus. However, in Spanish, you “hope” for the bus. For Annie, this difference in verb choice represents a whole new way of feeling and thinking about the world.

“Learning a new language, it’s opening up to another part of yourself that you don’t know,” she says. “It opens your mind to other ways of thinking too, because a language itself is another way of thinking.”

”

Life is way more interesting when you speak several languages... When I travel, I can talk with everybody.



CONTINUING STUDIES@UVIC

Planting new perspectives...

Science and the Environment

ECOLOGICAL RESTORATION



Green Shores™ Training

Protecting shorelines in the face of climate change and sea level rise has largely focused on building seawalls and dikes. While these structures provide protection in the short term, they're expensive and often contribute to erosion and habitat loss at other locations along the shoreline. As an alternative to hard armoured solutions like seawalls, the Green Shores program provides practical strategies for shoreline design and management, and the promotion of healthy shoreline environments. Open to homeowners

and shoreline professionals, these one- and two day workshops provide information about the Green Shores program, including its rationale, benefits and application. Topics covered include shoreline ecology and governance, Green Shores credits and ratings systems, and a visit to local shorelines to consider the concepts in a practical setting.

Visit greenshores.ca or send an email to: scicoord@uvic.ca for information about upcoming workshops.

Discover Burns Bog

Bogs are vital in the global challenge of reducing CO₂ levels in the atmosphere; bogs and peatlands absorb twice as much CO₂ as the world's forests and store vast amounts of carbon in their peat layers. Delta, BC is home to the most significant, southerly raised peat bog on the west coast of North America: Burns Bog. In this presentation you will get an insider's look at Burns Bog from an ecologist who has studied the bog's ecology for over 15 years. We will also discuss long-term ecological monitoring in Burns Bog and why this work is so important.

Instructor: Thomas Munson

Delivery style: Face to Face

Date: Wednesday, March 1

Time: 7 to 9 pm

Register by: Feb. 28

Duration: 1 session

Fee: \$28 plus \$1.40 GST

Code: ASSC313 2023S C01

Conservation at the Interface: Indigenous Knowledge and Environmental Science

Humans have been making decisions about the environment since time immemorial, and different societies and cultures have approached the environment in diverse ways. In this course, we will explore core aspects of Indigenous knowledges and western environmental sciences, focusing on opportunities to bridge the two. A core focus will be the contemporary relationships between Indigenous knowledge systems and western scientific knowledge in the land now known as Canada. We will examine real world examples concerning opportunities

and challenges on the path towards equitably bridging the two in support of improved environmental conservation strategies and Indigenous rights resurgence.

Instructor: Lauren Eckert (MSc)

Delivery style: Face to Face

Date: Wednesday and Thursday, March 8 and 9

Time: 7 to 9 pm

Register by: March 6

Duration: 2 sessions

Fee: \$70 plus \$3.50 GST

Code: ASSC271 2023S C01

FOR MORE INFORMATION:

Ecological Restoration
250-721-8481
artssci2@uvic.ca
continuingstudies.uvic.ca/ecology

GENERAL SCIENCE AND MATH



Introduction to Mycology

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

Textbook: *The Fifth Kingdom: An Introduction to Mycology* 4th ed. By Bryce Kendrick. Available for purchase online through various booksellers.

Delivery style: Online Asynchronous

Date: Jan. 4 to Oct. 30

Register by: Tuesday, Feb. 28

Duration: 10 months

Fee: \$65 plus \$3.25 GST

Code: ER098 2023S D01

Introduction to Biology and Natural History

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

Delivery style: Online Asynchronous

Date: Jan. 11 to Oct. 30

Register by: Tuesday, Feb. 28

Duration: 10 months

Fee: \$85 plus \$4.25 GST

Code: ER099 2023S D01

Demystifying Newton's Laws of Motion

Newton's Laws of Motion—a body at rest stays at rest, a body in motion stays in motion, every action has an equal and opposite reaction, and so on—are vitally important to understanding the world around us. We will examine Newton's Laws of Motion as the basis of the science of mechanics, from the fall of an apple to the orbit of the International Space Station. Our approach will be conceptual rather than computational, and several demonstrations will illustrate the physics involved and keep things lively.

Instructor: Peter Hopkinson

Delivery style: Face to Face

Date: Tuesdays, Jan. 31 to Feb. 21

Time: 9:30 to 11:30 am

Register by: Jan. 29

Duration: 4 sessions

Fee: \$75 plus \$3.75 GST

Code: ASSC279 2023S C01

Introduction to Chemistry

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

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

Instructor: Monica Reimer

Delivery style: Online Asynchronous

Date: May 8 to June 23

Register by: Sunday, May 7

Duration: 13 weeks

Fee: \$192.86 plus \$9.64 GST

Code: ASCH091 2023K D01

Instructor: Monica Reimer

Delivery style: Online Asynchronous

Date: July 3 to Aug. 18

Register by: Sunday, July 2

Duration: 13 weeks

Fee: \$192.86 plus \$9.64 GST

Code: ASCH091 2023K D11

FOR MORE INFORMATION:

General Science and Math
250-721-8481
artssci2@uvic.ca
continuingstudies.uvic.ca/general-science

Delivery style definitions

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

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

Online Hybrid – A combination of synchronous and asynchronous learning.

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

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

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

HORTICULTURE AND NATURE



Landscape Design for the Pacific Northwest

In this 8 week course, you will learn the landscape design process through online exercises, video demonstrations and a weekly live Zoom class. 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 Hybrid

Date: Wednesdays, Jan. 18 to March 8

Time: 7 to 8:30 pm

Register by: Tuesday, Jan. 17

Duration: 8 sessions

Fee: \$225 plus \$11.25 GST

Code: ASSC309 2023S D01

NEW Introduction to Winter Pruning of Fruit Trees

Want to make your orchard a cut above the rest? This course will cover essential winter pruning techniques used on apple and pear trees to improve tree health and fruit production. We'll look at the different kinds of pruning cuts and, just as importantly, the key reasons and objectives behind the most current pruning trends. We will also discuss the importance of fruit tree selection, planting methods, tree training and aftercare for successful fall harvests.

Instructor: Gordon Mackay

Delivery style: Face to Face

Date: Saturday, Feb. 11

Time: 10 am to noon

Register by: Feb. 9

Duration: 1 session

Fee: \$28 plus \$1.40 GST

Code: ASSC331 2023S C01

Bountiful Kitchen Gardens

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

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

Delivery style: Face to Face

Date: Saturdays, March 4 to 25

Time: 10 am to noon

Register by: March 2

Duration: 4 sessions

Fee: \$75 plus \$3.75 GST

Code: ASSC301 2023S C01

4 Seasons X 10 Plants = One Amazing Landscape!

Four seasons and a total of ten plants in each season can be the foundation for a marvelous garden, with excitement in every season. Trees, shrubs, perennials, annuals, bulbs and vines—the choices seem endless and at times cause confusion rather than joy. Jeff de Jong will help you discover some unusual and exciting plants, along with some exceptional new cultivars of old favourites. He has recently created a new garden and is excited to share what plants a year-round garden should have. This class welcomes curious questions and will help you grow a better and healthier landscape!

Instructor: Jeff de Jong

Delivery style: Face to Face

Date: Saturday, March 11

Time: 10 am to noon

Register by: March 9

Duration: 1 session

Fee: \$28 plus \$1.40 GST

Code: ASSC276 2023S C01

NEW Small Wonders

Small plants seem to try harder. They have outstanding colours, unusual shapes and many are tough as nails. These treasures do not require large areas to thrive. A durable container or a small space in the yard will make an ideal home to create your own special small garden. Jeff will discuss some ways to grow the most delicate

looking plants and feature their unique beauty. It's a time to discover and grow Small Wonders!

Instructor: Jeff de Jong

Delivery style: Face to Face

Date: Saturday, April 1

Time: 10 am to noon

Register by: March 30

Duration: 1 session

Fee: \$28 plus \$1.40 GST

Code: ASSC332 2023K C01

NEW 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 Hybrid

Date: Wednesdays, April 5 to May 24

Time: 7 to 8:30 pm

Register by: April 3

Duration: 8 sessions

Fee: \$225 plus \$11.25 GST

Code: ASSC329 2023K D01

NEW 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, April 15

Time: 10 am to noon

Register by: April 13

Duration: 1 session

Fee: \$28 plus \$1.40 GST

Code: ASSC333 2023K C01

NEW Introduction to Backyard Beekeeping

Want to "bee" savvy this spring? This course is designed for individuals who want to get started with beekeeping and currently have no bees. It will also offer useful tips and resources for beginner beekeepers with less than two years

of experience. We will cover the fundamentals of getting started, including woodenware, tools and equipment, pest and diseases of the honeybee and other essentials for the first years of beekeeping. We will also look at some of the top pollinator plants in our area.

Instructor: Gordon Mackay

Delivery style: Face to Face

Date: Saturday, April 22

Time: 10 am to noon

Register by: April 20

Duration: 1 session

Fee: \$28 plus \$1.40 GST

Code: ASSC330 2023K C01

Nature Explorations at Yellow Point Lodge

Join us for some leisurely days of learning, explorations and delicious meals at the legendary Yellow Point Lodge. There will be some early morning birding, daytime nature walks in the forest, field and seashore, and in the evenings, we'll call owls, stargaze, enjoy a musical evening and watch computer and microscope videos of the day's samplings of nature. We'll also visit Wildwood, the late Merve Wilkinson's selective forestry acreage. This is a unique opportunity to recharge and celebrate the wonders of spring. Come on your own, plan a reunion or bring your walking group.

Double rooms and a limited number of single rooms are available.

Cancellation deadline for refund of fees is March 24, 2023. Purchase of trip cancellation insurance is strongly recommended.

Facilitators: Anne Fraser, Marc Bell, Claudia Copley, David Denning, Bruce Vogt, Darren Copley

Date: Monday to Friday, April 24 to 28

Location: Yellow Point Lodge

Fee: \$1,095 plus \$54.75 GST (based on double occupancy). A limited number of single rooms are available for an additional cost of \$150 plus \$7.50 GST

Code: ASRP012 2023K E01

NEW 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: Wednesday, May 3

Time: 7 to 9 pm

Register by: May 1

Duration: 1 session

Fee: \$28 plus \$1.40 GST

Code: ASSC334 2023K C01

Birding Basics I: Songbirds

Here is an ideal opportunity for those of you interested in the pleasures of bird watching. In this series of four presentations and three field trips, you will learn about binoculars, field guides and how to avoid frustration when identifying birds as you discover how to recognize them, not only by their physical characteristics, but also from their songs. In class, we will cover the major bird groups seen around Victoria's backyards, forests, ponds and shoreline habitats. Each lecture will include slide and video presentations and is followed by a two-hour field trip.

Instructor: James Clowater (BSc, MSc)

Delivery style: Face to Face

Date: May 4 to 28

Time: Lectures: Thursdays, May 4 to May 25, 7 to 9 pm (4 lectures) and Sundays, May 14, 21 and 28, 9 to 11 am (3 field trips in the Victoria area)

Register by: May 2

Duration: 7 sessions

Fee: \$125 plus \$6.25 GST

Code: ASSC226 2023K C01

FOR MORE INFORMATION:

Horticulture and Nature

250-721-8481

artssci2@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

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PROGRAMS

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

VISIT: continuingstudies.uvic.ca/programs

MICRO-CREDENTIALS

Program (A-Z)	Delivery	Credential
Administrative Technology	Blended, Online	Professional Development Certificate
Amateur Landscape and Garden Design	Online	Professional Development Certificate
Borders in Globalization: Cross-Border Management in a Comparative Perspective	Blended	Professional Development Certificate
Borders in Globalization: Trade and Customs Borders in the 21st Century	Blended	Professional Development Certificate
Business Communication	Blended, Face to face, Online	Professional Development Certificate
Business Intelligence and Data Analytics	Online	Professional Development Certificate
Canadian Fall Prevention Curriculum	Online	Professional Development Certificate
Collections Management	Blended, Online	Professional Specialization Certificate
Community Fishers Training	Face to face	Professional Development Certificate
Current Concepts in Dentistry	Face to face	Certificate of Participation
Customized International Education Programs	Face to face	Professional Development Certificate
Cyber Security Bootcamp	Online	Professional Development Certificate
Designing Learning in a Hybrid Workplace	Online	Professional Development Certificate
Ecological Restoration	Online	Professional Specialization Certificate
Emergency Management for Organizational Continuity	Online	Professional Development Certificate
English as a Medium of Instruction	Face to face	Professional Development Certificate
Essential Soft Skills Training	Online	Professional Development Certificate
French Immersion Teacher Mentorship	Online	Professional Development Certificate
Green Shores™ Training	Face to face	Professional Development Certificate
Health Terminology Standards	Online	Professional Development Certificate
La Maison Française	Face to face	Certificate of Completion
Ocean Acoustic Monitoring	Face to face	Professional Development Certificate
Online Pedagogy and Internationalization	Online	Professional Development Certificate
Organizational Preparedness and Adaptability	Online	Professional Development Certificate
Palliative Care Pharmacy	Online	Professional Development Certificate
Population Health Data Analysis	Online	Professional Specialization Certificate
Strategies and Actions for Independent Living	Online	Professional Development Certificate
Teaching English as a Foreign Language – PDC	Online	Professional Development Certificate
Teaching English as a Foreign Language – PSC	Blended	Professional Specialization Certificate
Teaching English Language Learning	Online	Professional Development Certificate
Unity® for Creative Technology	Online	Professional Development Certificate
Visitor and Community Engagement	Blended, Online	Professional Specialization Certificate
Web Development Bootcamp	Online	Professional Development Certificate
Web Development Flex Bootcamp	Online	Professional Development Certificate
Wound Management for Health Professionals	Online	Professional Development Certificate

CERTIFICATES AND DIPLOMAS

Program (A-Z)	Delivery	Credential
Adult and Continuing Education	Blended, Online	Certificate
American Sign Language	Face to face	Certificate
Business Administration – Certificate	Blended, Face to face, Online	Certificate
Business Administration – Diploma	Blended, Face to face, Online	Diploma
Canadian Studies	Blended	Diploma
Cultural Resource Management	Blended, Online	Diploma
Environmental and Occupational Health	Online	Certificate
Foundations in Indigenous Fine Arts	Face to face	Certificate
General Studies	Blended, Face to face, Online	Certificate
Indigenous Language Revitalization	Face to Face	Certificate
Intercultural Studies and Practice	Blended, Face to face	Diploma
Public Relations	Online	Diploma
Restoration of Natural Systems – Certificate	Blended	Certificate
Restoration of Natural Systems – Diploma	Blended	Diploma
Social Justice Studies	Face to face	Diploma

New programs are coming soon...

We're working on a number of exciting new programs exploring the latest in a wide range of topics, taught in small-class and online learning environments. Join our email list and we'll let you know once details become available.

VISIT: continuingstudies.uvic.ca/coming-soon



UPCOMING PROGRAM LAUNCHES:

- Advanced Business Intelligence and Data Analytics
- Business Finance
- Equity, Diversity and Inclusion
- GIS Technology
- Indigenous Cultural Stewardship
- Mapping with Drones
- Marketing Communication Essentials
- Supervisory Skills
- Transformative Climate Action

CONTINUING STUDIES@UVIC

Shaping new perspectives...

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 EFL teaching experience. It provides a survey of fundamental theoretical and practical concepts related to teaching English as a foreign language.

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

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

TOEFL(iBT) score: 94
IELTS score 7.0

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

Delivery style: Online Hybrid

Date: Jan. 23 to April 28

Time: Tuesday 6:15 to 9:15 pm
synchronous sessions on Zoom
and approximately 5.5 hours
asynchronous hours per week

Register by: Jan. 20

Duration: 120 hours

Fee: \$1,150 plus \$57.50 GST

Code: EDTE 125 2023S D01

Delivery style: Face to Face

Date: Jan. 24 to April 27

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

Register by: Jan. 20

Duration: 34 sessions

Fee: \$1,150 plus \$57.50 GST

Code: EDTE 125 2023S C01

FOR MORE INFORMATION:

Teacher Professional Development

250-721-7291

tefl@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:

- **International Teaching and Education**
- **Workplace Learning**

FOR MORE INFORMATION:

Teaching, Learning and Development

continuingstudies.uvic.ca/teaching

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ROYAL **BC** MUSEUM

DEC 16, 2022 — APR 16, 2023
[RBCM.CA/WILDLIFE](https://rbcm.ca/wildlife)



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**WILDLIFE
PHOTOGRAPHER
OF THE YEAR**

N NATURAL
HISTORY
MUSEUM

General information

CAMPUS SERVICES

Academic accommodations

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

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

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

FOR MORE INFORMATION

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

The Farquhar at UVic

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

FOR MORE INFORMATION

250-721-8480 | uvic.ca/farquhar

University Food Services

University Food Services (UNFS) operates the following:

- Arts Place, Fine Arts Building
- BiblioCafé, McPherson Library
- Mac's, MacLaurin Building
- Mystic Market, Jamie Cassels Centre (9 outlets)
- Nibbles & Bytes Café, Engineering Lab Wing
- SciCafé, Bob Wright Building
- The Cove, New Student Residence

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

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

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

FOR MORE INFORMATION

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

University of Victoria Legacy Art Galleries

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

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

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

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

FOR MORE INFORMATION

Legacy Art Gallery Downtown, 630 Yates Street
250-721-6562 | uvic.ca/legacygalleries
10 am–4 pm, Wednesday–Saturday
Free and open to the public.

UVic Alumni Association

The UVic Alumni Association represents all graduates of the University of Victoria, including graduates of diploma and certificate programs. We bring alumni together to connect, learn, volunteer and support each other and our world-class university.

The association offers a host of benefits and services that link alumni with their university. Visit us at alumni.uvic.ca and learn about our events, programs and services. The *UVic Torch Alumni Magazine* is mailed or emailed free of charge and we distribute a monthly electronic newsletter to all alumni who provide us with their email address.

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

FOR MORE INFORMATION

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

Students residing outside Victoria, contact Distance Learning and Research:
250-721-6488 | 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 act as First Responders trained to handle all medical emergencies. Crime prevention, personal safety information and workshops are available.

Reminders:

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

FOR MORE INFORMATION

Campus Security Services / SafeWalk Services:
250-721-7599 | web.uvic.ca/security

Personal Safety Coordinator: 250-721-8981

Emergency procedures

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

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

FOR MORE INFORMATION

uvic.ca/services/emergency

Parking

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

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

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

FOR MORE INFORMATION

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

How to register

Online registration

VISIT: continuingstudies.uvic.ca/register

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

Walk-in registration

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

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

Phone registration

CALL: 250-472-4747

Weekdays 8:30 am to 4:30 pm

Mail registration

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

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

Registration reminders

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

Registration process

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

Registration payment

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

Goods and Services Tax

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

Confirmation and classroom location

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

Scents and perfumes

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

Use of educational technologies

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

Tuition fee tax deductions

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

Cancellations, withdrawals and refunds

The Division of Continuing Studies reserves the right to cancel/reschedule courses or other offerings without notice, and to establish

special regulations for admission to non-degree programs or courses. If a course or offering is cancelled/rescheduled, the liability of the Division of Continuing Studies is limited to a refund of your course fee, or, if desired, transfer to another offering.

To withdraw from a course, please let us know in person, by phone (250-472-4747) or by email (uvcsreg@uvic.ca):

- At least seven days prior to the first meeting of a short-term, intensive course, workshop or conference, with limited enrolment.
- Prior to the second class when a course meets once or twice weekly over a period of several weeks.

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

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

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

Bursary program

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

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

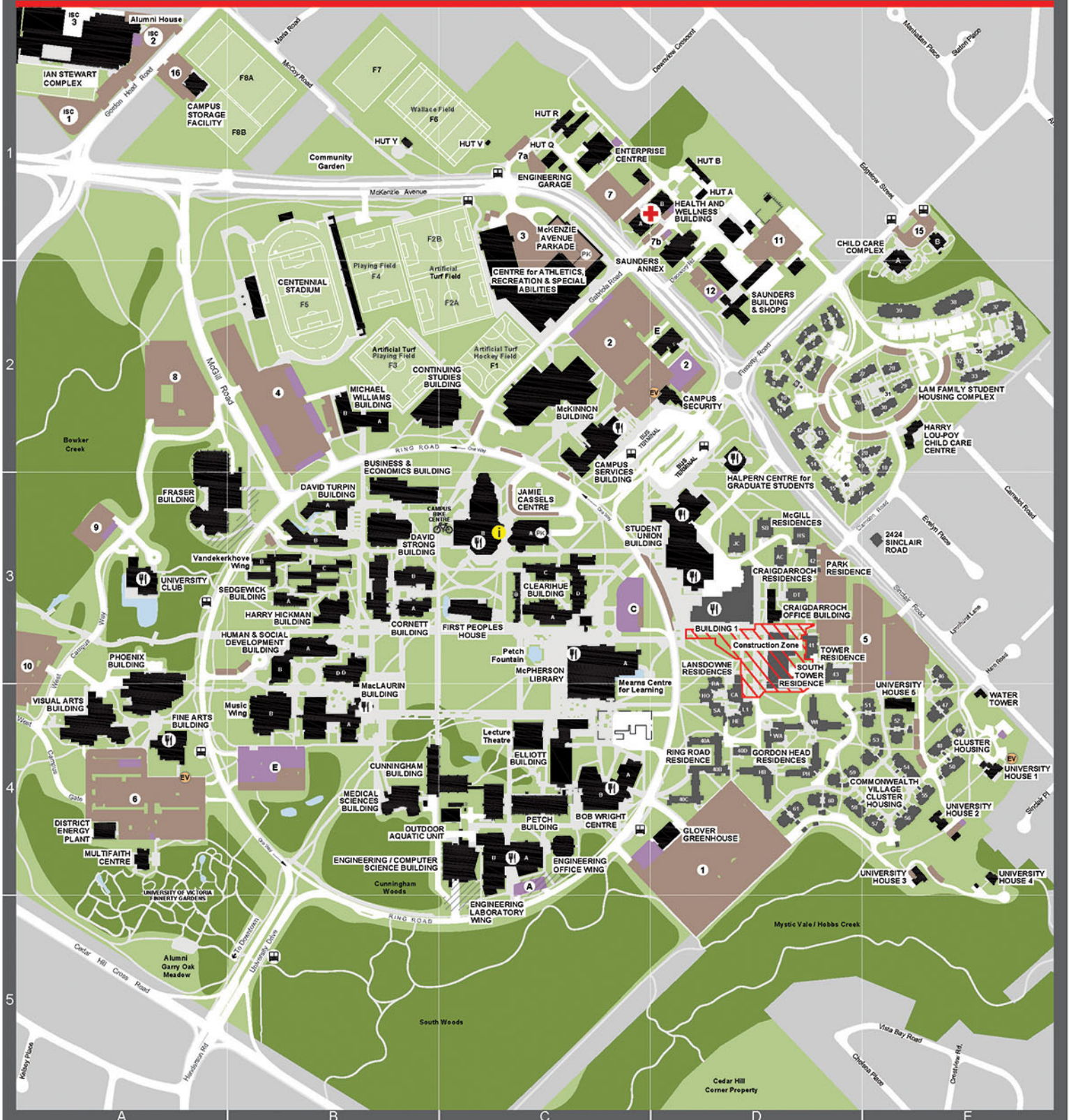
University of Victoria
3800 Finnerty Road
Continuing Studies Building
(Corner of Ring and Gabriola Roads)
2nd Floor Reception
Victoria, BC V8P 5C2

Term application deadlines:
Jan. 15 and Aug. 15

HOLIDAY CLOSURES

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

FOR GENERAL INQUIRIES
CALL 250-472-4747



Buildings

General Pay Parking

Residences

Reserved Parking

Buildings Under Construction

Buildings to be Demolished

Welcome Centre

Student Wellness Centre

Food Service Outlet

Bus Stop

Parkade

EV Charging Station



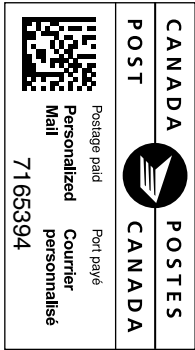
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Metres Feet

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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