

CONTINUING STUDIES@UVIC Calendar

Courses for self-development and personal enrichment

SEPT-DEC 2026



UVIC

continuingstudies.uvic.ca/calendar

Can we help you find something?

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ARTS

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Find the calendar online!

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

continuingstudies.uvic.ca/calendar

STAY CONNECTED

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Lifelong learning

is a journey that never ends

This calendar features our community courses for personal enrichment and growth.

With over 200 adult education courses to choose from, Continuing Studies at UVic makes it easy to rediscover the joy of learning.

Looking to build new skills and advance your career goals?

Our professional development offerings are designed to help you achieve your career goals and move forward with confidence.

Visit our website to learn more.

HERE'S A PREVIEW OF OUR PROFESSIONAL PROGRAM TOPICS



Artificial Intelligence, Data and Technology



Business and Management



Communication and Public Relations



Health, Wellness and Safety



Museums, Heritage and Indigenous Culture



Science and the Environment



Teaching, Learning and Development



Discover our full range of professional programs online:
continuingstudies.uvic.ca/professional



Courses by start date

SEPTEMBER

Artificial Intelligence, Data and Technology

How to Start a Podcast
Sept. 226

Arts

Finding Your Voice: Introduction to Singing
Sept. 98

Photography Plus: Understand Your Camera and Improve Your Photos
Sept. 99

Reclaiming Family and Community Medicines
Sept. 913

UVic Concert Band
Sept. 108

Drawing as Meditation
Sept. 1411

The Art of Murder: Mystery Writing 101
Sept. 1413

Photography Plus: Understand Your Camera and Improve Your Photos
Sept. 159

UVic Chorus
Sept. 158

Story by Genre: Structure and Style for Every Story
Sept. 1513

Worldbuilding: Create Your Own Fantasy and Sci-Fi Worlds
Sept. 1613

Opera Unveiled: Love, Power and Betrayal on Stage
Sept. 179

Developing Your Sound: Singing Level 2
Sept. 179

Screenwriting
Sept. 1713

The Power of Short Fiction
Sept. 1714

Writing with Photographs
Sept. 1714

Watercolour for Beginners Workshop
Sept. 1810

Mille-Feuille: Writing Layered Memoir – Part 1
Sept. 1814

Introduction to Guitar
Sept. 219

Travel and Street Photography
Sept. 2210

Figure Drawing
Sept. 2211

Exploring Later Life Through Reading, Writing and Discussion
Sept. 2214

Navigating the Novel
Sept. 2214

Small Openings: Writing Through Glimmers
Sept. 2214

Capture Better Smartphone Photos
Sept. 2410

Watercolour for Beginners Workshop
Sept. 2510

Travel and Street Photography
Sept. 2910

Drawing and Painting for Beginners
Sept. 2911

Where the Story Begins: Creative Research and Practice
Sept. 2915

Health, Wellness and Safety

Build Your Own Somatic Toolkit
Sept. 1318

Re-Author Your Life Stories for Insight and Growth
Sept. 1418

Everyday Self-Care That Actually Works
Sept. 2418

Reimagining Retirement
Sept. 2418

Humanities, Social Sciences and Law

Indigenous Sovereignty for Settlers
Sept. 1024

How Buddhism Puts Happiness Within Reach
Sept. 1228

Human Rights and Civil Liberties in Everyday Life
Sept. 1524

Using Artificial Intelligence for Your Life and Work
Sept. 1824

Cinematic Century: Film and History in 20th Century Europe
Sept. 2125

Using Artificial Intelligence for Your Life and Work
Sept. 2324

Homer's Odyssey and the Intervention of the Gods
Sept. 2325

Banned Ideas: The Struggle Over the Control of Knowledge
Sept. 2425

The History of Things that Go Bump in the Night
Sept. 2825

Reaching Self Knowledge: Socrates and the Quest for Wisdom
Sept. 2829

Democratic Backsliding and Opposition Strategies
Sept. 2925

Language

Comprehensive French - Level 2
Sept. 830

Comprehensive French - Level 4
Sept. 830

Comprehensive French - Level 1
Sept. 930

Comprehensive French - Level 3
Sept. 930

French Conversation - Level 2
Sept. 1431

Japanese - Level 4
Sept. 1434

Spanish - Level 2
Sept. 1436

French Conversation - Level 1
Sept. 1531

French Conversation - Level 2
Sept. 1531

Japanese - Level 1
Sept. 1534

Spanish - Level 1
Sept. 1536

Spanish - Level 3
Sept. 1537

Spanish - Level 2
Sept. 1637

French Conversation - Level 1
Sept. 1631

French Conversation - Level 3
Sept. 1631

Japanese - Level 1
Sept. 1634

Japanese - Level 2
Sept. 1634

Spanish - Level 3
Sept. 1637

French Conversation - Level 1
Sept. 1731

French Conversation - Level 2
Sept. 1731

French Conversation - Level 3
Sept. 1732

French Conversation - Level 4
Sept. 1732

Japanese - Level 1
Sept. 1734

Japanese - Level 2
Sept. 1734

Japanese - Level 3
Sept. 1734

Spanish - Level 1
Sept. 1736

Spanish - Level 3
Sept. 1737

Spanish - Level 4
Sept. 1737

Cantonese - Level 2
Sept. 2132

Tagalog (Filipino) - Level 1
Sept. 2137

German - Level 2
Sept. 2233

Italian - Level 1
Sept. 2233

Korean - Level 2
Sept. 2235

Mandarin - Level 2
Sept. 2235

Vietnamese - Level 1
Sept. 2238

Cantonese - Level 1
Sept. 2332

German - Level 1
Sept. 2333

Korean - Level 1
Sept. 2335

Polish - Level 1
Sept. 2335

Russian - Level 2
Sept. 2336

Dutch - Level 1
Sept. 2432

German - Level 3
Sept. 2433

Italian - Level 2
Sept. 2433

Italian - Level 3
Sept. 2433

Mandarin - Level 1
Sept. 2435

Portuguese - Level 1
Sept. 2435

Punjabi - Level 1
Sept. 2436

Russian - Level 1
Sept. 2436

Italian - Level 4
Sept. 2533

Ukrainian - Level 1
Sept. 2838

Science and the Environment

Birding for Beginners
Sept. 1343

Landscape Design for the Pacific Northwest
Sept. 1544

Health, Wellness and Safety

Understanding Stress Responses
Oct. 119

Fear to Resilience: Facing Health Challenges
Oct. 219

Building Money Habits That Work for You
Oct. 719

Unwrapping the Gift of Beauty
Oct. 719

Build Your Own Creative Toolkit
Oct. 1119

A Beginner's Guide to Calls, Puts and Risk Management
Oct. 1919

Foundations to Retirement Planning
Oct. 2120

The Gut-Mind Connection in Mental Health
Oct. 2120

Humanities, Social Sciences and Law

Saint Petersburg: Power, Culture and Memory
Oct. 625

The Many Faces of Dracula
Oct. 726

Victoria's Historic Cemeteries
Oct. 726

Buddhist Thoughts on the Unceasing Mind
Oct. 1029

Shakespeare and Politics
Oct. 1326

How AI Changes the Biggest Questions of Philosophy
Oct. 2029

Thinking About Friendship with Michel de Montaigne
Oct. 2029

Rants and Revisions: Transforming Rage to Persuasion
Oct. 2016

Hands-on Art History
Oct. 2212

Exploring Creative Writing: Memoir and Fiction
Oct. 2216

Watercolour for Beginners
Oct. 2310

Workshop
Oct. 2310

Creating Creativity
Oct. 2412

Travel and Street Photography
Oct. 2910

Health, Wellness and Safety

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Oct. 2029

Thinking About Friendship with Michel de Montaigne
Oct. 2029

History of Childhood in BC
Oct. 2226

Who Says It Has to Be This Way?
Oct. 3026

Science and the Environment

Introduction to Mycology
Oct. 1242

Visualizing Change in Ecological Restoration
Oct. 1442

Humanities, Social Sciences and Law

Navigating Contemporary Travel
Nov. 226

How Russia Remembers: World War II and National Identity
Nov. 326

Colonial Life of Drugs, Empire and Politics of Consciousness
Nov. 427

History of Victoria's Chinatown
Nov. 427

Elbows Up? The Politics Behind Why Canada is Not America
Nov. 927

Savouring the Screen: Food Culture in Chinese Cinema
Nov. 927

Fantastical Cartography: Geofiction and Mapmaking
Nov. 1027

Buddhist Advice for Wisdom-Based Love
Nov. 1429

International Relations and Global Affairs for Citizens
Nov. 1827

Allyship Without the Spotlight
Nov. 1928

The Political Spectrum
Nov. 2028

Unsettling BC History
Nov. 2628

Science and the Environment

Restoring the Balance: A Pattern Language for Future Ecologies
Nov. 742

Mushrooms of Greater Victoria
Nov. 744

Gardening with Wildlife
Nov. 745

Bountiful Berries: BC Native Plants for Gardens
Nov. 1942

Health, Wellness and Safety

Nutrition During the Stages of Menopause
Nov. 220

Radiant You: Learn to Rekindle Your Spark
Nov. 520

Why It Makes Sense Now: Lifelong Patterns and Neurodivergence
Nov. 720

Dementia and Alzheimer's Disease: Current Research and Early Detection Methods
Nov. 1020

Eating to Live Vibrantly: The Science of Longevity
Nov. 1821

Humanities, Social Sciences and Law

Christmas in Old Victoria
Dec. 228

Politics and Religion: A Sign of the Times
Dec. 1428

DECEMBER

Humanities, Social Sciences and Law

Navigating Contemporary Travel
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Nov. 1020

Eating to Live Vibrantly: The Science of Longevity
Nov. 1821

Humanities, Social Sciences and Law

Christmas in Old Victoria
Dec. 228

Politics and Religion: A Sign of the Times
Dec. 1428

DECEMBER

Evaluating new perspectives...

Artificial Intelligence, Data and Technology

DIGITAL DESIGN, MEDIA AND DEVELOPMENT



NEW How to Start a Podcast

Learn how to start a podcast from scratch and choose an idea for your chosen platform. This course will explore content concepts, help you create content for your target audience, and utilize social media platforms. It will include all the necessary steps from voice delivery to production, along with how to choose guests on the program and interviewing techniques.

Instructor: Christine Blanchette

Delivery style: Online Synchronous
Date: Tuesdays, Sept. 22 to Oct. 27
Time: 6 to 8 pm
Duration: 6 sessions
Fee: \$164 plus \$8.20 GST
Code: ASSC380 2026F D01

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:

- Basic Design Principles
- Comics and Graphic Novels Studio
- Introduction to Adobe Illustrator
- Introduction to Adobe InDesign
- Introduction to Adobe Photoshop
- Introduction to SketchUp
- Introduction to Video Editing

FOR MORE INFORMATION:

Digital Design, Media and Development
250-721-8827
artscoord@uvic.ca
continuingstudies.uvic.ca/dig-media

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:

- **Artificial Intelligence and Workplace Technologies**
- **Data Analytics and Visualization**
- **Spatial Data and GIS**

FOR MORE INFORMATION:

Artificial Intelligence, Data and Technology
continuingstudies.uvic.ca/technology

Creating new perspectives...

Arts

ART HISTORY



NEW From Dynasty to Empire: Art in the Ottoman World

Discover the impressive skills, traditions, innovations and meanings found within Ottoman art and architecture. The stories of the artists and architects working within the empire between the historical formation of the dynasty c.1299 and the end in 1923 are part of the wider histories of the Mediterranean and the Middle East, earning them the admiration of popes and queens. We will look closely at what it meant to be an Ottoman citizen, and how geography, politics, and belief are visible in Ottoman art and architecture.

Instructor: Angela Andersen (PhD)

Delivery style: Face to Face
Date: Fridays, Oct. 2 to Nov. 6
No class Oct. 23
Time: 2 to 4 pm
Register by: Friday, Sept. 25
Location: UVic Campus
Duration: 5 sessions
Fee: \$145 plus \$7.25 GST
Code: ASHA162 2026F C01

NEW Conceptual Art is for Everyone

Conceptual art has charmed, irritated and confused generations since Marcel Duchamp's Fountain of 1917. You will develop foundational and empowering visual literacy skills through open discussion and hands on creation while exploring this playful and influential art movement in a non-judgemental space.

Instructor: Pascale Ricard

Delivery style: Face to Face
Date: Wednesdays, Oct. 14 to Dec. 9
No class Nov. 11
Time: 2 to 4 pm
Register by: Wednesday, Oct. 7
Location: UVic Campus
Duration: 8 sessions
Fee: \$208 plus \$10.40 GST
Code: ASHA165 2026F C01

NEW Reading Film: Migration, Memory and Belonging

Learn the fundamentals of film analysis through the lens of movement, identity and home. By engaging with films from across the globe, you will explore how cinema represents journeys of migration, experiences of displacement, and the search for belonging. No prior background in film studies is required—only curiosity and a willingness to watch closely and think deeply.

Instructor: Ambreen Shehzad Hussaini (PhD)

Delivery style: Face to Face
Date: Fridays, Oct. 16 to Nov. 27
Time: 4 to 6 pm
Register by: Friday, Oct. 9
Location: UVic Campus
Duration: 7 sessions
Fee: \$189 plus \$9.45 GST
Code: ASHA164 2026F C01

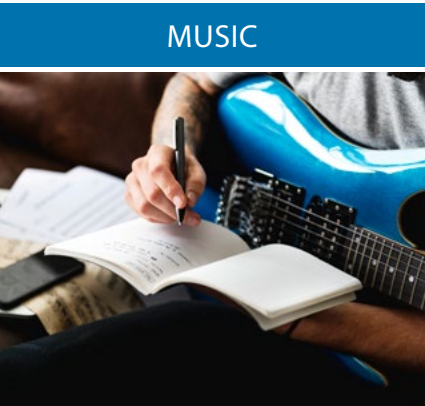
NEW **A Journey Through Art: Masterpieces and Meaning**

Explore some of the most celebrated works in the history of Western art, from Renaissance sculpture and Dutch Baroque painting to Impressionism and modern art. Through close visual analysis, you will examine how artists use style, symbolism and composition to create meaning, and how these works reflect the cultural, political and religious worlds in which they were created. We'll consider what makes a work of art a masterpiece, why certain images endure across centuries, and learn to read art with greater confidence, insight and understanding.

Instructor: Anik Waldeck (PhD)

Delivery style: Online Synchronous
Date: Tuesdays, Nov. 3 to Dec. 8
Time: 2 to 4 pm
Register by: Tuesday, Oct. 27
Duration: 6 sessions
Fee: \$164 plus \$8.20 GST
Code: ASHA163 2026F D01

FOR MORE INFORMATION:
Art History
250-721-8630
lacadmin@uvic.ca
continuingstudies.uvic.ca/art-history



NEW **Finding Your Voice: Introduction to Singing**

Everyone can sing! Learn the fundamentals of vocal placement, tone, intonation and breath awareness in this introductory course. You will explore the foundations of building a vocal warm up, apply vocal technique to unison

and two-part harmony pieces of music, and build confidence in using your voice in group repertoire, including folk, jazz and choral music. No prior experience necessary.

Instructor: Ariel Shetzen

Delivery style: Face to Face
Date: Wednesdays, Sept. 9 to Dec. 9
No class Sept. 30, Nov. 11
Time: 6:30 to 8:15 pm
Register by: Wednesday, Sept. 2
Location: UVic Campus
Duration: 12 sessions
Fee: \$265 plus \$13.25 GST
Code: ASMU493 2026F C01

UVic Concert Band

Join this large community wind band to perform a range of classic and newer works including traditional concert band repertoire, jazz, popular music, movie and media soundtracks. This new, large concert band aims to create a fun and friendly environment for all players.

The band is a diverse and welcoming ensemble open to all students, faculty, and staff from UVic, as well as all community musicians and school students. No audition is required to participate in the band but a playing level of RCM Grade 8 (Concert Band Grade 4) is recommended for players to be comfortable with the repertoire. The UVic Concert Band performs once a semester at The Farquhar at UVic.

Textbook: Music will be provided at the first rehearsal

Instructor: Taylor Takach

Delivery style: Face to Face
Date: Thursdays, Sept. 10 to Dec. 3
Time: 6 to 8 pm
Register by: Thursday, Sept. 3
Location: UVic Campus
Duration: 13 sessions
Fee: \$175 plus \$8.75 GST
Code: MUS380C 2026F C01

UVic Chorus

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

Cathedral in the fall term and with the UVic Orchestra in the spring in the Farquhar Auditorium. No audition is required.

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

Instructor: Kinza Tyrrell Schmidt-Paborn (DMus)

Delivery style: Face to Face
Date: Tuesdays, Sept. 15 to Dec. 1
No class Nov. 10
Time: 7 to 9 pm
Register by: Tuesday, Sept. 8
Location: UVic Campus
Duration: 11 sessions
Fee: \$175 plus \$8.75 GST
(plus approximately \$70 for music score and folder)
Code: MUS180E 2026F C01

Opera Unveiled: Love, Power and Betrayal on Stage

Step into the world of opera where love, deception, ambition and faith come together in unforgettable ways. In this course, we'll focus on how to listen—what to notice, what to listen for, and how music and story come together. We will begin with a selection of highlights from the Metropolitan Opera's 20th-anniversary Live in HD celebration, and then turn to four works from the fall season: Mozart's *Così fan tutte*, Verdi's *Macbeth*, Verdi's *Il Trovatore* (Pacific Opera Victoria), and Saint-Saëns' *Samson et Dalila*.

Through guided discussions, we'll explore each opera's story, music and staging in a way that is welcoming to both newcomers and seasoned operagoers. This popular course offers an engaging way to experience the beauty and drama of the operatic stage.

Instructor: Mikki Reintjes (MMus)

Delivery style: Face to Face
Date: Thursdays, Sept. 17 and 24
Oct. 8, 15 and 29
Time: 4:30 to 6:30 pm
Register by: Thursday, Sept. 10
Location: UVic Campus
Duration: 5 sessions
Fee: \$145 plus \$7.25 GST
Code: ASMU381 2026F C01

NEW **Developing Your Sound: Singing Level 2**

Explore new ways of using your voice! Continue to explore the fundamentals of healthy vocal technique and collaborative singing as you build on your knowledge of vocal placement, harmony and tone in both ensemble and individual repertoire. Vocal technique and music literacy tools, including breath awareness, tone, intonation and range will be applied to folk, jazz and choral styles of music. This is for singers who have taken an introductory course or have experience singing in a choir.

Instructor: Ariel Shetzen

Delivery style: Face to Face
Date: Thursdays, Sept. 17 to Dec. 3
Time: 6:30 to 8:15 pm
Register by: Thursday, Sept. 10
Location: UVic Campus
Duration: 12 sessions
Fee: \$265 plus \$13.25 GST
Code: ASMU494 2026F C01

Introduction to Guitar

Unlock your musical potential! Whether you have never held an instrument or are looking to refresh guitar basics, this class provides a structured environment to master acoustic guitar fundamentals. We will cover essential music theory, fretboard navigation, and efficient practice habits. Through a mix of group instruction and individual coaching, you will learn to play chords, read standard notation, and perform simple melodies. Join a community of fellow learners and start your musical journey.

Bring your guitar to each session.

Instructor: Simon Farintosh (MMus)

Delivery style: Face to Face
Date: Mondays, Sept. 21 to Nov. 30
No class Oct. 12
Time: 6:30 to 8 pm
Register by: Monday, Sept. 14
Location: UVic Campus
Duration: 10 sessions
Fee: \$227 plus \$11.35 GST
Code: ASMU469 2026F C01

NEW **The Modern Singer-Songwriter: Songwriting and Craft**

Explore the art of songwriting through melody, lyrics and harmony in a supportive and creative environment. This course introduces essential music theory concepts as they apply directly to songwriting. You may use your voice, an instrument, or simple digital tools to develop original material. Through guided exercises, listening examples and group feedback, you will gain confidence in shaping musical ideas into complete songs. No prior experience is required.

Instructor: Norm Zabala

Delivery style: Face to Face
Date: Tuesdays, Oct. 6 to Nov. 24
Time: 6:30 to 8:30 pm
Register by: Tuesday, Sept. 29
Location: UVic Campus
Duration: 8 sessions
Fee: \$239 plus \$11.95 GST
Code: ASMU492 2026F C01

FOR MORE INFORMATION:
Music
250-721-8630
lacadmin@uvic.ca
continuingstudies.uvic.ca/music

PHOTOGRAPHY



Photography Plus: Understand Your Camera and Improve Your Photos

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

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

Instructor: Donald Denton

Delivery style: Face to Face
Date: Wednesdays, Sept. 9 to Nov. 4
No class Sept. 30
Time: 6:30 to 9 pm
Register by: Wednesday, Sept. 2
Location: John Horgan Campus (Langford)
Duration: 8 sessions
Fee: \$278 plus \$13.90 GST
Code: ASVA085 2026F E01

Instructor: Donald Denton

Delivery style: Face to Face
Date: Tuesdays, Sept. 15 to Nov. 3
Time: 6:30 to 9 pm
Register by: Tuesday, Sept. 8
Location: UVic Campus
Duration: 8 sessions
Fee: \$278 plus \$13.90 GST
Code: ASVA085 2026F C01

Travel and Street Photography

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

Instructor: Andrzej Kielbowicz

Delivery style: Face to Face
Date: Sept. 22 to Oct. 13
Time: Tuesdays, 6 to 8:30 pm (classroom sessions); Sundays, Sept. 27 and Oct. 4, 10:30 am to 12:30 pm (field trips)
Register by: Tuesday, Sept. 15
Location: John Horgan Campus (Langford)
Duration: 6 sessions
Fee: \$221 plus \$11.05 GST
Code: ASVA133 2026F E01

Instructor: Andrzej Kielbowicz

Delivery style: Face to Face
Date: Oct. 29 to Nov. 19
Time: Thursdays, 6 to 8:30 pm (classroom sessions); Saturdays, Oct. 31 and Nov. 7, 10:30 am to 12:30 pm (field trips)
Register by: Thursday, Oct. 22
Location: UVic Campus
Duration: 6 sessions
Fee: \$221 plus \$11.05 GST
Code: ASVA133 2026F C01

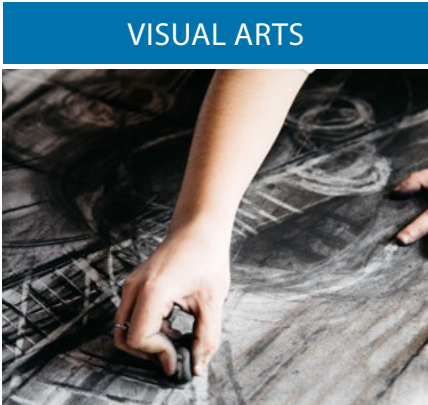
Capture Better Smartphone Photos

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

Instructor: Andrzej Kielbowicz

Delivery style: Face to Face
Date: Sept. 24 to Oct. 15
Time: Thursdays, Sept. 24 to Oct. 15, 6 to 8:30 pm (classroom sessions); Saturdays, Sept. 26 and Oct. 3, 10:30 am to 12:30 pm (field trips)
Register by: Thursday, Sept. 17
Location: UVic Campus
Duration: 6 sessions
Fee: \$227 plus \$11.35 GST
Code: ASVA181 2026F C01

FOR MORE INFORMATION:
Photography
250-721-8630
lacadmin@uvic.ca
continuingstudies.uvic.ca/photography



Watercolour for Beginners Workshop

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

A supply list will be attached to your receipt.

Instructor: Rainy Huang (MFA)

Delivery style: Face to Face
Date: Sept. 18 to 20

Time: Friday, Sept. 18, 7 to 9 pm; Saturday-Sunday, Sept 19 to 20, 10 am to 4 pm
Register by: Friday, Sept. 11
Location: John Horgan Campus (Langford)
Duration: 3 sessions
Fee: \$221 plus \$11.05 GST
Code: ASVA019 2026F E01

Instructor: Rainy Huang (MFA)

Delivery style: Face to Face
Date: Sept. 25 to 27
Time: Friday, Sept. 25, 7 to 9 pm; Saturday-Sunday, Sept 26 to 27, 10 am to 4 pm
Register by: Friday, Sept. 18
Location: UVic Campus
Duration: 3 sessions
Fee: \$221 plus \$11.05 GST
Code: ASVA019 2026F W01

Instructor: Rainy Huang (MFA)

Delivery style: Face to Face
Date: Oct. 16 to 18
Time: Friday, Oct. 16, 7 to 9 pm; Saturday-Sunday, Oct. 17 to 18, 10 am to 4 pm
Register by: Friday, Oct. 9
Location: John Horgan Campus (Langford)
Duration: 3 sessions
Fee: \$221 plus \$11.05 GST
Code: ASVA019 2026F E11

Instructor: Rainy Huang (MFA)

Delivery style: Face to Face
Date: Oct. 23 to 25
Time: Friday, Oct. 23, 7 to 9 pm; Saturday-Sunday, Oct. 24 to 25, 10 am to 4 pm
Register by: Friday, Oct. 16
Location: UVic Campus
Duration: 3 sessions
Fee: \$221 plus \$11.05 GST
Code: ASVA019 2026F W11

Drawing as Meditation

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

A supply list will be attached to your receipt.

Instructor: Chantal New (MFA)

Delivery style: Face to Face
Date: Mondays, Sept. 14 to Oct. 26
No class Oct. 12
Time: 6:30 to 8:30 pm
Register by: Monday, Sept. 7
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASVA289 2026F W01

NEW Figure Drawing

Explore different approaches to drawing the human figure. We'll begin with a foundation in simplified anatomical structure, building the drawing from the inside—from the skeleton, through the muscles, to the skin and clothing. Each session will explore different drawing approaches and techniques through examples from art history.

A supply list will be attached to your receipt.

Instructor: David Kaarsemaker (MFA)

Delivery style: Face to Face
Date: Tuesdays, Sept. 22 to Nov. 10
Time: 6 to 8:30 pm
Register by: Tuesday, Sept. 15
Location: UVic Campus
Duration: 8 sessions
Fee: \$278 plus \$13.90 GST
Code: ASVA296 2026F C01

Drawing and Painting for Beginners

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

A supply list will be attached to your receipt.

Instructor: Maryam Tavakoli Dastjerdi (MFA)

Delivery style: Face to Face
Date: Tuesdays, Sept. 29 to Nov. 24
No class Nov. 10
Time: 2:30 to 4:30 pm
Register by: Tuesday, Sept. 22
Location: UVic Campus
Duration: 8 sessions
Fee: \$239 plus \$11.95 GST
Code: ASVA189 2026F C01

NEW Ways of Seeing and Drawing Across Mediums

This course invites you to explore drawing through a wide range of mediums and subject matters. Working with materials such as graphite, ink and charcoal, you will move between observation and experimentation while developing skills in line, tone and composition. Emphasis is placed on curiosity, exploration and discovering a personal visual language.

A supply list will be attached to your receipt.

Instructor: Maryam Tavakoli Dastjerdi (MFA)

Delivery style: Face to Face
Date: Wednesdays, Oct. 7 to Nov. 18
No class Nov. 11
Time: 2:30 to 5 pm
Register by: Wednesday, Sept. 30
Location: UVic Campus
Duration: 6 sessions
Fee: \$227 plus \$11.35 GST
Code: ASVA295 2026F C01

NEW Creating Greeting Cards

Create handmade greeting cards for various occasions using a variety of colour mediums and diverse materials. Explore abstract expressions using watercolour; create scenery or figurative representations of humans, animals or insects on your cards; add details using pens, markers and colour pencils; and incorporate collage elements into your designs. Learn basic techniques, follow step-by-step instructions, and progress to independently designing and creating your own cards.

A supply list will be attached to your receipt.

Instructor: Tasnova Haque (MFA)

Delivery style: Face to Face
Date: Saturday and Sunday, Oct. 10 to 11
Time: 1 to 4 pm
Register by: Saturday, Oct. 3
Location: UVic Campus
Duration: 2 sessions
Fee: \$122 plus \$6.10 GST (includes partial supplies)
Code: ASVA290 2026F W01

Low Impact Basketry

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

Note: this course is limited to eight students.

Instructor: Aurora Skala (MA)

Delivery style: Face to Face
Date: Sundays, Oct. 11 to 25
Time: 10 am to 3:30 pm
Register by: Sunday, Oct. 4
Location: UVic Campus
Duration: 3 sessions
Fee: \$358 plus \$17.90 GST (includes supplies)
Code: ASVA136 2026F W01

NEW Foundations of Drawing

This beginner-friendly course introduces the core principles of drawing, including line, shape, proportion, perspective and shading. Through guided exercises and observational work, you will build confidence in your drawing skills while learning to see and interpret the world around you. No prior experience is required.

A supply list will be attached to your receipt.

Instructor: Meghan Krauss (MFA)

Delivery style: Face to Face
Date: Mondays, Oct. 19 to Nov. 23
Time: 6:30 to 9 pm
Register by: Monday, Oct. 12
Location: John Horgan Campus (Langford)
Duration: 6 sessions
Fee: \$227 plus \$11.35 GST
Code: ASVA293 2026F E01

Hands-on Art History

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

A supply list will be attached to your receipt.

Instructor: David Kaarsemaker (MFA)

Delivery style: Face to Face
Date: Thursdays, Oct. 22 to Dec. 10
Time: 6 to 8:30 pm
Register by: Thursday, Oct. 15
Location: UVic Campus
Duration: 8 sessions
Fee: \$278 plus \$13.90 GST
Code: ASVA206 2026F C01

NEW Creating Creativity

This course is for anyone curious about creativity and how ideas take shape. Through hands-on, collaborative activities across different media, you'll explore new ways of making and working together—no prior experience needed. You'll create your own work while contributing to a shared creative process and discovering that inspiration is something you can actively practice.

Instructor: Margit Schild (PhD)

Delivery style: Face to Face
Date: Saturday and Sunday, Oct. 24 to 25
Time: 10 am to 4 pm
Register by: Saturday, Oct. 17
Location: UVic Campus
Duration: 2 sessions
Fee: \$107 plus \$5.35 GST
Code: ASVA291 2026F W01

NEW Drawing with Charcoal

This course invites learners of all levels to explore the expressive and emotional potential of drawing with charcoal. You will learn foundational skills through sessions that explore subject matter including landscape, portraiture, and working with photographs. The course invites bold experimentation and encourages drawing as a means to communicate ideas and feelings.

A supply list will be attached to your receipt.

Instructor: Chantal New (MFA)
Delivery style: Face to Face
Date: Mondays, Nov. 9 to Dec. 14
Time: 6:30 to 9 pm
Register by: Monday, Nov. 2
Location: UVic Campus
Duration: 6 sessions
Fee: \$237 plus \$11.85 GST (includes partial supplies)
Code: ASVA294 2026F W01

NEW Intermediate Watercolour: Still Life and Observation

This intermediate watercolour workshop focuses on still life painting, including subjects such as fruits, flowers, and everyday objects. Through guided exercises, you will explore colour mixing, layering and composition while developing observational skills. Build confidence and gradually move from reference-based studies to more independent and expressive watercolour work. This workshop is designed for those who have completed a beginner course or have some prior experience.

A supply list will be attached to your receipt.

Instructor: Rainy Huang (MFA)

Delivery style: Face to Face
Date: Nov. 20 to 22
Time: Friday, Nov. 20, 7 to 9 pm; Saturday-Sunday, Nov 21-22, 10 am to 4 pm
Register by: Friday, Nov. 13
Location: John Horgan Campus (Langford)
Duration: 3 sessions
Fee: \$221 plus \$11.05 GST
Code: ASVA219 2026F E01

Instructor: Rainy Huang (MFA)

Delivery style: Face to Face
Date: Nov. 27 to 29
Time: Friday, Nov. 27, 7 to 9 pm; Saturday-Sunday, Nov 28-29, 10 am to 4 pm
Register by: Friday, Nov. 20
Location: John Horgan Campus (Langford)
Duration: 3 sessions
Fee: \$221 plus \$11.05 GST
Code: ASVA219 2026F W01

FOR MORE INFORMATION:

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

WRITING AND LITERATURE



NEW Reclaiming Family and Community Medicines

Led by renowned Tłı̨chǫ Dene author and storyteller Richard Van Camp, this course offers an exploration of his life's work of reclaiming family and community medicine through storytelling. Topics will include reviving harvesting techniques, artisan traditions, and recipe legacies. You will engage with Indigenous literatures beyond the written word, to explore the power of such stories to heal, inspire and build relationships.

This course invites you to consider your own responsibilities to personal, familial and community stories through a variety of independent learning activities. As non-credit registrants, you will join the online lectures of this credit class and have access to the online materials and activities, but will not submit assignments or receive grades. This course is open to everyone.

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

Instructor: Richard Van Camp (MFA)

Delivery style: Online Synchronous
Date: Wednesdays, Sept. 9, 23, Oct. 7, 21, Nov. 4, 18, Dec. 2
Time: 4 to 6 pm
Register by: Wednesday, Sept. 2
Duration: 7 sessions
Fee: \$295 plus \$14.75 GST
Code: ASWL396 2026F D01

The Art of Murder: Mystery Writing 101

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

Instructor: Neil Griffin (MFA)

Delivery style: Face to Face
Date: Mondays, Sept. 14 to Oct. 26
No class Oct. 12
Time: 6 to 8 pm
Register by: Monday, Sept. 7
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASWL150 2026F C01

NEW Story by Genre: Structure and Style for Every Story

Understanding and practicing the various genres of fiction is one of the best ways to improve your writing and create meaningful, page-turning stories. Struggling with plot? We'll look at how mystery writers use structure and story beats. Want more tension in your writing? Try writing a story of suspense using the principle of escalation. More emotion? Romance. Want to express a philosophical idea? Speculative fiction. We will do several in-class prompts per class, and work on one short story per week.

Instructor: Claire Mulligan (MFA)

Delivery style: Face to Face
Date: Tuesdays, Sept. 15 to Oct. 27
No class Oct. 6
Time: 6 to 8:30 pm
Register by: Tuesday, Sept. 8
Location: John Horgan Campus (Langford)
Duration: 6 sessions
Fee: \$227 plus \$11.35 GST
Code: ASWL174 2026F E01

NEW Worldbuilding: Create Your Own Fantasy and Sci-Fi Worlds

Have you ever wanted to create your own world from scratch? In this creative workshop, we explore the craft of worldbuilding in fantasy and science fiction. Through discussion and creative exercises, you will discover how environment, culture, belief and power shape fictional societies—and begin designing your own imaginative worlds. No writing experience required, only curiosity and a love of stories.

Instructor: Armina Salemi (MASC)

Delivery style: Face to Face
Date: Wednesdays, Sept. 16 to Oct. 21
No class Sept. 30
Time: 4 to 6 pm
Register by: Wednesday, Sept. 9
Location: UVic Campus
Duration: 5 sessions
Fee: \$170 plus \$8.50 GST
Code: ASWL170 2026F C01

Screenwriting

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

Instructor: Max Lance (BFA)

Delivery style: Face to Face
Date: Thursdays, Sept. 17 to Nov. 5
Time: 6 to 8:30 pm
Register by: Thursday, Sept. 10
Location: UVic Campus
Duration: 8 sessions
Fee: \$278 plus \$13.90 GST
Code: ASWL090 2026F W01

The Power of Short Fiction

Learn how to develop character, setting, theme and plot for all lengths of a short story—from the shortest 500-word micro-fiction to longer 5,000-word short stories and 15,000 word novellas. In this interactive course, we will explore the creation of short stories through exercises, discussion, sharing and supportive critique. Find your inspiration and build your creative confidence through the power of short fiction.

Instructor: Hana Mason (MFA)

Delivery style: Face to Face
Date: Thursdays, Sept. 17 to Oct. 22
Time: 6 to 8 pm
Register by: Thursday, Sept. 10
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASWL154 2026F C01

Writing with Photographs

The photographs we keep or admire can offer rich material for non-fiction writers. Photographs can be used as writing prompts, story-telling devices or evidence of the past. You will look at various writers who use photographs to tell their stories. We will discuss why photographs are important to these writers and how you can apply their techniques to inspire your own work.

Students are encouraged to bring along a selection of their own photographs for each of the six in-class writing exercises. The course is suitable for creative non-fiction writers at all levels.

Instructor: Alex Bertram (PhD)

Delivery style: Face to Face
Date: Thursdays, Sept. 17 to Oct. 22
Time: 7 to 9 pm
Register by: Thursday, Sept. 10
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASWL116 2026F C01

Mille-Feuille: Writing Layered Memoir – Part 1

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

Instructor: Susan Olding (MFA)

Delivery style: Face to Face
Date: Sept. 18 to 20
Time: Friday, Sept. 18, 7 to 9 pm, Saturday-Sunday, Sept 19-20, 10 am to 4 pm
Register by: Friday, Sept. 11
Location: UVic Campus
Duration: 3 sessions
Fee: \$221 plus \$11.05 GST
Code: ASWL139 2026F W01

NEW Exploring Later Life Through Reading, Writing and Discussion

How do we experience aging? To explore that question we'll read stories, poems and essays about aging, discuss and use reflective writing to discover our responses to them, and learn from each other and expand our perspectives.

Instructor: Mark Weisberg (JD)

Delivery style: Face to Face
Date: Tuesdays, Sept. 22 to Oct. 20
Time: 10 am to noon
Register by: Tuesday, Sept. 15
Location: UVic Campus
Duration: 5 sessions
Fee: \$170 plus \$8.50 GST
Code: ASWL171 2026F C01

Navigating the Novel

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

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

Instructor: Darcy Nybo

Delivery style: Online Synchronous
Date: Tuesdays, Sept. 22 to Oct. 27
Time: 6:30 to 8:30 pm
Register by: Tuesday, Sept. 15
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASWL115 2026F D01

NEW Small Openings: Writing Through Glimmers

Explore creative writing through the practice of noticing “glimmers.” Glimmers are small moments of attention, beauty, safety or connection that can often spark language and imagination. Through guided prompts, short readings and discussion, you will experiment with ways writing can emerge from everyday observation and experience. The course emphasizes exploration, attention and creative practice rather than critique, creating a welcoming environment for both new and experienced writers. Writers of all experience levels are welcome.

Instructor: Noah Hughes

Delivery style: Face to Face
Date: Tuesdays, Sept. 22 to Oct. 27
Time: 6 to 8 pm
Register by: Tuesday, Sept. 15
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASWL173 2026F C01

NEW Where the Story Begins: Creative Research and Practice

Many writers are drawn to stories rooted in ancestry, history and self but may not have the tools to research their stories. This course explores how to combine creativity with research to enhance our stories. Building on traditional research methods, we will learn how to incorporate visual, sonic and personal histories into our research practice. Blending imagination with investigation, this course invites writers of all genres to expand how they build story.

Instructor: Matty Midolo (MA)

Delivery style: Face to Face
Date: Tuesdays, Sept. 29 to Nov. 3
Time: 6:30 to 8:30 pm
Register by: Tuesday, Sept. 22
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASWL172 2026F C01

Writing a Memoir – Step by Step

You will grow as a writer by learning the process to crafting a successful memoir. The course contains eight lessons to prepare your mind, organize your thoughts and motivate you to write. Each week you will submit a piece of writing and learn to revise after receiving thoughtful feedback. The pieces will become portions of your memoir and form the base and guide for you to continue. The timeline for the course is eight weeks, but you will work at your own pace and receive feedback shortly after each piece is submitted.

Instructor: Karen Barnstable (MEd)

Delivery style: Online Asynchronous
Date: Oct. 5 to Nov. 29
Register by: Monday, Sept. 28
Fee: \$321 plus \$16.05 GST
Code: ASWL125 2026F D01

NEW Ordinary Magic: Contemplative Writing and Meditation

When held in the right light, ordinary human experiences shine bright with vitality. Through a guided meditation, and a writing and sharing process, we will cultivate openness and curiosity towards our thoughts and feelings—and risk authentic expression so that we may recover magic in the mundane of our lives. We will cultivate mindfulness, develop compassion, and deepen connections with the self and others. Writers and meditators of all experience levels are welcome.

Instructor: Pamela Richardson (PhD)

Delivery style: Face to Face
Date: Wednesdays, Oct. 7 to Nov. 18
No class Nov. 11
Time: 6 to 8 pm
Register by: Wednesday, Sept. 30
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASWL177 2026F C01

Speculative Fiction

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

Instructor: Rebecca Campbell (PhD)

Delivery style: Face to Face
Date: Wednesdays, Oct. 7 to Dec. 2
No class Nov. 11
Time: 6:30 to 8:30 pm
Register by: Wednesday, Sept. 30
Location: John Horgan Campus (Langford)
Duration: 8 sessions
Fee: \$239 plus \$11.95 GST
Code: ASWL168 2026F E01

NEW Image and Formal Imagination in Poetry

Explore what is meant by “formal imagination” in the craft of poetry and how it relates to the process of developing “images” in your poems. Through lectures, workshops, writing exercises, and group discussions, you will explore how formal constraints give shape to the imaginative capacity of poetry. For new poets or writers looking to rejuvenate their writing process, this course will prepare you to better understand what you don't already know, and what the poem has to teach you.

Instructor: Tosh Sherkat (MFA)

Delivery style: Face to Face
Date: Wednesdays, Oct. 14 to Dec. 9
No class Nov. 11
Time: 6 to 8 pm
Register by: Wednesday, Oct. 7
Location: UVic Campus
Duration: 8 sessions
Fee: \$239 plus \$11.95 GST
Code: ASWL176 2026F C01

Here's to You! Tribute Writing for All Occasions

Crafting a tribute (e.g., a retirement farewell, a toast to the bride, or an obituary) amounts to curating the details of a person's life into an unforgettable story. Learn simple techniques to help pinpoint descriptors, quotes, details and anecdotes that perfectly express the essence of the tribute subject's personality. Find out how to avoid clichés and vague generalities as you write your own tribute.

Instructor: Moira Dann (MFA)

Delivery style: Face to Face
Date: Saturday, Oct. 17
Time: 10 am to noon
Register by: Saturday, Oct. 10
Location: UVic Campus
Duration: 1 session
Fee: \$37 plus \$1.85 GST
Code: ASWL158 2026F C01

NEW More Mille-Feuille: Writing Layered Memoir – Part 2

In this workshop—intended for those who have taken Mille-Feuille 1 or those who are experienced with writing memoirs and personal essays—we'll begin by reviewing ideas and invitations from the first course. We'll brainstorm possible pairings of subject matter and form, and you will begin a draft of your proposed project in class. After two weeks, we'll return to the classroom to workshop these drafts and discuss revision and possible venues for publication.

Instructor: Susan Olding (MFA)

Delivery style: Face to Face
Date: Saturday-Sunday, Oct. 17-18 and Nov. 7-8
Time: 10 am to 2:30 pm
Register by: Saturday, Oct. 10
Location: UVic Campus
Duration: 4 sessions
Fee: \$257 plus \$12.85 GST
Code: ASWL239 2026F W01

NEW Rants and Revisions: Transforming Rage to Persuasion

Harness your strongest feelings and turn them into writing that moves people. Through weekly provocations and close readings from writers who've worked their fury to brilliant effect, you'll learn to transform emotional energy into precise, persuasive prose. The first five weeks are about tending to your fire—what you're arguing, who you're arguing with, and why it matters. The final three weeks are devoted to workshoping your draft into something people can't dismiss. Bring your best bone to pick.

Instructor: Sandy Ibrahim (MFA)

Delivery style: Face to Face
Date: Tuesdays, Oct. 20 to Dec. 8
Time: 6 to 8 pm
Register by: Tuesday, Oct. 13
Location: UVic Campus
Duration: 8 sessions
Fee: \$239 plus \$11.95 GST
Code: ASWL175 2026F C01

Exploring Creative Writing: Memoir and Fiction

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

Instructor: Sandy Ibrahim (MFA)

Delivery style: Face to Face
Date: Thursdays, Oct. 22 to Dec. 10
Time: 6:30 to 8:30 pm
Register by: Thursday, Oct. 15
Location: John Horgan Campus (Langford)
Duration: 8 sessions
Fee: \$239 plus \$11.95 GST
Code: ASWL166 2026F E01

NEW Creative Journaling

Explore the rich links between hands-on artistic practice and literary writing. Using creative journaling, a variety of artistic supplies, and thoughtful writing prompts, you will craft a series of projects that will lead to engaging writing. Writers and artists of all skill sets are welcome, and no previous experience is necessary.

A supply list will be attached to your receipt.

Instructor: Jenna Butler (PhD)

Delivery style: Face to Face
Date: \$182.50 plus \$9.13 GST (includes partial supplies)
Time: 6 to 8 pm
Register by: Monday, Oct. 26
Location: John Horgan Campus (Langford)
Duration: 5 sessions
Fee: \$170 plus \$8.50 GST
Code: ASWL169 2026F E01

Fiction from Truth

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

Instructor: Hana Mason (MFA)

Delivery style: Face to Face
Date: Thursdays, Nov. 5 to Dec. 10
Time: 6 to 8 pm
Register by: Thursday, Oct. 29
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASWL163 2026F C01

Memoir: The Story You've Always Wanted to Tell

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

Instructor: Jenna Butler (PhD)

Delivery style: Face to Face
Date: Thursdays, Nov. 5 to Dec. 10
Time: 6 to 8 pm
Register by: Thursday, Oct. 29
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASWL156 2026F C01

The Continuing Art of Murder: Mystery Writing 201

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

Instructor: Neil Griffin (MFA)

Delivery style: Face to Face
Date: Mondays, Nov. 9 to Dec. 14
Time: 6 to 8 pm
Register by: Monday, Nov. 2
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASWL162 2026F C01

Creative Nonfiction: Writing from Everyday Life

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

Instructor: Alex Bertram (PhD)

Delivery style: Face to Face
Date: Thursdays, Nov. 12 to Dec. 17
Time: 7 to 9 pm
Register by: Thursday, Nov. 5
Location: UVic Campus
Duration: 6 sessions
Fee: \$194 plus \$9.70 GST
Code: ASWL127 2026F C01

FOR MORE INFORMATION:
Writing and Literature
250-721-8630
lacadmin@uvic.ca
continuingstudies.uvic.ca/writing

ADDITIONAL TOPICS

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

- Theatre

FOR MORE INFORMATION:
Arts
continuingstudies.uvic.ca/arts

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NEW Build Your Own Somatic Toolkit

Somatic (body-focused) and creative self-care can help regulate the nervous system, build resilience, and overcome hardship, stress or burnout. You will be introduced to the theory and practice, get a chance to try out different exercises from five categories of somatic and creative exercises (e.g., grounding, calming, energizing, meditative and creative), and you will leave with a custom-made toolkit that works for you. This is great to combine with the *Build Your Own Creative Toolkit* course.

Instructor: Katrina Sark (PhD)

Delivery style: Face to Face

Date: Sundays, Sept. 13 to Oct. 4

Time: 10 am to 1 pm

Location: UVic Campus

Duration: 4 sessions

Fee: \$113 plus \$5.65 GST

Code: HPHE533 2026F C01

Re-Author Your Life Stories for Insight and Growth

Life stories shape identity, but they can be reimagined, re-authored and reclaimed. In this course, you're invited to approach your personal narrative with curiosity and compassion, while uncovering new perspectives and possibilities for self-understanding and change. Ideal for those navigating stress, life transitions, or emotional overwhelm, this course draws from narrative therapy and the Internal Family Systems theory to offer tools that foster resilience, clarity and self-compassion. No previous writing or therapy experience is required, just openness and curiosity.

Instructor: Leanne Stepp (MSW)

Delivery style: Online Synchronous

Date: Mondays, Sept. 14 to Oct. 26

No class Oct. 12

Time: 6 to 8 pm

Duration: 6 sessions

Fee: \$164 plus \$8.20 GST

Code: HPHE356 2026F D01

NEW Everyday Self-Care That Actually Works

Self-care is often framed as indulgence—but what does it actually mean in daily life? This course explores realistic, sustainable self-care practices that support emotional well-being, boundaries, and energy management. You will leave with practical strategies to build consistent, balanced habits in your daily life.

Instructor: Char Wong-Richardson

Delivery style: Online Synchronous

Date: Thursday, Sept. 24

Time: 1 to 4 pm

Duration: 1 session

Fee: \$48 plus \$2.40 GST

Code: HPHE528 2026F D01

Reimagining Retirement

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

Instructor: Cindy Bachop

Delivery style: Face to Face

Date: Thursdays, Sept. 24 to Oct. 8

Time: 2 to 4 pm

Location: UVic Campus

Duration: 3 sessions

Fee: \$88 plus \$4.40 GST

Code: HPHE513 2026F C01

NEW Understanding the Stress Response: The Nervous System in Everyday Life

Stress is often thought of as something to manage, but we must first gain insight and understanding, before effective change can begin. Join us in exploring how the nervous system shapes our responses to everyday experiences, including overwhelm, shutdown and reactivity. You will gain insight into why you respond the way you do, and you will come away with ways to support regulation and recovery in daily life.

Instructor: Hailey Bravo (MSW, RSW)

Delivery style: Online Synchronous

Date: Thursdays, Oct. 1 to 15

Time: 4 to 6 pm

Duration: 3 sessions

Fee: \$88 plus \$4.40 GST

Code: HPHE524 2026F D01

NEW Fear to Resilience: Facing Health Challenges

Have you been diagnosed with a life-altering illness? Interested in learning about common fears and reactions during a prolonged health journey? Join us in practicing ways to decrease stress, ease worry, and understand the trajectory of healing and recovery. We'll cover community resources and talk about using this experience to inform the next chapter of your life. Although there is a cancer-focus, the skills learned can be broadly applied to other life-altering diseases. Both "patients" and partners are welcome.

Instructors: Ginette Lussier, Marita Poll (MEd, RCC)

Delivery style: Face to Face

Date: Fridays, Oct. 2 to 9

Time: 10 am to noon

Location: UVic Campus

Duration: 2 sessions

Fee: \$63 plus \$3.15 GST

Code: HPHE525 2026F C01

NEW Building Money Habits That Work for You

Standard financial advice loves to tell you what to do, but rarely how to make it stick when life gets busy or stressful. If you've ever abandoned a budget because it felt too rigid, you don't need a better spreadsheet—you need a routine built for real life. Learn to design a financial workflow that actually fits your day-to-day. We'll look at low-stress routines to help you feel confident and in control of your cash flow without letting it take over your free time.

Instructor: Stephanie Kast

Delivery style: Face to Face

Date: Wednesday, Oct. 7

Time: 6:30 to 8:30 pm

Location: John Horgan Campus (Langford)

Duration: 1 session

Fee: \$36 plus \$1.80 GST

Code: HPHE531 2026F E01

NEW Unwrapping the Gift of Beauty

Beauty belongs to all of us and is waiting for you to claim, embrace and experience its fullness. In this course, you will reflect on your connection with beauty and explore its deeper significance. We will share beauty, explore its nature, and build a grounding layer of collective wisdom. You will cultivate the practice of tuning into the presence of beauty and experiment with beauty-based, well-being activities. Leave with renewed appreciation and inspiration to learn more.

Instructor: Jacqueline Ramdatt (MSW)

Delivery style: Face to Face

Date: Wednesdays, Oct. 7 to 28

Time: 6:30 to 8 pm

Location: John Horgan Campus (Langford)

Duration: 4 sessions

Fee: \$88 plus \$4.40 GST

Code: HPHE529 2026F E01

NEW Build Your Own Creative Toolkit

Looking to build your creative capacity and improve your general well-being? Through theory (creativity, psychology, mindfulness and neuro-biology) and practice (guided practices, reflection prompts, discussions, or trying out different tools), you will develop a custom-made toolkit to activate your creative potential. You will learn to create, customize and curate different practices that work for your own body, nervous system, curiosity and creativity. This is great to combine with the *Build Your Own Somatic Toolkit* course.

Instructor: Katrina Sark (PhD)

Delivery style: Face to Face

Date: Sundays, Oct. 11 to Nov. 1

Time: 10 am to 1 pm

Location: UVic Campus

Duration: 4 sessions

Fee: \$164 plus \$8.20 GST

Code: HPHE532 2026F C01

NEW A Beginner's Guide to Calls, Puts and Risk Management

This course provides a practical introduction to options, including calls, puts, pricing concepts, common strategies and risk management. Through real-world examples and guided discussions, learners will build a foundation for understanding how options work, why investors use them and how they can be used to express market views, generate income, hedge positions and manage risk. This course is intended for personal enrichment and financial literacy, not professional training or individualized investment advice. Learners should already have a basic understanding of stocks, bonds, mutual funds/ETFs and diversification.

Instructor: Ian Johnson (CFA)

Delivery style: Online Synchronous

Date: Mondays, Oct. 19 to Nov. 9

Time: 6 to 8 pm

Duration: 4 sessions

Fee: \$113 plus \$5.65 GST

Code: HPHE548 2026F D01

NEW Foundations to Retirement Planning

Thinking about retirement can bring up a lot of anxiety, especially if you feel like you're starting late. The advice out there is often full of confusing jargon, making it easy to avoid the topic altogether. Join us in a casual, judgement-free space to take the mystery out of the early stages of retirement planning. We will look at how the basic systems work, talk about what retirement actually means to you, and figure out how to start exploring the topic without the panic.

Instructor: Stephanie Kast

Delivery style: Face to Face
Date: Wednesday, Oct. 21
Time: 6 to 8 pm
Location: UVic Campus
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: HPHE530 2026F C01

NEW The Gut-Mind Connection in Mental Health

The gut and the brain communicate bidirectionally through the production of hormones, neurotransmitters, and other microbiome-derived substances. In this course, we will explore how the gut works (including its own nervous system), what the gut microbiome does, and how the brain fits in—plus how it influences our mental health and the best ways to support it through diet, exercise and lifestyle changes. Ciara Halvorson, a PhD student in the School of Medical Sciences, will draw from her neuroscience research and peer-reviewed gut-brain science to keep things evidence-based.

Instructor: Ciara Halvorson

Delivery style: Face to Face
Date: Wednesdays, Oct. 21 to Nov. 4
Time: Noon to 2 pm
Location: UVic Campus
Duration: 3 sessions
Fee: \$88 plus \$4.40 GST
Code: HPHE527 2026F C01

Nutrition During the Stages of Menopause

Taught through the lens of scientific evidence, this course will outline how our physiology changes during the stages of menopause. You will learn how to eat during this transition to manage symptoms and lower health risks. Both food and supplements will be discussed, along with symptoms such as hot flashes, sleep, mood swings and weight gain. You will leave the session empowered with new knowledge and more confidence in your food choices as you navigate the menopausal journey.

Instructor: Kristen Yarker (MSc, RD)

Delivery style: Face to Face
Date: Monday, Nov. 2
Time: 2 to 4 pm
Location: UVic Campus
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: HPHE319 2026F C01

Radiant You: Learn to Rekindle Your Spark

You're invited on a joyful exploration to rediscover what makes you feel truly alive and vibrant. Join us in a supportive community where your authentic spark is celebrated and nurtured. Through lively group discussions, playful self-discovery exercises, and inspirational journaling prompts, you'll reconnect with your unique sources of joy and vitality. Each session is designed to uplift, energize, and guide you back to your most radiant self.

Instructor: Cindy Bachop

Delivery style: Face to Face
Date: Wednesdays, Nov. 5 to 26
Time: 6 to 8 pm
Location: UVic Campus
Duration: 4 sessions
Fee: \$113 plus \$5.65 GST
Code: HPHE357 2026F C01

NEW Why It Makes Sense Now: Lifelong Patterns and Neurodivergence

Many adults reach a point where long-standing patterns begin to raise new questions. This course explores how differences in attention, energy, and emotional experience may have gone unrecognized earlier in life. Through a neurodiversity-informed lens, you will reflect on lifelong patterns, consider how these shaped your experiences, and develop a more compassionate understanding of oneself or others.

Instructor: Hailey Bravo (MSW, RSW)

Delivery style: Online Synchronous
Date: Saturdays, Nov. 7 to 21
Time: 10 am to noon
Duration: 3 sessions
Fee: \$88 plus \$4.40 GST
Code: HPHE526 2026F D01

Dementia and Alzheimer's Disease: Current Research and Early Detection Methods

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

Instructor: Jamie Knight (PhD)

Delivery style: Online Synchronous
Date: Tuesday, Nov. 10
Time: 6 to 8 pm
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: HPHE307 2026F D01

Eating to Live Vibrantly: The Science of Longevity

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

Instructor: Kristen Yarker (MSc, RD)

Delivery style: Face to Face
Date: Wednesday, Nov. 18
Time: 2 to 4 pm
Location: John Horgan Campus (Langford)
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: HPHE344 2026F E01

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

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, Safety and Emergency Management**
- **Professional Development in Healthcare**

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

Delivery style definitions

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

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

Online Hybrid – A combination of synchronous and asynchronous learning.

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

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



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- **Do you have a spare room in your home?**
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Contact us if you are interested or know someone who might be.

250-472-4268
homestaysupport@uvic.ca

continuingstudies.uvic.ca/host

UVIC ON THE PENINSULA SERIES

Each term we offer a selection of lectures and short courses in Sidney, most of which take place at the Mary Winspear Centre.

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

- A Brief Introduction to Psychedelic Science, Policy and Therapy
- Around the World in 21 Objects
- Arrows to the Moon: Canada's Role in the Apollo Moon Program
- British Columbia's Ambiguous Relationship with the Rest of Canada
- Buddhist Meditation and the Joy of Pure Freedom
- Challenging Exile: Japanese Canadians and the Wartime Constitution
- Earthquake and Tsunami Risk and the Plate Tectonics of Coastal BC
- Europe at a Crossroads: A Continent in Transition
- Food for Thought: Nutrition for Your Brain, Mood and Memory
- How "Race" is Made Historically
- "I won't go along with this": Resistance in Nazi Germany
- Making Sense of Turkish Politics
- Monitoring Invasive and At-Risk Species Using Environmental DNA
- The Roles of Microglia in Alzheimer's Disease
- Tiny fossils: A window to the ocean of the past

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

STORIES WRITTEN IN STONE

Bringing cemetery history
back to life

with instructor John Adams



Decades later, John is still helping to shape how people think about cemeteries. For example, Victorian-era cemeteries were designed as beautiful landscapes—places to walk, reflect, and spend time outdoors, often before public parks were introduced. John encourages people to rediscover cemeteries as peaceful green spaces that offer windows into local history with the restorative health benefits of nature.

“The idea of going for a walk in the woods these days has become very popular—it’s good for your health, calms you down, and lowers your blood pressure,” he describes. “Cemeteries can offer that as well.”

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Although some people would be terrified to even set foot in one, I’m hoping to show people that cemeteries are actually nice places to go.



This fall, John Adams is teaching: *Victoria's Historic Cemeteries*. To register, visit continuingstudies.uvic.ca/history.



By Portia Yip, Marketing Services

Cemeteries are often viewed as scary, ghoulish places, but what if we changed our perspective and saw them as open-air classrooms of history?

John Adam’s fascination with cemeteries started when his family moved to a home across from the Ross Bay Cemetery in 1960. His curiosities about the world beyond his doorstep grew into a lifelong passion for local history, storytelling, and helping people see cemeteries as rich archives of community life.

Now a historian and long-time instructor with Continuing Studies at UVic, John is teaching a new online course that explores the history of nearly 25 cemeteries in Victoria.

“I come at cemeteries from a historical point of view,” he says. “Although some people would be terrified to even set foot in one, I’m hoping to show people that cemeteries are actually nice places to go.”

For John, what began as fun, childhood exploration quickly turned into something meaningful. While wandering the grounds at Ross Bay Cemetery, he discovered the graves of people he had learned about in school, including notable names like Emily Carr, Sir James Douglas and Billy Barker. Soon, he became just as interested in the lesser-known individuals buried there.

“It can be difficult to research other people, but they all have a story, a biography, and were part of the community either collectively or individually,” he shares. “History often focuses on the famous, but cemeteries help tell the stories of everyone.”

John’s first book, *Historic Guide to Ross Bay Cemetery*, was published in 1983. He later helped form the Old Cemeteries Society to combat vandalism and inspire public appreciation for historic burial grounds.

In his upcoming course, John will feature archival images, modern photos, and decades of research to explore the lives of both the famous and forgotten community members. Learners will dive into the evolution of tombstones, symbolism, the science and conservation of historic stone markers, and discover what cemeteries reveal about migration, culture, or community identity.

John didn’t originally plan to become a historian, but he says it now feels inevitable and natural. He spent his career working in museums and historic sites in Ontario, Vancouver and Victoria, while also teaching museum studies along the way.

He also runs Discover the Past, known for its historic walking tours and popular ghostly walks in downtown Victoria. While his cemetery course focuses on history, he recognizes the appeal of ghost stories, especially around Halloween.

“At a cemetery, we tend to avoid doing ghost stories, except at Halloween, because there are so many people interested,” he observes. “But we really want to emphasize the fact that people are allowed to go to cemeteries if they can get past the idea that they’re scary places.”

Currently, John is revising his book, *Ghosts and Legends of Bastion Square*, and expanding it with new historical research and even more stories. His work overall focuses on connecting past lives with the present. In both his teaching and writing, John invites people to see themselves as part of a continuing story.

“I hope people leave the course feeling more in tune with their community and its past,” he says. “History isn’t just about the famous, it’s about all of us.”

— CS —



Bridging perspectives...

Humanities, Social Sciences and Law

HISTORY, POLITICAL SCIENCE AND CONTEMPORARY ISSUES

NEW

Indigenous Sovereignty for Settlers

Together we will explore Indigenous sovereignty on Coast Salish (and other) territories and how settlers can better support Indigenous resurgence. We will explore the structures of settler colonialism, how settlers reproduce these structures unknowingly and cause harm, and the methods for becoming more responsible visitors on Coast Salish territory. Join us in developing a deeper understanding of Indigenous protocol, sovereignty, and relationships, and a practical toolkit to better provide harm-free support for Indigenous initiatives and projects.

Instructor:

Kikila Perrin (PhD)

Delivery style:

Face to Face

Date:

Thursdays, Sept. 10 to Oct. 1

Time:

6 to 8 pm

Location:

UVic Campus

Duration:

4 sessions

Fee:

\$113 plus \$5.65 GST

Code:

ASHI912 2026F C01

NEW

Human Rights and Civil Liberties in Everyday Life

Human rights and civil liberties are often discussed in courts and politics, but they also affect ordinary life: what we can say, how we participate in public debate, how governments treat citizens, and how communities balance freedom, equality, safety, and dignity.

This course introduces key concepts in human rights, civil liberties, and democratic citizenship in an accessible, discussion-based format. Participants will consider everyday examples involving freedom of expression, privacy, equality, protest, religion, public health, and social inclusion. The course is not a law course and does not provide legal advice; instead, it offers a practical civic framework for understanding rights in contemporary society.

Instructor:

Alex Josifov (MA)

Delivery style:

Online Synchronous

Date:

Tuesdays, Sept. 15 to Oct. 13

Time:

6 to 7 pm

Duration:

5 sessions

Fee:

\$76 plus \$3.80 GST

Code:

ASHI913 2026F D01

Using Artificial Intelligence for Your Life and Work

Artificial Intelligence is now widely available, offering enormous benefits for personal and professional use. You can have a free assistant that answers any question, tutors you in any field, and handles tasks like summarizing documents, replying to emails, helping with hard problems, creating art, or critiquing your writing. This course is designed to help everyone master the basics, whether you're new to AI or seeking to enhance your skills. Covering large language models like ChatGPT, image, audio, and video generators, and agents, it's tailored to unlock AI's potential for you.

Instructor:

Peter Scott (MA)

Delivery style:

Face to Face

Date:

Thursdays, Sept. 17 to Oct. 29

Time:

6:30 to 8:30 pm

Location:

John Horgan Campus (Langford)

Duration:

6 sessions

Fee:

\$164 plus \$8.20 GST

Code:

ASHI830 2026F E01

Delivery style:

Online Synchronous

Date:

Wednesdays, Sept. 23 to Oct. 28

Time:

6 to 8 pm

Duration:

6 sessions

Fee:

\$164 plus \$8.20 GST

Code:

ASHI830 2026F D01

NEW

Cinematic Century: Film and History in 20th Century Europe

Discover the unique relationship between film, culture and history in Europe over the course of the 20th century. This was a violent period that witnessed two global wars and many decades of political division. Attention will be given to how films may (or may not) reflect this history, and to how films have been used as evidence in historical study. We will consider how movies relate to political and social history, and what they can show us about a period that is specific to film media.

Instructor:

Todd Craver (PhD)

Delivery style:

Face to Face

Date:

Mondays, Sept. 21 to Nov. 2

Time:

6 to 8 pm

Location:

UVic Campus

Duration:

6 sessions

Fee:

\$164 plus \$8.20 GST

Code:

ASHI900 2026F C01

NEW

Homer's Odyssey and the Intervention of the Gods

Discover the genius of Homer's gods and heroes that are cleverly modelled after ancient Greek culture, poetry and education. Uncover why Homer, through his epic poetry, has the ancient Greek gods intervening in human life. What purpose did they serve in the hero's journey? Why were they benevolent to some and vengeful to others? What does this tell us about Homer's conception of virtue and duty? Journey beyond knowing names like Odysseus, Athena or Poseidon, and gain an understanding of ancient Greek archetypes and their historical context.

Instructor:

Taylor Green (PhD)

Delivery style:

Face to Face

Date:

Wednesdays, Sept. 23 to Oct. 14

Time:

6:30 to 8:30 pm

Location:

John Horgan Campus (Langford)

Duration:

3 sessions

Fee:

\$88 plus \$4.40 GST

Code:

ASHI904 2026F E01

Banned Ideas: The Struggle Over the Control of Knowledge

Over the last decade, we have seen politicians across North America advocate for the elimination of certain ideas from our schools, libraries, and even our medical clinics. Books have been banned, curricula edited, and whole topics of discussion excised from school at every level of education. In some American universities, policies have been implemented that have resulted in hundreds of courses being removed. What are these ideas? Why do some people find them so dangerous? How can sociology help us to make sense of it all?

Instructor:

Edwin Hodge (PhD)

Delivery style:

Online Synchronous

Date:

Thursdays, Sept. 24 to Oct. 15

Time:

6 to 8 pm

Duration:

4 sessions

Fee:

\$113 plus \$5.65 GST

Code:

ASHI856 2026F D01

NEW

The History of Things that Go Bump in the Night

Delve into the shadows of the imagination in this social and cultural history of the supernatural in Europe from the ancient Celts to the 19th century. Learn how religion, folklore and superstition shaped peoples' experiences of the world. Discover werewolf trials, witch finders, real-life vampire hunters, demon possession and exorcists, crime-solving ghosts, and of course, the history of Halloween. Come explore the eerie evolution of the "things that go bump in the night."

Instructor:

Justine Semmens (PhD)

Delivery style:

Face to Face

Date:

Mondays, Sept. 28 to Oct. 26

Time:

2 to 4 pm

Location:

UVic Campus

Duration:

4 sessions

Fee:

\$113 plus \$5.65 GST

Code:

ASHI895 2026F C01

Democratic Backsliding and Opposition Strategies

In recent years, various countries with different historical backgrounds and levels of democratic achievements have experienced what is often referred to as democratic backsliding. This trend includes new democracies and established ones alike, as exemplified by recent developments in the United States, India or Hungary. What unites many of these cases is the playbook used by the aspiring autocrats to erode their countries' democracies and the forms of resistance put in place by different opposition actors.

This course looks into the scholarship and practice of democracy to explore contemporary instances of democratic backsliding and opposition strategies.

Instructor:

Fazila Mat (MA)

Delivery style:

Face to Face

Date:

Tuesdays, Sept. 29 to Oct. 27

Time:

6 to 8 pm

Location:

UVic Campus

Duration:

5 sessions

Fee:

\$145 plus \$7.25 GST

Code:

ASHI859 2026F C01

NEW

Saint Petersburg: Power, Culture and Memory

Can a single city capture the soul of a nation? Saint Petersburg has long been Russia's grand experiment in power, culture and memory. In this course, you will explore the city's dramatic history—from its founding by Peter the Great to its role in revolution, war, and modern identity. Together, we will ask how one city has come to embody the triumphs, tragedies and transformations of Russia itself.

Instructor:

Maria Kalmykova

Delivery style:

Face to Face

Date:

Tuesdays, Oct. 6 to 27

Time:

6:30 to 8:30 pm

Location:

John Horgan Campus (Langford)

Duration:

4 sessions

Fee:

\$113 plus \$5.65 GST

Code:

ASHI894 2026F E01

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NEW The Many Faces of Dracula

Discover the mysteries behind the most popular literary character ever created—Dracula. Take a closer look at Bram Stoker’s 1897 novel and the many strange stories surrounding its creation. We will uncover the most important cinematic adaptations of the tale, to see what lies beyond the classic Dracula, and the historical and cultural realm of the vampire.

Instructor: Peter Golz (PhD)

Delivery style: Face to Face
Date: Wednesdays, Oct. 7 to 21
Time: 4 to 5:30 pm
Location: UVic Campus
Duration: 3 sessions
Fee: \$72 plus \$3.60 GST
Code: ASHI906 2026F C01

NEW Victoria’s Historic Cemeteries

Greater Victoria has its share of interesting graveyards—there are at least 25 to explore! Starting with Indigenous burial sites, we will then focus on places used from the time of Fort Victoria in 1843 to the present day when alternative funerary and burial customs became popular. Presented by John Adams, a founding member of the Old Cemeteries Society and author of Historic Guide to Ross Bay Cemetery, you won’t want to miss this journey through rural country churchyards, small family plots, suburban burial parks, and hidden urban cemeteries.

Instructor: John Adams (MA)

Delivery style: Online Synchronous
Date: Wednesday, Oct. 7
Time: 1 to 3 pm
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: ASHI907 2026F D01

NEW Shakespeare and Politics

Shakespeare is considered by many as the greatest poet, dramatist and playwright of all time. Less well-known is Shakespeare as a political thinker, expressed through his tragic and comedic characters. By examining his work through this lens, we gain a sense of the human condition, his characters, and their actions. Universal questions will be addressed about love, marriage, friendship, aging and

mortality. Investigate Shakespeare’s politics, through his plays, and discover how they can help us navigate life.

Instructor: Taylor Green (PhD)

Delivery style: Face to Face
Date: Tuesdays, Oct. 13 to Nov. 3
Time: 2 to 4 pm
Location: UVic Campus
Duration: 4 sessions
Fee: \$113 plus \$5.65 GST
Code: ASHI896 2026F C01

NEW History of Childhood in BC

Discover the lesser-known world of childhood in early British Columbia. By considering what the early generations of children were reading—where they were working, when they were going to school, and how they were recorded by governments—we will shed light onto their notions of British Columbian identity. This course is taught by a historian and librarian, and will interest those who are curious about the history of BC with a focus on Indigenous-settler relations, women and families, religion, and labour.

Instructor: Pia Russell (MA)

Delivery style: Face to Face
Date: Thursday, Oct. 22
Time: 1 to 4 pm
Location: UVic Campus
Duration: 1 session
Fee: \$48 plus \$2.40 GST
Code: ASHI898 2026F C01

NEW Who Says It Has to Be This Way?

Humans are, if nothing else, amazingly diverse. This course takes that diversity seriously, not as something exotic, but as evidence that our own way of organizing life is one possibility among many. Drawing on ethnographies, firsthand accounts of how people actually live across the globe and throughout history, we will examine assumptions about inequality, authority, and social life that we rarely notice we are making. The goal is not just to learn about others, it is to see ourselves more clearly in the process.

Instructor: C. William Campbell (PhD)

Delivery style: Face to Face
Date: Fridays, Oct. 30 to Dec. 4
Time: 2 to 4 pm
Location: UVic Campus
Duration: 6 sessions
Fee: \$164 plus \$8.20 GST
Code: ASHI916 2026F C01

NEW Navigating Contemporary Travel

Global travel has never been easier, faster or more accessible than it is today. How can we be informed, ethical and open-minded tourists in our interconnected world? Explore the current landscape of global travel and navigate topics such as recent changes in travel infrastructure, the search for “authentic” intercultural experiences, and the question of ethical tourism. Whether you’re a frequent flyer or an armchair tourist, you will gain insight into the complexities and possibilities of contemporary travel and tourism.

Instructor: Leah Mernaugh Bergman (MSc)

Delivery style: Face to Face
Date: Mondays, Nov. 2 to 23
Time: 6 to 8 pm
Location: UVic Campus
Duration: 4 sessions
Fee: \$113 plus \$5.65 GST
Code: ASHI908 2026F C01

NEW How Russia Remembers: World War II and National Identity

Explore how the memory of World War II is used in today’s Russia to shape national identity and support political power. Focusing on Victory Day celebrations, media stories, and public events, we will examine how the past is presented and reinterpreted to influence how people understand Russia today and its place in the world.

Instructor: Maria Kalmykova

Delivery style: Online Synchronous
Date: Tuesdays, Nov. 3 to 24
Time: 6 to 8 pm
Duration: 4 sessions
Fee: \$113 plus \$5.65 GST
Code: ASHI905 2026F D01

NEW Colonial Life of Drugs: Empire and Politics of Consciousness

Examine the modern history of psychoactive substances and prohibition from colonial expansion to today’s war on drugs. Trace how substances became embedded in colonial labour systems, imperial trade, and state formation, and how prohibition has been articulated with extractive capitalism and imperial geopolitics. Explore how substances were redefined as “drugs,” how addiction was historically constructed, and how criminalization has functioned as a tool for social control and domination.

Instructor: Juan-Manuel Vélez-Villegas (MA)

Delivery style: Face to Face
Date: Wednesdays, Nov. 4 to Dec. 2
No class Nov.11
Time: 6 to 8 pm
Location: UVic Campus
Duration: 4 sessions
Fee: \$113 plus \$5.65 GST
Code: ASHI910 2026F C01

History of Victoria’s Chinatown

Victoria’s Chinatown is the oldest, permanent and urban Chinese community in Canada, dating back to the 1858 Gold Rush on the Fraser River. By the end of the 19th century, Chinatown occupied almost eight city blocks. There were negative stereotypes of gambling, opium and slave girls pervading the columns of local newspapers. You’ll discover the true story behind these reports and learn about the history of Victoria’s Chinese community.

Instructor: John Adams (MA)

Delivery style: Online Synchronous
Date: Wednesday, Nov. 4
Time: 1 to 3 pm
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: ASHI735 2026F D01

Elbows Up? The Politics Behind Why Canada is Not America

President Trump has stated that the border drawn on a map between Canada and America is artificial. Tariffs on a traditional ally and the rhetoric of the 51st state are making widespread headlines. What makes Canada unique in its sovereignty, politics, institutions and values? With their geographic proximity, the two political regimes are both liberal democracies, but institutional arrangements are different. Canadian sovereignty is a result of those differences of values. This course examines the history, institutions and political cultures of Canada and America to understand why Canada cannot be subsumed into the United States.

Instructor: Taylor Green (PhD)

Delivery style: Online Synchronous
Date: Mondays, Nov. 9 to 23
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$88 plus \$4.40 GST
Code: ASHI863 2026F D01

NEW Savouring the Screen: Food Culture in Chinese Cinema

Explore the rich landscape of Chinese culture through the sensory lens of cinema and cuisine. Investigate how filmmakers use cooking and dining to tell stories about family dynamics, social change and personal identity. Share your own cultural memories while learning about the historical and philosophical significance of different regional flavours across China. Discover how a simple bowl of noodles or an elaborate banquet can reflect deep emotions and power structures within a changing society.

Instructor: Han Li (MA, MEd)

Delivery style: Face to Face
Date: Mondays, Nov. 9 to 30
Time: 2 to 4 pm
Location: UVic Campus
Duration: 4 sessions
Fee: \$113 plus \$5.65 GST
Code: ASHI901 2026F C01

Fantastical Cartography: Geofiction and Mapmaking

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

For curious minds, readers, writers, game players or creators, and geographers.

Instructor: Camryn Riccitelli (MA)

Delivery style: Online Synchronous
Date: Tuesdays, Nov. 10 to 24
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$88 plus \$4.40 GST
Code: ASHI871 2026F D01

NEW International Relations and Global Affairs for Citizens

International relations can seem complex, fast-moving, and distant from everyday life, yet global affairs shape news, elections, migration, trade, security, climate policy, human rights and Canada’s role in the world. This course offers an accessible introduction to international relations for engaged citizens and community learners.

You will explore core concepts including states, sovereignty, power, diplomacy, conflict, cooperation, international law, the United Nations, global governance and foreign policy. The course will connect these ideas to current events and historical examples. The emphasis is on personal enrichment, civic understanding and informed discussion of world affairs.

Instructor: Alex Josifov (MA)

Delivery style: Online Synchronous
Date: Wednesdays, Nov. 18 to Dec. 16
Time: 6 to 7 pm
Duration: 5 sessions
Fee: \$76 plus \$3.80 GST
Code: ASHI914 2026F D01

NEW **Creating Sustainable, Safe, and People-Centred Allyship**

This is a practical, people-centred workshop designed to help you move beyond surface-level allyship—from performative gestures toward grounded, relational and sustained action. Rooted in trauma-informed facilitation, real-world scenario practice, and Indigenous-informed learning principles, this course builds your confidence and skills to notice harm, interrupt bias, and repair trust without making it about yourself.

Instructors: Andrea McCoy (MA), Char Wong-Richardson

Delivery style: Online Synchronous
Date: Thursday, Nov. 19
Time: 10 am to 1 pm
Duration: 1 session
Fee: \$48 plus \$2.40 GST
Code: ASHI909 2026F D01

NEW **The Political Spectrum**

This course will help you gain a clear and concise understanding of the differences between the left wing, right wing, and centralist political orientations. The differences will be analyzed with consideration to political orientations and different values or goals, taxation policy (for businesses and individuals), involvement in the economy, and philosophical foundations.

Instructor: Paul Clark (PhD)

Delivery style: Face to Face
Date: Friday, Nov. 20
Time: 1 to 3 pm
Location: UVic Campus
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: ASHI902 2026F C01

Unsettling BC History

How do we know what we know about the history of BC? This course introduces you to the history of textbooks used in BC public schools during the first 50 years of the province's history. By critically re-reading commonly taught social and political assumptions, we may see the truth and omissions more clearly. These unique historical sources can serve as transformational objects for truth-telling

towards reconciliation. With a clearer eye towards the past, we may begin to re-learn the important lessons needed for Indigenous and non-Indigenous communities to be in better relation with one another.

Instructor: Pia Russell (MA)

Delivery style: Face to Face
Date: Thursday, Nov. 26
Time: 1 to 4 pm
Location: UVic Campus
Duration: 1 session
Fee: \$48 plus \$2.40 GST
Code: ASHI864 2026F C01

Christmas in Old Victoria

Christmas was observed as a religious event during the early days of Fort Victoria, but by the time the Fraser River Gold Rush began in 1858 it had started to take on a more secular appearance. Find out how Christmas was observed in Victoria during the 19th century, from the annual decoration of the churches to the competition between butcher shops for the fanciest store window displays.

In this illustrated talk, John Adams will draw upon the reminiscences of Emily Carr, Dr. John S. Helmcken and many other residents of the city who vividly describe their Christmas traditions and memories. If you think that the commercialization of Christmas is a recent phenomenon, you will be amazed to discover it was happening here back in the 1880s.

Instructor: John Adams (MA)

Delivery style: Online Synchronous
Date: Wednesday, Dec. 2
Time: 1 to 3 pm
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: ASHI436 2026F D01

NEW **Politics and Religion: A Sign of the Times**

The intersection between politics and religion is a striking characteristic throughout contemporary global affairs, especially for acculturated observers and the narrative that “church” and “state” can be held apart. Drawing on diverse examples, we will consider the latest critical perspectives on how and why religious experiences, doctrine and symbolism have a prominent, political

presence and influence. We will discuss environments from cyberspace to political rallies, the asymmetric battlefield to the diplomacy table, and embodied traditions from Christian nationalism in the United States to imperial messianism from places like Russia.

Instructor: Andrew Wender (PhD)

Delivery style: Face to Face
Date: Monday, Dec. 14
Time: 6 to 8 pm
Location: UVic Campus
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: ASHI915 2026F C01

FOR MORE INFORMATION:
History, Political Science and Contemporary Issues
250-721-8305
comadmin@uvic.ca
continuingstudies.uvic.ca/history

RELIGION, PHILOSOPHY AND PSYCHOLOGY



NEW **How Buddhism Puts Happiness Within Reach**

Everyone longs to experience lasting happiness, but because we associate happiness with external situations, we fail to find the true happiness we long for. Buddha taught that happiness is actually a state of mind, and as such, it is definitely within our reach. We can learn how to let go of our inner agitation and dissatisfaction, and nurture peaceful, positive minds that open up a whole new, wonderful way of life.

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face
Date: Saturdays, Sept. 12 to Oct. 3
Time: 10 am to noon
Location: UVic Campus
Duration: 4 sessions
Fee: \$113 plus \$5.65 GST
Code: ASHI891 2026F C01

NEW **Reaching Self Knowledge: Socrates and the Quest for Wisdom**

Socrates famously professed, “the only thing I know is that I know nothing.” Join us in examining the beginning of Socratic philosophy and why it continues to be important to reflect on what it means to be human and the quest for wisdom.

Instructor: Taylor Green (PhD)

Delivery style: Online Synchronous
Date: Mondays, Sept. 28 to Oct. 26
No class Oct. 12
Time: 6 to 8 pm
Duration: 4 sessions
Fee: \$113 plus \$5.65 GST
Code: ASHI897 2026F D01

NEW **Buddhist Thoughts on the Unceasing Mind**

Contemplating that the mind continues after death is challenging for those who believe the mind depends entirely on the body for its existence. But if we are willing to investigate with an open mind, we may find that the existence of past and future lives is a logical implication arising from the nature of the mind itself. This perspective gives great peace and positivity to the here and now.

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face
Date: Saturdays, Oct. 10 to 31
Time: 10 am to noon
Location: John Horgan Campus (Langford)
Duration: 4 sessions
Fee: \$113 plus \$5.65 GST
Code: ASHI892 2026F E01

NEW **How AI Changes the Biggest Questions of Philosophy**

What does it mean to be human? Philosophy has asked that question for thousands of years and yet, it is now gaining new urgency. Thanks to artificial intelligence, we are forced to question our creativity, intelligence, privacy and rights. Many of us react to this new intelligent species with confusion and anxiety. This course offers a safe place to explore these questions and begin understanding who you want to be in a world where machines can think.

Instructor: Peter Scott (MA)

Delivery style: Face to Face
Date: Tuesdays, Oct. 20 to Nov. 10
Time: 6 to 8 pm
Location: UVic Campus
Duration: 4 sessions
Fee: \$113 plus \$5.65 GST
Code: ASHI899 2026F C01

NEW **Thinking About Friendship with Michel de Montaigne**

Come to a careful appreciation of two of Montaigne's most charming essays, *Friendship* and *Three Kinds of Association*. In *Friendship*, Montaigne develops themes from ancient writings related to his bereaved friendship with his soulmate, Étienne de la Boétie—a philosopher who died young and inspired Montaigne to write the *Essays*. In *Three Kinds*, Montaigne explores his attitudes to other men, his feelings about the ladies, and his love of books, before closing with a vivid description of the library in his tower, where he wrote and rewrote his *Essays*.

Instructor: Doug Hutchinson (PhD)

Delivery style: Face to Face
Date: Tuesdays and Thursdays, Oct. 20 to Nov. 12
Time: 2 to 4 pm
Location: UVic Campus
Duration: 8 sessions
Fee: \$208 plus \$10.40 GST
Code: ASHI903 2026F C01

NEW **Buddhist Advice for Wisdom-Based Love**

We all wish to experience enduring love—the feelings of affection and warmth that continue to grow over time—between partners, family and close friends. But how do we maintain harmonious relationships without sliding into fault-finding, resentment or indifference? This course will introduce us to special Buddhist insights and meditations for developing a wisdom-based love that is a foundation for a truly joyful and meaningful approach to life.

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face
Date: Saturdays, Nov. 14 to Dec. 5
Time: 10 am to noon
Location: UVic Campus
Duration: 4 sessions
Fee: \$113 plus \$5.65 GST
Code: ASHI893 2026F C01

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

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**
- **Equity, Diversity and Inclusion**
- **Law**

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

Delivery style: Online Hybrid

Date: Wednesdays, Sept. 16 to Dec. 2
No class Sept. 30, Nov. 11

Time: 6:30 to 8:30 pm

Register by: Wednesday, Sept. 9

Duration: 10 sessions

Fee: \$325

Code: FLCC301 2026F D11

Delivery style:	Face to Face
Date:	Thursdays, Sept. 17 to Nov. 19
Time:	6:30 to 8:30 pm
Register by:	Thursday, Sept. 10
Location:	John Horgan Campus (Langford)
Duration:	10 sessions
Fee:	\$325
Code:	FLCC301 2026F E11

Register for this course if you can 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: Thursdays, Sept. 17 to Nov. 19

Time: 9:30 to 11:30 am

Register by: Thursday, Sept. 10

Location: UVic Campus

Duration: 10 sessions

Fee: \$325

Code: FLCC501 2026F C01

Delivery style: Online Synchronous
Date: Wednesdays, Sept. 23 to Dec. 9
 No class Sept. 30, Nov. 11
Time: 6 to 8 pm
Register by: Wednesday, Sept. 16
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA011 2026F D11

Delivery style: Online Synchronous
Date: Mondays, Sept. 21 to Nov. 30
 No class Oct. 12
Time: 6 to 8 pm
Register by: Monday, Sept. 14
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA211 2026F D11

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

Delivery style: Online Synchronous
Date: Thursdays, Sept. 24 to Nov. 26
Time: 6 to 8 pm
Register by: Thursday, Sept. 17
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA037 2026F D11

Delivery style: Face to Face

Date: Wednesdays, Sept. 23 to Dec. 9
No class Sept. 30, Nov. 11

Time: 6 to 8 pm

Register by: Wednesday, Sept. 16

Location: UVic Campus

Duration: 10 sessions

Fee: \$310 plus \$15.50 GST

Code: ASLA016 2026F C11

Delivery style: Face to Face

Date: Tuesdays, Sept. 22 to Nov. 24

Time: 6 to 8 pm

Register by: Tuesday, Sept. 15

Location: UVic Campus

Duration: 10 sessions

Fee: \$310 plus \$15.50 GST

Code: ASLA216 2026F C11

Delivery style: Face to Face

Date: Thursdays, Sept. 24 to Nov. 26

Time: 6 to 8 pm

Register by: Thursday, Sept. 17

Location: UVic Campus

Duration: 10 sessions

Fee: \$310 plus \$15.50 GST

Code: ASLA316 2026F C11

Delivery style: Face to Face

Date: Tuesdays, Sept. 22 to Nov. 24

Time: 9:30 to 11:30 am

Register by: Tuesday, Sept. 15

Location: UVic Campus

Duration: 10 sessions

Fee: \$310 plus \$15.50 GST

Code: ASLA049 2026F C01

Delivery style: Face to Face

Date: Thursdays, Sept. 24 to Nov. 26

Time: 6 to 8 pm

Register by: Thursday, Sept. 17

Location: John Horgan Campus (Langford)

Duration: 10 sessions

Fee: \$310 plus \$15.50 GST

Code: ASLA049 2026F E11

Delivery style: Face to Face

Date: Thursdays, Sept. 24 to Nov. 26

Time: 12:30 to 2:30 pm

Register by: Thursday, Sept. 17

Location: UVic Campus

Duration: 10 sessions

Fee: \$310 plus \$15.50 GST

Code: ASLA249 2026F C01

Delivery style: Face to Face

Date: Thursdays, Sept. 24 to Nov. 26

Time: 9:30 to 11:30 am

Register by: Thursday, Sept. 17

Location: UVic Campus

Duration: 10 sessions

Fee: \$310 plus \$15.50 GST

Code: ASLA349 2026F C01

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Instructor: Estelle Kurier	
Delivery style: Face to Face	
Date:	Fridays, Sept. 25 to Nov. 27
Time:	9:30 to 11:30 am
Register by:	Friday, Sept. 18
Location:	UVic Campus
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA449 2026F C01

JAPANESE

Japanese - Level 1

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

Instructor: Nozomi Franco Cea

Delivery style: Face to Face	
Date:	Tuesdays, Sept. 15 to Nov. 17
Time:	6:30 to 8:30 pm
Register by:	Tuesday, Sept. 8
Location:	John Horgan Campus (Langford)
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA008 2026F E11

Instructor: Keiko Tachibana

Delivery style: Face to Face	
Date:	Wednesdays, Sept. 16 to Dec. 2
	No class Sept. 30, Nov. 11
Time:	6 to 8 pm
Register by:	Wednesday, Sept. 9
Location:	UVic Campus
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA008 2026F C11

Instructor: Keiko Tachibana	
Delivery style: Face to Face	
Date:	Thursdays, Sept. 17 to Nov. 19
Time:	9:30 to 11:30 am
Register by:	Thursday, Sept. 10
Location:	UVic Campus
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA008 2026F C01

Japanese - Level 2

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

Instructor: Nozomi Franco Cea

Delivery style: Face to Face	
Date:	Wednesdays, Sept. 16 to Dec. 2
	No class Sept. 30, Nov. 11
Time:	6:30 to 8:30 pm
Register by:	Wednesday, Sept. 9
Location:	John Horgan Campus (Langford)
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA208 2026F E11

Instructor: Nozomi Franco Cea

Delivery style: Face to Face	
Date:	Thursdays, Sept. 17 to Nov. 19
Time:	6 to 8 pm
Register by:	Thursday, Sept. 10
Location:	UVic Campus
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA208 2026F C11

Japanese - Level 3

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

Instructor: Keiko Tachibana

Delivery style: Face to Face	
Date:	Thursdays, Sept. 17 to Nov. 19
Time:	6 to 8 pm
Register by:	Thursday, Sept. 10
Location:	UVic Campus
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA308 2026F C11

Japanese - Level 4

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

Instructor: Keiko Tachibana

Delivery style: Online Synchronous	
Date:	Mondays, Sept. 14 to Nov. 23
	No class Oct. 12
Time:	6 to 8 pm
Register by:	Monday, Sept. 7
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA408 2026F D11

KOREAN

Korean - Level 1

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

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

Instructor: Hailey Ceong

Delivery style: Online Synchronous	
Date:	Wednesdays, Sept. 23 to Dec. 9
Time:	6:30 to 8:30 pm
Register by:	Wednesday, Sept. 16
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA009 2026F D11

Korean - Level 2

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

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

Instructor: Hailey Ceong

Delivery style: Online Synchronous	
Date:	Tuesdays, Sept. 22 to Nov. 24
Time:	6:30 to 8:30 pm
Register by:	Tuesday, Sept. 15
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA209 2026F D11

MANDARIN

Mandarin - Level 1

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

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

Instructor: Liz Chiang

Delivery style: Online Synchronous	
Date:	Thursdays, Sept. 24 to Nov. 26
Time:	6:30 to 8:30 pm
Register by:	Thursday, Sept. 17
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA013 2026F 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: Liz Chiang

Delivery style: Online Synchronous	
Date:	Tuesdays, Sept. 22 to Nov. 24
Time:	6:30 to 8:30 pm
Register by:	Tuesday, Sept. 15
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA213 2026F D11

POLISH

Polish - Level 1

The official language of Poland, Polish, is a blend of Slavic and European elements and the native language of over 40 million people. In this course, you’ll start with pronunciation and progress to basic vocabulary and grammar. By the end of the course, you’ll be able to greet people, ask for and provide simple information, and much more. Whether you plan to travel to Poland, do business there, or just want to learn another language, you’ll feel more comfortable with this solid foundation for further study.

Instructor: Agata Guzik

Delivery style: Online Synchronous	
Date:	Wednesdays, Sept. 23 to Dec. 9
	No class Sept. 30, Nov. 11
Time:	6 to 8 pm
Register by:	Wednesday, Sept. 16
Duration:	10 sessions
Fee:	\$310 plus \$15.50 GST
Code:	ASLA018 2026F D11

PORTUGUESE

Portuguese - Level 1

This introductory-level course is intended for those who have no previous knowledge of Portuguese. In this course, you will explore the language in a practical and dynamic manner through simple and authentic texts, audio, and video materials. Communicative activities play a central role in the learning process, allowing you to engage meaningfully with the language in everyday contexts. You will actively learn basic Portuguese by using four skills: listening, speaking, reading and writing. Understand the main differences between Brazilian Portuguese and European Portuguese, and enrich your comprehension of linguistic and cultural diversity within this language.

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

Instructor: Tatiana Reis

Delivery style: Online Synchronous
Date: Thursdays, Sept. 24 to Nov. 26
Time: 6 to 8 pm
Register by: Thursday, Sept. 17
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA100 2026F D11

PUNJABI

Punjabi - Level 1

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

Instructor: Amina Amina

Delivery style: Online Synchronous
Date: Thursdays, Sept. 24 to Nov. 26
Time: 6 to 8 pm
Register by: Thursday, Sept. 17
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA099 2026F D11

RUSSIAN

Russian - Level 1

This course will help you to discover introductory concepts of the Russian language such as the alphabet, pronunciation, intonation, formal/informal styles of communication, grammar, vocabulary, as well as how to make full sentences and ask questions. Through a communicative approach, you will actively learn basic Russian by using four skills: listening, speaking, reading and writing. In this engaging and practical course, you will participate in a wide variety of fun classroom activities, watch videos and learn about Russian culture.

Instructor: Galina Sanaeva (PhD)

Delivery style: Online Synchronous
Date: Thursdays, Sept. 24 to Nov. 26
Time: 6 to 8 pm
Register by: Thursday, Sept. 17
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA004 2026F D11

Russian - Level 2

Intended for those who have completed *Russian - Level 1* or the equivalent. This beginner course will help you to build your confidence in your Russian language communication skills using a variety of real-life scenarios such as asking about someone's occupation or hobbies, how to describe and compare items, how to read a map, asking for directions addressing a stranger, and expressing your feelings. Also, you will discover the language of emotions and how to write a greeting card. You will explore more grammar including three Russian cases in the authentic context of everyday Russian, popular media, music videos and texts.

Instructor: Galina Sanaeva (PhD)

Delivery style: Online Synchronous
Date: Wednesdays, Sept. 23 to Dec. 9
No class Sept. 30, Nov 11
Time: 6 to 8 pm
Register by: Wednesday, Sept. 16
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA204 2026F D11

SPANISH

Spanish - Level 1

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

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

Instructor: Alicia Brown (BA)

Delivery style: Face to Face
Date: Tuesdays, Sept. 15 to Nov. 17
Time: 7 to 9 pm
Register by: Tuesday, Sept. 8
Location: UVic Campus
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA025 2026F C11

Instructor: Mónica Gil (MA)

Delivery style: Online Synchronous
Date: Tuesdays, Sept. 15 to Nov. 17
Time: 6:30 to 8:30 pm
Register by: Tuesday, Sept. 8
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA025 2026F D11

Instructor: Mónica Gil (MA)

Delivery style: Face to Face
Date: Thursdays, Sept. 17 to Nov. 19
Time: 9:30 to 11:30 am
Register by: Thursday, Sept. 10
Location: UVic Campus
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA025 2026F C01

Instructor: Marco Béquer Hernández

Delivery style: Face to Face
Date: Thursdays, Sept. 17 to Nov. 19
Time: 6:30 to 8:30 pm
Register by: Thursday, Sept. 10
Location: John Horgan Campus (Langford)
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA025 2026F E11

Spanish - Level 2

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

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

Instructor: Mónica Gil (MA)

Delivery style: Face to Face
Date: Mondays, Sept. 14 to Nov. 23
No class Oct. 12
Time: 9:30 to 11:30 am
Register by: Monday, Sept. 7
Location: UVic Campus
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA225 2026F C01

Instructor: Marco Béquer Hernández

Delivery style: Face to Face
Date: Mondays, Sept. 14 to Nov. 23
No class Oct. 12
Time: 6:30 to 8:30 pm
Register by: Monday, Sept. 7
Location: John Horgan Campus (Langford)
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA225 2026F E11

Instructor: Alicia Brown (BA)

Delivery style: Face to Face
Date: Wednesdays, Sept. 16 to Dec. 2
No class Sept. 30, Nov. 11
Time: 7 to 9 pm
Register by: Wednesday, Sept. 9
Location: UVic Campus
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA225 2026F C11

Instructor: Mónica Gil (MA)

Delivery style: Online Synchronous
Date: Wednesdays, Sept. 16 to Dec. 2
No class Sept. 30, Nov. 11
Time: 6:30 to 8:30 pm
Register by: Wednesday, Sept. 9
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA225 2026F D11

Spanish - Level 3

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

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

Instructor: Gary Flores Revilla

Delivery style: Face to Face
Date: Tuesdays, Sept. 15 to Nov. 17
Time: 6:30 to 8:30 pm
Register by: Tuesday, Sept. 8
Location: John Horgan Campus (Langford)
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA325 2026F E11

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Online Synchronous
Date: Wednesdays, Sept. 16 to Dec. 2
No class Sept. 30, Nov. 11
Time: 7 to 9 pm
Register by: Wednesday, Sept. 9
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA325 2026F D11

Instructor: Mónica Gil (MA)

Delivery style: Face to Face
Date: Thursdays, Sept. 17 to Nov. 19
Time: 6 to 8 pm
Register by: Thursday, Sept. 10
Location: UVic Campus
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA325 2026F C11

Spanish - Level 4

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

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Face to Face
Date: Thursdays, Sept. 17 to Nov. 19
Time: 9:30 to 11:30 am
Register by: Thursday, Sept. 10
Location: UVic Campus
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA425 2026F C01

TAGALOG (FILIPINO)

Tagalog (Filipino) - Level 1

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

Instructor: Mae Raganas

Delivery style: Online Synchronous
Date: Mondays, Sept. 21 to Nov. 30
No class Oct. 12
Time: 6 to 8 pm
Register by: Monday, Sept. 14
Duration: 10 sessions
Fee: \$310 plus \$15.50 GST
Code: ASLA055 2026F D11

UKRAINIAN

Ukrainian - Level 1

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

Instructor: Alla Dudka

Delivery style: Online Synchronous

Date: Mondays, Sept. 28 to Dec. 7
No class Oct. 12

Time: 6:30 to 8:30 pm

Register by: Monday, Sept. 14

Duration: 10 sessions

Fee: \$310 plus \$15.50 GST

Code: ASLA019 2026F D11

VIETNAMESE

NEW Vietnamese - Level 1

Perfect for complete beginners, this course introduces the sounds, tones, greetings, vocabulary, and sentence patterns needed for simple everyday communication. Through engaging activities and guided speaking practice, you will start developing practical language skills while learning about Vietnamese culture, daily life, and community connections.

Delivery style: Online Synchronous

Date: Tuesdays, Sept. 22 to Nov. 24

Time: 6 to 8 pm

Register by: Tuesday, Sept. 15

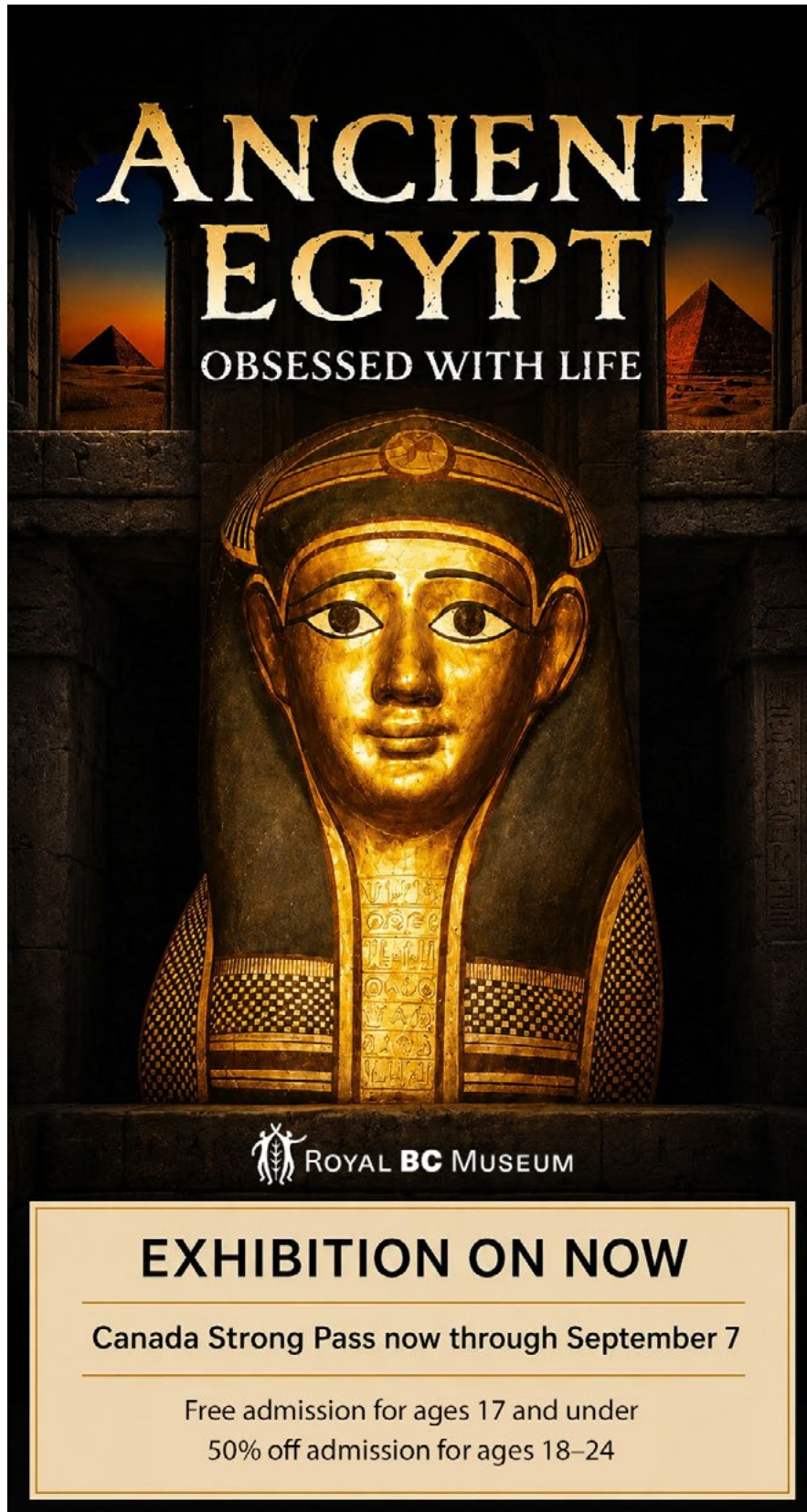
Duration: 10 sessions

Fee: \$310 plus \$15.50 GST

Code: ASLA045 2026F D11

FOR MORE INFORMATION:

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



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Canada Strong Pass now through September 7

Free admission for ages 17 and under
50% off admission for ages 18–24

Meet the team

that welcomes you first



Learn about the team dedicated to supporting your success.

For learners with Continuing Studies at UVic, your first point of contact is with the Student Services team—the friendly voices on the phone, the welcoming smiles, and the helpful guides behind every question you ask. Whether you're registering for your first course, or planning your next steps, they're here to make the process smooth and worry-free.



Alesha Akouri
Lead Admissions Assistant

Alesha's been part of the division since 2005—with a couple of joyful detours to raise her kiddos. She's known for her calming energy, reliability, and the ability to balance a to-do list with a cup of tea in hand. Lately, Alesha has been leaning into growth, goals, and what wellness looks like in this chapter of life. She recently completed her nutrition accreditation and is now deep into a menopause diploma—navigating this season with strength and clarity. Her advice to new students: You don't need to have it all figured out. Just start. Be open, stay curious, and don't be afraid to shift directions.



Ashley Lutz
Program Advisor

Ashley is a dog mom of one, and a plant mom to many. She's been with the division since 2021 and loves working with her team. Meeting goals and having the drive to be the best at her job is what motivates her every day. Completing tasks and helping others to the best of her ability makes being a program advisor a very fulfilling role. Ashley enjoys exercising, going to movies, gaming, getting coffee with friends and going on spontaneous adventures with the dog. Her advice to new students: If you're not sure about something, always ask questions.



Brenda Martinez
Admissions Assistant

Brenda came to Canada in 2018 as a landed immigrant and has considered Victoria her new home since then. She joined the division in October 2024, bringing with her many years of post-secondary education experience. Brenda has shifted her career from teaching to becoming a student services professional. Nature and music inspire Brenda the most. They are her best reset and most potent source of upliftment. She is also passionate about empowerment—developing and maximizing potential. On the lighter side of life, Brenda loves karaoke and Korean dramas. Her advice to new students: Learn to the fullest, and don't forget to make learning fun.



Christa Kutzner
Senior Admissions Officer

Christa has been part of the team for 28 years. She enjoys being part of the student experience (supporting students on their educational journey—in their personal and professional growth). She also enjoys helping students overcome hurdles so they can reach their goals. Christa is inspired by the team and how everyone supports each other in the best interest of students and the Division of Continuing Studies. She is passionate about her family and watching her children achieve their goals. Her advice to new students: The Student Services team are here to support you—we care!



Claire Cacheux
Admissions Assistant

Claire has been with the division since July 2025. She enjoys learning from her fantastic colleagues to best help students in their journey. Getting to meet people from all over the world inspires her. Claire loves hearing different languages when she walks into work. She is passionate about anything art-related—lately getting into pottery—no better way to unwind. Her advice to new students: New experiences can be challenging, especially away from home. Take time to recharge—if looking for a quiet walk, explore the Finnerty Gardens on campus. C'est la vie!



Emily Arvay
Students Support Coordinator

Emily joined the division in August 2025 and has really enjoyed getting to know all the wonderful students and staff here at Continuing Studies. Her mother and father inspire her because of their work ethic and deep care for people. Her two children also inspire her with their creativity, humour, and playfulness. Emily loves music, playing guitar and piano, singing, and dancing. She also loves reading fiction and non-fiction as well as creative writing. Her advice to new students: Be kind to yourself—challenges are opportunities to flex your inner strength and resourcefulness.



Julianna Wells
Finance and Operations Coordinator

Julianna moved to Victoria in 2015 from her hometown in the Comox Valley and has worked at the Division of Continuing Studies since then too. The determination and passion demonstrated by students pursuing their education despite various challenges is inspiring to her. Julianna is happiest when backpacking in the mountains of Strathcona Park or along the coastal regions of Vancouver Island with friends and family. Her advice to new students: Take advantage of the resources and support available to you, stay organized and manage your time effectively, and engage with your peers and instructors.



Katie McDonald
Admissions and Immigration Assistant

Katie is a proud cat mama and amateur rockhound, and she has worked with the division for 17 years. She enjoys helping students understand immigration policies during their studies and knows how confusing it can be and how their immigration steps are connected to their future life plans and goals. Katie is inspired by her coworkers every day as she sees how hard they work and how much they care about students. Disneyland is her happy place, her second home. She also loves to travel and enjoys photography, finding interesting angles and lighting in new and old cities, and beautiful landscapes.



Larissa Fielding
Admissions Assistant

Larissa has lived in three provinces and four countries but has called Victoria her home for 17 years. Helping students navigate a new learning environment is one of her joys of working at UVic. Beautiful sunrises along the coast inspire her. She loves sketching, painting and reading, but drinking a good cup of cappuccino in the sunshine always makes her day. Her advice to new students: Don't be afraid to ask questions. Her favourite quote: "It doesn't matter what others are doing, it matters what you are doing."



Sheila Taylor
Student and Financial Services, Supervisor

Sheila has been with the division for 26 years. She most enjoys working with the international students and finds it very rewarding to help them with their educational journey here in Canada. The students inspire Sheila every day. They work so hard to achieve their goals and seeing them succeed is also her inspiration. She enjoys spending time with her three grandchildren and exploring the Pacific Northwest with her husband as he pilots his small private plane. Her advice to new students: Enjoy the journey and be open to new opportunities.



Landscape Design for the Pacific Northwest

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

Instructor: Jeff de Jong

Delivery style: Face to Face
Date: Tuesdays, Sept. 15 to Nov. 3
Time: 6:30 to 8 pm
Location: UVic Campus
Duration: 8 sessions
Fee: \$275
Code: ALGD01 2026F C01

Drought Tolerant Gardening

Are you under water restrictions but still want an abundant garden? Learn how you can choose flowering perennials while still enjoying fruit and vegetable production through the use of native plants and xeric landscaping techniques that will produce throughout the growing season despite the hot, dry summers that we are experiencing. We will also touch on water harvesting to help prolong the watering season into the summers, and tips and tricks for a thriving garden in our evolving landscape conditions.

Instructor: Emony Nicholls (MSc)

Delivery style: Face to Face
Date: Saturday, Oct. 3
Time: 12:30 to 3:30 pm
Location: UVic Campus
Duration: 1 session
Fee: \$48 plus \$2.40 GST
Code: ASSC342 2026F C01

More Bulbs for Your Buck

This autumn is your chance to make a fresh start on creating a striking and extraordinary garden! You might think that planting bulbs is a lot of work with little reward. This is the furthest thing from the truth. Jeff de Jong is going to transform your garden into a place that will continue to flourish and be more beautiful year after year. This talk will focus on design and bulb choices that will add beauty and value to any yard.

Instructor: Jeff de Jong

Delivery style: Face to Face
Date: Saturday, Oct. 3
Time: 10 am to noon
Location: UVic Campus
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: ASSC275 2026F C01

Harvesting Mason Bees: Hands on Workshop

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

Instructor: Emony Nicholls (MSc)

Delivery style: Face to Face
Date: Saturday, Oct. 17
Time: 1:30 to 3:30 pm
Location: UVic Campus
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: ASSC345 2026F C01

NEW Containers That Grow

Container gardening is a terrific way to add excitement to the garden, but why not make the plants even more valuable and useful? Growing plants in a container, and finding homes for them later, is a practical and economical way to improve the volume of your garden. Jeff will share ways to take your containers from fall to spring to the yard. He will also discuss design ideas and choosing plant combinations. This class has loads of ideas to keep you going even when the season changes.

Instructor: Jeff de Jong

Delivery style: Face to Face
Date: Saturday, Oct. 17
Time: Noon to 2 pm
Location: John Horgan Campus (Langford)
Duration: 1 session

Fee: \$36 plus \$1.80 GST
Code: ASSC377 2026F E01

Instructor: Jeff de Jong

Delivery style: Face to Face
Date: Saturday, Nov. 7
Time: 10 am to noon
Location: UVic Campus
Duration: 1 session
Fee: \$36 plus \$1.80 GST
Code: ASSC377 2026F C01

Mushrooms of Greater Victoria

Join Andy MacKinnon and Kem Luther, coauthors of the Royal BC Museum guide *Mushrooms of British Columbia*, for an exploration of mushrooms in the Greater Victoria area. An evening presentation on wild mushrooms, fungus groups and identification will be followed by a full day in the field and classroom collecting, sorting and identifying.

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

Instructors: Kem Luther (PhD), Andy MacKinnon (MSc, DSc)

Delivery style: Face to Face
Date: Oct. 28 and 29
Time: Wednesday, Oct. 28, 7 to 9pm
Thursdays, Oct. 29, 9 am to 4 pm
Location: UVic Campus
Duration: 2 sessions
Fee: \$176 plus \$8.80 GST
Code: ASSC314 2026F C11

Instructors: Kem Luther (PhD), Andy MacKinnon (MSc, DSc)

Delivery style: Face to Face
Date: Nov. 7 and 8
Time: Saturday, Nov. 7, 2 to 4 pm
Sunday, Nov. 8, 9 am to 4 pm
Location: UVic Campus
Duration: 2 sessions
Fee: \$176 plus \$8.80 GST
Code: ASSC314 2026F C21

Gardening with Wildlife

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

Instructor: Emony Nicholls

Delivery style: Face to Face
Date: Saturday, Nov. 7
Time: 12:30 to 3:30 pm
Location: UVic Campus
Duration: 1 session
Fee: \$48
Code: ASSC340 2026F C01

FOR MORE INFORMATION:
Horticulture and Nature
250-721-8305
comadmin@uvic.ca
continuingstudies.uvic.ca/horticulture

ADDITIONAL TOPICS

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

- Climate Action
- Marine Science
- Sustainability

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

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

University Art Collection

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

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

View the website for visiting hours.

University Food Services

University Food Services (UNFS) operates the following:

- Arts Place, Fine Arts Building
- Biblio Café, McPherson Library
- Mac’s, MacLaurin Building
- Mystic Market, Jamie Cassels Centre (9 outlets)
- Nibbles & Bytes Café, Engineering Lab Wing
- Sci Café, Bob Wright Building
- The Cove, Čeqʷəŋin ʔéʔlən (Cheko’nien House)

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

UVic Alumni Association

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

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

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

FOR MORE INFORMATION
250-721-6000 | alumni@uvic.ca | alumni.uvic.ca

UVic Bookstore / Blink Print / Computer Store / Starbucks

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

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

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

The Computer Store carries a wide selection of refurbished laptops, hardware, cables, connectors and other accessories.

There is a Starbucks located on the lower level of the Bookstore.

FOR MORE INFORMATION

UVic Bookstore: 250-721-8311 | uvicbookstore.ca View the website for hours.

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

Computer Store: 250-721-7643

UVic Libraries

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

FOR MORE INFORMATION

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

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

Visiting campus

The University of Victoria encourages visitors to use sustainable transportation to get to campus: transit, walking, cycling and carpooling.

FOR LOCAL TRANSIT INFORMATION

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

Campus safety

Campus Security Services is committed to promoting a safe and welcoming environment to enhance the well-being of students, staff, faculty and visitors, and to protect all university property. Campus Security Services is open 24 hours a day, seven days a week. A "safe haven" is located just inside their front doors should you need help at any time. SafeWalk services are available any time to anyone wanting an escort within campus boundaries.

Campus Alone is available 24 hours a day for individuals who work/study in isolated areas on campus and are concerned about their personal safety. Security Officers provide first aid services for the campus. Crime prevention, personal safety information and workshops are available.

Reminders:

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

FOR MORE INFORMATION

Campus Security Services / SafeWalk Services: 250-721-7599 | uvic.ca/security Personal Safety Manager 250-472-5144

Emergency procedures

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

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

FOR MORE INFORMATION

uvic.ca/services/emergency

Parking

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

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

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

FOR MORE INFORMATION

Campus Security Services 250-721-6386 | uvic.ca/security/parking

How to register

For 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. 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 Registration
Victoria, BC V8P 5C2

Phone registration

Call: 250-472-4747
Weekdays 8:30 am to 4:30 pm

Mail registration

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

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

Registration reminders

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

Registration process

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

Registration payment

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

Goods and Services Tax

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

Confirmation and classroom location

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

Scents and perfumes

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

Use of educational technologies

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

Tuition fee tax deductions

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

Cancellations, withdrawals and refunds

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

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

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

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

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

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

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

Bursary program

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

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

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

Term application deadlines:

Jan. 15 and Aug. 15

Holiday closures

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

For General Inquiries
Call 250-472-4747

CONTINUING STUDIES @UVIC

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



Or current addressee

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