

CONTINUING STUDIES@UVIC Calendar

SEPT-DEC 2025



Reach new heights
and discover a broader
perspective



University
of Victoria

See course and program listings inside

continuingstudies.uvic.ca/calendar

Expand your world to new perspectives

Learning is more than a path, it's a launchpad. At any stage of life, expanding your skills and perspectives can elevate both your personal and professional growth. When you view learning as a way to spark new ideas, make connections, or find purpose, you unlock your potential.

From online learning to small in-person classes, Continuing Studies at the University of Victoria offers diverse courses and programs each term—all designed to help you find new opportunities.

Look beyond the horizon and gain the knowledge and confidence to go further than you imagined.

STAY CONNECTED



/UVicContinuingStudies



/@UVicContinuingStudies



/Company/UVicContinuingStudies

Find the calendar online!

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

continuingstudies.uvic.ca/calendar



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



Can we help you find something?

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Sept. 22	30
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Humanities, Social Sciences and Law

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Democratic Backsliding and Opposition Strategies	
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Banned Ideas: What Extremists Don't Want Us to Learn	
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Unsettling BC History	
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Sept. 29	38

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Sept. 3	56
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Sept. 3	56
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Sept. 3	56
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Sept. 8	54
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Sept. 16	54
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Sept. 29	56

OCTOBER

Arts

Modern and Contemporary Arts: Movements, Meanings and Media	
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Drawing and Painting for Beginners	
Oct. 1	12
Writing When We Can't Find the Words	
Oct. 1	15
Opera Unveiled: Drama, Mystery and Romance	
Oct. 2	10
Creative Nonfiction: Writing from Everyday Life	
Oct. 2	15
The Power of Short Fiction	
Oct. 2	15
Voice and Point of View in Memoir and the Personal Essay	
Oct. 3	15
Fluid Art for All	
Oct. 5	12

Writing a Memoir - Step by Step	
Oct. 6	15
Painting Colour and Space	
Oct. 7	12
Writing Fantasy Fiction	
Oct. 7	16
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Oct. 11	13
Introduction to Drawing with Colour	
Oct. 17	13
Would You Say a Few Words?	
Oct. 17	16
Painting Techniques	
Oct. 18	13
Drawing Outside the Lines	
Oct. 20	13
Writing Flash Nonfiction	
Oct. 23	16
Watercolour for Beginners Workshop	
Oct. 24	12
Story Architect	
Oct. 28	16

Business and Management

Essential Soft Skills Training	
Oct. 17	21

Data, Computing and Technology

Data Analytics Coding Fundamentals	
Oct. 20	27

Health, Wellness and Safety

Wound Management for Health Professionals Level II	
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Psychedelics, Science and Public Health	
Oct. 7	29
Setting Healthy Boundaries Through Rest and Play	
Oct. 8	29
Wound Management for Health Professionals Level I	
Oct. 17	32
Palliative Care Pharmacy	
Oct. 17	32
Grief, Memory and the Healing Qualities of Time Travel	
Oct. 21	29
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Oct. 24	32
Wound Care for Clients Experiencing Inequities	
Oct. 24	32
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Oct. 25	33

Humanities, Social Sciences and Law

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Oct. 1	38
Thinking About Friendship with Cicero	
Oct. 2	40
Sacred Meals: Ritual, Religion and Culture	
Oct. 7	38
A Buddhist Life of Compassionate Purpose	
Oct. 11	40
100 Years of Nosferatu	
Oct. 16	38
Using Artificial Intelligence for Your Life and Work	
Oct. 16	38
Ancient Politics: A Search for the Good Life	
Oct. 20	39

Science and the Environment

Plants That Earn Their Keep	
Oct. 8	54
Ecological Gardening	
Oct. 11	55
4 Seasons X 10 Plants = One Amazing Landscape!	
Oct. 18	55
Growing Food Indoors Under Lights	
Oct. 23	55
Mushrooms of Greater Victoria	
Oct. 29	55

NOVEMBER

Arts

Memoir: The Story You've Always Wanted to Tell	
Nov. 5	16
Image Transfer	
Nov. 15	11
Character Development and Dialogue	
Nov. 15	16

Health, Wellness and Safety

Radiant You: Learn to Rekindle Your Spark	
Nov. 5	29
Living Life After Cancer	
Nov. 6	29
Strategies and Actions for Independent Living (SAIL)	
Nov. 7	33
Pain: The Good, the Bad and Unwanted	
Nov. 24	30
Beyond Biology: Connecting Pain with Mind, Culture and Community	
Nov. 26	30

Humanities, Social Sciences and Law

Rockland: History, Architecture and People

Nov. 4	38
Conspiracies, Extremism and Radicalization in the 21st Century	
Nov. 6	39
Eating with Intention: Ayurveda, Food and Self	
Nov. 6	39
Understanding China and it's Foreign Relations	
Nov.12	39
Buddhist Wisdom for Silencing the Inner Critic	
Nov.13	40
The Buddhist Mind of Clarity and Wisdom	
Nov.15	40
Elbows Up? The Politics Behind Why Canada is Not America	
Nov.19	39

Science and the Environment

Mapping with Drones II	
Nov. 3	54
Mushrooms of Greater Victoria	
Nov. 8	55



CONTINUING STUDIES@UVIC
English Language Centre

We're recruiting new homestay hosts!

Looking to broaden your cultural experiences? What if you could do it from your very own home? UVic Homestay offers:

- **Excellent support services** – including orientation and community-building opportunities
- **Updated policies and guidelines** – that continue to keep both host and student safety a top priority
- **Increased compensation** – to match rising costs of living (receive \$1,350/month)

HOST AN INTERNATIONAL STUDENT

250-472-4268 | homestaysupport@uvic.ca

continuingstudies.uvic.ca/elc/new-host

NEW COURSES!

Constantly striving to bring you new learning perspectives, each term we introduce a number of new courses. As you browse through this calendar look for the **NEW** symbol to see our latest offerings.

Arts

Character Development and Dialogue	Creative Camera Skills	Drawing in Black and White
Drawing Outside the Lines	Fluid Art for All	Introduction to Drawing with Colour
Introduction to Experimental Film	Memoir: The Story You've Always Wanted to Tell	Modern and Contemporary Arts: Movements, Meanings and Media
Music's Grand Tour	Novel Ways	Painting Techniques
Story Architect	The Blues: Where it All Began	The Power of Short Fiction
Voice and Point of View in Memoir and the Personal Essay	Would You Say a Few Words?	Writing When We Can't Find the Words

Data, Computing and Technology

Agile Adaptation	Data Ethics and Security	Introduction to Data Storytelling, Visualization and Reporting
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Health, Wellness and Safety

Beyond Biology: Connecting Pain with Mind, Culture and Community	Fact or Fad? Understanding Today's Diet Trends	Grief, Memory and the Healing Qualities of Time Travel
Living Life After Cancer	Pain: The Good, Bad and Unwanted	Psychedelics, Science and Public Health
Radiant You: Learn to Rekindle Your Spark	Re-Author Your Life Stories for Insight and Growth	Setting Healthy Boundaries Through Rest and Play

Humanities, Social Sciences and Law

100 Years of Nosferatu	A Buddhist Life of Compassionate Purpose	Ancient Politics: A Search for the Good Life
Banned Ideas: What Extremists Don't Want Us to Learn	Celts, Saxons and Witches: An Introduction to Medieval Paganism	Democratic Backsliding and Opposition Strategies
Eating with Intention: Ayurveda, Food and Self	Elbows Up? The Politics Behind Why Canada is Not America	Sacred Meals: Ritual, Religion and Culture
The Buddhist Mind of Clarity and Wisdom	The Buddhist Way of Gratitude and Joy	Thinking About Friendship with Cicero
Thinking About Friendship with Cicero	Unsettling BC History	Working in Global Development

Science and the Environment

Adaptation Planning and the Built Environment	Ecological Gardening	Growing Food Indoors Under Lights
Plants That Earn Their Keep		

CONTINUING STUDIES@UVIC

Expressing new perspectives...

Arts

ART HISTORY



NEW Introduction to Experimental Film

Learn about time-based art and experimental film, including an overview of historical and emerging aspects of moving image. Classes will be structured through screenings, discussions and learning the process of creating an experimental film or video through hands-on exercises. Learn about artist organizations, collectives and festivals who support this art form from a strong Canadian perspective. Create your own works of art by applying some of the theory and practice learned in class.

Instructor: David Johnson, (MFA)

Delivery style: Face to Face

Date: Mondays, Sept. 29 to Nov. 24
No class Oct. 13

Time: 7 to 9 pm

Register by: Sunday, Sept. 21

Duration: 8 sessions

Fee: \$278 plus \$13.90 (includes materials fee)

Code: ASHA158 2025F C01

Delivery style: Face to Face

Date: Wednesdays, Oct. 1 to Nov. 12

Time: 6 to 8 pm

Register by: Tuesday, Sept. 23

Duration: 7 sessions

Fee: \$180 plus \$9 GST

Code: ASHA159 2025F C01

FOR MORE INFORMATION:

Art History

250-721-7797

lacadmin@uvic.ca

continuingstudies.uvic.ca/art-history

NEW Modern and Contemporary Arts: Movements, Meanings and Media

This course explores key movements, artists and themes in modern and contemporary art from the late 19th century to the present. Each week will focus on a different movement, with an emphasis on critical discussion, analysis and engagement with the material. You will reflect on the socio-political, cultural and technological influences that shaped modern and contemporary art, and share insights through discussions and group activities.

Instructor: Ambreen Hussaini, (MA)

MUSIC



UVic Concert Band

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

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

Textbook: Music scores will be provided at the first rehearsal

Instructor: Steven Capaldo, (DMA)

Delivery style: Face to Face
Date: Thursdays, Sept. 4 to Nov. 27
Time: 6 to 8 pm
Duration: 13 sessions
Fee: \$175 plus \$8.75 GST
Code: MUS380C 2025F C01

Let's Sing! Level 1

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

Instructor: Debra Laprise

Delivery style: Face to Face
Date: Wednesdays, Sept. 10 to Nov. 26
Time: 6 to 7:30 pm
Register by: Tuesday, Sept. 2
Duration: 12 sessions
Fee: \$233 plus \$11.65 GST
Code: ASMU204 2025F C01

Let's Sing! Level 2

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

Instructor: Debra Laprise

Delivery style: Face to Face
Date: Tuesdays, Sept. 9 to Dec. 9
 No class Sept. 30 and Nov. 11
Time: 6 to 7:30 pm
Register by: Monday, Sept. 1
Duration: 12 sessions
Fee: \$233 plus \$11.65 GST
Code: ASMU310 2025F 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 at UVic. No audition is required.

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

Delivery style: Face to Face
Date: Tuesdays, Sept. 9 to Dec. 2
 No class Sept. 30; Nov. 11
Time: 7 to 9 pm
Duration: 11 sessions
Fee: \$175 plus \$8.75 GST, (plus approximately \$70 for music score and folder)
Code: MUS180E 2025F C01

Voci Belle Choral Ensemble

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

Instructor: Debra Laprise

Delivery style: Face to Face
Date: Thursdays, Sept. 11 to Nov. 27
Time: 6 to 7:30 pm
Register by: Wednesday, Sept. 3
Duration: 12 sessions
Fee: \$233 plus \$11.65 GST
Code: ASMU304 2025F C01

NEW Music's Grand Tour

For generations, intrepid music aficionados have indulged in travel to encounter and share the most renowned and iconic classical music in situ. From Mozart to Mendelssohn, and Venice to Bayreuth, sometimes to find a musical gem you have to leave home, even if just for a short while. In this class, we will explore and listen to selections from the classical music repertoire which take inspiration from going somewhere else. No prior experience with music is required.

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

Instructor: Mary Byrne, (PhD)

Delivery style: Face to Face

Date: Mondays, Sept. 15 to Nov. 17
No class Sept. 29, Oct. 13

Time: 9:30 to 11:30 am

Register by: Sunday, Sept. 7

Duration: 8 sessions

Fee: \$198 plus \$9.90 GST

Code: ASMU487 2025F C01

Instructor: Mary Byrne, (PhD)

Delivery style: Online Synchronous

Date: Mondays, Sept. 15 to Nov. 17
No class Sept. 29 and Oct. 13

Time: 9:30 to 11:30 am

Register by: Sunday, Sept. 7

Duration: 8 sessions

Fee: \$198 plus \$9.90 GST

Code: ASMU487 2025F D01

NEW The Blues: Where it All Began

Discussion of popular contemporary music must begin with the roots of that music. In the case of the blues, the origins begin when enslaved Africans were first brought to North America in 1619. They brought with them their rhythms, melodies and harmonies and there is a thread that goes from singing in plantations, through the itinerant blues players, up the Mississippi to Chicago and the industrial north—that thread is still there in the music we listen to today.

Instructor: John Mitchell

Delivery style: Online Synchronous

Date: Tuesdays, Sept. 23 to Nov. 4
No class Sept. 30

Time: 10 am to noon

Register by: Monday, Sept. 15

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASMU488 2025F D01

Opera Unveiled: Drama, Mystery and Romance

Step into the world of opera, where passion, intrigue and unforgettable music take centre stage! This fall, we'll explore four captivating works: Bellini's *La Sonnambula*, a dazzling showcase of vocal beauty wrapped in a tale of love and mistaken identity; Britten's *The Turn of the Screw*, a spine-chilling ghost story (as staged by Pacific Opera Victoria); Puccini's timeless *La Bohème*; and Strauss' lush and elegant *Arabella*—all featured in the Metropolitan Opera Live in HD series playing in local theatres.

Through lively discussions, we'll dive into the music, stories and legendary performances that have defined these operas. Whether you're a longtime opera lover or just curious to explore something new, this course offers an engaging and accessible way to experience opera's magic—no prior knowledge needed!

Instructor: Mikki Reintjes, (MMus)

Delivery style: Face to Face

Date: Thursdays, Oct. 2 and 16; Nov. 6 and 20

Time: 4:30 to 6:30 pm

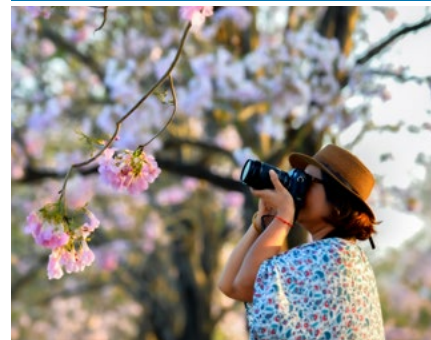
Register by: Wednesday, Sept. 24

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: ASMU381 2025F C01

PHOTOGRAPHY



NEW Creative Camera Skills

For those who already know how their camera works, this is a hands-on course in using a variety of photographic techniques to improve your abilities with your camera and your eye as a photographer.

Bring your camera and equipment and be prepared to experiment and expand your photographic skills. Learn skills such as framing and composition, flash use, extended exposures, photographing at night, intentional camera movement, macro photography, still life and food photography.

Instructor: Donald Denton

Delivery style: Face to Face

Date: Sept. 23 to Oct. 28

Time: Classroom sessions: Tuesdays, Sept. 23 and Oct. 28, 6:30 to 8:30 pm.
Field trip: Saturday Oct. 25, 10 am to noon

Register by: Monday, Sept. 15

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASVA285 2025F C01

FOR MORE INFORMATION:

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

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. 24 to Nov. 12

Time: 6:30 to 9 pm

Register by: Tuesday, Sept. 16

Location: West Shore campus

Duration: 8 sessions

Fee: \$265 plus \$13.25 GST

Code: ASVA085 2025F E01

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, master camera settings, improve composition and understand the role of lighting to enhance your images. Gain inspiration from renowned photographers and practice your skills on guided photo walks through downtown Victoria.

Requirements: DSLR or mirrorless camera or smartphone with two, preferably three, optical camera lenses launched in 2019 or later.

Instructor: Andrzej Kielbowicz

Delivery style: Face to Face

Date: Sept. 25 to Oct. 16

Time: Classroom sessions: Thursdays, Sept. 25 to Oct. 16, 6 to 8:30 pm
Field trips: Saturdays, Sept. 27 and Oct. 4, 10:30 am to 12:30 pm

Register by: Wednesday, Sept. 17

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASVA133 2025F C01

Image Transfer

Learn a range of techniques to transfer your photographs onto printmaking paper, acrylic skins and other surfaces that can be incorporated into your paintings, collage or mixed media artwork. Discover how to blend, distress and create composite images by hand (as opposed to through a digital process).

Artists, photographers and anyone interested in photo-based mixed media will find this workshop of interest. No experience necessary, just your enthusiasm!

Materials fee of \$30 per person is payable in cash to the instructor at the beginning of class and a short supply list will be included with your receipt.

Instructor: Tony Bounsall, (BAPA)

Delivery style: Face to Face

Date: Saturday, Nov. 15

Time: 10 am to 4 pm

Register by: Friday, Nov. 7

Duration: 1 session

Fee: \$102 plus \$5.10 GST

Code: ASVA106 2025F W01

FOR MORE INFORMATION:

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

VISUAL ARTS



NEW Drawing in Black and White

Explore the expressive and emotional potential of black and white images through drawing with graphite and charcoal. You will develop a comprehensive understanding of these fundamental materials, including basic applications, using different surfaces and erasing techniques. Through a combination of demonstrations and drawing exercises, you will develop technical skills while learning to convey ideas and emotions through drawing. All skill levels are welcome.

A supply list will be attached to your receipt.

Instructor: Chantal New, (MFA)

Delivery style: Face to Face

Date: Thursdays, Sept. 18 to Nov. 6

Time: 6 to 8 pm

Register by: Wednesday, Sept. 10

Duration: 8 sessions

Fee: \$224 plus \$11.20 GST (includes partial supplies)

Code: ASVA212 2025F W01

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. 26 to 28

Time: Friday, Sept. 26, 7 to 9 pm;
Saturday, Sept. 27, 10 am to 4 pm; Sunday, Sept. 28, 10 am to 4 pm

Register by: Thursday, Sept. 18

Location: West Shore campus

Duration: 3 sessions

Fee: \$210 plus \$10.50 GST

Code: ASVA019 2025F E01

Instructor: Rainy Huang, (MFA)

Delivery style: Face to Face

Date: Oct. 24 to 26

Time: Friday, Oct. 24, 7 to 9 pm;
Saturday, Oct. 25, 10 am to 4 pm;
Sunday, Oct. 26, 10 am to 4 pm

Register by: Thursday, Oct. 16

Location: West Shore campus

Duration: 3 sessions

Fee: \$210 plus \$10.50 GST

Code: ASVA019 2025F E11

Introduction to Collage

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

Materials fee of \$40 per person is payable in cash to the instructor at the beginning of class and a short supply list will be included with your receipt.

Instructor: Tony Bounsall, (BAPA)

Delivery style: Face to Face

Date: Saturday, Sept. 27 and Sunday, Sept. 28

Time: 10 am to 4 pm

Register by: Friday, Sept. 19

Duration: 2 sessions

Fee: \$185 plus \$9.25 GST

Code: ASVA056 2025F W01

Drawing and Painting for Beginners

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

A supply list will be attached to your receipt.

Instructor: Maryam Tavakoli Dastjerdi, (MFA)

Delivery style: Face to Face

Date: Wednesdays, Oct. 1 to Nov. 26
No class Oct. 22

Time: 2:30 to 4:30 pm

Register by: Tuesday, Sept. 23

Duration: 8 sessions

Fee: \$228 plus \$11.40 GST

Code: ASVA189 2025F C01

NEW Fluid Art for All

Explore a form of abstract painting where thin, liquid acrylic paints are poured onto a canvas—allowing the paint to move and spread freely—while creating unique, organic shapes and designs. You will explore colour theory, learn to express emotion and movement without relying on traditional forms or figures, and develop composition skills in this medium.

This is a fun and creative way to explore abstract painting. No previous experience needed.

Instructor: Tasnova Haque, (MFA)

Delivery style: Face to Face

Date: Saturday, Oct. 4 and Sunday, Oct. 5

Time: 12:30 to 3:30 pm

Register by: Friday, Sept. 26

Duration: 2 sessions

Fee: \$127 plus \$6.35 GST (includes materials)

Code: ASVA209 2025F W01

Painting Colour and Space

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

A supply list will be attached to your receipt.

Instructor: Todd Lambeth, (MFA)

Delivery style: Face to Face

Date: Tuesdays, Oct. 7 to Dec. 2
No class Nov. 11

Time: 1 to 4 pm

Register by: Monday, Sept. 29

Duration: 8 sessions

Fee: \$324 plus \$16.20 GST

Code: ASVA192 2025F 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.

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

Instructor: Aurora Skala, (MA)

Delivery style: Face to Face

Date: Saturdays, Oct. 11 to 25

Time: 10 am to 3:30 pm

Register by: Friday, Oct. 3

Duration: 3 sessions

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

Code: ASVA136 2025F W01

NEW Introduction to Drawing with Colour

Discover the art of drawing with coloured pencils in this hands-on workshop. Learn essential techniques like blending, layering and shading to create vibrant, realistic artwork. Perfect for beginners and experienced artists alike, this course will help you bring your drawings to life with rich colour and depth.

A supply list will be attached to your receipt.

Instructor: Jeannette Sirois, (MEd)

Delivery style: Face to Face

Date: Oct. 17 to 19

Time: Friday, Oct. 17, 6 to 9 pm;
Saturday, Oct. 18, 10 am to 4 pm; Sunday, Oct. 19, 10 am to 4 pm

Register by: Thursday, Oct. 9

Duration: 3 sessions

Fee: \$221 plus \$11.05 GST

Code: ASVA210 2025F W01

NEW Painting Techniques

Develop your artistic skills and understanding of core painting concepts and principles. Experiment with different paint applications and explore the use of colour, texture and composition. By engaging with historical and contemporary examples, you will gain a deeper understanding of techniques and artistic expression, while also developing your own unique approach to painting, all from the comfort of your own home.

A supply list will be attached to your receipt.

Instructor: Karen Yurkovich, (MFA)

Delivery style: Online Synchronous

Date: Saturdays, Oct. 18 to Dec. 6

Time: 9:30 am to 12:30 pm

Register by: Friday, Oct. 10

Duration: 8 sessions

Fee: \$306 plus \$15.30 GST

Code: ASVA213 2025F D01

NEW Drawing Outside the Lines

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

All skill levels welcome. Curiosity encouraged.

Instructor: Meghan Krauss, (MFA)

Delivery style: Face to Face

Date: Mondays, Oct. 20 to Nov. 24

Time: 6:30 to 9 pm

Register by: Sunday, Oct. 12

Location: West Shore campus

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASVA211 2025F E01

FOR MORE INFORMATION:

Visual Arts

250-721-7797

lacadmin@uvic.ca

continuingstudies.uvic.ca/visual

Delivery style definitions

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

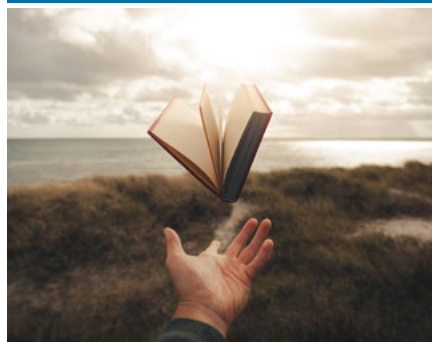
Online Hybrid – A combination of synchronous and asynchronous learning.

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

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

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

WRITING AND LITERATURE



Gathering Our Medicine Stories

Led by renowned Tłıchǫ 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*, by Richard Van Camp

Instructor: Richard Van Camp

Delivery style: Online Synchronous

Date: Wednesdays, Sept. 3 and 17;
Oct. 1, 15 and 29; Nov. 19;
Dec. 3

Time: 4 to 6 pm

Duration: 7 sessions

Fee: \$265 plus \$13.25 GST

Code: ASWL255 2025F 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. 8 to Oct. 20
No class Oct. 13

Time: 6 to 8 pm

Register by: Sunday, Aug. 31

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL150 2025F C01

Editing Your Words

Editing your own writing can be difficult. Our own eyes often overlook the mistakes and missing pieces. In this course we will review the five major types of editing: content and developmental editing, structural editing, copy editing, line editing and proofreading. You'll learn what each editing type means and how to apply them to your manuscript. This course will help you improve your writing by developing editing knowledge and skills.

Bring a completed chapter or story to class to work on.

Instructor: Darcy Nybo

Delivery style: Online Synchronous

Date: Saturdays, Sept. 13 to Nov. 1
No class Sept. 27

Time: 9 to 11 am

Register by: Friday, Sept. 5

Duration: 7 sessions

Fee: \$210 plus \$10.50 GST

Code: ASWL121 2025F D01

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. 18 to Nov. 6

Time: 6 to 8:30 pm

Register by: Wednesday, Sept. 10

Duration: 8 sessions

Fee: \$265 plus \$13.25 GST

Code: ASWL090 2025F W01

NEW Novel Ways

This course provides an introduction to the novel writing process, from conception to completion. Learn about fundamental aspects of the novel as a literary form, strategies set for generating ideas, building a long-form structure and honing scenes towards a professional standard. Particular attention will be paid to the understanding of writing devices that help craft stronger scenes and plots, with the opportunity for students to share their work in class-based exercises. Explore some key ideas around the characteristics of the novel form and its development.

Instructor: Andrew Parrott, (MA)

Delivery style: Online Synchronous

Date: Mondays, Sept. 22 to Nov. 17
No class Oct. 13

Time: 6 to 8 pm

Register by: Sunday, Sept. 14

Duration: 8 sessions

Fee: \$228 plus \$11.40 GST

Code: ASWL160 2025F D01

Writing Historical Fiction

Do you know of an unsung hero from the past? Is your family history ripe for a fictional retelling? Are you a fan of historical fiction and long to create your own narratives? In this course, we will focus on finding stories from the past that are destined to become compelling historical fiction. We will learn about the challenges and joys of research, the creation of world-views, the development of believable dialogue, and the role of setting and writing style in creating your own unique vision of the past. For inspiration we will look at the various genres of historical fiction: thrillers, mysteries, literary novels, YA, supernatural and even steampunk.

Instructor: Claire Mulligan, (MFA)

Delivery style: Face to Face

Date: Thursdays, Sept. 25 to Oct. 30

Time: 6 to 8:30 pm

Register by: Wednesday, Sept. 17

Location: West Shore campus

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASWL094 2025F 001

NEW Writing When We Can't Find the Words

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

Instructor: Sandra Ibrahim, (MFA)

Delivery style: Face to Face

Date: Wednesdays, Oct. 1 to Nov. 5

Time: 6 to 8 pm

Register by: Tuesday, Sept. 23

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL155 2025F 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, Oct. 2 to Nov. 6

Time: 7 to 9 pm

Register by: Wednesday, Sept. 24

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL127 2025F C01

NEW 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 power of the short story 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, Oct. 2 to Nov. 6

Time: 6 to 8 pm

Register by: Wednesday, Sept. 24

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL154 2025F C01

NEW Voice and Point of View in Memoir and the Personal Essay

In this hands-on workshop, you'll learn the importance of voice and point of view, and experiment with ways to vary these when you're weary of the insistent "I." Under what circumstances can we choose to adopt second, intimate third, or objective third person points of view and how might these shifts affect our readers? Together, we'll read representative samples, experiment with various choices, and come away with a new appreciation for the chorus of voices available to us.

Instructor: Susan Olding, (MFA)

Delivery style: Face to Face

Date: Oct. 3 to 5

Time: Friday, 7 to 9 pm;
Saturday, 10 am to 4 pm
and Sunday, 10 am to 4 pm

Register by: Thursday, Sept. 25

Duration: 3 sessions

Fee: \$210 plus \$10.50 GST

Code: ASWL157 2025F W01

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. 6 to Nov. 30

Register by: Sunday, Sept. 28

Fee: \$306 plus \$15.30 GST

Code: ASWL125 2025F D01

Writing Fantasy Fiction

Are you a keen reader of fantasy fiction? Would you love to find out how authors create their compelling worlds? What are the secrets to writing stories that pull the reader in and won't let go? For inspiration we'll look to excerpts from fantasy fiction, and we'll use writing prompts to prime our imaginations. We'll talk about the vital role of world-building, how to develop believable characters, why conflict is so important, and much more! No writing experience necessary.

Instructor: Patricia Robertson

Delivery style: Face to Face

Date: Tuesdays, Oct. 7 to Nov. 18
No class Nov. 11

Time: 6:30 to 9 pm

Register by: Monday, Sept. 29

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASWL141 2025F C01

NEW Would You Say a Few Words?

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: Oct. 17 to 19

Time: Friday, 7 to 9 pm,
Saturday, 10 am to 4 pm
and Sunday, 10 am to 4 pm

Register by: Thursday, Oct. 9

Duration: 3 sessions

Fee: \$210 plus \$10.50 GST

Code: ASWL158 2025F C01

Writing Flash Nonfiction

Creative nonfiction is the art of crafting written narratives from real life. Flash nonfiction is the art of making those narratives short, sharp and engaging. How do you tell a story, extend a thought, or explore an experience, all in under 750 words? In this course, we'll read examples of published flash fiction, and use them—in conjunction with exercises—as a jumping off point for writing our own flash nonfiction.

Open to both newcomers dipping a toe in the nonfiction waters, and creative nonfiction veterans who want to hone their skills.

Instructor: Neil Griffin, (MFA)

Delivery style: Face to Face

Date: Thursdays, Oct. 23 to Nov. 27

Time: 6 to 8 pm

Register by: Wednesday, Oct. 15

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL110 2025F C01

NEW Story Architect

Get ready to discover the hidden architecture of story as we try our hand at writing different genres such as fairytales, mystery, realism and more. Each genre offers distinct techniques that reveal how stories are shaped and why they resonate. Through short excerpts from classic authors like the Brothers Grimm, Edgar Allan Poe and Agatha Christie, we'll study the craft behind the page and how to construct your own with greater clarity and purpose. Learn how to connect with readers through the power of well-crafted stories.

Instructor: Claire Mulligan, (MFA)

Delivery style: Face to Face

Date: Tuesdays, Oct. 28 to Dec. 9
No class Nov. 11

Time: 6 to 8:30 pm

Register by: Monday, Oct. 20

Location: West Shore campus

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASWL159 2025F E01

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

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

Instructor: Jenna Butler, (PhD)

Delivery style: Face to Face

Date: Wednesdays, Nov. 5 to Dec. 10

Time: 6 to 8 pm

Register by: Tuesday, Oct. 28

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL156 2025F C01

NEW Character Development and Dialogue

Two essential skills for writers are creating vibrant characters and crafting believable dialogue. These elements help to advance the plot and immerse the reader in the narrative, making them feel more connected to the characters and events. Learn how to create believable characters the reader can relate to and visualize, write natural-sounding dialogue, and learn how to captivate your readers from start to finish.

Instructor: Darcy Nybo

Delivery style: Online Synchronous

Date: Saturdays, Nov. 15 to Dec. 13

Time: 9 to 11 am

Register by: Friday, Nov. 7

Duration: 5 sessions

Fee: \$162 plus \$8.10 GST

Code: ASWL153 2025F D01

FOR MORE INFORMATION:

Writing and Literature
250-721-7797
lacadmin@uvic.ca
continuingstudies.uvic.ca/writing

KEEP IN TOUCH!

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



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

STRESS MANAGEMENT AND EMBRACING JOY IN EVERYDAY LIFE

with instructor Dawn Schell

By Portia Yip, Marketing Services

“Whether it’s stress or joy, the more we focus on it, the more we’ll notice it,” says Dawn Schell.

Dawn holds a Master of Arts in counselling psychology from Simon Fraser University and has pursued a diverse career in areas including trauma recovery, youth employment, career counselling, and mental health outreach and training at UVic. As an instructor with Continuing Studies at UVic, Dawn taught the course *Living with Less Stress and More Joy*.



THE PATH FROM SURVIVING TO THRIVING

Much of Dawn’s recent work draws inspiration from a book called *The Book of Delights* by Ross Gay, an award-winning poet who spent a year writing about the everyday wonders of life. “His delights were not always the same as mine,” Dawn laughs, “but his essays showed how paying attention to small joys changed his perspective.”

Dawn explains that reducing stress isn’t about fixing it but rather understanding how stress can help us learn and grow. “What we pay attention to increases, so if we focus more on joy, delight, and being present, we can increase our overall sense of well-being.”

As an instructor, she enjoys helping learners develop the skills and tools they need to meet their goals. One of the benefits of a group setting, or taking a workshop, is being able to share stories, knowledge, and resources with others to create a richer and more meaningful experience. “A workshop is an easier way to reach a whole group of people, and I’ve always wanted to talk about stress management because it’s a popular topic.”



“I started teaching stress management decades ago at community centres. Managing stress has always been a topic for everybody, and it’s about how we move from surviving to thriving.

PERSONALIZING THE MEANING OF STRESS

What is stress? What purpose does it serve and when does the stress become too overwhelming? Dawn gives participants the tools to personalize what stress means to them so they can begin to navigate and understand it differently in their own way.

"I try to create an understanding of what stress is, and isn't, how it impacts us, how it shows up in our lives, and what the long terms effects of chronic stress are if we don't address it," Dawn explains. "Then we work together to unpack what they're going through and what works for them in order to manage or lower the stress."

For those facing stress or burnout, a good starting point is building awareness and taking a moment to pause and gain perspective. Reflecting on questions can be helpful, for example: What's draining me? What gives me energy? What's one small step I can take to reduce my stress? Simple actions like taking a deep breath can be powerful as well.

"What's tolerable for one person may not be tolerable for another," Dawn notes. "We're all unique human beings with our own stories, and that's important to honour."

NAVIGATING STRESS IN TODAY'S WORLD

In a constantly changing world, many factors contribute to increased stress from societal challenges like systemic oppression and financial instability, to chronic health issues and caregiving responsibilities. Fortunately, research on stress management and prevention is more accessible than ever.

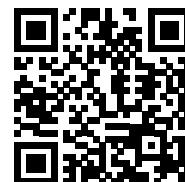
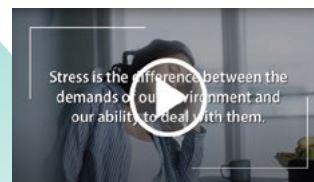
In 2020, the University of Wisconsin-Madison developed a scientific framework on how to build a healthy mind with four pillars: awareness, connection, insight and purpose. Dawn emphasizes how building purpose and meaning includes looking at our sources of compassion and satisfaction. "I also think there's an element of play involved because it allows us to be more creative in our work and to find solutions we hadn't thought of before."

Another resource is the popular book *Burnout: The Secret to Unlocking the Stress Cycle*, by Emily and Amelia Nagoski, which offers valuable insights and science-based advice. Additionally, The National Standard of Canada for Psychological Health and Safety in the Workplace (the Standard) provides guidelines, tools and resources to support organizations with promoting mental health and preventing psychological harm in workplaces. Great West Life offers free workplace strategies for mental health and HelpGuide.org features extensive resources for mental health and well-being.

THE JOY OF SIMPLE MOMENTS

As for Dawn's students, she often asks them how they recharge and what brings them joy. The answers tend to be common activities like cooking a meal, hanging out with friends, spending time in nature or enjoying a quiet moment. "It doesn't have to be big," she says. "It can be as simple as being present, mindful and fully experiencing the sights, sounds and sensations around you."

— CS —



Take a step toward better mental health

Watch *Stress & Joy: Improving Your Overall Well-Being* with Dawn Schell, as she discusses managing life's ups and downs. [youtube.com/watch?v=PQabUSgabxk](https://www.youtube.com/watch?v=PQabUSgabxk)

Resources for mental wellness and resilience

- centerhealthyminds.org/science/the-healthy-minds-framework
- mentalhealthcommission.ca/national-standard
- workplacestrategiesformentalhealth.com
- helpguide.org

CONTINUING STUDIES@UVIC

Leading with informed perspectives...

Business and Management

BUSINESS AND CAREER ESSENTIALS



Business Administration Essentials

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

Instructor: TBA

Delivery style: Online Self-paced

Date: Sept. 1, 2025 to March 30, 2026

Register by: Sunday, Nov. 30

Fee: \$225

Code: BMBA099 2025F D01

Change Management

Change management is all about executing strategies to achieve goals and objectives. This course focuses on managing the motivation, the behaviours, the business controls and the work environment in order to introduce, stabilize and normalize changes that are necessary to implement new strategies. Topics include the types of change, change planning, organizational readiness, pacing, prioritizing objectives, monitoring progress and business controls, behavioural vs. non-behavioural considerations, leading change and change execution.

Instructor: Cheryl Fitzpatrick

Delivery style: Face to Face

Date: Tuesdays, Sept. 9 to Dec. 2

Time: 6 to 9 pm

Register by: Wednesday, Sept. 1

Location: West Shore campus

Fee: \$645

Code: BMBA380 2025F C01

Instructor: Cheryl Fitzpatrick

Delivery style: Online Asynchronous

Date: Sept. 8 to Dec. 7

Register by: Wednesday, Sept. 1

Fee: \$645

Code: BMBA380 2025F D01

Essential Soft Skills Training

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

Instructor: Joyce Yu, (MA, BA)

Delivery style: Online Asynchronous

Date: Oct. 17 to Nov. 28

Fee: \$425

Code: HPPD700 2025F D01

Practical Leadership for Technology and Engineering

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

Instructor: Aram Khalil-Pour

Delivery style: Online Asynchronous

Date: Sept. 8 to Oct. 20

Register by: Wednesday, Sept. 3

Fee: \$995

Code: PLTE01 2025F D01

FOR MORE INFORMATION:

Business and Career Essentials
250-472-4747

bmt@uvic.ca

continuingstudies.uvic.ca/bus-essentials

ADDITIONAL TOPICS

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

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

FOR MORE INFORMATION:

Business and Management
continuingstudies.uvic.ca/business

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CONTINUING STUDIES@UVIC

PUBLIC RELATIONS



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DIPLOMA

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

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

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



University
of Victoria

CONTINUING STUDIES@UVIC

Framing conversations with perspective...

Communication and Public Relations

PUBLIC RELATIONS



Skill Building for Public Relations

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

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

Instructor: Hillary Maceachern, (MPR, BPR)

Delivery style: Online Asynchronous

Date: Sept. 29 to Dec. 19

Register by: Friday, Oct. 3

Fee: \$900

Code: HPPR400 2025F D01

FOR MORE INFORMATION:

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

ADDITIONAL TOPICS

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

- **Communication**

FOR MORE INFORMATION:

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

Colwood Crawl is **not** a prerequisite.



Lifelong learning where you live.

Take time for yourself in the heart of Langford. Balance your schedule with personal or professional growth at the new West Shore campus.

WEST SHORE COURSES

ARTS

Photography Plus: Understand Your Camera and Improve Your Photos

Sept. 24 11

Writing Historical Fiction

Sept. 25 15

Watercolour for Beginners Workshop

Sept. 26 12

Drawing Outside the Lines

Oct. 20 13

Story Architect

Oct. 28 16

BUSINESS AND MANAGEMENT

Change Management

Sept. 9 20

DATA, COMPUTING AND TECHNOLOGY

Data Ethics and Security

Sept. 8 26

HEALTH, WELLNESS AND SAFETY

Radiant You: Learn to Rekindle Your Spark

Nov. 5 29

Pain: the Good, Bad and Unwanted

Nov. 24 30

HUMANITIES, SOCIAL SCIENCES AND LAW

Buddhist Wisdom for Silencing the Inner Critic

Nov. 13 40

Elbows Up? The Politics Behind Why Canada is Not America

Nov. 19 39

LANGUAGES

French - Level 2

Sept. 15 44

Spanish - Level 2

Sept. 15 48

Japanese - Level 1

Sept. 16 45

French - Level 1

Sept. 17 43

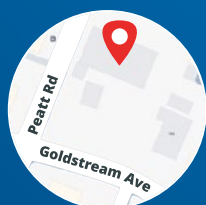
Spanish - Level 1

Sept. 18 48

SCIENCE AND THE ENVIRONMENT

4 Seasons X 10 Plants = One Amazing Landscape!

Oct. 18 55



WHERE TO FIND US:

Continuing Studies at UVic

West Shore

798 Goldstream Ave, Langford, BC

continuingstudies.uvic.ca/westshore

CONTINUING STUDIES@UVIC

Discovering insights through perspective...

Data, Computing and Technology

COMPUTING AND INFORMATION SYSTEMS



Applied AI

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

Instructor: Melina Luxrue

Delivery style: Online Asynchronous

Date: Sept. 8 to Oct. 19

Register by: Thursday, Sept. 4

Fee: \$725

Code: AAA01 2025F D01

Computing Concepts

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

Instructor: Melina Luxrue

Delivery style: Online Asynchronous

Date: Sept. 8 to Dec. 7

Register by: Monday, Sept. 1

Fee: \$695

Code: TECH100 2025F D00

Microsoft Office Bootcamp

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

Please visit the program page for a full list of equipment and software requirements.

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

Delivery style: Online Hybrid

Date: Mondays and Wednesdays,
Sept. 8 to Oct. 20

No class Oct. 13

Time: 6 to 8 pm

Register by: Monday, Sept. 1

Duration: 12 sessions

Fee: \$695

Code: TECH130 2025F D01

Project Management

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

Instructor: Kimberly Tholl, (DBA Candidate)

Delivery style: Online Asynchronous

Date: Sept. 8 to Dec. 7

Register by: Monday, Sept. 1

Fee: \$695

Code: TECH110 2025F D01

Instructor: Amber McMillan

Delivery style: Face to Face

Date: Tuesdays, Sept. 9 to Dec. 2

Time: 6 to 9 pm

Register by: Tuesday, Sept. 2

Duration: 13 sessions

Fee: \$695

Code: TECH110 2025F C01

FOR MORE INFORMATION:

Computing and Information Systems

250-721-8481

bstassist@uvic.ca

continuingstudies.uvic.ca/computing

CREATIVE TECHNOLOGY AND DESIGN



Online Art and Design Courses

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

Note: all courses are offered online.

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

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

FOR MORE INFORMATION:

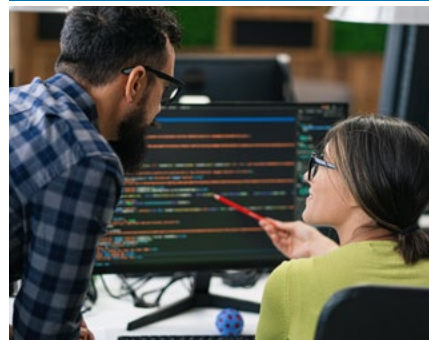
Creative Technology and Design

250-721-8827

artscoord@uvic.ca

continuingstudies.uvic.ca/creative-tech

DATA ANALYTICS



NEW Agile Adaptation

This course equips you with the skills to lead and thrive in organizations embracing Agile methodologies. You will learn about the history and principles of Agile, explore the mechanics of teams and frameworks, and provide hands-on experience with popular tools.

The course uses simulations, group projects and exercises, with a focus on creating a "sprint-ready" environment. Key themes covered include Agile frameworks like Scrum and Kanban, user stories, sprint cycles, user feedback and the scaling of Agile practices within organizations. The goal is to help you integrate Agile methodologies into your work and contribute to the success of teams and organizations.

Instructor: Bryan Mavrow

Delivery style: Online Hybrid

Date: Mondays and Wednesdays,

Sept. 8 to Oct. 20

No class Oct. 13

Time: 6 to 9 pm

Duration: 12 sessions

Fee: \$695

Code: AGA01 2025F D01

NEW Data Ethics and Security

Explores the ethical and security considerations in data management, with a special emphasis on Indigenous data sovereignty. Students will learn about the principles of data ethics, privacy and security, and how these apply to the collection, storage and use of data.

The course will delve into the unique challenges and opportunities related to Indigenous data, including the importance of respecting Indigenous knowledge systems, cultural values and governance structures. Through case studies and practical exercises, students will gain a deep understanding of how to ethically manage data in a way that supports the rights and interests of Indigenous communities.

Instructor: Melina Luxrue

Delivery style: Face to Face

Date: Mondays, Sept. 8 to Dec. 1

Time: 6 to 9 pm

Register by: Monday, Sept. 1

Location: West Shore campus

Duration: 12 sessions

Fee: \$725

Code: DAMS303 2025F C11

Instructor: Melina Luxrue

Delivery style: Online Asynchronous

Date: Sept. 8 to Dec. 1

Register by: Monday, Sept. 1

Fee: \$725

Code: DAMS303 2025F D01

NEW Introduction to Data Storytelling, Visualization and Reporting

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

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

Delivery style: Face to Face

Date: Mondays, Sept. 8 to Nov. 24

Time: 1 to 4 pm

Register by: Monday, Sept. 1

Duration: 12 sessions

Fee: \$725

Code: DAMS304 2025F C01

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

Delivery style: Face to Face

Date: Wednesdays, Sept. 10 to Nov. 26

Time: 6 to 9 pm

Register by: Wednesday, Sept. 3

Duration: 12 sessions

Fee: \$725

Code: DAMS304 2025F C11

Business Intelligence and Data Analytics Fundamentals

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

Instructor: Ron McMillan

Delivery style: Face to Face

Date: Wednesdays, Sept. 10 to Nov. 26

Time: 9 am to noon

Register by: Wednesday, Sept. 3

Duration: 12 sessions

Fee: \$725

Code: DAMS301 2025F C01

Instructor: Olga Gould, (MSc)

Delivery style: Face to Face

Date: Wednesdays, Sept. 10 to Nov. 26

Time: 9 am to noon

Register by: Wednesday, Sept. 3

Duration: 12 sessions

Fee: \$725

Code: DAMS301 2025F C11

Instructor: Olga Gould, (MSc)

Delivery style: Face to Face

Date: Wednesdays, Sept. 10 to Nov. 26

Time: 1 to 4 pm

Register by: Wednesday, Sept. 3

Duration: 12 sessions

Fee: \$725

Code: DAMS301 2025F C21

Instructor: Olga Gould, (MSc)

Delivery style: Online Hybrid

Date: Saturdays, Sept. 13 to Nov. 29

Time: 9 am to noon

Register by: Friday, Sept. 5

Duration: 12 sessions

Fee: \$725

Code: DAMS301 2025F D01

Data Analytics Coding Fundamentals

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

Instructor: Ron McMillan

Delivery style: Face to Face

Date: Thursdays, Sept. 11 to Nov. 27

Time: 9 am to noon

Register by: Thursday, Sept. 4

Duration: 12 sessions

Fee: \$725

Code: DAMS302 2025F C01

Instructor: Ron McMillan

Delivery style: Face to Face

Date: Thursdays, Sept. 11 to Nov. 27

Time: 1 to 4 pm

Register by: Thursday, Sept. 4

Duration: 12 sessions

Fee: \$72

Code: DAMS302 2025F C11

Instructor: Martin Monkman, (MA, BSc)

Delivery style: Online Hybrid

Date: Mondays and Wednesdays,
Oct. 20 to Nov. 26

Time: 6 to 9 pm

Register by: Monday, Oct. 13

Duration: 12 sessions

Fee: \$725

Code: DAMS302 2025F D01

FOR MORE INFORMATION:

Data Analytics

250-721-8481

bstassist@uvic.ca

continuingstudies.uvic.ca/data



**Beyond
THE
BEAT**
Music of Resistance
and Change

Beyond the Beat is a feature exhibition at the Royal BC Museum. It showcases the artists and musicians who used their immense talents to fight for justice, freedom and equality. Experience how these musical giants changed the world for the better.



ROYAL BC
MUSEUM



CANADIAN MUSEUM FOR
HUMAN RIGHTS

Beyond the Beat: Music of Resistance and Change was developed by the Canadian Museum for Human Rights (Winnipeg, Canada).

Tickets available at the museum box office and at rbcm.ca/beat

CONTINUING STUDIES@UVIC

Inspiring healthy perspectives...

Health, Wellness and Safety



COMMUNITY HEALTH AND WELLNESS



NEW 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

Delivery style: Online Synchronous

Date: Tuesdays, Sept. 16 to Oct. 14
No class Sept. 30

Time: 6 to 8 pm

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: HPHE356 2025F D01

NEW Fact or Fad? Understanding Today's Diet Trends

With so many competing diet trends, it's difficult to know what truly supports long-term weight management. In this evidence-based presentation, registered dietitian Kristen Yarker, MSc, RD, reviews the scientific literature behind popular diets (e.g., intermittent fasting, paleo, keto, vegan, blood types and menopause-specific approaches) while offering clarity on what works, for whom and why. Gain practical, research-informed insights to guide your nutrition decisions with confidence.

Instructor: Kristen Yarker, (MSc, RD)

Delivery style: Online Synchronous

Date: Tuesday, Sept. 23

Time: 6 to 8 pm

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: HPHE350 2025F D01

NEW Psychedelics, Science and Public Health

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

Instructor: Philippe Lucas, (PhD)

Delivery style: Face to Face

Date: Tuesdays, Oct. 7 to 28

Time: 6 to 8 pm

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: HPHE354 2025F C01

NEW Setting Healthy Boundaries Through Rest and Play

We all understand that rest and play are essential components of a healthy life. Yet, it can be surprisingly difficult to step away from the constant pull towards productivity and meeting the needs of others. This course explores the factors that get in the way of taking restorative time for ourselves. Through guided discussions and written exercises, you'll build a personal toolkit for clarifying your needs, setting healthy boundaries, reconnecting to your joy and restoring your vitality. We'll discover how rest and play profoundly enhance our capacity to support ourselves as well as the people around us, and the causes we care about.

Instructor: Cindy Bachop

Delivery style: Face to Face

Date: Wednesdays, Oct. 8 to 29

Time: 6 to 8 pm

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: HPHE355 2025F C01

NEW Grief, Memory and the Healing Qualities of Time Travel

This workshop explores a fresh approach to grief that moves beyond the familiar five stages. Using the idea of time travel through memory, imagination and embodied experience, we'll explore how grief doesn't always follow a straight line—and how continuing to connect with those we've lost can be deeply healing. Inspired by narrative practices and the work of David Kessler on finding meaning, we'll create space to re-engage with loved ones in ways that feel personal, authentic and counter to the cultural pressure to move on.

Instructor: Leanne Stepp

Delivery style: Online Synchronous

Date: Tuesdays, Oct. 21 to Nov. 4

Time: 6 to 8 pm

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: HPHE358 2025F D01

Investing for Financial Wellness

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

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

Instructor: Ian Johnson, (CFA)

Delivery style: Online Synchronous

Date: Wednesdays, Nov. 5 to 26

Time: 6 to 8 pm

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: HPHE279 2025F D01

NEW 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: 6:30 to 8:30 pm

Location: West Shore campus

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: HPHE357 2025F E01

NEW Living Life After Cancer

Your cancer treatment is finished but do you ever feel like your recovery is taking longer than expected? Are you feeling more stress than usual? Do you find things like headaches and changes in your body make you worry about a cancer recurrence? Join us to learn about common post-treatment experiences. We will practice exercises to decrease stress, ease worry and learn about programs that support people after treatment. We will offer ways to use your experience to inform the next chapter of your life. This workshop is for patients and partners.

Instructors: Marita Poll, Ginette Lussier

Delivery style: Face to Face

Date: Thursday, Nov. 6

Time: 2 to 4:30 pm

Duration: 1 session

Fee: \$40 plus \$2 GST

Code: HPHE352 2025F C01

NEW Pain: The Good, the Bad and Unwanted

Pain science has grown in the past 20 years leading to a difference between what research tells us and what health care providers or the general public know, which likely leads to unnecessary suffering. In this course, we will explore the complexity of pain in plain terms with a goal to gain insights that could lead to the easing of our pain and suffering..

Instructor: Richard McIlmoyle, (PhD)

Delivery style: Face to Face

Date: Mondays, Nov. 24 to Dec. 1

Time: 6:30 to 8:30 pm

Location: West Shore campus

Duration: 2 sessions

Fee: \$60 plus \$3 GST

Code: HPHE351 2025F E01

NEW Beyond Biology: Connecting Pain with Mind, Culture and Community

Go beyond the biology of pain in this interactive exploration of psychological and social influences on the pain experience. Through case studies, small group discussions and practical exercises, you will learn how mindsets, emotions, culture and community impact persistent pain and recovery. Led by Dr. David Kennedy, this course is ideal for those familiar with basic pain science and seeking deeper, practical strategies for pain management.

Instructor: David Kennedy, (PhD)

Delivery style: Face to Face

Date: Wednesday, Nov. 26

Time: 6 to 8 pm

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: HPHE353 2025F C01

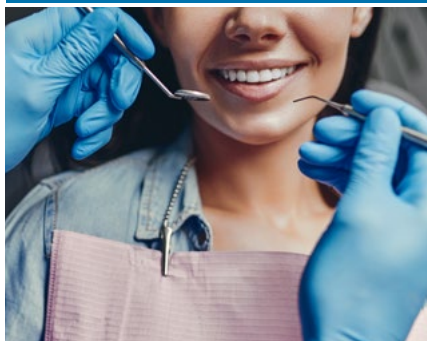
FOR MORE INFORMATION:

Community Health and Wellness
250-721-8305

comadmin@uvic.ca

continuingstudies.uvic.ca/health-wellness

DENTAL PROFESSIONAL DEVELOPMENT



Current Concepts in Dentistry

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

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

This year's program presents the following sessions:

- Anesthesia Excellence: Relieving Pain and Fear Safely by Dr. David Carsten
- Practical Oral Surgery for the General Dentist by Dr. Antonella C. Trache
- Mastering Implant Surgery: Techniques and Practical Applications by Dr. Arun K. Garg
- Updates in Geriatric Dentistry for the General Dentist: Managing Complex Older Adults by Dr. Nicholas Tong

FOR MORE INFORMATION:

Dental Professional Development
250-721-8558

hsadmin@uvic.ca

continuingstudies.uvic.ca/28dentalCEcredits

28dentalCEcredits

HEALTH, SAFETY AND EMERGENCY MANAGEMENT



IT Security for Business Continuity

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

Instructor: Steve Gidden, (BA)

Delivery style: Online Asynchronous

Date: Sept. 22 to Dec. 12

Fee: \$725

Code: HPPD601 2025F D01

Operational Resilience

Strengthen your organization's operational resilience today to improve performance now and to be able to operate through disruption. Develop skills to analyze key information and propose solutions to prevent or minimize disruptions. Concepts include theory of risk, risk assessment, policy and program management, organizational cultural challenges, leadership for business continuity, impact analysis, business continuity plans and communications.

Instructor: Erin Stockill, (BA)

Delivery style: Online Asynchronous

Date: Sept. 22 to Dec. 12

Fee: \$725

Code: HPPD603 2025F D01



**CONTINUING
STUDIES@UVIC**

Environmental and Occupational Health

CERTIFICATE | ONLINE

Help people stay safe in the workplace.

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

PROGRAM AT A GLANCE

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

LEARN MORE

continuingstudies.uvic.ca/EOH



University
of Victoria

Organizational Preparedness and Adaptability **MC**

This micro-certificate will equip you to improve your organization's ability to operate through the crises and disruptions many describe as the new normal. Designed for non-specialists, you will learn how to enable staff across organizations in all sectors to prepare for and adapt to highly unpredictable environments. We will explore risk assessment, impact analysis, mitigation, business continuity planning, emergency preparedness and response, leadership and organizational culture and crisis communications.

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

Delivery style: Online Asynchronous

Date: Oct. 27 to Dec. 5

Fee: \$495

Code: HPPD650 2025F D01

FOR MORE INFORMATION:

Health, Safety and Emergency Management
250-721-8558

hsadmin@uvic.ca

continuingstudies.uvic.ca/health-safety

Delivery style definitions

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

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

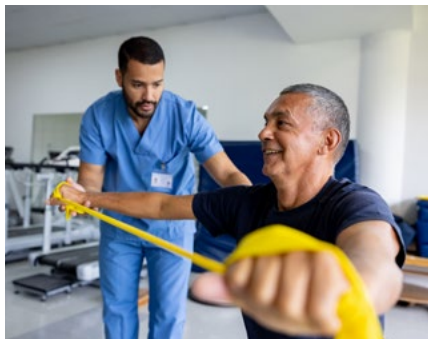
Online Hybrid – A combination of synchronous and asynchronous learning.

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

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

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

PROFESSIONAL DEVELOPMENT FOR HEALTH PRACTITIONERS



Wound Management for Health Professionals Level I

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

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

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

Delivery style: Online Asynchronous

Date: Sept. 26 to Nov. 7

Fee: \$595

Code: HPPD257 2025F D01

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

Delivery style: Online Asynchronous

Date: Oct. 17 to Nov. 28

Fee: \$595

Code: HPPD257 2025F D11

Wound Management for Health Professionals Level II

Develop your critical thinking skills for advanced wound management and professional skills for evidence-based practice. In this course, learn about pain management, nutrition, lower limb assessment, arterial and venous disease, ulcer management, compression therapy, high-risk foot, lymphedema, lipedema, burns, palliative and surgical wounds and key therapies. You will learn through case studies, videos, detailed picture guides and a required online workshop.

Textbook: *Acute and Chronic Wounds* (6th ed.), by Ruth Bryant and Denise Nix. 5th edition is acceptable.

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

Delivery style: Online Hybrid

Date: Oct. 3 to Nov. 28

Mandatory workshop:

Saturday, Dec. 6

Fee: \$695

Code: HPPD258 2025F D01

Palliative Care Pharmacy

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

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

Delivery style: Online Asynchronous

Date: Oct. 17 to Nov. 28

Fee: \$525

Code: HPPD400 2025F D01

Canadian Fall Prevention Curriculum

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

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

Instructor: Bobbi Symes, (MA)

Delivery style: Online Asynchronous

Date: Oct. 24 to Nov. 28

Fee: \$350

Code: HPCF215 2025F D01

Wound Care for Clients Experiencing Inequities

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

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

Delivery style: Online Hybrid

Date: Oct. 24 to Nov. 14

Time: 3-hour workshop: Saturday,
Nov. 15

Fee: \$350

Code: HPPD300 2025F D01

High-Risk Foot, Level II

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

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

Delivery style: Online Synchronous

Date: Saturday, Oct. 25

Time: 10 am to 1 pm

Duration: 1 session

Fee: \$250 plus \$12.50 GST

Code: HPPD295 2025F D01

Strategies and Actions for Independent Living (SAIL) MC

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

Instructor: Bobbi Symes, (MA)

Delivery style: Online Asynchronous

Date: Nov. 7 to 28

Fee: \$250

Code: HPCF200 2025F D01

FOR MORE INFORMATION:

Professional Development for Health Practitioners

250-721-8558

hsadmin@uvic.ca

continuingstudies.uvic.ca/health-prod

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University of Victoria

Delivery style definitions

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

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



FOOD FOR THOUGHT: HOW FOOD FEEDS OUR CONNECTIONS

with instructor Dr. Ali Kenefick

By Portia Yip, Marketing Services

“Food connects us in so many infinite ways—it’s something we all need to survive, and it’s a powerful lens where we can explore identity, memory, emotion and culture,” says Dr. Ali Kenefick.

Ali’s path to becoming a food studies instructor is as diverse as the topics she explores in her classes. Beginning her academic journey at Emily Carr University, Ali studied communication design and discovered a passion for teaching while working with young children at outreach schools and summer camps.

“I love teaching, it’s my passion,” Ali shares. “I could teach almost anything and be happy about it.”

After completing her bachelor’s degree, Ali pursued a master’s in food, culture and communication in Italy. From there, she received her PhD in design sociology from Concordia University in Montreal, focusing on food systems and the complex web of consumption, production and ethics.

Now, as an instructor with Continuing Studies at UVic, Ali teaches a range

of courses: Beyond the Plate: Food, Culture and Social Impact; Carnivores vs. Herbivores: Rethinking Meat and Plant-Based Diets; and Consumed: The Hidden Forces Shaping Your Food Choices. This fall, she is also teaching a new course on sacred meals in religion and rituals, and a course which looks into Ayurvedic approaches to food consumption.

Ali’s teaching philosophy is grounded in the belief that food is universal and matters to everyone. At the beginning of her courses, Ali invites learners to reflect



perspectives and food choices because at the end of the day, the goal is to be more accepting.”

For those who may not know as much about this field, Ali describes how food studies and systems is like the connective tissue of our world and how we can branch out and learn about how it impacts our lives. For example, food waste is a topic related to the environment and climate change.

“What makes food studies really cool is that whatever your underlying passions are, you can find a way of talking about it through food,” she shares. “Once you understand that you are a piece in a bigger system, you can start to poke at all the different doors—sociologically, politically, economically or environmentally—there are endless doors you can go through.”

Some topics in Ali’s courses can also be challenging, such as the ethics of meat consumption and the environmental impact of food production. But she addresses these sensitive subjects with transparency and empathy. “I’ll put up a disclaimer and let students know they can step away if a particular topic is too difficult.”

on their personal relationships with food. “We touch on memory, history, family and culture,” she explains. “It helps students see themselves as part of a larger story and sparks connections they may not have considered.”

In her classes, Ali encourages learners to approach food studies and systems with an open mind. “Food is powerful, but it’s also deeply individual,” she notes. “We need to learn to respect different



”We need to learn to respect different perspectives and food choices because at the end of the day, the goal is to be more accepting.

Ali aims to create an inclusive learning space where there are no wrong answers and everyone feels safe to explore their ideas. There are even times when she plays with boundaries to make people think deeper, but she’s clear about the intent. “I inform them first by saying, ‘I know this looks really biased, or politically incorrect,’ but that’s the point.”

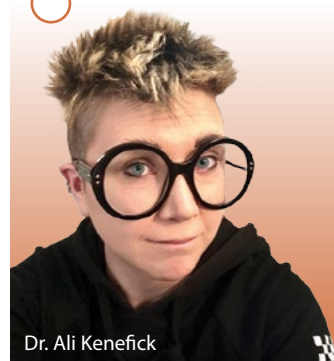
Outside of the classroom, Ali has been collaborating on a project with Kwantlen Polytechnic University to develop bioregional food systems on Vancouver Island. This initiative is part of a broader conversation around food sovereignty—a topic Ali is particularly excited about.

“We’re looking at ways to make food systems more resilient,” she says. “The idea is to host creative workshops where producers and consumers can discuss gaps in the system and explore ways to localize food production.”

For Ali, teaching is more than a job—it’s a way to bring important conversations forward, and to invite others to think critically about the food they eat and the systems that produce it.

“Food is supposed to be enjoyed,” she describes. “And it can be a way to heal and find yourself, your family, and your place in this big, weird world.”

— CS —



Dr. Ali Kenefick

CONTINUING STUDIES@UVIC

Connections through shared perspectives...

Humanities, Social Sciences and Law

EQUITY, DIVERSITY AND INCLUSION



A Cultural Study of Poverty and Homelessness

This course explores the homelessness crisis through the lens of Canadian social policy formulation, focusing on connections between past policy decisions and current problems. Evaluates policy solutions and contextualizes the Canadian experience with that of other jurisdictions. Themes include mental illness and addiction; racial, gender and age determinants of poverty and homelessness past and present; Indigenous homelessness; neoliberalism;

inequality and the politics of defining and measuring poverty.

Instructor: Norm Fennema, (PhD)

Delivery style: Online Asynchronous

Date: Sept. 3 to Dec. 3

Fee: \$641.47

Code: CS200 2025F D01

Intercultural Communication in the Workplace

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

Instructor: Moussa Magassa, (PhD, MA, BA (Hons))

Delivery style: Online Asynchronous

Date: Sept. 8 to Dec. 1

Fee: \$605

Code: ISP110 2025F D01

Organizational Diversity and Inclusion

In order to thrive in a diverse workforce, it is vital for organizations to adopt and integrate equity, diversity and inclusion (EDI) principles at all levels. You will discover how diversity drives creativity, boosts employee engagement and provides better services to clients. Learn how to identify barriers and develop the practical skills to build inclusive, equitable and innovative workplaces.

Instructor: Karen Saini

Delivery style: Online Asynchronous

Date: Sept. 8 to Dec. 1

Fee: \$605

Code: ISP102 2025F D01

FOR MORE INFORMATION:

Equity, Diversity and Inclusion

250-721-8630

jlauzier@uvic.ca

continuingstudies.uvic.ca/equity**HISTORY, POLITICAL SCIENCE
AND CONTEMPORARY ISSUES****NEW Working in Global
Development**

This course focuses on the essential skills required for effective practical engagement with issues in global development. Topics may include: advocacy; cross-cultural communication; project management and evaluation; community based research; fundraising; community organizing; and management of non-profits.

Instructor: Robyn Fila, (MA)**Delivery style:** Face to Face**Date:** Tuesdays and Thursdays,
Sept. 3 to Dec. 3

No class Nov. 11

Time: 4:30 to 5:50 pm**Duration:** 27 sessions**Fee:** \$641.47**Code:** GDS301 2025F C01**NEW 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:** Wednesdays, Sept. 24 to Oct. 15**Time:** 6 to 8 pm**Duration:** 4 sessions**Fee:** \$108 plus \$5.40 GST**Code:** ASH1859 2025F C01**NEW Banned Ideas: What
Extremists Don't Want Us to Learn**

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. 25 to Oct. 16**Time:** 6 to 8 pm**Duration:** 4 sessions**Fee:** \$108 plus \$5.40 GST**Code:** ASH1856 2025F D01**NEW 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:** Friday, Sept. 26**Time:** 1 to 4 pm**Duration:** 1 session**Fee:** \$46 plus \$2.30 GST**Code:** ASH1864 2025F C01**NEW Celts, Saxons and Witches: An
Introduction to Medieval Paganism**

Welcome to the cosmologies and cultural practices of pagan Celts, Picts, Anglo-Saxons and Vikings. You'll explore historical, archaeological and mythic medieval sources that help us to understand this fascinating subject. Join us and investigate the emergence of protective and healing magic (including seiðr) in early medieval Europe and its later manifestations as witchcraft.

Instructor: Michael Reed, (PhD)**Delivery style:** Face to Face**Date:** Mondays, Sept. 29 to Nov. 3

No class Oct. 13

Time: 2 to 4 pm**Duration:** 5 sessions**Fee:** \$138 plus \$6.90 GST**Code:** ASH1855 2025F C01

James Bay: History, Architecture and People

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

Instructor: John Adams

Delivery style: Online Synchronous

Date: Wednesday, Oct. 1

Time: 1 to 3 pm

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: ASHI802 2025F D01

NEW Sacred Meals: Ritual, Religion and Culture

Across cultures and religions, food is far more than sustenance, it is sacred. In this course, you will explore the spiritual significance of meals, rituals and taboos, examining how food connects us to belief systems, community and meaning. Join us for a reflective and inclusive exploration of the symbolic and sacred role of food around the world.

Instructor: Ali Kenefick, (PhD)

Delivery style: Online Synchronous

Date: Tuesdays, Oct. 7 to 21

Time: 6 to 8 pm

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: ASHI850 2025F D01

NEW 100 Years of Nosferatu

Have you ever wondered why vampires are so popular? This course will introduce you to the history of cinematic vampires, with a focus on the three versions of Nosferatu from 1922, 1979 and 2024. We will analyze these films within their cultural and historical context, and we will see why Nosferatu was pivotal in establishing the new genre of horror films and the figure of the vampire as the most popular fictional character ever.

Instructor: Peter Golz, (PhD)

Delivery style: Face to Face

Date: Thursdays, Oct. 16 to 30

Time: 6 to 8 pm

Duration: 3 sessions

Fee: \$84 plus \$4.20 GST

Code: ASHI854 2025F C01

Using Artificial Intelligence for Your Life and Work

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

Instructor: Peter Scott, (MA)

Delivery style: Online Synchronous

Date: Thursdays, Oct. 16 to Nov. 27

No class on Oct. 30

Time: 6 to 8 pm

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASHI830 2025F D01

NEW Ancient Politics: A Search for the Good Life

In the classical period of ancient Greece, philosophers, politicians, historians and poets, searched for a shared conception of the good life by questioning opinions, conventions, laws and customs. Contemplations of the good life led to the development of concepts we still use in today's politics. Others of this ancient period, like a professional class of trained rhetoricians called sophists, believed that the good life is to pursue profit, pleasure, power and self-interest. This course examines the ancient Greek period for the possibility of the good life and the consequences of competing claims of the good.

Instructor: Taylor Green, (PhD)

Delivery style: Online Synchronous

Date: Mondays, Oct. 20 to Nov. 10

Time: 6 to 8 pm

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: ASHI860 2025F D01

Rockland: History, Architecture and People

The Rockland neighbourhood in Victoria became the city's first prestigious address after the 1858 gold rush. The business elite began building elegant homes on the ridge that provided stunning views over the Olympic Mountains. Luxurious Craigdarroch Castle and its extensive grounds became a fashionable enclave of smaller mansions. You will learn the history of the neighbourhood and explore some of its homes and families.

Instructor: John Adams

Delivery style: Online Synchronous

Date: Tuesday, Nov. 4

Time: 1 to 3 pm

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: ASHI788 2025F D01

Conspiracies, Extremism and Radicalization in the 21st Century

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

Instructor: Edwin Hodge, (PhD)

Delivery style: Online Synchronous
Date: Thursdays, Nov. 6 to 27
Time: 6 to 8 pm
Duration: 4 sessions
Fee: \$108 plus \$5.40 GST
Code: ASH1814 2025F D01

NEW Eating with Intention: Ayurveda, Food and Self

Eating is more than just nutrients, it is about energy, balance and connection to self in your daily life. This course will introduce you to the foundational principles of Ayurveda, an ancient Eastern approach to well-being, through the lens of food. This is perfect for beginners looking for practical tools to better understand their body and make more intuitive choices.

Instructor: Ali Kenefick, (PhD)

Delivery style: Online Synchronous
Date: Thursdays, Nov. 6 to 20
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASH1849 2025F D01

Understanding China and its Foreign Relations

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

Instructor: Margaret Cornish

Delivery style: Face to Face
Date: Wednesdays, Nov. 12 to 26
Time: 10:30 am to noon
Duration: 3 sessions
Fee: \$66 plus \$3.30 GST
Code: ASH1831 2025F C01

NEW 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: Face to Face
Date: Wednesdays, Nov. 19 to Dec. 3
Time: 6:30 to 8:30 pm
Location: West Shore campus
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASH1863 2025F E01

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

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

RELIGION, PHILOSOPHY AND PSYCHOLOGY



NEW The Buddhist Way of Gratitude and Joy

Grateful people are happier people! Discover the uplifting experience of contentment, joy and positive energy that comes from the mind of rejoicing. Through simple contemplations we can reflect on the truth of our situations and take the time to fully appreciate the potential of our lives.

By living with an awareness of the kindness of others, we can maintain a warm heart and a feeling of being close to everyone. You will learn how to strengthen feelings of gratitude and joy, and maintain a positive outlook and energy during difficult times.

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face
Date: Saturdays, Sept. 6 to 27
 No class Sept. 20
Time: 10 am to noon
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASHI851 2025F C01

NEW Thinking About Friendship with Cicero

Cicero's dialogue *Laelius, On Friendship* explores ancient ideas and arguments about the value of friendship, the different sorts of friendship, its connection with wisdom and virtue, how to develop friendships, and when to end them. Written in a chaotic time during the fall of the Roman Republic, it alludes to the foolishness and wickedness of those who are friends to tyrants. Reading this dialogue in a seminar format gives us the chance to learn about ancient schools of philosophy and Roman politics in Cicero's time, as well as to think about what friendship means to us in our modern world.

Instructor: Doug Hutchinson, (PhD)

Delivery style: Face to Face
Date: Oct. 2 to 21
Time: Tuesdays and Thursdays
Duration: 6 sessions
Fee: \$156 plus \$7.80 GST
Code: ASHI857 2025F C01

NEW A Buddhist Life of Compassionate Purpose

Everyone wants meaningful and purposeful direction to inspire their life. In this course we will explore the Bodhisattva's way of life—an inspiring journey of compassion, altruism and the commitment to alleviating suffering. These practical instructions offer insights that can bring about positive changes in your life and in the lives of others. By reducing the self-centred view that limits our human potential, we can discover the boundless energy to commit to a compassionate way of life.

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face
Date: Saturdays, Oct. 11 to Nov. 1
 No class Oct. 25
Time: 10 am to noon
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASHI852 2025F C01

Buddhist Wisdom for Silencing the Inner Critic

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

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face
Date: Thursdays, Nov. 13 to Dec. 4
Time: 6:30 to 8 pm
Location: West Shore campus
Duration: 4 sessions
Fee: \$84 plus \$4.20 GST
Code: ASHI816 2025F E01

NEW The Buddhist Mind of Clarity and Wisdom

Understanding the relationship between our mind and our world is essential to liberating ourselves from the confusion and negativity of daily life. Clarity is the term Buddha used to describe the nature of the mind itself and its lack of physical characteristics. Emptiness is the term used to describe the true nature of reality and its lack of inherent existence. By combining these insights, we understand the dependent relationship between our mind and our world, and gain the wisdom we need to become free of suffering and its causes.

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face
Date: Saturdays, Nov. 15 to Dec. 6
 No class Nov. 29
Time: 10 am to noon
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASHI853 2025F C01

FOR MORE INFORMATION:

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

UVIC ON THE PENINSULA SERIES

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

If you wish to receive the flyer that we mail out each August and December, or for more information regarding registration dates, please call 250-721-7797 or email lacadmin@uvic.ca.

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

- ReconciliACTIONS: Ten Years After the TRC Report
- Refugee German Scientists in the Soviet Union, 1933 to 1953
- Should Canada Join the European Union?
- The End of the Ottoman Empire & Making of the Modern Middle East
- The Enduring India-Pakistan Conflict: Its Historical Roots
- Women in Art: Her Story Through the Ages
- Would You Say a Few Words?

FOR MORE INFORMATION:

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

ADDITIONAL TOPICS

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

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

FOR MORE INFORMATION:

Humanities, Social Sciences and Law
continuingstudies.uvic.ca/humanities

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Do you want to stay up-to-date on what's happening within Continuing Studies at UVic?

Subscribe to our Continuing Studies E-News or sign up to receive emails tailored to the topics that interest you most.

continuingstudies.uvic.ca/enews

CONTINUING STUDIES @UVIC

Communicating diverse perspectives...

Languages

FRENCH LANGUAGE



Join the 275 million people who proudly speak French around the world! French is a young, vibrant, international language. In fact, it is the only language other than English to be spoken on all five continents. Whether you have a child in French Immersion, are planning a trip to a French-speaking nation, or are looking to brush up on your working knowledge of Canada's other official language, our French language courses have just what you need to communicate confidently with fellow Francophiles and Francophones alike.

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

COMPREHENSIVE FRENCH

Improve your overall French language proficiency with our new comprehensive French courses. This non-credit series is open to adults of all levels of competency. It is designed to meet the needs of a wide audience from working professionals, to lifelong learners, to people who are new in Canada—anyone wanting to confidently and competently develop fluency in French. It features four levels, each aligned with the internationally recognised DELF benchmarks A1, A2, B1 and B2. Upon successful completion of each level, students will receive a Certificate of Completion.

The Comprehensive French Series (FREN) features four levels, each taking a full academic year (September and January term) to complete.

Please note that we offer an online assessment to determine which level is appropriate for you. To book your French Language level assessment please call 250-721-8630 or e-mail languages@uvic.ca.

Comprehensive French - Level 1

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

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

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

Delivery style: Online Hybrid

Date: Mondays and Wednesdays, Sept. 8 to Dec. 8

No class Oct. 13

Time: 6:30 to 8:30 pm

Register by: Monday, Sept. 1

Duration: 26 sessions

Fee: \$675

Code: FREN100 2025F D11

Comprehensive French - Level 2

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

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

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

Instructor: TBD

Delivery style: Online Hybrid

Date: Tuesdays and Thursdays, Sept. 9 to Dec. 11

No class Sept. 30 and Nov. 11

Time: 6:30 to 8:30 pm

Register by: Monday, Sept. 1

Duration: 26 sessions

Fee: \$675

Code: FREN200 2025F D11

Comprehensive French - Level 3

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

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

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

Instructor: Anita LaLiberté

Delivery style: Online Hybrid

Date: Mondays and Wednesdays, Sept. 8 to Dec. 8

No class Oct. 13

Time: 6:30 to 8:30 pm

Register by: Monday, Sept. 1

Duration: 26 sessions

Fee: \$675

Code: FREN300 2025F D11

Comprehensive French - Level 4

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

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

Textbook: *Défi B2* - Student Book Online Premium Edition (required) - instructions on how to purchase your "Espace Virtuel" account and get connected to the textbook and workbook will be provided separately.

Delivery style: Online Hybrid

Date: Tuesdays and Thursdays, Sept. 9 to Dec. 11

No class Sept. 30 and Nov. 11

Time: 6:30 to 8:30 pm

Register by: Monday, Sept. 1

Duration: 26 sessions

Fee: \$675

Code: FREN400 2025F D11

FRENCH LANGUAGE CONVERSATION CLASSES

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

French Language Conversation Classes - Level 1

This introductory level course is intended for complete beginners and is normally only taken once. In this class, you will become familiar with the sounds of French and gain confidence in pronunciation. You'll also acquire basic "survival" skills in French, such as greetings and thanks.

Register for this level if you have no previous knowledge or experience with French or can recognize a few French words.

Delivery style: Face to Face

Date: Wednesdays, Sept. 17 to Nov. 19

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 7

Location: West Shore campus

Duration: 10 sessions

Fee: \$305

Code: FLCC051 2025F E11

Delivery style: Face to Face

Date: Thursdays, Sept. 18 to Nov. 20

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$305

Code: FLCC051 2025F C11

French Language Conversation Classes - Level 2

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

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

Delivery style: Face to Face

Date: Mondays, Sept. 15 to Nov. 24
No class Oct. 13

Time: 9:30 to 11:30 am

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$305

Code: FLCC101 2025F C01

Delivery style: Face to Face

Date: Mondays, Sept. 15 to Nov. 24
No class Oct. 13

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 7

Location: West Shore campus

Duration: 10 sessions

Fee: \$305

Code: FLCC101 2025F E11

French Language Conversation Classes - Level 3

This course is for students at an intermediate level who would like to practice their oral French. You'll gain more fluency in using your French in a variety of everyday situations, such as speaking about likes and dislikes, making comparisons and telling a story in the past. It can be taken as many times as you like, as themes will vary each term.

Delivery style: Face to Face

Date: Wednesdays, Sept. 17 to Nov. 19

Time: 9:30 to 11:30 am

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$305

Code: FLCC301 2025F C01

French Language Conversation Classes - Level 4

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

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

Delivery style: Face to Face

Date: Thursdays, Sept. 18 to Nov. 20

Time: 9:30 to 11:30 am

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$305

Code: FLCC501 2025F C01

FOR MORE INFORMATION:

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

WORLD LANGUAGES



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

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

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

ARABIC

Arabic - Level 1

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

Instructor: Maryam Shafo

Delivery style: Online Synchronous

Date: Wednesdays, Sept. 24 to Nov. 26

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA098 2025F D11

CANTONESE

Cantonese - Level 1

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

Instructor: Yanny Yeung

Delivery style: Online Synchronous

Date: Wednesdays, Sept. 24 to Nov. 26

Time: 6 to 8 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA011 2025F D11

DUTCH

Dutch - Level 1

Did you know that Dutch is not spoken just in the Netherlands? It is actually the most spoken language in Belgium and the official language of Suriname. In addition, a modified form of Dutch is one of the official languages in South Africa.

This introductory conversation course will familiarize you with the pronunciation of Dutch and will introduce basic vocabulary and grammar. The emphasis will be on understanding the spoken language and simple texts, as well as engaging in basic conversation in Dutch.

Textbook: *Colloquial Dutch: A Complete Language Course*, 2016 edition, by Bruce Donaldson

Instructor: Naomi Bakrimi

Delivery style: Online Synchronous

Date: Thursdays, Sept. 25 to Nov. 27

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA037 2025F D11

GERMAN

German - Level 1

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

Instructor: Joanna Schaller, (MA)

Delivery style: Face to Face

Date: Wednesdays, Sept. 24 to Nov. 26

Time: 6 to 8 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA016 2025F C11

ITALIAN

Italian - Level 1

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

Pinstructor: Estelle Kurier

Delivery style: Face to Face

Date: Mondays, Sept. 22 to Dec. 1
No class Oct. 13

Time: 9:30 to 11:30 am

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA049 2025F C01

Italian - Level 3

This intermediate course is intended for those who have completed *Italian - Level 2* or who feel confident with the basics and wish to explore the language further. You will advance your conversation skills and further develop your listening and reading comprehension skills, while continuing to learn about various cultural topics.

Instructor: Estelle Kurier

Delivery style: Face to Face

Date: Thursdays, Sept. 25 to Nov. 27

Time: 9:30 to 11:30 am

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA349 2025F 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. 16 to Dec. 2
No class Sept. 30 and Nov. 11

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 7

Location: West Shore campus

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA008 2025F E11

Instructor: Keiko Tachibana

Delivery style: Face to Face

Date: Wednesdays, Sept. 17 to Nov. 19

Time: 6 to 8 pm

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA008 2025F C11

Japanese - Level 2

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

Instructor: Nozomi Franco Cea

Delivery style: Face to Face

Date: Thursdays, Sept. 18 to Nov. 20

Time: 6 to 8 pm

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA208 2025F 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. 18 to Nov. 20

Time: 6 to 8 pm

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA308 2025F 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. 15 to Nov. 24
No class Oct. 13

Time: 6 to 8 pm

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA408 2025F 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: Face to Face

Date: Wednesdays, Sept. 24 to Nov. 26

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA009 2025F C11

POLISH

NEW 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.

Delivery style: Online Synchronous

Date: Wednesdays, Sept. 24 to Nov. 26

Time: 6 to 8 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA018 2025F D11

PORTUGUESE

Portuguese - Level 1

This introductory-level course is intended for those who have no previously knowledge of Portuguese. In this course, you will explore the language in a practical and dynamic manner through simple and authentic texts, audio and video materials. Communicative activities play a central role in the learning process, allowing you to engage meaningfully with the language in everyday contexts.

You will actively learn basic Portuguese by using four skills: listening, speaking, reading and writing. Understand the main differences between Brazilian Portuguese and European Portuguese and enrich your comprehension of linguistic and cultural diversity within this language.

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

Instructor: Adriana Medeiros

Delivery style: Online Synchronous

Date: Thursdays, Sept. 25 to Nov. 27

Time: 6 to 8 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA100 2025F D11

Portuguese - Level 2

This course is designed for those with a basic understanding of Portuguese or who have completed *Portuguese - Level 1*. You will continue to explore the language in a practical and dynamic manner through simple and authentic texts, music and video materials. Through a friendly classroom environment, we will be engaging with the language in everyday contexts. In this course, you will explore both Brazilian Portuguese and European Portuguese, deepening your appreciation for the linguistic and cultural diversity within the language.

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

Instructor: Adriana Medeiros

Delivery style: Online Synchronous

Date: Mondays, Sept. 22 to Dec. 1
No class Oct. 13

Time: 6 to 8 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA200 2025F 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. 25 to Nov. 27

Time: 6 to 8 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA099 2025F 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. 25 to Nov. 27

Time: 6 to 8 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA004 2025F D11

Russian - Level 2

This course is intended for those who have completed *Russian - Level 1* or the equivalent. This beginner course will help you to build your confidence in your Russian language communication skills using a variety of real-life scenarios such as asking about someone's occupation or hobbies, how to describe and compare items, how to read a map, asking for directions or about someone's health, addressing a stranger and expressing your feelings.

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. 24 to Nov. 26

Time: 6 to 8 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA204 2025F 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. 16 to Dec. 2
No class Sept. 30 and Nov. 11

Time: 7 to 9 pm

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2025F C11

Instructor: Mónica Gil, (MA)

Delivery style: Face to Face

Date: Thursdays, Sept. 18 to Nov. 20

Time: 9:30 to 11:30 am

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2025F C01

Instructor: Mónica Gil, (MA)

Delivery style: Online Synchronous

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

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2025F D11

Instructor: Marco Antonio Bequer Hernandez

Delivery style: Face to Face

Date: Thursdays, Sept. 18 to Nov. 20

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 7

Location: West Shore campus

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2025F E11

Spanish - Level 2

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

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

Instructor: Marco Antonio Bequer Hernandez

Delivery style: Face to Face

Date: Mondays, Sept. 15 to Nov. 24
No class Oct. 13

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 7

Location: West Shore campus

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2025F E11

Instructor: Alicia Brown, (BA)

Delivery style: Face to Face

Date: Wednesdays, Sept. 17 to
Nov. 19

Time: 7 to 9 pm

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2025F C11

Instructor: Mónica Gil, (MA)

Delivery style: Online Synchronous

Date: Wednesdays, Sept. 17 to
Nov. 19

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2025F D11

Spanish - Level 3

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

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

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Online Synchronous

Date: Wednesdays, Sept. 17 to
Nov. 19

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA325 2025F D11

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: Mondays, Sept. 15 to Nov. 24
No class Oct. 13

Time: 1 to 3 pm

Register by: Sunday, Sept. 7

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA425 2025F 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. 22 to Dec. 1
No class Oct. 13

Time: 6 to 8 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA055 2025F D11

UKRAINIAN

Ukrainian - Level 1

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

Instructor: Alla Dudka

Delivery style: Online Synchronous

Date: Mondays, Sept. 22 to Dec. 1
No class Oct. 13

Time: 6:30 to 8:30 pm

Register by: Sunday, Sept. 14

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA019 2025F D11

FOR MORE INFORMATION:

World Languages
250-721-8630
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continuingstudiesis.uvic.ca/world-languages

CONTINUING STUDIES@UVIC

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University
of Victoria



More Than a Language

Exploring Russian Culture
and Connection

with instructor Dr. Galina Sanaeva

Did you know that approximately 258 million people speak Russian? Or that Russian is one of the top 10 most spoken languages in the world?

In Galina Sanaeva's Russian language course at Continuing Studies at UVic, students don't just learn the language—they explore Russia's rich history and vibrant culture. For Galina, teaching others came naturally from an early age. "I started teaching when I was in my third year of university and it was a very versatile experience," she says. "Today I teach not only adults and foreign language learners, but bilingual children and 'heritage learners' as well."

Fluent in Russian, Polish and English, Galina holds a Master of Education and a PhD specializing in teaching languages and literature. She is also an accomplished researcher with 14 published articles and several published translations, including a co-authored book in her name. "I love research, the etymology of words, and sharing the knowledge with my students."

By Portia Yip,
Marketing Services

At the beginning of her courses, Galina asks her students, “why Russian?” Surprisingly, around 90 to 95% of her students do not have Russian relatives or a Russian background. “They choose Russian because of its rich culture, and because of the language itself,” she explains. “It’s a different language group, and many students are fascinated by Russian culture, music, ballet or literature.”

Though learning Cyrillic, the Russian alphabet, may seem challenging for beginners, Galina ensures her students are never bored. By using culture in her classes and keeping students engaged with audio and video resources, like memes and humour, she creates a lively and enjoyable learning environment.



Galina teaches Russian to a Mandarin-speaking student.

From Yellowknife, NWT to the island of Mauritius, students from all around the world are taking Russian language courses at Continuing Studies. Last year, two of Galina’s students won the XIII International Pushkin Competition for their poetry reading. “It’s a big achievement and I’m very proud,” Galina shares. “My students learned Russian from scratch in level one and two, and they don’t have any Russian family or background, yet they travelled to Russia for a few months and were able to get by.”



As a continuous learner herself, Galina is currently learning more about the concept of mediation which has been introduced as a key language competency by the Common European Framework of Reference for Languages (CEFR). “It’s not just about understanding and speaking a language, but also about passing on, explaining and translating information for others. It connects two parties, often making difficult ideas easier to understand,” Galina describes. “Think of it as someone who helps one person understand what another person is saying, in the language this person is learning.”

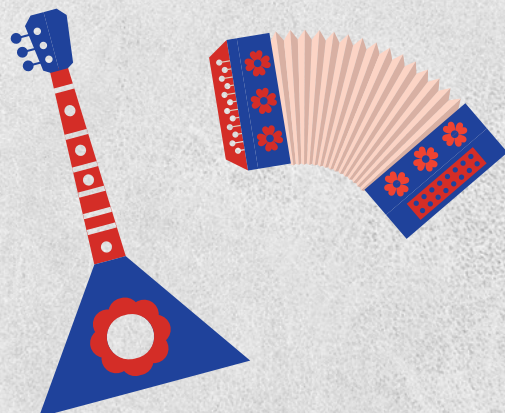
Galina teaches Russian at every level of proficiency. Some students return to her classes multiple times, since each experience is unique, with new activities and exercises tailored to their goals. Citing the words of famous film director Federico Fellini, “a different language is a different vision of life,” Galina emphasizes that teaching the language isn’t just about technique; it’s also about embracing the experience of human connection.

“Russian is beautiful and it’s more than just a language. Any language we learn is a way to connect to people—we learn a whole new world, we learn to understand people better, and we learn to think differently.”

— CS —

”

Many students are fascinated by Russian culture, music, ballet or literature.



Connections to past perspectives...

Museums, Heritage and Indigenous Culture

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

LEARN MORE

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

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

FOR MORE INFORMATION:

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

Delivery style definitions

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

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

Online Hybrid – A combination of synchronous and asynchronous learning.

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

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

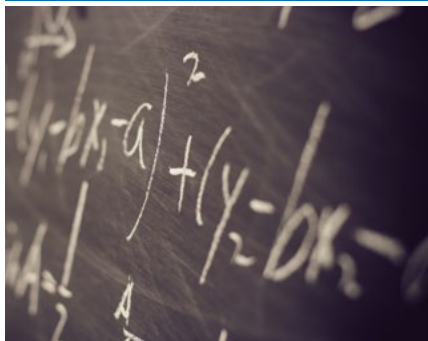
Blended – A combination of Face to Face learning and any type of online delivery style.

CONTINUING STUDIES@UWIC

Solutions grounded in perspective...

Science and the Environment

GENERAL SCIENCE AND MATH



Introduction to Biology and Natural History

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

Coordinator: Becky Rogers

Delivery style: Online Self-paced

Date: Sept. 2, 2025 to March 31, 2026

Register by: Saturday, Nov. 1

Fee: \$90 plus \$4.50 GST

Code: ER099 2025F D01

Introduction to Mycology

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

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

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

Coordinator: Becky Rogers

Delivery style: Online Self-paced

Date: Sept. 2, 2025 to March 31, 2026

Register by: Saturday, Nov. 1

Fee: \$95 plus \$4.75 GST

Code: ER098 2025F D01

GIS Skills and Mapping

Join us in the abundant world of data with Geographic Information Systems (GIS). This course focuses on the fundamentals of GIS for in-field employment. It is designed for those with little or no prior experience in geomatics. Gain hands-on experience working with spatial data in open-source software like QGIS and Google Earth. Create custom maps with open data, GPS recorded locations and digitized geographic features. Learn to classify landscape characteristics from satellite imagery and answer complex human and environment questions with vector and raster overlay analysis.

You will leave this course confident in your ability to quantify and visualize spatial data trends for industry, government and business applications.

Instructor: Jessica Neal, (PhD)

Delivery style: Online Asynchronous

Date: Sept. 8 to Oct. 19

Fee: \$565 (\$20 for optional one-time MWD micro-certificate fee)

Code: GISM01 2025F D01

Mapping with Drones 1

Mapping with Drones 1 will take your knowledge toolkit to new and exciting heights! This course focuses on foundational knowledge and skills you need to operate a small drone and map your data output. It is designed for those with little to no experience operating a drone or creating digital maps. You will gain hands-on skills and knowledge about drone systems and regulations, flight planning and sensor payloads, as well as how to capture and analyze cartographic output models.

Working with spatial data and a variety of open-source software including Open Drone Mapping, QGIS, Google Earth and Map Pilot Pro, you'll complete applied, real-world projects. If you're looking for just-in-time, geospatial skills to effectively assess and monitor your natural or built environment for work or recreational applications, this course is for you!

Instructor: Roger Stephen, (MSc)

Delivery style: Online Asynchronous

Date: Sept. 8 to Oct. 19

Fee: \$545 (\$20 for optional one-time MWD micro-certificate fee)

Code: MWD01 2025F D01

Mapping with Drones 2

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

Instructor: Roger Stephen, (MSc)

Delivery style: Online Asynchronous

Date: Nov. 3 to Dec. 14

Fee: \$545 (\$20 for one-time micro-certificate fee)

Code: MWD02 2025F D01

FOR MORE INFORMATION:

General Science and Math
250-721-8481

bstassist@uvic.ca

[continuingstudies.uvic.ca /general-science](https://continuingstudies.uvic.ca/general-science)



HORTICULTURE AND NATURE

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: Sept. 16 to Nov. 4

Time: Class sessions run on Tuesdays, 6:30 to 8pm in CST066; Access to your Brightspace online course site will be available two days in advance.

Duration: 8 sessions

Fee: \$270 (\$20 for optional one-time ALGD micro-certificate fee)

Code: ALGD01 2025F C01

Plants That Earn Their Keep

How do you choose between the thousands of plants that are sold at your local garden centre? Whether it is newly introduced plants—or familiar local variants—trees, shrubs and perennials need to earn their keep in the modern landscape. This course offers a guide through the key decisions local gardeners will want to consider as they pursue a garden that is both hardy for the Pacific Northwest conditions and rich with dazzling blooms and beauty. Time to get your garden in order!

Instructor: Jeff de Jong

Delivery style: Face to Face

Date: Wednesday, Oct. 8

Time: 6 to 8 pm

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: ASSC357 2025F C01

NEW Ecological Gardening

Working with nature rather than against it allows us to create a beautiful and abundant garden—one that provides an oasis for insects, birds and other wildlife, plus fortifying your vegetables and fruit trees. You will learn the principles of ecological gardening, including garden planning, soil health, water issues, mulching, supporting native birds and insects with a diversity of native plants, and the organic lawn and vegetable garden.

Instructor: Emony Nicholls

Delivery style: Face to Face
Date: Saturday, Oct. 11
Time: 12:30 to 3 pm
Duration: 1 session
Fee: \$40 plus \$2 GST
Code: ASSC358 2025F C01

4 Seasons X 10 Plants = One Amazing Landscape!

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

Instructor: Jeff de Jong

Delivery style: Face to Face
Date: Saturday, Oct. 18
Time: 10 am to noon
Location: West Shore campus
Duration: 1 session
Fee: \$34 plus \$1.70 GST
Code: ASSC276 2025F E01

NEW Growing Food Indoors Under Lights

Break your dependence on the grocery store! It is possible to grow food crops indoors all year round. Learn the tools and techniques needed to successfully grow your own food under lights including sprouted seeds, micro-greens and other salad crops.

Instructor: Jennifer Kolot

Delivery style: Face to Face
Date: Wednesday, Oct. 22
Time: 6 to 8 pm
Duration: 1 session
Fee: \$34 plus \$1.70 GST d
Code: ASSC359 2025F C01

Mushrooms of Greater Victoria

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

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

Instructors: Kem Luther, (PhD), Andy MacKinnon

Delivery style: Face to Face
Date: Oct. 29 and 30
Time: Wednesday, 7 to 9 pm
Thursday, 9 am to 4 pm
Duration: 2 sessions
Fee: \$176 plus \$8.80 GST
Code: ASSC314 2025F C11

Instructors: Andy MacKinnon, Kem Luther, (PhD)

Delivery style: Face to Face
Date: Nov. 8 and 9
Time: Saturday, 2 to 4 pm
Sunday, 9 am to 4 pm
Duration: 2 sessions
Fee: \$176 plus \$8.80 GST
Code: ASSC314 2025F C21

FOR MORE INFORMATION:

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

SUSTAINABILITY AND CLIMATE CHANGE



NEW Adaptation Planning and the Built Environment

Explore the skills and approaches used by those involved in urban and regional planning as they respond to the impacts of climate change on the built environment. You will focus on the use of climate science and diverse knowledge products, equitable approaches to climate risk assessment, developing adaptation strategies that reduce risk and increase co-benefits, and evaluating the actors and institutions who are, or ought to be, involved in this work.

Instructor: Craig Brown, (PhD)

Delivery style: Online Asynchronous
Date: Sept. 3 to Dec. 3
Fee: \$641.47
Code: TCA415 2025F D01

Future Ecosystems and Communities

This course focuses on the interface between communities and the ecosystems that support them. You will develop skills and approaches for designing mitigation and adaptation strategies that support mutual flourishing, including adaptive management, ecological restoration and nature-based solutions.

Instructor: Nick Montgomery, (PhD)

Delivery style: Online Asynchronous

Date: Sept. 3 to Dec. 3

Fee: \$641.47

Code: TCA430 2025F D01

Introduction to the Human Dimensions of Climate Change

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

Instructor: Karena Shaw, (PhD)

Delivery style: Online Asynchronous

Date: Sept. 3 to Dec. 3

Fee: \$641.47

Code: TCA210 2025F D01

Transformative Change

You will be introduced to the skills needed to support planning and decision-making about climate action under conditions of uncertainty. There will be particular attention to assessing sites for and implications of specific interventions. You will acquire skills of risk analysis, anticipatory management, collaborative planning and decision-making with sometimes contradictory and diverse forms of knowledge.

Instructors: David Maggs, (PhD), Leanna Butters

Delivery style: Online Asynchronous

Date: Sept. 3 to Dec. 3

Fee: \$641.47

Code: TCA310 2025F D01

LiDAR Fundamentals for Climate Change Risk Analysis

In this course you will learn to use and analyze LiDAR data. Designed to enhance introductory education in geography, geomatics or GIS, you will gain the knowledge and introductory skills needed to analyze climate change scenarios such as wildfires, floods, coastal change and urban heat effects. This will prepare you to make more informed and effective decisions and develop sound policies regarding resource management, conservation and planning in the face of climate change.

Instructor: Christopher Bone, (PhD)

Delivery Style: Online Asynchronous

Date: Sept. 29 to Nov. 9

Fee: \$995

Code: LIDAR01 2025F D01

FOR MORE INFORMATION:

Sustainability and Climate Change
250-721-8305

comadmin@uvic.ca

continuingstudies.uvic.ca/sustainability

ADDITIONAL TOPICS

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

- **Ecological Restoration**
- **Marine Science**

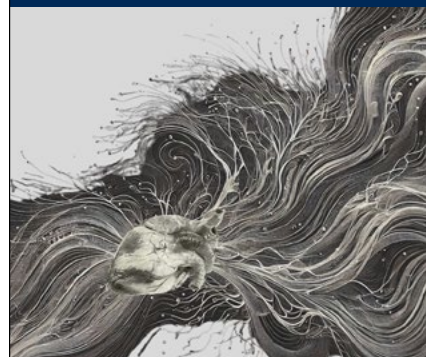
FOR MORE INFORMATION:

Science and the Environment

continuingstudies.uvic.ca/science

CONTINUING STUDIES@UVIC

Depth Education Collection



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

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

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

LEARN MORE

continuingstudies.uvic.ca/depth-education



University
of Victoria

CONTINUING STUDIES@UVIC

Expanding minds and perspectives...

Teaching, Learning and Development



TEACHER PROFESSIONAL DEVELOPMENT



Teaching English as a Foreign Language (TEFL)

This 120-hour non-credit course is intended for people with little or no English as a foreign language teaching experience. It provides a survey of fundamental theoretical and practical concepts related to teaching English as a foreign language. By the end of the course, you will have acquired knowledge, skills, strategies and cultural awareness, and be familiar with the following: methodology for teaching English language skills (reading, writing, listening, speaking, grammar and vocabulary); second language acquisition

theory; classroom organization, teaching and assessment techniques; understanding cultural diversity; teaching learning strategies to maximize learning in the classroom; empowering learners to manage their own learning process.

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

TOEFL(iBT) score: 94
IELTS score 7.0

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

Delivery style: Face to Face

Date: Sept. 16 to Dec. 18

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

Register by: Sept. 16

Duration: 34 sessions

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

Code: EDTE125 2025F C01

FOR MORE INFORMATION:

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

ADDITIONAL TOPICS

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

- **Workplace Learning**

FOR MORE INFORMATION:

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

PROGRAMS

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

BUSINESS AND MANAGEMENT

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

COMMUNICATION AND PUBLIC RELATIONS

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

DATA, COMPUTING AND TECHNOLOGY

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

HEALTH, WELLNESS AND SAFETY

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

HUMANITIES, SOCIAL SCIENCES AND LAW

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

LANGUAGES

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

MUSEUMS, HERITAGE AND INDIGENOUS CULTURE

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

SCIENCE AND THE ENVIRONMENT

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

TEACHING, LEARNING AND DEVELOPMENT

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

General information

CAMPUS SERVICES

Academic accommodations

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

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

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

FOR MORE INFORMATION

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

The Farquhar at UVic

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

FOR MORE INFORMATION

250-721-8480 | uvic.ca/farquhar

University Food Services

University Food Services (UNFS) operates the following:

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

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

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

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

FOR MORE INFORMATION

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

University of Victoria Legacy Art Galleries

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

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

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

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

FOR MORE INFORMATION

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

Open Thursday to Saturday from 10 am to 4 pm

Free and open to the public.

UVic Alumni Association

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

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

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

FOR MORE INFORMATION

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

UVic Bookstore / Blink Print / Computer Store / Starbucks

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

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

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

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

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

FOR MORE INFORMATION

UVic Bookstore: 250-721-8311 | uvicbookstore.ca
See up-to-date hours on website.

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

Computer Store: 250-721-7643

UVic Libraries

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

FOR MORE INFORMATION

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

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

VISITING CAMPUS

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

Buses

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

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

- 15 Esquimalt/UVic via HMC Dockyard, Esquimalt, Fort, Oak Bay and Foul Bay
- 16 Uptown/UVic via McKenzie and Carey
- 26 Dockyard/UVic via McKenzie, Saanich Road, Tillicum and HMC Dockyard
- 39 Westhills/Interurban/Royal Oak/UVic via Shelbourne, Royal Oak, Interurban, Watkiss Way, Island Hwy and Goldstream
- 51 Langford Exchange/UVic via McKenzie, Glanford and Island Hwy
- 76 Swartz Bay/UVic via McKenzie, Pat Bay Hwy and Swartz Bay Ferry Terminal

FOR MORE INFORMATION

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

Campus safety

Campus Security Services is committed to promoting a safe and welcoming environment to enhance the well-being of students, staff, faculty and visitors, and to protect all university property. Campus Security Services is open 24 hours a day, seven days a week. A "safe haven" is located just inside their front doors should you need help at any time. SafeWalk services are available any time to anyone wanting an escort within campus boundaries. Campus Alone is available 24 hours a day for individuals who work/study in isolated areas on campus and are concerned about their personal safety. Security Officers provide first aid services for the campus. Crime prevention, personal safety information and workshops are available.

Reminders:

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

FOR MORE INFORMATION

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

Emergency procedures

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

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

FOR MORE INFORMATION

uvic.ca/services/emergency

Parking

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

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

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

FOR MORE INFORMATION

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

How to register

Online registration

VISIT: continuingstudies.uvic.ca/register

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

Walk-in registration

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

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

Phone registration

CALL: 250-472-4747

Weekdays 8:30 am to 4:30 pm

Mail registration

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

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

Registration reminders

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

Registration process

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

Registration payment

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

Goods and Services Tax

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

Confirmation and classroom location

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

Scents and perfumes

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

Use of educational technologies

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

Tuition fee tax deductions

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

Cancellations, withdrawals and refunds

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

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

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

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

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

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

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

Bursary program

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

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

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

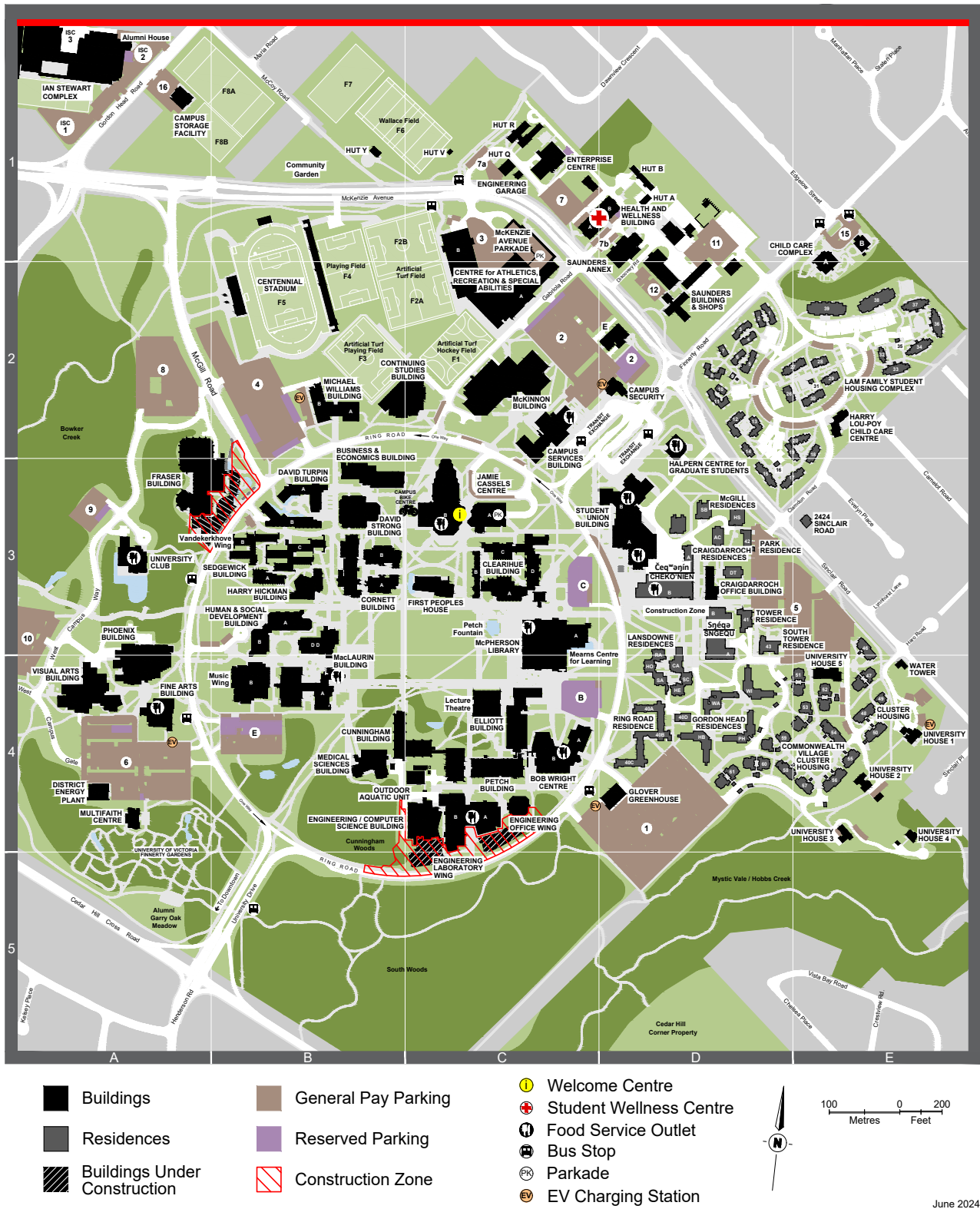
Term application deadlines:
Jan. 15 and Aug. 15

HOLIDAY CLOSURES

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

FOR GENERAL INQUIRIES
CALL 250-472-4747

Campus map – University of Victoria



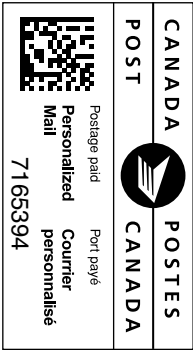
June 2024

CONTINUING STUDIES @UVIC

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



Or current addressee



RETURN POSTAGE GUARANTEED
PORT DE RETOUR GARANTI

CONTACT US

250-472-4747 | uvcstreg@uvic.ca

VISIT REGISTRATION

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

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