

CONTINUING STUDIES @UVIC Calendar

JAN-AUG 2025



Discover a
fresh
perspective

See course and program listings inside



University
of Victoria

continuingstudies.uvic.ca/calendar

Free your mind to new perspectives

The human potential to learn and grow is endless. When you embrace learning as a journey, it opens the doors to personal enrichment, meaningful conversations and inspiring connections at every stage of life.

Each term, Continuing Studies at the University of Victoria offers a variety of short, engaging courses and programs. Whether you want to grow the seed of a new idea, or dig up other opportunities, explore our diverse topics taught in small classes and online settings.

Let your curiosity lead the way, open your mind, and uncover new skills or insights that help you thrive.

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 /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



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Can we help you find something?

Courses are categorized by topic area

04 Courses by start date

ARTS

06 Art History

06 Music

08 Photography

10 Visual Arts

12 Writing and Literature

16 *Two Wheels, One Dream: An Adventure in the Wilderness*

BUSINESS AND MANAGEMENT

18 Business and Career Essentials

COMMUNICATION AND PUBLIC RELATIONS

20 Public Relations

DATA, COMPUTING AND TECHNOLOGY

21 Computing and Information Systems

22 Creative Technology and Design

23 Data Analytics

HEALTH, WELLNESS AND SAFETY

24 Community Health and Wellness

26 Health, Safety and Emergency Management

27 Professional Development for Health Practitioners

HUMANITIES AND SOCIAL SCIENCES

30 Equity, Diversity and Inclusion

31 History, Political Science and Contemporary Issues

33 In Pursuit of Knowledge Series

34 Religion, Philosophy and Psychology

34 University 101

35 UVic on the Peninsula Series

36 *Unearthing the Mysteries of Mycology*

LANGUAGES

38 French Language

38 Comprehensive French

39 French Language Conversation Classes

40 World Languages

40 Arabic

41 Cantonese

41 Dutch

42 German

42 Italian

43 Japanese

44 Korean

45 Portuguese

45 Punjabi

46 Russian

47 Spanish

48 Tagalog (Filipino)

48 Ukrainian

50 MUSEUMS, HERITAGE AND INDIGENOUS CULTURE

SCIENCE AND THE ENVIRONMENT

51 General Science and Math

53 Horticulture and Nature

55 Marine Sciences

55 Sustainability and Climate Change

TEACHING, LEARNING AND DEVELOPMENT

57 Teacher Professional Development

58 PROGRAMS

GENERAL INFORMATION

60 Campus services

61 Visiting campus

62 How to register

62 Cancellations, withdrawals and refunds

63 Campus map



Courses by start date

▶ JANUARY

Arts

UVic Chorus
 Jan. 7 6
Let's Sing! Level 2
 Jan. 7 7
Let's Sing! Level 1
 Jan. 8 7
Drawing for All
 Jan. 8 10
Exhale: Discovering the Great Mystery
 Jan. 8 12
UVic Concert Band
 Jan. 9 7
Voci Belle Choral Ensemble
 Jan. 9 7
Halls of Music
 Jan. 13 7
The Art of Murder: Mystery Writing 101
 Jan. 13 12
Painting Colour and Space
 Jan. 14 10
Screenwriting
 Jan. 16 13
Watercolour for Beginners Workshop
 Jan. 17 10
Observational Drawing
 Jan. 17 12
Writing Children's Fiction
 Jan. 21 13
Writing Stories in an Age of Unravelling
 Jan. 21 13
Drawing and Collage
 Jan. 22 10
Opera Unveiled: Classics and Modern Magic
 Jan. 23 8
Telling Our Stories Through Comics
 Jan. 27 10
Photography Plus: Understand Your Camera and Improve Your Photos
 Jan. 28 8
Documentary Photography: Creating the Personal Project
 Jan. 29 9
Drawing and Art History
 Jan. 29 11
Travel and Street Photography
 Jan. 30 9
Writing Historical Fiction
 Jan. 30 13

Business and Management

Business Administration Essentials
 Jan. 1 18
Essential Soft Skills Training
 Jan. 31 18

Communication and Public Relations

Crisis Communication for Public Relations Professionals
 Jan. 20 20

Data, Computing and Technology

Predictive Data Analytics and Modelling
 Jan. 11 23
Cloud Computing for Business
 Jan. 13 21
Computing Concepts
 Jan. 13 21
Digital Communication
 Jan. 13 22
IT Privacy and Security
 Jan. 13 22
Microsoft Office Bootcamp
 Jan. 13 22
Project Management
 Jan. 13 22
Data Analytics Coding Fundamentals
 Jan. 13 23

Health, Wellness and Safety

Canadian Fall Prevention Curriculum
 Jan. 24 27
Wound Management for Health Professionals Level I
 Jan. 24 28
Wound Management for Health Professionals Level II
 Jan. 24 28
Palliative Care Pharmacy
 Jan. 31 29

Humanities and Social Sciences

University 102
 Jan. 1 34
Facilitating Intercultural Relationships
 Jan. 6 30
Responsibilities and Reciprocity in the Place You are Now
 Jan. 7 31
Buddhist Advice for Embracing Change
 Jan. 11 34

Organizational Diversity and Inclusion
 Jan. 13 30
Intercultural Communication in the Workplace
 Jan. 14 30
Consumed: The Hidden Forces Shaping Your Food Choices
 Jan. 16 31
History of Oak Bay
 Jan. 22 31
In Pursuit of Knowledge: Winter Term Series Registration
 Jan. 23 33
Indigenous-Led Resurgence and Resilience
 Jan. 23 33

Languages

Comprehensive French - Level 1
 Jan. 6 38
Comprehensive French - Level 3
 Jan. 6 39
Comprehensive French - Level 2
 Jan. 7 39
Spanish - Level 2
 Jan. 12 47
Italian - Level 2
 Jan. 13 43
German - Level 2
 Jan. 14 42
Italian - Level 1
 Jan. 14 42
German - Level 1
 Jan. 15 42
German - Level 3
 Jan. 16 42
Italian - Level 3
 Jan. 16 43
Japanese - Level 4 (Part 2)
 Jan. 20 44
Japanese - Level 2
 Jan. 21 43
Spanish - Level 2
 Jan. 21 47
Japanese - Level 3
 Jan. 22 44
Spanish - Level 1
 Jan. 22 47
Spanish - Level 3
 Jan. 22 48
Japanese - Level 1
 Jan. 23 43
Japanese - Level 4 (Part 1)
 Jan. 23 44
Spanish - Level 1
 Jan. 23 47
Spanish - Level 3
 Jan. 23 48
French Language Conversation Classes - Level 2
 Jan. 28 39
Cantonese - Level 2
 Jan. 28 41

Dutch - Level 2
 Jan. 28 41
Korean - Level 2
 Jan. 28 44
Portuguese - Level 2
 Jan. 28 45
Punjabi - Level 1
 Jan. 28 46
Russian - Level 2
 Jan. 28 46
Ukrainian - Level 2
 Jan. 28 49
French Language Conversation Classes - Level 3
 Jan. 29 39
Arabic - Level 1
 Jan. 29 40
Cantonese - Level 1
 Jan. 29 41
Russian - Level 1
 Jan. 29 46
Tagalog (Filipino) - Level 1
 Jan. 29 48
Ukrainian - Level 1
 Jan. 29 49
French Language Conversation Classes - Level 1
 Jan. 30 39
French Language Conversation Classes - Level 4
 Jan. 30 40
Dutch - Level 1
 Jan. 30 41
Korean - Level 1
 Jan. 30 44
Portuguese - Level 1
 Jan. 30 45

Science and the Environment

Introduction to Biology and Natural History
 Jan. 6 51
Introduction to Mycology
 Jan. 6 51
Mapping with Drones 1
 Jan. 13 52
Expedition Abyss: Life and Landscapes of the Deep Sea
 Jan. 16 55
GIS Skills and Mapping
 Jan. 20 52
Plants in the Landscape
 Jan. 29 53

Teaching, Learning and Development

Teaching English as a Foreign Language (TEFL)
 Jan. 21 57

▶ FEBRUARY

Arts

Writing a Memoir - Step by Step
 Feb. 3 13
How to Write Fast-paced Novels
 Feb. 4 13

Exploring the Storytelling Power of Everyday Things
 Feb. 6 14
Short Shorts
 Feb. 6 14
Photo Editing with Integrity
 Feb. 6 9
Watercolour for Beginners Workshop
 Feb. 7 10
Low Impact Basketball
 Feb. 9 11
Artist Books: Four Techniques in Four Weeks
 Feb. 18 11
Write Now! A Creative Writing Survey
 Feb. 19 14
Writing Place-Based Fiction
 Feb. 19 14
Islamic Art and Architecture: Masterpieces Across Time
 Feb. 20 6
Organization and Backup of Images
 Feb. 22 9
Watercolour for Beginners Workshop
 Feb. 28 10

Communication and Public Relations

Skill-Building for Public Relations
 Feb. 24 20

Data, Computing and Technology

Applied AI for Administration
 Feb. 18 21

Humanities and Social Sciences

IT Security
 Feb. 3 26
Operational Resilience
 Feb. 3 27
Advanced Investing for Financial Wellness
 Feb. 5 24
Healthy Aging and the Anti-Inflammatory Diet
 Feb. 5 24
Somatic Therapy: Treating Trauma and Building Resiliency
 Feb. 10 24
Carnivores vs. Herbivores: Rethinking Meat & Plant-Based Diets
 Feb. 11 25
The Neuroscience of Optimal Mental Health
 Feb. 12 25
Dementia and Alzheimer's Disease
 Feb. 18 25

Emotional Intelligence for Personal and Professional Growth	Feb. 19.....25
Wound Care for Clients Experiencing Inequities	Feb. 21.....29
Strategies and Actions for Independent Living (SAIL)	Feb. 28.....29

Science and the Environment

Practical Leadership for Technology and Engineering	Feb. 3.....51
Wildfire Resilient Gardening	Feb. 8.....54

MARCH

Arts

Self-Management for Musicians	March 8.....8
Easy Mini Watercolours: Birds and Dragonflies	March 22.....11
Flower and Bird Painting	March 22.....11

Data, Computing and Technology

Data Analytics Coding Fundamentals	March 8.....23
Business Intelligence and Data Analytics Fundamentals	March 8.....23
Machine Learning Fundamentals	March 8.....23

Health, Wellness and Safety

Organizational Preparedness and Adaptability	March 3.....27
Neurodiversity: Unmasking Strengths and Dismantling Barriers	March 5.....25
Mindfully Responding to Stress	March 6.....25
Aging and Brain Health: Explorations Through Science and Art	March 12.....26
Advance Care Planning: A Two-Part Introduction	March 17.....26
Aging Well: Designing an Engaging Life Through Meaningful Leisure	March 19.....26

Eating to Live Vibrantly: The Science of Longevity	March 20.....26
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Humanities and Social Sciences

Skepticism and Critical Thinking in the 21st Century	March 5.....32
Ancient Persia	March 20.....32
Citizenship vs. Canada's Wartime Constitution: The exile of Japanese Canadians	March 11.....33
Death and Dying: A Buddhist Perspective	March 15.....34

Science and the Environment

Sustainable Ornamental Gardening	March 1.....54
It's All Talk and All Action - Part 1	March 6.....55
Mason Bees: An Incredible Pollinator to Host in your Garden	March 8.....54
Mapping with Drones 2	March 10.....52
Garden Border Design	March 13.....53
It's All Talk and All Action - Part 2	March 13.....56

APRIL

Arts

Artist Book: From Start to Finish	April 1.....11
Let's Sing! Level 2	April 8.....7
Drawing and Painting for Beginners	April 9.....12
Let's Sing! Level 1	April 9.....7
Songwriting: An Introduction	April 9.....8
Voci Belle Choral Ensemble	April 10.....7
Capture Better Smartphone Photos	April 24.....9
Introduction to Music Theory: Level I	April 28.....8

Health, Wellness and Safety

Nature-Based Mindfulness	April 16.....26
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Humanities and Social Sciences

Using Artificial Intelligence for Your Life and Work	April 2.....32
Victoria During the American Civil War	April 2.....32
Beyond the Plate: Food, Culture and Social Impact	April 8.....33
With or Without the SDGs: Gendered Struggles for Food Sovereignty	April 3.....33
From Catastrophe to Community	Apr 24.....34

Languages

German - Level 1	April 7.....42
Japanese - Level 4 (Part 2)	April 7.....44
Portuguese - Level 1	April 7.....45
German - Level 3	April 8.....42
Italian - Level 1	April 8.....42
Italian - Level 2	April 8.....43
Japanese - Level 3	April 8.....44
Spanish - Level 2	April 8.....47
Spanish - Level 3	April 8.....48
Spanish - Level 4	April 8.....48
German - Level 2	April 9.....42
Japanese - Level 1	April 9.....43
Spanish - Level 1	April 9.....47
Spanish - Level 2	April 9.....47
Spanish - Level 3	April 9.....48
German - Level 4	April 10.....42
Italian - Level 3	April 10.....43
Italian - Level 4	April 10.....43
Japanese - Level 2	April 10.....43
Japanese - Level 4 (Part 1)	April 10.....44
Spanish - Level 1	April 10.....47

French Language Conversation - Level 2	April 15.....39
French Language Conversation Classes - Level 3	April 15.....39
Arabic - Level 1	April 15.....40
Dutch - Level 3	April 15.....41
Korean - Level 3	April 15.....45
Portuguese - Level 3	April 15.....45
Punjabi - Level 2	April 15.....46
French Language Conversation Classes - Level 2	April 16.....39
Russian - Level 3	April 15.....47
Tagalog (Filipino) - Level 1	April 15.....48
Ukrainian - Level 1	April 15.....49
French Language Conversation Classes - Level 3	April 16.....39
Arabic - Level 2	April 16.....40
Cantonese - Level 2	April 16.....41
Dutch - Level 1	April 16.....41
Korean - Level 1	April 16.....44
Russian - Level 2	April 16.....46
Tagalog (Filipino) - Level 2	April 16.....48
Ukrainian - Level 2	April 16.....49
French Language Conversation Classes - Level 1	April 17.....39
French Language Conversation Classes - Level 4	April 17.....40
Cantonese - Level 1	April 17.....41
Dutch - Level 2	April 17.....41
Korean - Level 2	April 17.....44
Portuguese - Level 2	April 17.....45
Punjabi - Level 1	April 17.....46
Russian - Level 1	April 17.....46

MAY

Arts

Urban Sketching	May 5.....12
Writing as a Spiritual Practice	May 13.....15

Creative Nonfiction: Writing from Everyday Life	May 15.....15
T.S. Eliot's Four Quartets	May 15.....15

Business and Management

Business Administration Essentials	May 1.....18
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Health, Wellness and Safety

Canadian Fall Prevention Curriculum	May 2.....27
Wound Management for Health Professionals Level I	May 2.....28
High-Risk Foot, Level I	May 3.....29
Wound Care for Clients Experiencing Inequities	May 9.....29
Crisis Communication	May 26.....27
Emergency Management for Business Continuity	May 26.....27

Science and the Environment

Introduction to Biology and Natural History	May 1.....51
Introduction to Mycology	May 1.....51
Introduction to Permaculture	May 3.....52
Introduction to Chemistry	May 5.....52
Mapping with Drones	May 5.....52
The Metaphysics of Quantum Physics	May 21.....53
Drought Tolerant Gardening	May 10.....55

JUNE

Science and the Environment

Mapping with Drones 2	June 30.....52
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JULY

Science and the Environment

Introduction to Chemistry	July 2.....52
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CONTINUING STUDIES@UVIC

Creating new perspectives...

Arts

ART HISTORY



NEW Islamic Art and Architecture: Masterpieces Across Time

We will explore the art and architecture of six major Islamic empires (Ilkhanids, Timurids, Mamluks, Mughals, Safavids and Ottomans) that controlled vast regions of Iran, Transoxiana, Egypt, South Asia and Anatolia, from the 13th century to the early 20th century. Each session will be dedicated to one of these six empires, focusing on one masterpiece from the visual arts and one architectural masterpiece. We will analyze these works within their broader cultural, historical and socio-political contexts.

Instructor: Atri Hatef Naiemi, (PhD)

Delivery style: Face to Face

Date: Thursdays, Feb. 20 to March 27

Time: 4 to 6 pm

Register by: Wednesday, Feb. 12

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASHA157 2025S C01

FOR MORE INFORMATION:

Art History

250-721-7797

lacadmin@uvic.ca

continuingstudies.uvic.ca/art-history

MUSIC



UVic Chorus

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

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

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

Instructor: Kinza Tyrrell Schmidt-Paborn, (DMus)

Delivery style: Face to Face

Date: Tuesdays, Jan. 7 to April 1
No class Feb. 18

Time: 7 to 9 pm

Duration: 12 sessions

Fee: \$150 plus \$7.50 GST (Plus approximately \$70 for music scores and folder)

Code: MUS180E 2025S C01

Let's Sing! Level 1

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

Instructor: Debra Laprise

Delivery style: Face to Face

Date: Wednesdays, Jan. 8 to March 26

Time: 6 to 7:30 pm

Register by: Wednesday, Jan. 1

Duration: 12 sessions

Fee: \$233 plus \$11.65 GST

Code: ASMU204 2025S C01

Instructor: Debra Laprise

Delivery style: Face to Face

Date: Wednesdays, April 9 to June 25

Time: 6 to 7:30 pm

Register by: Tuesday, April 1

Duration: 12 sessions

Fee: \$233 plus \$11.65 GST

Code: ASMU204 2025K 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, Jan. 7 to March 25

Time: 6 to 7:30 pm

Register by: Wednesday, Jan. 1

Duration: 12 sessions

Fee: \$233 plus \$11.65 GST

Code: ASMU310 2025S C01

Instructor: Debra Laprise

Delivery style: Face to Face

Date: Tuesdays, April 8 to June 24

Time: 6 to 7:30 pm

Register by: Monday, March 31

Duration: 12 sessions

Fee: \$233 plus \$11.65 GST

Code: ASMU310 2025K C01

UVic Concert Band

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

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

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

Instructor: Steven Capaldo, (DMA)

Delivery style: Face to Face

Date: Thursdays, Jan. 9 to April 3
No class Feb. 20

Time: 6 to 8 pm

Duration: 12 sessions

Fee: \$125 plus \$6.25 GST

Code: MUS380C 2025S C01

Voci Belle Choral Ensemble

This is a continuation of Sing, Level 11, 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, Jan. 9 to March 27

Time: 6 to 7:30 pm

Register by: Wednesday, Jan. 1

Duration: 12 sessions

Fee: \$233 plus \$11.65 GST

Code: ASMU304 2025S C01

Instructor: Debra Laprise

Delivery style: Face to Face

Date: Thursdays, April 10 to June 26

Time: 6 to 7:30 pm

Register by: Wednesday, April 2

Duration: 12 sessions

Fee: \$233 plus \$11.65 GST

Code: ASMU304 2025K C01

NEW Halls of Music

The world's most beautiful classical music comes alive in the world's great concert halls. From Lincoln Center to the Rudolfinum, the most iconic halls have their own histories, personalities and teams of musical artists who make magic happen. In this class we will explore, through listening, selections from the classical music repertoire which link together place, composer and performer. No prior experience with music is required.

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

Instructor: Mary Byrne, (PhD)

Delivery style: Face to Face
Date: Mondays, Jan. 13 to March 17
No class Feb. 17, March 3
Time: 9:30 to 11:30 am
Register by: Monday, Jan. 6
Duration: 8 sessions
Fee: \$198 plus \$9.90 GST
Code: ASMU486 2025S C01

Instructor: Mary Byrne, (PhD)

Delivery style: Online Synchronous
Date: Mondays, Jan. 13 to March 17
No class Feb. 17, March 3
Time: 9:30 to 11:30 am
Register by: Monday, Jan. 6
Duration: 8 sessions
Fee: \$198 plus \$9.90 GST
Code: ASMU486 2025S D01

Opera Unveiled: Classics and Modern Magic

Join us this spring for an unforgettable journey through the world of opera, featuring both timeless classics and modern gems. Experience the grandeur of Verdi's *Aida*, the charm of Rossini's *The Barber of Seville*, and the haunting drama of Strauss' *Salome* through high-definition broadcasts from the Metropolitan Opera. Enjoy local productions of Rachel Portman's enchanting *The Little Prince* and Verdi's emotional *Rigoletto*.

Lectures will explore the music, stories and characters that bring these works to life, offering insights into their staging, historical context and lasting significance. Each opera promises to captivate with its unique blend of drama, melody and emotion.

Instructor: Mikki Reintjes, (MMus)

Delivery style: Face to Face
Date: Thursdays, Jan. 23, Feb. 13,
March 6, April 3 and 17
Time: 4 to 6 pm
Register by: Wednesday, Jan. 15
Duration: 5 sessions
Fee: \$138 plus \$6.90 GST
Code: ASMU381 2025S C01

NEW Self-Management for Musicians

Musicians need entrepreneurial skills more than ever. This workshop helps performers and composers find, seize and create opportunities, be confident in the music business, and lead balanced lives. We delve into the music industry landscape, examining trends and characteristics, and discuss integrating business concepts into music. Upon completing the workshop, you will advance with enhanced skills and knowledge and have a solid action plan for the future.

Instructor: Eszter Bodnar

Delivery style: Face to Face
Date: Saturdays, March 8 to 15
Time: 10 am to 4 pm
Register by: Friday, Feb. 28
Duration: 2 sessions
Fee: \$185 plus \$9.25 GST
Code: ASMU485 2025S W01

Songwriting: An Introduction

Whether you are a musician, singer, composer or author, the world may be waiting to hear your song! In this course we examine how words and music combine to make memorable, enduring songs. Classes will focus on vital elements of successful songs in various genres including conventional structures, singable lyrics, effective storytelling, evocative melody, the power of repetition, scales and rhythmic approaches. You will be supported to write new songs to share for feedback and encouragement.

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

Delivery style: Face to Face
Date: Wednesdays, April 9 to May 14
Time: 7 to 9 pm
Register by: Tuesday, April 1
Duration: 6 sessions
Fee: \$185 plus \$9.25 GST
Code: ASMU446 2025K C01

Introduction to Music Theory: Level 1

The aim of music theory is to understand how music works. You will be introduced to the basics of music theory through history. What is rhythm, melody and harmony? Whether you sing or play an instrument, the enjoyment of music is enhanced when you understand the written

form. If you would like to know how music is structured and how to understand it, this course is for you.

Textbook: Music Theory, Ear Training, and History Workbook, by Ryan Nowlin and Bruce Pearson

Instructor: Debra Laprise

Delivery style: Face to Face
Date: Mondays, April 28 to June 23
No class May 29
Time: 6 to 7:30 pm
Register by: Monday, April 21
Duration: 8 sessions
Fee: \$156 plus \$7.80 GST
Code: ASMU422 2025K C01

FOR MORE INFORMATION:

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

PHOTOGRAPHY



Photography Plus: Understand Your Camera and Improve Your Photos

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

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

Instructor: Donald Denton

Delivery style: Face to Face

Date: Tuesdays, Jan. 28 to March 18

Time: 6:30 to 9 pm

Register by: Monday, Jan. 20

Duration: 8 sessions

Fee: \$265 plus \$13.25 GST

Code: ASVA085 2025S C01

Documentary Photography: Creating the Personal Project

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

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

Instructor: Donald Denton

Delivery style: Face to Face

Date: Wednesdays, Jan. 29 to March 19

Time: 6:30 to 9 pm

Register by: Tuesday, Jan. 21

Duration: 8 sessions

Fee: \$265 plus \$13.25 GST

Code: ASVA064 2025S C01

Travel and Street Photography

Elevate your travel photography by learning how to overcome shyness when photographing people, breathe new life into your landscape shots and select photos worthy of Instagram. Explore essential travel and street photography gear, 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.

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

Instructor: Andrzej Kielbowicz

Delivery style: Face to Face

Date: Jan. 30 to Feb. 20

Time: Thursdays, Jan. 30 to Feb. 20, 6 to 8:30 pm (classroom sessions); Saturdays, Feb. 1 and 8, 10:30 am to 12:30 pm (field trips)

Register by: Wednesday, Jan. 22

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASVA133 2025S C01

NEW Photo Editing with Integrity

In photo editing, using programs such as Photoshop or Lightroom, we can enhance images or render them unrecognizable as photographs—hence the term ‘Photoshop’ is lauded and scorned in equal amounts. A course for photographers wishing to enhance their images gimmick-free with a film-like, old school mindset utilizing digital know-how. When, why and how to edit will be covered including editing software options. There will be five image assignments viewed and critiqued in-class.

Instructor: Gerry Schallié

Delivery style: Online Synchronous

Date: Thursdays, Feb. 6 to March 13

Time: 7 to 9 pm

Register by: Wednesday, Jan. 29

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASVA204 2025S D01

NEW Organization and Backup of Images

In today’s digital age, we take thousands of photos, making it essential for modern photographers to learn how to select, organize and back up images on their computer. This course will introduce simple methods, and review the best applications available for effective image management. You’ll gain valuable basic skills to streamline your workflow and safeguard your photos.

Instructor: Andrzej Kielbowicz

Delivery style: Face to Face

Date: Saturday, Feb. 22

Time: 10 am to 2:30 pm

Register by: Friday, Feb. 14

Duration: 1 session

Fee: \$68 plus \$3.40 GST

Code: ASVA203 2025S C01

Capture Better Smartphone Photos

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

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

Instructor: Andrzej Kielbowicz

Delivery style: Face to Face

Date: April 24 to May 15

Time: Thursdays, April 24 - May 15, 6 to 8:30 pm (classroom sessions); Saturdays, April 26 and May 3, 10:30 am to 12:30 pm (field trips)

Register by: Wednesday, April 16

Duration: 6 sessions

Fee: \$220 plus \$11 GST

Code: ASVA181 2025K C01

FOR MORE INFORMATION:

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

VISUAL ARTS



NEW Drawing for All

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

A supply list will be attached to your receipt.

Instructor: Liz Charsley, (MA)

Delivery style: Face to Face

Date: Wednesdays, Jan. 8 to Feb. 12

Time: 10 am to 12:30 pm

Register by: Wednesday, Jan. 1

Duration: 6 sessions

Fee: \$226 plus \$11.30 GST (includes partial supplies)

Code: ASVA205 2025S C01

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, Jan. 14 to March 4

Time: 1 to 4 pm

Register by: Monday, Jan. 6

Duration: 8 sessions

Fee: \$324 plus \$16.20 GST

Code: ASVA192 2025S 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: Joanne Thomson, (MAEd)

Delivery style: Face to Face

Date: Jan. 17 to 19

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

Register by: Thursday, Jan. 9

Duration: 3 sessions

Fee: \$208 plus \$10.40 GST

Code: ASVA019 2025S W01

Instructor: Joanne Thomson, (MAEd)

Delivery style: Face to Face

Date: Feb. 7 to 9

Time: Friday, Feb. 7, 7 to 9 pm;
Saturday, Feb. 8, 9 am to 4 pm;
Sunday, Feb. 9, 1 to 5 pm

Register by: Thursday, Jan. 30

Duration: 3 sessions

Fee: \$208 plus \$10.40 GST

Code: ASVA019 2025S W11

Instructor: Joanne Thomson, (MAEd)

Delivery style: Face to Face

Date: Feb. 28 to March 2

Time: Friday, Feb. 28, 7 to 9 pm;
Saturday, March 1, 9 am to 4 pm;
Sunday, March 2, 1 to 5 pm

Register by: Thursday, Feb. 20

Duration: 3 sessions

Fee: \$208 plus \$10.40 GST

Code: ASVA019 2025S W21

NEW Drawing and Collage

Delve into drawing through the unique lens of collage. Collage serves as a step, offering a foundation for our drawings and provides a gateway to an imaginative realm. We'll explore the art of composition, layering and storytelling. You'll use cut-out images to narrate personal stories, comment on social issues, or simply engage in playful experimentation with visual elements. Join us as we discover how the art of collage can elevate your drawing skills and expand your creative horizons.

A supply list will be attached to your receipt.

Instructor: Maryam Tavakoli Dastjerdi, (MFA)

Delivery style: Face to Face

Date: Wednesdays, Jan. 22 to March 12

Time: 2:30 to 4:30 pm

Register by: Tuesday, Jan. 14

Duration: 8 sessions

Fee: \$228 plus \$11.40 GST

Code: ASVA202 2025S C01

NEW Telling Our Stories Through Comics

This course is for anyone with a story to tell who would like to explore the medium of comics to achieve that end. You will discuss examples of autobiographical and biographical storytelling, learn to outline your own stories, draw them (stick figures totally acceptable), and make them come alive for the reader. No previous experience in storytelling, writing or drawing is expected.

Instructor: Susan Abrill

Delivery style: Face to Face

Date: Mondays, Jan. 27 to March 24
No class Feb. 17

Time: 6:30 to 8:30 pm

Register by: Monday, Jan. 20

Duration: 8 sessions

Fee: \$248 plus \$12.40 GST (includes partial supplies)

Code: ASVA207 2025S C01

NEW Drawing and Art History

Each class will introduce important visual themes in Western art history and then apply these ideas to hands-on drawing exercises. We will begin by considering underlying structures and line in late medieval art, before moving towards anatomy and perspective in the renaissance period. Subsequent classes will cover baroque shading techniques, impressionist colour theory, and composition and various approaches to abstraction in modernism. Finally, we will consider some of the ideas currently under discussion in contemporary art.

A supply list will be attached to your receipt.

Instructor: David Kaarsemaker, (MFA)

Delivery style: Face to Face

Date: Wednesdays, Jan. 29 to March 19

Time: 6 to 9 pm

Register by: Tuesday, Jan. 21

Duration: 8 sessions

Fee: \$306 plus \$15.30 GST

Code: ASVA206 2025S C01

Low Impact Basketry

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

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

Instructor: Aurora Skala, (MA)

Delivery style: Face to Face

Date: Sundays, Feb. 9 to 23

Time: 10 am to 3:30 pm

Register by: Friday, Jan. 31

Duration: 3 sessions

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

Code: ASVA136 2025S W01

Artist Books: Four Techniques in Four Weeks

This course will teach students introductory folding and stitching methods to make their own reproducible artist books. They will be introduced to a variety of mediums to use in their book's content, including collage, hand sewing, gouache and methods for incorporating text. Participants will leave with the skills need to adapt and reproduce artist books of different sizes and mediums in their future creative projects.

A supply list will be attached to your receipt.

Instructor: Corrie Peters, (MFA)

Delivery style: Face to Face

Date: Tuesdays, Feb. 18 to March 11

Time: 6 to 8:30 pm

Register by: Monday, Feb. 10

Duration: 4 sessions

Fee: \$172 plus \$8.60 GST (includes partial supplies)

Code: ASVA184 2025S C01

Easy Mini Watercolours: Birds and Dragonflies

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

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

Instructor: Joanne Thomson, (MAEd)

Delivery style: Face to Face

Date: Saturday, March 22

Time: 9:30 am to 4 pm

Register by: Friday, March 14

Duration: 1 session

Fee: \$122 plus \$6.10 GST

Code: ASVA199 2025S W01

NEW Flower and Bird Painting

Learn to paint flowers and birds, or any animal or insects you see in your everyday experience, in the style of Chinese flower and bird paintings. We will use watercolour instead of the traditional Chinese ink and colour. You will grow your painting composition skills as you create interconnections between the painting subjects, create emotions in the painting and strengthen your colour use and brushstroke skills.

A supply list will be attached to your receipt.

Instructor: Tasnova Haque, (MFA)

Delivery style: Face to Face

Date: Saturday and Sunday,
March 22 and 23

Time: 10:30 am to 3:30 pm

Register by: Friday, March 14

Duration: 2 sessions

Fee: \$162 plus \$8.10 GST

Code: ASVA208 2025S W01

NEW Artist Book: From Start to Finish

Over the four weeks, you will engage in the process of creating your own hardcover and bound artist book, working from idea to finished product. Come with your own ideas, or be inspired by contemporary artists presented in class. You will be guided through creating and developing text, artwork, layout format and cover design as you make your own one of a kind book. Students will leave with a glue and cloth bound book about a subject of their choice and the experience of moving through the full creative process.

A supply list will be attached to your receipt.

Instructor: Corrie Peters, (MFA)

Delivery style: Face to Face

Date: Tuesdays, April 1 to 22

Time: 6 to 8:30 pm

Register by: Monday, March 24

Duration: 4 sessions

Fee: \$177 plus \$8.85 GST (includes partial supplies)

Code: ASVA284 2025K C01

Observational Drawing

In this studio course, you will address drawing fundamentals and develop an understanding of line and form. Classes will focus on the development of observational drawing while implementing the ideas of gesture, contour and positive and negative space. This course will focus on still lifes and the use of a model for drawing assignments. Students will use both graphite and charcoal as drawing mediums. This class is appropriate for those with a wide range of drawing experience and beginners are welcome.

A supply list will be attached to your receipt.

Instructor: Todd Lambeth, (MFA)

Delivery style: Face to Face

Date: Fridays, Jan. 17 to March 7

Time: 1 to 4 pm

Register by: Friday, January 10

Duration: 8 sessions

Fee: \$324 plus \$16.20 GST

Code: ASVA198 2025S 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, April 9 to May 28

Time: 2:30 to 4:30 pm

Register by: Tuesday, April 1

Duration: 8 sessions

Fee: \$228 plus \$11.40 GST

Code: ASVA189 2025K C01

Urban Sketching

Celebrate spring in Victoria with on-location drawing. You will learn some basic drawing techniques and ways to approach drawing on location. Each week, the class will meet at a different location in Victoria. Please note: All locations will be discussed in class the week prior, to finalize each location. In case of inclement

weather, alternate locations will be arranged. Perfect for beginners and those seeking to improve their drawing skills.

A supply list will be attached to your receipt.

Instructor: Meghan Krauss, (MFA)

Delivery style: Face to Face

Date: Mondays, May 5 to June 16

No class May 19

Time: 6 to 8:30 pm

Register by: Monday, April 28

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASVA188 2025K C01

FOR MORE INFORMATION:

Visual Arts

250-721-7797

lacadmin@uvic.ca

continuingstudies.uvic.ca/visual

WRITING AND LITERATURE



NEW Exhale: Discovering the Great Mystery

In this course, we're going to be exploring family medicine together and engaging with the healing power of stories. We will practice giving back what we have gathered and learned from in our stories. The theme of "Exhale" defines the spring's blossoming, blooming and sending forth. It's a time and theme of reaching, exploring and venturing out into the world to repair and heal. The course will include lectures, readings, workshops, interviews and guest speakers as we journey together through topics of honouring your ancestors and family members, community and self-healing, giving back, life lessons, reclaiming family recipes and reviving ceremony among family. We will explore the power of storytelling in its many shapes and sounds.

Together we will learn from and support each other in the circle on this journey to celebrate the Great Mystery.

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: Jan. 8 to April 2

Time: Wednesdays, Jan. 8, 22, Feb. 5, 19, March 5, 19, April 2, 4 to 6 pm

Duration: 7 sessions

Fee: \$265 plus \$13.25 GST

Code: ASWL395 2025S D01

NEW The Art of Murder: Mystery Writing 101

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

Instructor: Neil Griffin, (MFA)

Delivery style: Face to Face

Date: Mondays, Jan. 13 to Feb. 24

No class Feb. 17

Time: 6 to 8 pm

Register by: Monday, Jan. 6

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL150 2025S C01

Screenwriting

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

Instructor: Max Lance, (BFA)

Delivery style: Face to Face

Date: Thursdays, Jan. 16 to March 6

Time: 6 to 8:30 pm

Register by: Wednesday, Jan. 8

Duration: 8 sessions

Fee: \$265 plus \$13.25 GST

Code: ASWL090 2025S W01

NEW Writing Children's Fiction

From *The Hobbit* to *Harry Potter*, children's fiction includes some of the best-loved novels of our time. Each week we will examine a different aspect of children's authorship, including crafting plots, creating memorable characters, writing age-appropriate prose and dialogue, and approaching publishers. Through simple exercises, the course will help develop writing skills and kick-start your journey towards becoming a children's author, all under the guidance of a published author.

Instructor: Andrew Parrott, (MA)

Delivery style: Online Synchronous

Date: Tuesdays, Jan. 21 to March 11

Time: 6 to 8 pm

Register by: Monday, Jan. 13

Duration: 8 sessions

Fee: \$228 plus \$11.40 GST

Code: ASWL147 2025S D01

NEW Writing Stories in an Age of Unravelling

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

Instructor: Patricia Robertson

Delivery style: Face to Face

Date: Tuesdays, Jan. 21 to Feb. 25

Time: 6:30 to 9 pm

Register by: Monday, Jan. 13

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASWL151 2025S C01

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, Jan. 30 to March 6

Time: 6 to 8:30 pm

Register by: Wednesday, Jan. 22

Duration: 6 sessions

Fee: \$216 plus \$10.80 GST

Code: ASWL094 2025S C01

Writing a Memoir - Step by Step

You will grow as a writer by learning the process to crafting a successful memoir. The course contains eight lessons to prepare your mind, organize your thoughts and motivate you to write. You will write drafts of your memoir and learn to revise after receiving thoughtful feedback.

The timeline for the course is eight weeks, but you will have access to the course for six months.

Instructor: Karen Barnstable

Delivery style: Online Asynchronous

Date: Feb. 3 to March 30

Register by: Sunday, Jan. 26

Fee: \$306 plus \$15.30 GST

Code: ASWL125 2025S D01

How to Write Fast-paced Novels

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

Instructor: Darcy Nybo

Delivery style: Online Synchronous

Date: Tuesdays, Feb. 4 to 25

Time: 6:30 to 8:30 pm

Register by: Monday, Jan. 27

Duration: 4 sessions

Fee: \$132 plus \$6.60 GST

Code: ASWL112 2025S D01

NEW Exploring the Storytelling Power of Everyday Things

This course explores the art of object biography. You will learn how tracing the “life” of an object can help you find a new way to tell the stories that matter to you. Students are encouraged to bring along a selection of objects for each of the six in-class writing exercises. The course is suitable for writers at all levels, at any stage in a piece of creative non-fiction writing, including profile, memoir and reportage.

Instructor: Alex Bertram, (PhD)

Delivery style: Face to Face
Date: Thursdays, Feb. 6 to March 13
Time: 7 to 9 pm
Register by: Wednesday, Jan. 29
Duration: 6 sessions
Fee: \$185 plus \$9.25 GST
Code: ASWL145 2025S C01

Short Shorts

Writing short stories is an art unto itself. You need to develop characters, create a plausible plot, throw in a twist and entertain your reader thoroughly, all in just a few words. This course focuses on micro, flash and short shorts from 100 to 2,000 words. You'll also learn where to submit your short stories. This is an interactive class with sharing and critique.

Instructor: Darcy Nybo

Delivery style: Online Synchronous
Date: Thursdays, Feb. 6 to March 13
Time: 6:30 to 8:30 pm
Register by: Wednesday, Jan. 29
Duration: 6 sessions
Fee: \$185 plus \$9.25 GST
Code: ASWL117 2025S D01

Write Now! A Creative Writing Survey

This course gives both new and experienced writers the opportunity to examine and experiment with a variety of literary forms. There will be in-class writing and suggested weekly assignments to nurture the writing genie! New writers will investigate numerous genres as they develop voice and style, exploring poetry, fiction, non-fiction, drama and songs. Experienced writers will find renewed creativity from trying new approaches.

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

Delivery style: Face to Face
Date: Wednesdays, Feb. 19 to March 26
Time: 6:30 to 9 pm
Register by: Tuesday, Feb. 11
Duration: 6 sessions
Fee: \$216 plus \$10.80 GST
Code: ASWL064 2025S C01

NEW Writing Place-Based Fiction

Many stories in the cultural canon are set in “recognizable” locations, but how many of us actually live there? What are the stories of our spaces? How can we begin to capture the places we call home in our writing? Through lectures, writing exercises and workshops, you will develop a more intimate understanding of the places that are significant to you and leave the sessions with a draft of your own place-based fiction.

Instructor: Hana Mason, (MFA)

Delivery style: Face to Face
Date: Wednesdays, Feb. 19 to March 26
Time: 6:30 to 9 pm
Register by: Tuesday, Feb. 11
Duration: 6 sessions
Fee: \$216 plus \$10.80 GST
Code: ASWL301 2025S C01

Writing Layered Memoir: Mille-Feuille

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

Instructor: Susan Olding, (MFA)

Delivery style: Face to Face
Date: April 4 to 6
Time: Friday, April 4, 7 to 9 pm, Saturday, April 5, 10 am to 4 pm and Sunday, April 6, 10 am to 4 pm

Register by: Thursday, March 27
Duration: 3 sessions
Fee: \$210 plus \$10.50 GST
Code: ASWL139 2025K W01

Memoir: How to Write Your Own Life Story

You are the main character in your life story, and it's a story that needs to be told. This course will encourage you to have your story heard. You will learn creative nonfiction techniques to help you get your memories down on paper. You will be inspired by in-class examples, writing prompts and surprise yourself by producing a draft of your own memoir!

Instructor: Maureen Moore, (MA)

Delivery style: Face to Face
Date: Saturdays, April 5 to May 31
No class April 19, May 17
Time: 1 to 3 pm
Register by: Friday, March 28
Duration: 7 sessions
Fee: \$210 plus \$10.50 GST
Code: ASWL133 2025K C01

NEW Simply Poetry

Always wanted to write a poem, but never known where to start? Written a handful, but unsure where to go next? Each week we will write, read and discuss contemporary poetry, breaking poems down to their bones to understand the basics of sound and image, line and metaphor. Using a community-based, artist-driven workshop model we will build-up and support each other's writing through meaningful feedback and conversation. Dip a toe into the mystic, mysterious world of poetry.

Instructor: Neil Griffin, (MFA)

Delivery style: Face to Face
Date: Mondays, April 7 to May 26
No class April 21, May 19
Time: 6 to 8 pm
Register by: Monday, March 31
Duration: 6 sessions
Fee: \$185 plus \$9.25 GST
Code: ASWL149 2025K C01

NEW Inspired Writing

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

Instructor: Andrew Parrott, (MA)

Delivery style: Online Synchronous

Date: Tuesdays, April 8 to May 27

Time: 6 to 8 pm

Register by: Monday, March 31

Duration: 8 sessions

Fee: \$228 plus \$11.40 GST

Code: ASWL148 2025K D01

NEW Revisit and Revise Your Novel

Many writers have an old manuscript collecting dust in their drawer or forgotten in the computer. Don't shelve it, revisit and revise it and take your manuscript from good to great! Some stories need a few adjustments, while others have hidden brilliance that needs to be expanded. Discover how to identify these gems and elevate your novel to the next level. Participants should have a completed rough draft manuscript to work on throughout this interactive class.

Instructor: Darcy Nybo

Delivery style: Online Synchronous

Date: Tuesdays, April 8 to May 13

Time: 6:30 to 8:30 pm

Register by: Monday, March 31

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL152 2025K D01

Writing as a Spiritual Practice

This course provides an opportunity for writers at all levels to engage in writing as a spiritual practice. Through writing exercises, reading and group dialogue, we will explore how writing about the ordinary and extraordinary experiences of our lives—triumphs, trials, confusions, longings and so-called mistakes—can help us gain a deeper understanding of the complexities of our life's journey and the wisdom hidden in the everyday

Instructor: Jane Dawson, (PhD)

Delivery style: Online Synchronous

Date: Tuesdays, May 13 to June 17

Time: 7 to 9 pm

Register by: Monday, May 5

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL102 2025K D01

Creative Nonfiction: Writing from Everyday Life

Creative nonfiction uses personal narrative to engage readers in real life stories. It seeks to reflect the rich and multi-layered details of lived experience. There are five main types: memoir, biography, travel writing, reportage and personal essay. 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, May 15 to June 19

Time: 7 to 9 pm

Register by: Wednesday, May 7

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL127 2025K C01

NEW T.S. Eliot's Four Quartets

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

Instructor: Jane Dawson, (PhD)

Delivery style: Online Synchronous

Date: Thursdays, May 15 to June 19

Time: 7 to 9 pm

Register by: Wednesday, May 7

Duration: 6 sessions

Fee: \$185 plus \$9.25 GST

Code: ASWL146 2025K D01

FOR MORE INFORMATION:

Writing and Literature

250-721-7797

lacadmin@uvic.ca

continuingstudies.uvic.ca/writing

Delivery style definitions

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

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

Online Hybrid – A combination of synchronous and asynchronous learning.

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

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

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

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

Two Wheels, One Dream

— An Adventure in the Wilderness —

with instructor Suzanne Jolly

By Portia Yip, Marketing Services



Suzanne (left) and her fellow riders on their motorcycle adventure.

Variety, as they say, is the spice of life. For Suzanne Jolly, an avid motorcycle rider and social media marketing instructor with Continuing Studies at UVic, variety fuels her passions and talents. "I was riding motorbikes in the backcountry before it was cool," she laughs, reflecting on her past.

Suzanne's diverse career has opened doors in many industries, where she gets to turn her creative ideas into reality. Recently, Suzanne fulfilled a long-standing dream of not only a motorcycle adventure but also directing and starring in her own film, *A Wilder Way*.

The documentary, which premiered internationally at the Toronto Motorcycle Film Festival in the fall, follows Suzanne and three female riders on an epic motorcycle journey through a remote area, accessible only by boat, along British Columbia's west coast.

The four have never ridden together before, but they all ride the same adventure motorcycles. Starting in Campbell River, the group travels across the waters by boat, with their motorcycles and gear, to a remote area of Loughborough Inlet before navigating the wilderness and its surprises.

For Suzanne, filmmaking is more than just a craft. "Filmmaking brings people together in a community," she says. "I'm always looking for stories that challenge us to reconsider how we see things."

Her approach to filmmaking, which she ties to education, brings a unique perspective to her role as an instructor. After years of honing her skills and working at post-secondary institutions, Suzanne discovered that creating videos can be a "sneaky" form of education.

“ I think all students should take social media marketing no matter what program they're in.

"It's a different form of video communication in social media marketing versus filmmaking," she explains. "I always mention at the beginning of term that some assignments can be adapted."

For example, some students submit reels or short videos, while others modify the direction of their assignment to align with the company or organization they work for. Suzanne's social media marketing course attracts learners from a wide range of backgrounds, from working professionals to a student from the Philippines managing the marketing for their small, family-run business.

"I think all students should take social media marketing no matter what program they're in," she says. "Even if we

switch to using new platforms tomorrow, everyone's using the same type of marketing funnel so developing content will still be applicable."

Suzanne also owns and runs Jolly Good Multimedia, a commercial video production and digital marketing company that helps nonprofit organizations and small businesses. Teaching and running a small business, she says, go hand in hand. "Being a small business owner helps me stay current

with social media marketing, which is always changing and makes me a better teacher."

One of her goals, as an instructor and filmmaker, is to create a better world by challenging stereotypes and sharing meaningful stories. In *A Wilder Way*, for example, Suzanne reflects on her own experience of living with the impacts of a head injury and the societal perceptions that women face while adventuring solo in the backcountry.

"It's often viewed in society that we're not supposed to do things solo, or that we should be scared in the wilderness," she shares. "But with preparation and the right skill sets, it's just like any other activity."

Suzanne had dreamed of this adventure for nearly a decade, but plans were put on hold after her head injury experience. It wasn't until she connected with Guy Adams, owner of Marine Link Tours, who reignited the dream by offering his landing craft to help make the trip possible.

"We often have dreams that feel unattainable because we don't know how to get there," says Suzanne. "The idea that I could even start dreaming of the trip again was a pretty amazing gift that he gave me."

As for the future, Suzanne hopes to turn *A Wilder Way* into a series and reunite the riders for another journey. "It depends on their lives and the funding," she says, smiling. "TV shows can take longer than expected."

Filmmaking, she describes, has taught her to stay resilient, to be flexible, and to stay true to the vision. Like many art forms, film and video may challenge perceptions yet embrace the power of storytelling.

"Because of my experience with accessibility and inclusion work in post-secondary education, it's really important to me to bring these elements into filmmaking," she notes. "Documentary filmmaking, for me, is a form of education. It helps us see the world in new ways and to think differently about the stories we tell."

— CS —



For those interested in watching the film on the big screen, *A Wilder Way* is screening at the Campbell River Festival of Film on Feb. 11 and at the Vic Theatre on March 7, 2025.

CONTINUING STUDIES@UVIC

Leading with shared perspectives...

Business and Management

BUSINESS AND CAREER ESSENTIALS



Delivery style: Online Self-paced
Date: Jan. 1 to Aug. 30
Register by: Sunday, March 30
Fee: \$225
Code: BMBA099 2025S D01

Delivery style: Online Self-paced
Date: May 1 to Nov. 30
Register by: Friday, Aug. 1
Fee: \$225
Code: BMBA099 2025K D01

Instructor: Anna Marie White, (MA, BA)

Delivery style: Online Asynchronous
Date: Jan. 31 to March 14
Fee: \$400
Code: HPPD700 2025S D01

FOR MORE INFORMATION:
Business and Career Essentials
250-721-8072
bmt@uvic.ca
continuingstudies.uvic.ca/bus-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 6-8 hours per week, and can be enrolled in during any term.

Essential Soft Skills Training **MC**

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

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**

FOR MORE INFORMATION:
Business and Management
continuingstudies.uvic.ca/business

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 and any type of online delivery style.

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

CONTINUING STUDIES@UVIC

Workplace Learning Programs

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

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



continuingstudies.uvic.ca/work



University of Victoria

CONTINUING STUDIES@UVIC

PUBLIC RELATIONS



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

- ▶ **PUBLIC RELATIONS** DIPLOMA
- ▶ **CRISIS COMMUNICATION FOR PUBLIC RELATIONS PROFESSIONALS** MICRO-CERTIFICATE
- ▶ **SKILL BUILDING FOR PUBLIC RELATIONS** MICRO-CERTIFICATE

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



University of Victoria

CONTINUING STUDIES@UVIC

Informing new perspectives...

Communication and Public Relations

PUBLIC RELATIONS



Crisis Communication for Public Relations Professionals **MC**

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

Instructor: Julie Gathercole, (MBA, BPR)

Delivery style: Online Asynchronous

Date: Jan. 20 to April 11

Register by: Friday, Jan. 24

Fee: \$900

Code: HPPR480 2025S D01

NEW Skill-Building for Public Relations **MC**

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.

Instructor: Hillary Maceachern, (MPR, BPR)

Delivery style: Online Asynchronous

Date: Feb. 24 to May 16

Fee: \$900

Code: HPPR400 2025S D01

FOR MORE INFORMATION:

Public Relations
250-721-6129
hspradmin@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

CONTINUING STUDIES@UVIC

Analyzing dynamic perspectives...

Data, Computing and Technology

COMPUTING AND INFORMATION SYSTEMS



Applied AI for Administration **MC**

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 Luxruel

Delivery style: Online Asynchronous

Date: Feb. 18 to April 1

Fee: \$725

Code: AAA01 2025S D01

Time: 6 to 8 pm

Register by: Monday, Jan. 6

Duration: 12 sessions

Fee: \$695

Code: TECH330 2025S D01

Cloud Computing for Business **MC**

Cloud computing—the on-demand availability of computer system resources, including data storage and computing power—is now a fundamental component to our digital economy and labour market. Employers value people who can understand and evaluate the design, construction and structures of cloud systems. This course will help you to understand different service models (including SaaS, PaaS and IaaS) and practice key job skills, such as setting up a cloud environment and constructing and employing a solution in the cloud. Please visit this course page on our website for a full list of equipment and software requirements.

Instructor: Melina Luxruel

Delivery style: Online Hybrid

Date: Mondays and Wednesdays,
Jan. 13 to Feb. 24

No class Feb. 17 (Family Day)

Computing Concepts **MC**

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

Instructor: Melina Luxruel

Delivery style: Online Asynchronous

Date: Jan. 13 to April 11

Register by: Monday, Jan. 6

Duration: 13 sessions

Fee: \$695

Code: TECH100 2025S D00

Digital Communication

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

Instructor: Bryan Mavrow

Delivery style: Face to Face

Date: Mondays and Wednesdays,
Jan. 13 to Feb. 24
No class Feb. 17 (Family Day)

Time: 5 to 8 pm

Register by: Monday, Jan. 6

Fee: \$695

Code: TECH120 2025S C01

IT Privacy and Security

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

Instructor: Melina Luxrue

Delivery style: Online Asynchronous

Date: Jan. 13 to April 11

Register by: Monday, Jan. 6

Fee: \$695

Code: TECH325 2025S D01

Microsoft Office Bootcamp

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

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

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

Delivery style: Online Hybrid

Date: Mondays and Wednesdays,
Jan. 13 to Feb. 24
No class Feb. 17 (Family Day)

Time: 6 to 8 pm

Register by: Monday, Jan. 6

Duration: 12 sessions

Fee: \$695

Code: TECH130 2025S 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: Jan. 13 to April 11

Register by: Monday, Jan. 6

Duration: 13 sessions

Fee: \$695

Code: TECH110 2025S D01

FOR MORE INFORMATION:

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

CREATIVE TECHNOLOGY AND DESIGN



Online Art and Design Courses

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

Note: all courses are offered online.

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

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

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

FOR MORE INFORMATION:

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

DATA ANALYTICS



Predictive Data Analytics and Modelling

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

Prerequisites: It is recommended that students have completed the following courses: BIDA301 Business Intelligence and Data Analytics Fundamentals, BIDA302 Data Analytics Coding Fundamentals, or Proficient coding in R, Python and JavaScript

Instructor: Hossen Teimoorinia, (PhD, MSc, BSc)

Delivery style: Online Synchronous

Date: Saturdays and Sundays, Jan. 11 to Feb. 16

Time: 9 am to noon

Register by: Saturday, Jan. 4

Duration: 12 sessions

Fee: \$725

Code: BIDA406 2025S D01

Data Analytics Coding Fundamentals

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

Required equipment/software: Personal computer with internet connection.

Instructor: Craig Hutton, (PhD)

Delivery style: Online Hybrid

Date: Mondays and Wednesdays, Jan. 13 to Feb. 24

No class Feb 17 (University Closed for Family Day)

Time: 6 to 9 pm

Register by: Monday, Jan. 6

Duration: 6 sessions

Fee: \$725

Code: BIDA302 2025S D01

Instructor: Ron McMillan

Delivery style: Face to Face

Date: Saturdays, March 8 to April 12

Time: 9 am to 4 pm

Register by: Saturday, March 1

Duration: 6 sessions

Fee: \$725

Code: BIDA302 2025S C01

Business Intelligence and Data Analytics Fundamentals

Become proficient in the fundamentals of business intelligence and data analytics. This course will provide the framework for you to understand, use and evaluate a variety of techniques and skills in analyzing data sets and making appropriate interpretations of the data.

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

Instructor: Olga Gould, (MSc)

Delivery style: Online Synchronous

Date: Saturdays and Sundays, March 8 to April 13

Time: 9 am to noon

Register by: Saturday, March 1

Duration: 12 sessions

Fee: \$725

Code: BIDA301 2025S D01

Machine Learning Fundamentals

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

Instructor: Hossen Teimoorinia, (PhD, MSc, BSc)

Delivery style: Online Synchronous

Date: Saturdays and Sundays, March 8 to April 13

Time: 9 am to noon

Register by: Saturday, March 1

Duration: 6 sessions

Fee: \$725

Code: BIDA407 2025S D01

FOR MORE INFORMATION:

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

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

Advancing healthy perspectives...

Health, Wellness and Safety

COMMUNITY HEALTH AND WELLNESS



Advanced Investing for Financial Wellness

Designed for those who have completed Investing for Financial Wellness or those with investing experience seeking more advanced discussions, Level II starts with a focus on common behavioural biases that undermine investing success and building a framework for improved decision-making. This course takes a deeper dive into the historical behaviour of markets to draw important lessons and provide a broader perspective. We then take a

detailed look at portfolio construction and the importance of building a cohesive investment process. Finally, we discuss the current market environment, asset allocation implications and how to manage risks.

Instructor: Ian Johnson, (CFA)

Delivery style: Online Synchronous
Date: Wednesdays, Feb. 5 to 26
Time: 6:30 to 8:30 pm
Duration: 4 sessions
Fee: \$100 plus \$5 GST
Code: HPHE310 2025S D01

Healthy Aging and the Anti-Inflammatory Diet

Heart disease, cancer, arthritis, colitis, asthma and many other conditions that we associate with aging have been linked to inflammation. This class will discuss how and why inflammation occurs, how certain health conditions can perpetuate chronic inflammation, how to identify food allergies that may be contributing to inflammation and poor health and how to explore dietary strategies for preventing and treating conditions associated with inflammation.

Instructor: Maureen Williams, (ND)

Delivery style: Face to Face
Date: Wednesday and Thursday, Feb. 5 and 6
Time: 6:30 to 8:30 pm
Duration: 2 sessions
Fee: \$85 plus \$4.25 GST
Code: HPHE246 2025S C01

NEW Somatic Therapy: Treating Trauma and Building Resiliency

Somatic psychotherapy has emerged as a fast-growing counselling approach. In this session, we will explore what somatic therapy is, and what it is not. Proven to be effective for clients with hard-to-treat trauma, as well as chronic pain and other ailments, this type of therapy works to change the neuropathways and nervous system responses to certain triggers. You will learn the aim of somatic therapy as being the integration of life's experiences, resiliency in the nervous system, and more choice over behaviours and thoughts in previously perceived 'stuck' areas of life.

Instructor: Shannon Dikkema, (RTC, CCC)

Delivery style: Face to Face
Date: Monday, Feb. 10
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: \$65 plus \$3.25 GST
Code: HPHE348 2025S C01

NEW Carnivores vs. Herbivores: Rethinking Meat and Plant- Based Diets

In an era of growing awareness about health, sustainability and ethics, the debate between meat-based and plant-based diets has never been more relevant. This course provides a comprehensive exploration of the key issues surrounding these dietary choices. You will examine the health impacts of vegetarian and meat-inclusive diets, discuss the ethical considerations of animal farming and plant-based alternatives, and assess the environmental consequences of our food systems. Whether you're looking to understand the nutritional benefits or grapple with the moral and ecological implications of what we eat, this course will help you make informed and thoughtful food choices in a complex world.

Instructor: Ali Kenefick, (PhD)

Delivery style: Online Synchronous
Date: Tuesdays, Feb. 11 to 25
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASH1836 2025S D01

The Neuroscience of Optimal Mental Health

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

Instructor: Olav Krigolson, (PhD)

Delivery style: Face to Face
Date: Wednesday, Feb. 12
Time: 1 to 3 pm
Duration: 1 session
Fee: \$65 plus \$3.25 GST
Code: HPHE326 2025S C01

Dementia and Alzheimer's Disease

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

Instructor: Jamie Knight, (PhD)

Delivery style: Online Synchronous
Date: Tuesday, Feb. 18
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: \$45 plus \$2.25 GST
Code: HPHE307 2025S D01

NEW Emotional Intelligence for Personal and Professional Growth

This engaging session introduces the core concepts of emotional intelligence (EQ) and its impact on personal and professional well-being. You will explore techniques to recognize, understand and manage your emotions, as well as those of others. Through practical examples, you will learn how to respond constructively in relationships, enhance communication skills and foster empathy. Whether you're looking to improve workplace dynamics or strengthen personal connections, this session provides valuable tools to boost emotional health and resilience.

Instructor: Brian Leacock, (MBA)

Delivery style: Face to Face
Date: Wednesday, Feb. 19
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: \$65 plus \$3.25 GST
Code: HPHE347 2025S C01

NEW Neurodiversity: Unmasking Strengths and Dismantling Barriers

In today's world, understanding and accommodating neurodiversity is an essential part of creating a more inclusive environment. This session examines neurodiversity through a neurodivergent-affirming and intersectional lens, and is for neurodivergent individuals, caregivers, educators, employers, healthcare providers or anyone wanting to learn about neurodiversity. We will explore some of the many strengths and challenges of neurodivergent individuals, and you will learn the importance of embracing neurodiversity while gaining insight into how to recognize and address systemic barriers. Practical accommodations to support neurodivergent individuals in multiple settings will also be discussed.

Instructor: Ciara Harte, (MC), Amelia Lowe, (MA)

Delivery style: Face to Face
Date: Wednesday, March 5
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: \$65 plus \$3.25 GST
Code: HPHE345 2025S C01

Mindfully Responding to Stress

Do you ever have the sense that "when I just get everything sorted out the way I like, I will finally be able to relax and be happy," only to discover that the relaxation and happiness you seek remain elusive? If so, then the ancient practice of mindfulness may be for you. Mindfulness helps us become more aware of our present moment, and has been found to lower stress levels, and ultimately improve the quality of our lives. This course will explore strategies to help live more mindfully and with greater ease.

Instructor: David Greenshields, (MA, CQSW, RSW)

Delivery style: Online Synchronous
Date: Thursdays, March 6 to 13
Time: 6:30 to 8:30 pm
Duration: 2 sessions
Fee: \$65 plus \$3.25 GST
Code: HPHE330 2025S D01

NEW Aging and Brain Health: Explorations Through Science and Art

This session will begin with an overview of aging, including what scientists have learned about the factors that contribute to positive and negative trajectories of aging. The impact of dementia-friendly communities will be discussed. In the second part of the session, you will be given the opportunity for social connection and creation of art that represents what aging means to you.

Instructors: Jodie Gawryluk, (PhD),
Mariko Sakamoto, (PhD)

Delivery style: Face to Face
Date: Wednesday, March 12
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: \$65 plus \$3.25 GST
Code: HPHE346 2025S C01

NEW Advance Care Planning: A Two-Part Introduction

We plan our birthdays, weddings and even dinners, so why don't we plan our health care? This course lets you have a say in the health care you will receive if you are unable to speak for yourself. Over two interactive sessions, with part two building upon part one, you will explore what an advance care plan is, how to get started and what resources are available. You will learn why discussing and documenting your wishes is so important, and how this advance planning allows your loved ones and health care providers to speak better on your behalf when needed.

Instructors: Liz McCarter, (BA Rec T),
Gabi Townsend, (BA, CCDP)

Delivery style: Face to Face
Date: Mondays, March 17 to 24
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: \$85 plus \$4.25 GST
Code: HPHE349 2025S C01

NEW Aging Well: Designing an Engaging Life Through Meaningful Leisure

This session will explore the science and art of crafting a healthy and fulfilling life as we age and delves into the psychology of leisure and its profound impact on well-being in later adulthood. We will begin by identifying personal values and interests to guide leisure choices, and you will learn evidence-based strategies for cultivating engaging hobbies, enriching experiences, and rewarding social connections. In a workshop style class, you will discover your personal path to a vibrant future by designing a plan for your post-work life focused on purpose and vitality.

Instructor: John Meldrum, (PhD, MBA, BRec)
Delivery style: Face to Face
Date: Wednesday, March 19
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: \$65 plus \$3.25 GST
Code: HPHE343 2025S C01

NEW Eating to Live Vibrantly: The Science of Longevity

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

Instructor: Kristen Yarker, (MSc, RD)
Delivery style: Online Synchronous
Date: Thursday, March 20
Time: 6:30 to 8:30 pm
Duration: 1 session
Fee: \$45 plus \$2.25 GST
Code: HPHE344 2025S D01

Nature-Based Mindfulness

All are welcome at this experiential workshop where we will explore together the natural world as an entry point into mindfulness practice. Part of the workshop will be spent in Finnerty Gardens: grounding ourselves, attuning to sensory information, setting intentions and expanding our appreciation of, and place within, the natural world. We will also examine the benefits of nature-based mindfulness and learn about tools and practices applicable in everyday life. Come prepared to steep yourself in embodied awareness, movement, grounding and poetry, and watch your stress levels drop. Please dress accordingly.

Instructor: Jackie Gay, (MA)

Delivery style: Face to Face
Date: Wednesday, April 9
Time: 6 to 8 pm
Duration: 1 session
Fee: \$65 plus \$3.25 GST
Code: HPHE332 2025K C01

FOR MORE INFORMATION:

Community Health and Wellness
250-721-8305
comadmin@uvic.ca

continuingstudies.uvic.ca/health-wellness

HEALTH, SAFETY AND EMERGENCY MANAGEMENT



IT Security

Get the information technology security fundamentals you need to prepare for and maintain business continuity in the event of an emergency. Learn about security topics related to risk assessment, vulnerabilities and threats, tools and technologies, policies, user awareness, incident response and recovery planning.

We will also be covering security issues and solutions in the context of modern technologies such as mobile devices, cloud computing and web applications.

Instructor: Steve Gidden, (BA)

Delivery style: Online Asynchronous

Date: Feb. 3 to April 25

Fee: \$725

Code: HPPD601 2025S D01

Operational Resilience

This course will help you 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: TBA

Delivery style: Online Asynchronous

Date: Feb. 3 to April 25

Fee: \$725

Code: HPPD603 2025S D01

Organizational Preparedness and Adaptability

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.

Delivery style: Online Asynchronous

Date: March 3 to April 11

Fee: \$495

Code: HPPD650 2025S D01

Crisis Communication

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

Instructor: Julie Gathercole, (MBA, BPR)

Delivery style: Online Asynchronous

Date: May 26 to Aug. 15

Fee: \$725

Code: HPPD602 2025K D01

Emergency Management for Business Continuity

Designed for non-specialists, this course takes a systematic approach to emergency management as it relates to business continuity planning. Concepts include hazard and risk assessment, impact analysis, mitigation, emergency preparedness and response and the psychosocial impact of crisis. Examine a range of tools for planning and training, and consider the ethical issues, opportunities and challenges in emergency management.

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

Delivery style: Online Asynchronous

Date: May 26 to Aug. 15

Fee: \$725

Code: HPPD600 2025K D01

FOR MORE INFORMATION:

Health, Safety and Emergency Management
250-721-8558

hsadmin@uvic.ca

continuingstudies.uvic.ca/health-safety

PROFESSIONAL DEVELOPMENT FOR HEALTH PRACTITIONERS



Canadian Fall Prevention Curriculum

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

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

Instructor: Philip Groff, (PhD)

Delivery style: Online Asynchronous

Date: Jan. 24 to Feb. 28

Fee: \$350

Code: HPCF215 2025S D01

Instructor: Philip Groff, (PhD)

Delivery style: Online Asynchronous

Date: May 2 to June 6

Fee: \$350

Code: HPCF215 2025K D01

Wound Management for Health Professionals Level I

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

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

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

Delivery style: Online Asynchronous

Date: Jan. 24 to March 7

Fee: \$595

Code: HPPD257 2025S D01

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

Delivery style: Online Asynchronous

Date: Feb. 21 to April 4

Fee: \$595

Code: HPPD257 2025S D11

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

Delivery style: Online Asynchronous

Date: May 2 to June 13

Fee: \$595

Code: HPPD257 2025K D01

Wound Management for Health Professionals Level II

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

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

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

Delivery style: Online Hybrid

Date: Jan. 24 to March 21

Time: Mandatory workshop: Saturday, March 29, 2025

Fee: \$695

Code: HPPD258 2025S 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

Palliative Care Pharmacy

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

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

Delivery style: Online Asynchronous

Date: Jan. 31 to March 14

Fee: \$525

Code: HPPD400 2025S 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: Kate Leahy, (BSN),
Misty Stephens, (BSN, RN, WOCC(C), MCISc)

Delivery style: Online Hybrid

Date: Feb. 21 to March 14

Time: 3-hour workshop: Thursday,
March 13

Fee: \$325

Code: HPPD300 2025S D01

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

Delivery style: Online Hybrid

Date: May 9 to 30

Time: 3-hour workshop: Saturday,
May 11

Fee: \$325

Code: HPPD300 2025K D01

Strategies and Actions for Independent Living (SAIL)

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

Instructor: Bobbi Symes, (MA)

Delivery style: Online Asynchronous

Date: Feb. 28 to March 21

Fee: \$250

Code: HPCF200 2025S D01

High-Risk Foot, Level I

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

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

Delivery style: Online Synchronous

Date: Saturday, May 3

Time: 10 am to 1 pm

Duration: 1 session

Fee: \$250 plus \$12.50 GST

Code: HPPD285 2025K D01

FOR MORE INFORMATION:

Professional Development for Health Practitioners

250-721-8558

hsadmin@uvic.ca

continuingstudies.uvic.ca/healthprod

CONTINUING
STUDIES@UVIC

Health Terminology and Interoperability Standards

MICRO-CERTIFICATE
ONLINE



Improve the sharing of patient information across systems.

Learn skills in health terminologies, interoperable electronic health records, and clinical coding and classification to help create a better health care environment.

PROGRAM AT A GLANCE

- Format: Online
- Length: 1 year, part-time
- Designed for a wide range of health care professionals

continuingstudies.uvic.ca/HTS



University
of Victoria

CONTINUING STUDIES@UVIC

Sharing cultural perspectives...

Humanities, Social Sciences and Law

EQUITY, DIVERSITY AND INCLUSION



Facilitating Intercultural Relationships

This course facilitates intercultural relationships within the context of deconstructing systemic structures and ideologies, which impact every aspect of our society, as well as our personal world views. Participants and instructors will engage critically, deeply and honestly. We will aim to facilitate and create a respectful community of learners using a dialogical (dialogue) model and an action-reflection process throughout classes and assignments.

Topics for critical analysis include: equity, knowledge, leadership, privilege, race, class, identity, oppression and social justice.

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

Instructor: Robyn Fila

Delivery style: Face to Face
Date: Tuesdays, Jan. 6 to April 4
No class Feb. 18
Time: 4 to 7 pm
Duration: 12 sessions
Fee: \$628.89
Code: ISP430 2025S C01

Organizational Diversity and Inclusion

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

Instructor: Karen Saini

Delivery style: Online Asynchronous
Date: Jan. 13 to April 13
Fee: \$605
Code: ISP102 2025S 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: Zahura Ahmed

Delivery style: Face to Face
Date: Tuesdays, Jan. 14 to April 8
Time: 4 to 6:50 pm
Fee: \$605
Code: ISP110 2025S C01

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

HISTORY, POLITICAL SCIENCE AND CONTEMPORARY ISSUES



Responsibilities and Reciprocity in the Place You are Now

This introductory survey course centres local lands and Coast Salish protocols to highlight relationships of land, water and people, including what it means to be a good guest here. We will address both histories of encroachment and histories of resistance and revitalization. Community-based knowledge holders will contribute throughout the course.

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

Instructor: Tracy Underwood, (MA)

Delivery style: Face to Face
Date: Tuesdays, Jan. 7 to April 1
No class Feb. 18
Time: 5:30 to 8:30 pm
Duration: 12 sessions
Fee: \$628.89
Code: IS100 2025S C01

NEW Consumed: The Hidden Forces Shaping Your Food Choices

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

Instructor: Ali Kenefick, (PhD)
Delivery style: Online Synchronous
Date: Thursdays, Jan. 16 to 30
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASH1837 2025S D01

NEW History of Oak Bay

Beyond the tweed curtain lie stately homes among oak trees on winding streets hugging the rocky coastline. This is one stereotypical impression of Oak Bay, but local historian John Adams will delve deeper and examine its Indigenous origins and its gradual transformation in the 1800s to a place of farms and fields. Find out about the Willows racetrack, Chinese market gardens, the plan to create an English-style seaside resort and how the district almost became the home for the University of British Columbia. This will be a richly illustrated talk with period photographs and maps.

Instructor: John Adams
Delivery style: Online Synchronous
Date: Wednesday, Jan. 22
Time: 1 to 3 pm
Duration: 1 session
Fee: \$34 plus \$1.70 GST
Code: ASH1841 2025S D01

NEW Ancient Siege

Ancient sieges were once familiar and alien. Armies struggled to take settlements, soldiers sweated in the grime beneath air made lethal by projectiles, and everyone else had to make terrible choices to survive and protect their friends and family. Our toys, games and videos are full of walls and siege engines. This session will ask how sieges worked in the ancient Mediterranean world, focusing on two dramatic events: the time the Assyrians marched on the Judean city of Lachish, and the time the Macedonian warlord Demetrius decided to take the free city of Rhodes.

Instructor: Sean Manning
Delivery style: Online Synchronous
Date: Tuesday, Feb. 4
Time: 6 to 8 pm
Duration: 1 session
Fee: \$34 plus \$1.70 GST
Code: ASH1846 2025S D01

NEW From Satanic Panic to Qanon: Sociology and the Study of Moral Panics

Remember when Victoria was the “Satanic capital of Canada?” Remember when the United States was caught in the grip of a panic alleging ritualistic abuse in daycares? What about the fears that children were being trafficked across Canada in furniture boxes by the online retailer Wayfair? These beliefs—and the actions they spawned—are moral panics. This lecture series will examine the strange and fascinating landscape of moral panics in North America, from the “Satanic Panic” of the 1970s, to Qanon and other panics of the 21st century.

Instructor: Edwin Hodge, (PhD)
Delivery style: Online Synchronous
Date: Wednesdays, Feb. 5 to 26
Time: 6 to 8 pm
Duration: 4 sessions
Fee: \$108 plus \$5.40 GST
Code: ASH1848 2025S D01

NEW **Sir James Douglas:
A New Look at a Key Figure in
British Columbia History**

Known as the “Father of British Columbia,” Douglas is a complex character. From his origins as an illegitimate son with Black and White ancestry in what is now Guyana, he rose to the highest positions in two colonies on Canada’s West Coast. His relations with Indigenous Peoples have been both praised and criticized by modern historians. John Adams, author of *Old Square-Toes and His Lady*, a biography of Sir James Douglas, will present a fascinating glimpse of this important historical figure.

Instructor: John Adams

Delivery style: Online Synchronous
Date: Wednesday, Feb. 12
Time: 1 to 3 pm
Duration: 1 session
Fee: \$34 plus \$1.70 GST
Code: ASHI842 2025S D01

NEW **Turkish Stonehenge
Göbeklitepe: Starting Point of
Civilization**

Göbeklitepe is an astonishingly ancient archeological site that is 12 thousand years old. Upon its discovery in southeast Turkey two decades ago, the most ancient human made structures in the world were unearthed. Since its discovery, research has expanded to a larger geographic area now covering 12 Göbeklitepe-like sites.

Instructor: Yonca Eldener (PhD)

Delivery style: Online Synchronous
Date: Thursdays, Feb. 13 to 20
Time: 6 to 8 pm
Duration: 2 sessions
Fee: \$60 plus \$3 GST
Code: ASHI844 2025S D01

**Skepticism and Critical Thinking in
the 21st Century**

In light of growing anti-intellectualism, we are faced with a daunting prospect: a world where facts matter less than popularity, and where certainty threatens to replace truth. We are entering what some scholars refer to as a “post-truth age” and it is happening at a perilous time. From political instability and economic uncertainty, to climate catastrophe and the ever-present threat of a global pandemic, we need expertise and verifiable, empirical facts more than ever to serve as the foundation for good decision making. How can we push back against the rise of “post-truth” politics or a “post-truth” society?

Instructor: Edwin Hodge, (PhD)

Delivery style: Online Synchronous
Date: Wednesdays, March 5 to 26
Time: 6 to 8 pm
Duration: 4 sessions
Fee: \$108 plus \$5.40 GST
Code: ASHI820 2025S D01

NEW **Ancient Persia**

The Persian kings of the Teispid and Achaemenid dynasties built the first state the size of Canada. Messages and messengers came from modern Egypt, Uzbekistan, Greece and Pakistan to their spectacular palace at Persepolis in Iran. Many of the texts which make up the Hebrew Bible were probably written or edited in this period. This session will provide an overview of this ancient empire and an opportunity to think about where many of the things we take for granted come from.

Instructor: Sean Manning

Delivery style: Face to Face
Date: Thursdays, March 20 to April 10
Time: 6 to 8 pm
Duration: 4 sessions
Fee: \$108 plus \$5.40 GST
Code: ASHI845 2025S D01

**Using Artificial Intelligence for Your
Life and Work**

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

Instructor: Peter Scott, (MA)

Delivery style: Online Synchronous
Date: Wednesdays, April 2 to May 7
Time: 6 to 8 pm
Duration: 6 sessions
Fee: \$156 plus \$7.80 GST
Code: ASHI830 2025S D01

NEW **Victoria During the American
Civil War**

From 1861 to 1865, the US was embroiled in the Civil War between north and south. Though the fighting was largely concentrated in the eastern and southern states, the dispute was closely followed in Canada. Gold-rush Victoria had attracted thousands of Americans, many of whom harboured deep loyalties to their homeland. This illustrated talk by John Adams will bring many of these stories to light to mark the 160th anniversary of the end of the Civil War and Victoria’s often overlooked part in it.

Instructor: John Adams

Delivery style: Online Synchronous
Date: Wednesday, April 2
Time: 1 to 3 pm
Fee: \$34 plus \$1.70 GST
Code: ASHI843 2025K D01

NEW **Beyond the Plate: Food, Culture and Social Impact**

Food is a powerful force that shapes cultures, identities and the environment. This course will explore food through sociological, cultural and environmental lenses, examining how food traditions form, evolve, and how our food choices are connected to larger societal and global systems. We'll discuss everything from the politics of authenticity to the environmental impact of modern food production. Whether you're interested in sustainability, food justice, or simply want to explore the social and cultural significance of what we eat, this course will give you a fresh perspective on the food on your plate.

Instructor: Ali Kenefick, (PhD)

Delivery style: Online Synchronous
Date: Tuesdays, April 8 to 22
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASH1835 2025K D01

FOR MORE INFORMATION:

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

IN PURSUIT OF KNOWLEDGE SERIES

In Pursuit of Knowledge: Winter Term Series Registration

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

Delivery style: Online Synchronous
Date: Tuesdays and Thursdays, Jan. 23 to April 3
Time: 9:30 to 11:30 am
Duration: 5 sessions
Fee: \$144 plus \$7.20 GST
Code: ASPT007 2025S D00

Indigenous-Led Resurgence and Resilience

Indigenous Peoples remain on the frontlines of the climate crisis. This talk will examine how Indigenous nations are taking action to express their self-determining authority, Indigenous internationalism, and sustainable governance amidst shape-shifting colonization and new threats to lands/waters, cultures and communities.

Instructor: Jeff Corntassel (PhD)

Delivery style: Online Synchronous
Date: Thursday, Jan. 23
Time: 9:30 to 11:30 am
Duration: 1 session
Fee: \$34 plus \$1.70 GST
Code: ASPT007-1 2025S D01

Film as Historical Research: Bringing Oral History to Life

Oral history research within vulnerable communities offers insight into how everyday lives are shaped by larger historical processes. Community-engaged documentary film can intimately convey these insights, often in unexpected ways. This talk focuses on oral history and film research with South African farmers and refugees in West Asia.

Instructor: Elizabeth Vibert (PhD)

Delivery style: Online Synchronous
Date: Tuesday, Feb. 25
Time: 9:30 to 11:30 am
Duration: 1 session
Fee: \$34 plus \$1.70 GST
Code: ASPT007-2 2025S D01

Citizenship vs. Canada's Wartime Constitution: The Exile of Japanese Canadians

After the end of the Second World War, Canadian officials tried to expel thousands of citizens to Japan. The battle over exile reached the highest courts of the land and the front pages of newspapers. Could thousands of Canadians—subjected to uprooting, internment and dispossession on the basis of race—now be forced from the country and stripped of citizenship? Could people born in a country be compelled to live elsewhere? The case required Canada to confront fundamental questions of constitutional law, racism and citizenship, and the mixed answers from the 1940s leave legacies that we still grapple with today.

Instructor: Jordan Stanger-Ross (PhD)

Delivery style: Online Synchronous
Date: Tuesday, March 11
Time: 9:30 to 11:30 am
Duration: 1 session
Fee: \$34 plus \$1.70 GST
Code: ASPT007-3 2025S D01

With or Without the SDGs: Gendered Struggles for Food Sovereignty

How do global development goals translate into local action? How do such goals support efforts to build robust and sustainable communities? In this session we focus on the aims of Sustainable Development Goals 2 (to end hunger) and 5 (to achieve gender equality and women's empowerment). We examine the experience of a women's cooperative vegetable farm in rural South Africa, considering the on-the-ground consequences of development policies and, in particular, the measurement and accountability demands associated with these.

Instructor: Astrid Perez Pinan (PhD)

Delivery style: Online Synchronous
Date: Thursday, April 3
Time: 9:30 to 11:30 am
Duration: 1 session
Fee: \$34 plus \$1.70 GST
Code: ASPT007-4 2025K D01

From Catastrophe to Community

Climate change means that our seasons are increasingly becoming defined by the disasters they bring. The stories we tell about those disasters will determine whether we are overwhelmed by them as individuals or can overcome them as a community. Wayne Crookes Professor in Environmental and Climate Journalism discusses the human experience of climate change and how their award-winning teaching newsroom, the Climate Disaster Project, has been help disaster communities around the world share their experiences and transform them into opportunities for change.

Instructor: Sean Holman (MA)

Delivery style: Online Synchronous

Date: Thursday, April 24

Time: 9:30 to 11:30 am

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: ASPT007-5 2025K D01

FOR MORE INFORMATION:

In Pursuit of Knowledge Series
250-721-8305
comadmin@uvic.ca

continuingstudies.uvic.ca/know-winter

RELIGION, PHILOSOPHY AND PSYCHOLOGY



NEW Buddhist Advice for Embracing Change

Is it possible to fully embrace our life and its possibilities? Can we engage fearlessly with our relationships and careers, welcoming challenges and turning them to our advantage? During this course, we will explore these questions and cultivate the courage to face life's uncertainties

head-on. By shedding self-defeating thoughts and embracing inner change, we'll uncover the keys to a joyful and purposeful existence. The solution to transforming our lives lies not in external circumstances, but in tapping into our inner potential. Embark on this journey and discover the power within to embrace change and find your true purpose!

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face

Date: Saturdays, Jan. 11 to Feb. 8

No class Feb. 1

Time: 10 am to noon

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: ASH1838 2025S D01

NEW Buddhist Advice for Transforming Anger and Hurt

Why do we respond to feelings of hurt and rejection with anger? We may think that anger will protect us when in truth, it does the opposite. It locks us even deeper into experiencing overwhelm, negative feelings, and may lead us to regret our words or actions. In this series, we will explore more successful strategies for dealing with hurt and disappointment. We will discover how to transform anger into a flexible, peaceful and clear-minded response. Such a skillful response not only brings resolution and creates harmony, it also enables us to transcend our feelings when we feel stuck.

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face

Date: Saturdays, Feb. 15 to March 8

Time: 10 am to noon

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: ASH1839 2025S C01

NEW Death and Dying: A Buddhist Perspective

Understanding death and the process of dying is important for ourselves and our loved ones. We are alive, therefore we shall die. Awareness of this process will help us to come to terms with mortality, live a more meaningful and positive life now, and most importantly, know what to do so we can die peacefully and happily without regrets. In this course, Gen Zopa will explain Buddha's unparalleled insight into death and

dying, and provide essential instructions to help those who are dying at their greatest moment of need.

Instructor: Gen Kelsang Zopa

Delivery style: Face to Face

Date: Saturdays, March 15 to April 12

No class March 29th, 2025

Time: 10 am to noon

Duration: 4 sessions

Fee: \$108 plus \$5.40 GST

Code: ASH1840 2025S C01

FOR MORE INFORMATION:

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

UNIVERSITY 101

A desire to learn is all you need for University 101. This non-credit course in the humanities is for you if your economic and social circumstances normally pose obstacles to university education (e.g. low income, mental health challenges, single parenthood, homelessness).

Classes are presented by UVic instructors and include topics such as critical thinking, philosophy, creative writing, local and world history, classics of English literature and an introduction to art history, along with additional topics.

This program is sponsored by the Faculty of Humanities and the Division of Continuing Studies. There are no tuition fees; however, you must still apply and be accepted into the program.

FOR MORE INFORMATION:

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

UVIC ON THE PENINSULA SERIES

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

If you wish to receive the flyer that we mail out each August and December, 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:

- Arms and the Man
- Hands-On AI: From Self-Driving Cars to ChatGPT
- The Importance of Social Connection for Healthy Aging
- Saving Shakespeare's Digital Dust
- SAGE - Roads, Trails and Pathways

FOR MORE INFORMATION:

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

ADDITIONAL TOPICS

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

- **Anthropology, Archaeology and Sociology**

FOR MORE INFORMATION:

Humanities and Social Sciences
continuingstudies.uvic.ca/humanities

Delivery style definitions

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

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

Online Hybrid – A combination of synchronous and asynchronous learning.

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

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

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

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

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!**



uvic.ca/alumni | alumni@uvic.ca





Unearthing the Mysteries of Mycology

with student Juliana McCaig

By Portia Yip, Marketing Services

Juliana McCaig, an avid appreciator of fungi, shares her thoughts and experiences after completing the Introduction to Mycology course with Continuing Studies at UVic. This popular, self-paced community course is open to learners who want to dive deeper into the world of fungi. Read on to hear what Juliana had to say about her experience.

What motivated you to choose this course?

I was looking for resources to expand my knowledge and appreciation of the fungi I came across in daily walks in the woodlands surrounding my home. I heard about this course, which was highly recommended, through the South Vancouver Island Mycology Society.

How would you describe your overall experience?

Great! Both the course instructors gave engaging lectures and have chosen interesting supplementary resources. They both have deep knowledge, experience and enthusiasm for mycology. The first several modules are somewhat challenging if you have not taken any biology courses (I had not), but you can rewatch the lectures, reread the text, study the vocabulary given and retake the quizzes if needed.



How would you describe the impact of this course on your personal or professional development?

The course has enhanced my knowledge and appreciation of the field of mycology. I am more knowledgeable

” I am more knowledgeable about appropriate resources for identifying fungi and I am using them.

I was pleased that by the end of the course I really understood the content and vocabulary. I felt I had moved from a complete newbie to a novice in mycology. Hard to pick the subject I was most interested in; they were all good. I liked the taxonomy information and other vocabulary (helps with identifying fungi and understanding “experts” on the ID sites), fungi for medicines and food, lichens, Garry Oak info, etc.

Were there any challenges or obstacles you faced?

There was a glitch with the marking system for one of the quizzes. I was in touch with Ann Greenwood, the coordinator, and I was really pleased that she looked into the problem so quickly and had it resolved.



Anything else you would like to share?

As a senior, this course gave me the confidence that I could successfully take on more learning. I may take the Introduction to Biology and Natural History courses next.

Thanks to Dr. Kendrick and Dr. Berch for instructing such an informative and interesting course!

— CS —



Curious to learn more about mycology?

Discover more details about the course at:

[continuingstudies.uvic.ca/
intro-to-mycology](http://continuingstudies.uvic.ca/intro-to-mycology)

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.

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

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

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

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

Delivery style: Online Hybrid

Date: Mondays and Wednesdays, Jan. 6 to April 7

No class Feb. 17

Time: 6:30 to 8:30 pm

Register by: Thursday, Dec. 19

Duration: 26 sessions

Fee: \$675

Code: FREN100 2025S D11

Comprehensive French - Level 2

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

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

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

Instructor: Anita LaLiberté

Delivery style: Online Hybrid

Date: Tuesdays and Thursdays, Jan. 7 to April 3

Time: 6:30 to 8:30 pm

Register by: Thursday, Dec. 19

Duration: 26 sessions

Fee: \$675

Code: FREN200 2025S D11

Comprehensive French - Level 3

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

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

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

Instructor: Anita LaLiberté

Delivery style: Online Hybrid

Date: Mondays and Wednesdays,
Jan. 6 to April 7

No class Feb. 17

Time: 6:30 to 8:30 pm
Register by: Thursday, Dec. 19
Duration: 26 sessions
Fee: \$675
Code: FREN300 2025S 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: Thursdays, Jan. 30 to April 3
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$305
Code: FLCC051 2025S C11

Delivery style: Face to Face
Date: Thursdays, April 17 to June 19
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$305
Code: FLCC051 2025K 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 20, spell your name, give your address and phone number, identify basic shapes and colours, ask/answer basic yes or no questions and speak about; yourself; your family; your work; the weather; time and date.

Delivery style: Face to Face
Date: Tuesdays, Jan. 28 to April 1
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$305
Code: FLCC101 2025S C01

Delivery style: Face to Face
Date: Tuesdays, April 15 to June 17
Time: 9:30 to 11:30 am
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$305
Code: FLCC101 2025K C01

Delivery style: Online Hybrid
Date: Wednesdays, April 16 to June 18
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$305
Code: FLCC101 2025K D11

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, Jan. 29 to April 2
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$305
Code: FLCC301 2025S C01

Delivery style: Online Hybrid
Date: Tuesdays, April 15 to June 17
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$305
Code: FLCC301 2025K D11

Delivery style: Face to Face
Date: Wednesdays, April 16 to June 18
Time: 9:30 to 11:30 am
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$305
Code: FLCC301 2025K 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, Jan. 30 to April 3
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$305
Code: FLCC501 2025S C01

Delivery style: Face to Face
Date: Thursdays, April 17 to June 19
Time: 9:30 to 11:30 am
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$305
Code: FLCC501 2025K C01

FOR MORE INFORMATION:
French Language
250-721-8630
languages@uvic.ca
continuingstudies.uvic.ca/french



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 Hybrid
Date: Wednesdays, Jan. 29 to April 2
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA098 2025S D11

Instructor: Maryam Shafo

Delivery style: Online Hybrid
Date: Tuesdays, April 15 to June 17
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA098 2025K D11

Arabic - Level 2

If you have previously taken an introduction to colloquial (informal) Arabic course or have completed *Arabic - Level 1* and would like to express yourself in a wider variety of everyday situations, this course will help you gain confidence in speaking. You will be encouraged to fine-tune your pronunciation, reinforce your basic knowledge and develop your communication skills. Additional material will also be introduced to expand your vocabulary. Knowledge of the Arabic alphabet is required to register for this level.

Instructor: Maryam Shafo

Delivery style: Online Hybrid
Date: Wednesdays, April 16 to June 18
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA298 2025K D11

CANTONESE

NEW Cantonese - Level 1

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

Instructor: Yanny Yeung

Delivery style: Online Hybrid

Date: Wednesdays, Jan. 29 to April 2
Time: 6 to 8 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA011 2025S D11

Instructor: Yanny Yeung

Delivery style: Online Hybrid

Date: Thursdays, April 17 to June 19
Time: 6 to 8 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA011 2025K D11

NEW Cantonese - Level 2

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

Instructor: Yanny Yeung

Delivery style: Online Hybrid

Date: Tuesdays, Jan. 28 to April 1
Time: 6 to 8 pm

Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA211 2025S D11

Instructor: Yanny Yeung

Delivery style: Online Hybrid

Date: Wednesdays, April 16 to June 18
Time: 6 to 8 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA211 2025K 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 (required)

Instructor: Catherine Verhaegen

Delivery style: Online Hybrid

Date: Thursdays, Jan. 30 to April 3
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA037 2025S D11

Instructor: Catherine Verhaegen

Delivery style: Online Hybrid

Date: Wednesdays, April 16 to June 18
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA037 2025K D11

Dutch - Level 2

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

Textbook: Colloquial Dutch: A Complete Language Course, 2016 edition, by Bruce Donaldson (required)

Delivery style: Online Hybrid

Date: Tuesdays, Jan. 28 to April 1
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA237 2025S D11

Delivery style: Online Hybrid

Date: Thursdays, April 17 to June 19
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA237 2025K D11

Dutch - Level 3

This intermediate course is designed for those who have some basic knowledge of Dutch. Whether you have completed *Dutch - Level 2* or have an equivalent knowledge level, this course is for you. The focus of this course is to help you become comfortable communicating in Dutch, to continue to enrich your vocabulary, and to strengthen your language structure skills. Special attention will also be given to reading comprehension.

Textbook: Colloquial Dutch: A Complete Language Course, by B. Donaldson (required)

Instructor: Marleen Guffens

Delivery style: Online Hybrid

Date: Tuesdays, April 15 to June 17
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA337 2025K 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: Online Hybrid

Date: Wednesdays, Jan. 15 to March 19
Time: 6 to 8 pm
Register by: Sunday, Jan. 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA016 2025S D11

Instructor: Joanna Schaller, (MA)

Delivery style: Online Hybrid

Date: Mondays, April 7 to June 23
No class April 21 and May 19
Time: 6 to 8 pm
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA016 2025K D11

German - Level 2

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

Instructor: Joanna Schaller, (MA)

Delivery style: Online Hybrid

Date: Tuesdays, Jan. 14 to March 18
Time: 6 to 8 pm
Register by: Sunday, Jan. 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA216 2025S D11

Instructor: Joanna Schaller, (MA)

Delivery style: Online Hybrid

Date: Wednesdays, April 9 to June 11
Time: 6 to 8 pm
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA216 2025K D11

German - Level 3

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

Instructor: Joanna Schaller, (MA)

Delivery style: Online Hybrid

Date: Thursdays, Jan. 16 to March 20
Time: 6 to 8 pm
Register by: Sunday, Jan. 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA316 2025S D11

Instructor: Joanna Schaller, (MA)

Delivery style: Online Hybrid

Date: Tuesdays, April 8 to June 10
Time: 6 to 8 pm
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA316 2025K D11

German - Level 4

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

Instructor: Joanna Schaller, (MA)

Delivery style: Online Hybrid

Date: Thursdays, April 10 to June 12
Time: 6 to 8 pm
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA416 2025K D11

ITALIAN

Italian - Level 1

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

Instructor: Estelle Kurier

Delivery style: Face to Face

Date: Tuesdays, Jan. 14 to March 18
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA049 2025S C01

Instructor: Estelle Kurier

Delivery style: Face to Face

Date: Tuesdays, April 8 to June 10
Time: 12:30 to 2:30 pm
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA049 2025K C01

Italian - Level 2

This beginner course is intended for those who have completed *Italian - Level 1* or who already have some basic skills. Videos and cultural discussions will enhance your learning and strengthen your basic knowledge in a fun and interactive atmosphere.

Instructor: Estelle Kurier

Delivery style: Face to Face
Date: Mondays, Jan. 13 to March 31
No class Feb. 17 and March 24
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA249 2025S C01

Instructor: Estelle Kurier

Delivery style: Face to Face
Date: Tuesdays, April 8 to June 10
Time: 9:30 to 11:30 am
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA249 2025K C01

Italian - Level 3

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

Instructor: Estelle Kurier

Delivery style: Face to Face
Date: Thursdays, Jan. 16 to March 20
Time: 9:30 to 11:30 am
Register by: Sunday, Jan. 5
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA349 2025S C01

Instructor: Estelle Kurier
Delivery style: Online Hybrid
Date: Thursdays, April 10 to June 12
Time: 6 to 8 pm
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA349 2025K D11

Italian - Level 4

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

Instructor: Estelle Kurier

Delivery style: Face to Face
Date: Thursdays, April 10 to June 12
Time: 9:30 to 11:30 am
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA449 2025K C01

JAPANESE

Japanese - Level 1

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

Instructor: Nozomi Franco Cea

Delivery style: Face to Face
Date: Thursdays, Jan. 23 to March 27
Time: 6 to 8 pm
Register by: Sunday, Jan. 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA008 2025S C11

Instructor: Nozomi Franco Cea

Delivery style: Face to Face
Date: Wednesdays, April 9 to June 11
Time: 6 to 8 pm
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA008 2025K C11

Japanese - Level 2

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

Instructor: Nozomi Franco Cea

Delivery style: Face to Face
Date: Tuesdays, Jan. 21 to March 25
Time: 6 to 8 pm
Register by: Sunday, Jan. 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA208 2025S C11

Instructor: Nozomi Franco Cea

Delivery style: Face to Face
Date: Thursdays, April 10 to June 12
Time: 6 to 8 pm
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA208 2025K C11

Japanese - Level 3

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

Instructor: Nozomi Franco Cea

Delivery style: Face to Face
Date: Wednesdays, Jan. 22 to March 26
Time: 6 to 8 pm
Register by: Sunday, Jan. 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA308 2025S C11

Instructor: Nozomi Franco Cea

Delivery style: Face to Face
Date: Tuesdays, April 8 to June 10
Time: 6 to 8 pm
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA308 2025K C11

Japanese - Level 4 (Part 1)

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

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

Instructor: Keiko Tachibana

Delivery style: Online Hybrid
Date: Thursdays, Jan. 23 to March 27
Time: 6 to 8 pm
Register by: Sunday, Jan. 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA408 2025S D11

Instructor: Keiko Tachibana

Delivery style: Online Hybrid
Date: Thursdays, April 10 to June 12
Time: 6 to 8 pm
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA408 2025K D11

Japanese - Level 4 (Part 2)

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

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

Instructor: Keiko Tachibana

Delivery style: Online Hybrid
Date: Mondays, Jan. 20 to March 31
No class Feb. 17
Time: 6 to 8 pm
Register by: Sunday, Jan. 12
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA408 2025S D21

Instructor: Keiko Tachibana

Delivery style: Online Hybrid
Date: Mondays, April 7 to June 23
No class April 21 and May 19
Time: 6 to 8 pm
Register by: Sunday, March 30
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA408 2025K D21

KOREAN

Korean - Level 1

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

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

Instructor: Hailey Ceong

Delivery style: Online Hybrid
Date: Thursdays, Jan. 30 to April 3
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA009 2025S D11

Instructor: Hailey Ceong

Delivery style: Online Hybrid
Date: Wednesdays, April 16 to June 18
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA009 2025K D11

Korean - Level 2

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

Textbook: I love Korean Student's book 1, by Seoul National University (required)
I love Korean Workbook 1, by Seoul National University Press (optional)

Instructor: Hailey Ceong

Delivery style: Face to Face
Date: Tuesdays, Jan. 28 to April 1
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA209 2025S C11

Instructor: Hailey Ceong

Delivery style: Online Hybrid
Date: Thursdays, April 17 to June 19
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA209 2025K D11

Korean - Level 3

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

Textbook: Textbook: I love Korean Student's book 2, by Seoul National University (required) I love Korean Workbook 2, by Seoul National University Press (optional)

Instructor: Esther Lee

Delivery style: Face to Face

Date: Tuesdays, April 15 to June 17

Time: 6 to 8 pm

Register by: Sunday, April 6

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA309 2025K C11

PORTUGUESE

Portuguese - Level 1

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

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

Instructor: Adriana Medeiros

Delivery style: Online Hybrid

Date: Thursdays, Jan. 30 to April 3

Time: 6 to 8 pm

Register by: Sunday, Jan. 19

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA100 2025S D11

Instructor: Adriana Medeiros

Delivery style: Online Hybrid

Date: Mondays, April 7 to June 23

No class April 21 and May 19

Time: 6 to 8 pm

Register by: Sunday, March 30

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA100 2025K 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, by McGraw-Hill (required)

Instructor: Adriana Medeiros

Delivery style: Online Hybrid

Date: Tuesdays, Jan. 28 to April 1

Time: 6 to 8 pm

Register by: Sunday, Jan. 19

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA200 2025S D11

Instructor: Adriana Medeiros

Delivery style: Online Hybrid

Date: Thursdays, April 17 to June 19

Time: 6 to 8 pm

Register by: Sunday, April 6

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA200 2025K D11

Portuguese - Level 3

This course is designed for those who have completed *Portuguese - Level 2* or who feel confident with the basics of the Portuguese language and wish to explore the language further. In this intermediate level, we will revisit some topics studied in the initial levels but with a broader scope and a deeper exploration of the language. Throughout the course, you will maintain an interactive and engaging approach to language learning by working with more complex texts, audio recordings and videos of real-life language scenarios and contexts. You will also study both Brazilian Portuguese and European Portuguese, learning more about the richness of the linguistic and cultural diversity within the language.

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

Instructor: Adriana Medeiros

Delivery style: Online Hybrid

Date: Tuesdays, April 15 to June 17

Time: 6 to 8 pm

Register by: Sunday, April 6

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA300 2025K D11

PUNJABI

NEW Punjabi - Level 1

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

Instructor: Amina Amina

Delivery style: Online Hybrid
Date: Tuesdays, Jan. 28 to April 1
Time: 6 to 8 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA099 2025S D11

Instructor: Amina Amina

Delivery style: Online Hybrid
Date: Thursdays, April 17 to June 19
Time: 6 to 8 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA099 2025K D11

NEW Punjabi - Level 2

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

Instructor: Amina Amina

Delivery style: Online Hybrid
Date: Tuesdays, April 15 to June 17
Time: 6 to 8 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA299 2025K D11

RUSSIAN

Russian - Level 1

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

Instructor: Galina Sanaeva, (PhD)

Delivery style: Online Hybrid
Date: Wednesdays, Jan. 29 to April 2
Time: 6 to 8 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA004 2025S D11

Instructor: Galina Sanaeva, (PhD)

Delivery style: Online Hybrid
Date: Thursdays, April 17 to June 19
Time: 6 to 8 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA004 2025K D11

Russian - Level 2

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

Instructor: Galina Sanaeva, (PhD)

Delivery style: Online Hybrid
Date: Tuesdays, Jan. 28 to April 1
Time: 6 to 8 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA204 2025S D11

Instructor: Galina Sanaeva, (PhD)

Delivery style: Online Hybrid
Date: Wednesdays, April 16 to June 18
Time: 6 to 8 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA204 2025K D11

Russian - Level 3

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

Instructor: Galina Sanaeva, (PhD)

Delivery style: Online Hybrid
Date: Tuesdays, April 15 to June 17
Time: 6 to 8 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA304 2025K 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: Maria Elena Cuervo-Lorens

Delivery style: Face to Face

Date: Wednesdays, Jan. 22 to March 26

Time: 9:30 to 11:30 am

Register by: Wednesday, Jan. 22

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2025S C01

Instructor: Alicia Brown, (BA)

Delivery style: Face to Face

Date: Wednesdays, Jan. 22 to March 26

Time: 7 to 9 pm

Register by: Sunday, Jan. 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2025S C11

Instructor: Mónica Gil, (MA)

Delivery style: Online Hybrid

Date: Thursdays, Jan. 23 to March 27

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2025S D11

Instructor: Mónica Gil, (MA)

Delivery style: Face to Face

Date: Wednesdays, April 9 to June 11

Time: 1 to 3 pm

Register by: Sunday, March 30

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2025K C01

Instructor: Alicia Brown, (BA)

Delivery style: Face to Face

Date: Wednesdays, April 9 to June 11

Time: 7 to 9 pm

Register by: Sunday, March 30

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2025K C11

Instructor: Mónica Gil, (MA)

Delivery style: Online Hybrid

Date: Thursdays, April 10 to June 12

Time: 6:30 to 8:30 pm

Register by: Sunday, March 30

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA025 2025K D11

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: Maria Elena Cuervo-Lorens

Delivery style: Face to Face

Date: Tuesdays, Jan. 21 to March 25

Time: 9:30 to 11:30 am

Register by: Sunday, Jan. 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2025S C01

Instructor: Alicia Brown, (BA)

Delivery style: Face to Face

Date: Tuesdays, Jan. 21 to March 25

Time: 7 to 9 pm

Register by: Sunday, Jan. 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2025S C11

Instructor: Mónica Gil, (MA)

Delivery style: Online Hybrid

Date: Tuesdays, Jan. 21 to March 25

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2025S D11

Instructor: Alicia Brown, (BA)

Delivery style: Face to Face

Date: Tuesdays, April 8 to June 10

Time: 7 to 9 pm

Register by: Sunday, March 30

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2025K C11

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Online Hybrid

Date: Wednesdays, April 9 to June 11

Time: 9:30 to 11:30 am

Register by: Sunday, March 30

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA225 2025K D01

Spanish - Level 3

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

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

Instructor: Mónica Gil, (MA)

Delivery style: Face to Face

Date: Wednesdays, Jan. 22 to March 26

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA325 2025S C11

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Face to Face

Date: Tuesdays, April 8 to June 10

Time: 9:30 to 11:30 am

Register by: Sunday, March 30

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA325 2025K C11

Instructor: Maria Elena Cuervo-Lorens

Delivery style: Online Hybrid

Date: Thursdays, Jan. 23 to March 27

Time: 6:30 to 8:30 pm

Register by: Sunday, Jan. 12

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA325 2025S D11

Instructor: Mónica Gil, (MA)

Delivery style: Online Hybrid

Date: Wednesdays, April 9 to June 11

Time: 6:30 to 8:30 pm

Register by: Sunday, March 30

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA325 2025K D11

Spanish - Level 4

This advanced 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 culture. 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: Tuesdays, April 8 to June 10

Time: 1 to 3 pm

Register by: Sunday, March 30

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA425 2025K C01

TAGALOG (FILIPINO)

NEW 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 Hybrid

Date: Wednesdays, Jan. 29 to April 2

Time: 6 to 8 pm

Register by: Sunday, Jan. 19

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA055 2025S D11

Instructor: Mae Raganas

Delivery style: Online Hybrid

Date: Tuesdays, April 15 to June 17

Time: 6 to 8 pm

Register by: Sunday, April 6

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA055 2025K D11

NEW Tagalog (Filipino) - Level 2

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

Instructor: Mae Raganas

Delivery style: Online Hybrid

Date: Wednesdays, April 16 to June 18

Time: 6 to 8 pm

Register by: Sunday, April 6

Duration: 10 sessions

Fee: \$295 plus \$14.75 GST

Code: ASLA255 2025K 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 Hybrid
Date: Wednesdays, Jan. 29 to April 2
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA019 2025S D11

Instructor: Alla Dudka

Delivery style: Online Hybrid
Date: Tuesdays, April 15 to June 17
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA019 2025K D11

Ukrainian - Level 2

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

Instructor: Alla Dudka

Delivery style: Online Hybrid
Date: Tuesdays, Jan. 28 to April 1
Time: 6:30 to 8:30 pm
Register by: Sunday, Jan. 19
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA219 2025S D11

Instructor: Alla Dudka

Delivery style: Online Hybrid
Date: Wednesdays, April 16 to June 18
Time: 6:30 to 8:30 pm
Register by: Sunday, April 6
Duration: 10 sessions
Fee: \$295 plus \$14.75 GST
Code: ASLA219 2025K D11

FOR MORE INFORMATION:

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



SEASON 24-25

THE FARQUHAR AT UVIC



VOICES IN CIRCLE

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

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

DEC 7 Vitaly An Evening of Wonders

JAN 29 International Guitar Night

FEB 26 Shane Koyczan Spoken Word Artist

MAR 15 Anda Union inspired by Mongol tradition

APR 25 Sechile Sedare Leela & Jay Gilday

JUN 17 V'ni Dansi Traditional Métis Dance

CREATIVE BC | **BRITISH COLUMBIA** Supported by the Province of British Columbia | **BRITISH COLUMBIA ARTS COUNCIL** An agency of the Province of British Columbia | **Funded by the Government of Canada** | **Canada**

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Preserving traditional 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 and any type of online delivery style.

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

CONTINUING STUDIES@UVIC

Discovering new perspectives...

Science and the Environment

GENERAL SCIENCE AND MATH



NEW Practical Leadership for Technology and Engineering **MC**

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: Feb. 3 to March 17
Fee: \$1,295
Code: PLTE01 2025S D01

Introduction to Biology and Natural History

This online self-study course is for those looking to gain foundational, and 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 self-paced course will guide you through each module. You will receive a certificate of completion upon successfully passing the course.

Coordinator: Becky Rogers

Delivery style: Online Self-paced
Date: Jan. 6 to Aug. 31
Register by: Friday, Feb. 28
Fee: \$85 plus \$4.25 GST
Code: ER099 2025S D01

Coordinator: Becky Rogers

Delivery style: Online Self-paced
Date: May 1 to Dec. 31
Register by: Friday, Aug. 1
Fee: \$90 plus \$4.25 GST
Code: ER099 2025K 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.

Coordinator: Becky Rogers

Delivery style: Online Self-paced
Date: Jan. 6 to Aug. 31
Register by: Friday, Feb. 28
Fee: \$65 plus \$3.25 GST
Code: ER098 2025S D01

Coordinator: Becky Rogers

Delivery style: Online Self-paced
Date: May 1 to Dec. 31
Register by: Friday, Aug. 1
Fee: \$95 plus \$3.25 GST
Code: ER098 2025K D01

Introduction to Chemistry

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

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

Instructor: Monica Reimer

Delivery style: Online Asynchronous
Date: May 5 to June 20
Register by: Sunday, May 4
Fee: \$223 plus \$11.15 GST
Code: ASCH091 2025K D01

Instructor: Monica Reimer

Delivery style: Online Asynchronous
Date: July 2 to Aug. 20
Register by: Tuesday, July 1
Fee: \$232 plus \$11.60 GST
Code: ASCH091 2025K D11

GIS Skills and Mapping

Join us in the abundant world of data with Geographic Information Systems (GIS). This course focuses on the fundamentals of GIS for in-field employment, and future courses like Mapping with Drones! It is designed for those with little or no prior experience in geomatics. Gain hands-on experience working with spatial data in open-source software - QGIS and 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

Delivery style: Online Asynchronous
Date: Jan. 20 to March 2
Fee: \$545 (\$20 for optional one time MWD micro-certificate fee)
Code: GISM01 2025S 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!

Instructors: Jason Kelley, Roger Stephen

Delivery style: Online Asynchronous
Date: Jan. 13 to Feb. 17
Time: The online field component is optional and will occur during the second half of the course.

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

Code: MWD01 2025S D01

Instructors: Roger Stephen, Jason Kelley

Delivery style: Online Asynchronous
Date: May 5 to June 15
Time: The online field component is optional and will occur during the second half of the course.
Fee: \$545 (\$20 for optional one time MWD micro-certificate fee)
Code: MWD01 2025K D01

Mapping with Drones 2

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

Instructors: Roger Stephen, Jason Kelley

Delivery style: Online Asynchronous
Date: March 10 to April 20
Time: The online field component is optional and will occur during the second half of the course.
Fee: \$545 (\$20 for optional one time MWD micro-certificate fee)
Code: MWD02 2025S D01

Instructors: Jason Kelley, Roger Stephen

Delivery style: Online Asynchronous
Date: June 30 to Aug. 10
Time: The online field component is optional and will occur during the second half of the course.
Fee: \$545 (\$20 for optional one time MWD micro-certificate fee)
Code: MWD02 2025K D01

Down the Rabbit Hole - Quantum Physics for Nonphysicists

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

Instructor: Skye Goksenin Sen, (PhD)

Delivery style: Online Synchronous

Date: Tuesdays, April 8 to May 13

Time: 6:30 to 8:30 pm

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASSC284 2025K D01

Instructor: Skye Goksenin Sen, (PhD)

Delivery style: Face to Face

Date: Wednesdays, April 9 to May 14

Time: 6:30 to 8:30 pm

Duration: 6 sessions

Fee: \$156 plus \$7.80 GST

Code: ASSC284 2025K C01

The Metaphysics of Quantum Physics

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

Instructor: Skye Goksenin Sen, (PhD)

Delivery style: Online Synchronous

Date: Wednesdays, May 21 to June 11

Time: 6:30 to 8:30 pm

Duration: 4 sessions

Fee: \$90 plus \$4.50 GST

Code: ASSC302 2025K D01

FOR MORE INFORMATION:

General Science and Math
250-721-8481

bstassist@uvic.ca

continuingstudies.uvic.ca/GEN

HORTICULTURE AND NATURE



NEW Garden Border Design

The garden border has been a staple element for our gardens, especially in the PNW where we have a 12 month season to be in the garden. There are so many decisions one can make when developing a garden border and established borders have their own unique planning dilemmas. This course takes a hard look at what are the possibilities for a brilliant bed. It doesn’t matter how much space there is but rather how the space is used.

Instructor: Jeff de Jong

Delivery style: Face to Face

Date: Thursday, March 13

Time: 6 to 7:30 pm

Duration: 1 session

Fee: \$26 plus \$1.30 GST

Code: ASSC356 2025S C01

Introduction to Permaculture

Be introduced to the permaculture principles and how to integrate them into our landscapes and lives. We’ll explore permaculture in urban and rural settings and how to create thriving garden ecosystems no matter how much space you have available. Discover sustainable techniques of plant curation, composting, water conservation and various other invaluable permaculture practices, including a guided tour of the UVic community garden to see some techniques in action.

Instructor: Bethany Couture

Delivery style: Face to Face

Date: Saturday, May 3

Time: noon to 3:30 pm

Duration: 1 session

Fee: \$53 plus \$2.65 GST

Code: ASSC343 2025K C01

NEW Plants in the Landscape

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

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

Delivery style: Online Hybrid

Date: Jan. 29 to March 19

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

Duration: 8 sessions

Fee: \$225 (\$20 for optional one time ALGD micro-certificate fee)

Code: ALGD02 2025S D01

NEW Wildfire Resilient Gardening

As wildfires become more prevalent, people who live in communities in forested areas are especially vulnerable to wildfire loss. For these homeowners, understanding how to create and maintain a garden that is both aesthetic and wildfire-resilient is essential. This course offers homeowners a practical opportunity to draw maps of their existing property to consider strategies and adapt them to make their landscapes more wildfire resilient. By taking part in this informative class, you take the first step towards adapting to our climate reality.

Instructors: Bethany Couture, Jennie Sparkes

Delivery style: Face to Face
Date: Saturday, Feb. 8
Time: noon to 3 pm
Duration: 1 session
Fee: \$46 plus \$2.30 GST
Code: ASSC351 2025S C01

NEW Sustainable Ornamental Gardening

Discover how to create sustainable ornamental gardens by learning how to work with nature. After this class you'll be able to create lower maintenance, lower input and extra beautiful outdoor spaces whether you're a novice or an experienced gardener. This class will inspire you to look at your garden as an ecosystem and will help you cultivate a more harmonious relationship between your garden and the environment.

Instructor: Bethany Couture

Delivery style: Face to Face
Date: Saturday, March 1
Time: noon to 3 pm
Duration: 1 session
Fee: \$46 plus \$2.30 GST
Code: ASSC352 2025S C01

Mason Bees: An Incredible Pollinator to Host in your Garden

In this bee-loving workshop, you will learn about mason bees and how you can host them while benefitting from their incredible pollinating skills for larger fruits and vegetables. You will learn about their life cycle, what plants they feed on, their habitat needs and the seasonal

responsibilities of the mason bee keeper. Finally, you will look at the various styles of houses (nesting boxes) available to accommodate them in your garden and learn how to harvest and safely store their cocoons for the winter.

Instructor: Emony Nicholls

Delivery style: Face to Face
Date: Saturday, March 8
Time: 1 to 4 pm
Duration: 1 session
Fee: \$46 plus \$2.30 GST
Code: ASSC337 2025S C01

Gardens in History: Japanese Gardens

The earliest and best Japanese gardens in Canada are found in Victoria, B.C. Throughout garden history Japanese gardens have been revered for their flawless design details and inspirational compositions, properties which have elevated them from mere gardens to havens of peace, serenity and introspection. Join landscape horticulturalist and master gardener Susan Hawkins and explore the history, philosophy, horticulture and design elements of Japanese gardens. We will examine some of the best-known Japanese gardens at Butchart Gardens, the Horticulture Centre of the Pacific, UBC's Nitobe Memorial Gardens and more. This course will also provide practical knowledge so you can create your own magnificent garden sanctuary.

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

Delivery style: Online Synchronous
Date: Wednesdays, April 2 to 16
Time: 6 to 8 pm
Duration: 3 sessions
Fee: \$84 plus \$4.20 GST
Code: ASSC311 2025K D01

Gardening with Native Plants

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

explore how to keep the garden beautiful from spring to winter, and tap into valuable local and online resources to help you along the way!

Instructor: Emony Nicholls

Delivery style: Face to Face
Date: Saturday, April 5
Time: noon to 3 pm
Duration: 1 session
Fee: \$46 plus \$2.30 GST
Code: ASSC334 2025K C01

NEW Landscape Design for the Pacific Northwest

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

This is a multi-access course where instruction is simultaneously offered face to face and remotely.

Instructor: Jeff de Jong

Delivery style: Face to Face
Date: April 15 to June 3
Time: Tuesdays, 6:30 to 8 pm
Duration: 8 sessions
Fee: \$270 (\$20 for optional one time ALGD micro-certificate fee)
Code: ALGD01 2025K C01

Instructor: Jeff de Jong

Delivery style: Online Hybrid
Date: April 15 to June 3
Time: Tuesdays, 6:30 to 8 pm
Duration: 8 sessions
Fee: \$270 (\$20 for optional one time ALGD micro-certificate fee)
Code: ALGD01 2025K D01

Nature Explorations at Yellow Point Lodge

Join us for some leisurely days of learning and exploration at the legendary Yellow Point Lodge. Enjoy nature walks in the forest, fields and seashore, guided by knowledgeable leaders. Evenings are for calling owls, stargazing and the wonder of seeing our discoveries through microscopes on the big screen plus a lively musical evening. Tasty meals, good company and the wonders of nature create an inspiring opportunity for all ages.

Double rooms and a limited number of single rooms are available. Cancellation deadline for refund of fees is March 21, 2025. Purchase of trip cancellation insurance is strongly recommended.

Facilitator: Anne Fraser

Instructors: Marc Bell, Claudia Copley, Darren Copley, David Denning, Nancy Turner, Bruce Vogt

Delivery style: Face to Face

Date: Monday to Friday, April 21 to 25

Location: Yellow Point Lodge

Fee: \$1314 plus \$65.70 GST (based on double occupancy). A limited number of single rooms are available for an additional cost of \$180 plus \$9 GST

Code: ASRP012 2025K E01

Drought Tolerant Gardening

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

Instructor: Emony Nicholls

Delivery style: Face to Face

Date: Saturday, May 10

Time: noon to 3 pm

Duration: 1 session

Fee: \$46 plus \$2.30 GST

Code: ASSC342 2025K C01

FOR MORE INFORMATION:

Horticulture and Nature

250-721-8305

comadmin@uvic.ca

continuingstudies.uvic.ca/HORT

MARINE SCIENCE



NEW Expedition Abyss: Life and Landscapes of the Deep Sea

Go on a journey through the most remote and mysterious parts of our planet's oceans. This course explores unique deep sea environments such as hydrothermal vents, abyssal plains and undersea trenches, uncovering the extraordinary life forms and geological features found at extreme depths. Through interactive discussions and visual explorations, you will gain insights into the science behind deep sea ecosystems, the technology used to explore these largely uncharted waters and the resources they hold for humanity. In addition to allowing students to discover the fascinating diversity of deep-sea marine life in our region and explore how these remarkable animals survive in some of the planet's most challenging environments, this course will also examine the impact of human activity on our oceans, highlighting critical issues we face in the near future.

Instructor: Moronke Harris (BA(Hons))

Delivery style: Face to Face

Date: Thursdays, Jan. 16 to Feb. 6

Time: 6 to 7:30 pm

Duration: 4 sessions

Fee: \$84 plus \$4.20 GST

Code: ASSC355 2025S C01

FOR MORE INFORMATION:

Marine Science

250-721-8305

comadmin@uvic.ca

continuingstudies.uvic.ca/marine

SUSTAINABILITY AND CLIMATE CHANGE



NEW It's All Talk and All Action - Part 1

Many of us are worried about how best to protect the people and places we love from climate impacts like wildfire smoke, fires, floods and loss of biodiversity. But we often don't know that scientists are asking us to do one thing right now: talk about it with others. This short course will introduce you to the science of compassionate conversations, introduce you to leading edge thinking about the best way to engage others and get you started towards making a real difference. This course is stand alone and signing up for the companion course is recommended.

Instructor: Patricia Lane

Delivery style: Online Synchronous

Date: Thursday, March 6

Time: 6 to 8 pm

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: ASSC353 2025S D01

NEW It's All Talk and All Action
- Part 2

Many of us are worried about how best to protect the people and places we love from climate impacts like wildfire smoke, fires, floods and loss of biodiversity. But we often don't know that scientists are asking us to do one thing right now: talk about it with others. This short course will review the science of compassionate conversations, introduce you to leading edge thinking about the best way to engage others and introduce you to some ideas for doing this at scale by engaging your organization. It is recommended that participants take part 1 in advance of this course.

Instructor: Patricia Lane

Delivery style: Online Synchronous

Date: Thursday, March 13

Time: 6 to 8 pm

Duration: 1 session

Fee: \$34 plus \$1.70 GST

Code: ASSC354 2025S D01

FOR MORE INFORMATION:

Sustainability and Climate Change
250-721-6119

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**

FOR MORE INFORMATION:

Science and the Environment

continuingstudies.uvic.ca/science

LIKE A GOOD STORY?

YOU'VE COME TO THE
RIGHT PLACE



ROYAL **BC** MUSEUM

rbcm.ca

CONTINUING STUDIES @UVIC

Fostering new perspectives...

Teaching, Learning and Development

TEACHER PROFESSIONAL DEVELOPMENT



Teaching English as a Foreign Language (TEFL)

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

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

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

TOEFL(iBT) score: 94
IELTS score 7.0

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

Delivery style: Face to Face

Date: Jan. 21 to April 24
Time: Tuesday and Thursday evenings from 6:15 to 9:15 pm and every second Saturday (full days) 9 am to noon and 1 to 4 pm

Register by: Jan. 21
Duration: 34 sessions
Fee: \$1,500 plus \$75 GST
Code: EDTE125 2025S C01

FOR MORE INFORMATION:
Teacher Professional Development
250-721-7291
tefl@uvic.ca
continuingstudies.uvic.ca/teacher-prod

ADDITIONAL TOPICS

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

- **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? The future of your career is in your hands—set yourself apart with a certificate, diploma or micro-credential from Continuing Studies at UVic.

Visit: continuingstudies.uvic.ca/programs

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	Micro-Certificate
Business Intelligence and Data Analytics	Blended, Face to Face, Online	Micro-Certificate
Change Resilience in the Workplace	Blended, Face to Face, Online	Micro-Certificate
Essential Soft Skills Training	Blended, Face to Face, Online	Micro-Certificate
Fundamental Leadership Skills	Blended, Face to Face, Online	Micro-Certificate
Inclusive Leadership Strategies	Blended	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	Blended, Face to Face, Online	Micro-Certificate
Public Relations	Online	Diploma
Skill Building for Public Relations	Online	Micro-Certificate

DATA, COMPUTING AND TECHNOLOGY

Program (A-Z)	Delivery	Credential
Administrative Technology	Blended, Face to Face, Online	Micro-Certificate
Applied AI for Administration	Online	Micro-Certificate
Business Intelligence and Data Analytics	Blended, Face to Face, Online	Micro-Certificate
Population Health Data Analysis	Online	Professional Specialization Certificate

HEALTH, WELLNESS AND SAFETY

Program (A-Z)	Delivery	Credential
Canadian Fall Prevention Curriculum	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 (SAIL)	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
Equity, Diversity and Inclusion	Blended	Micro-Certificate
General Studies	Blended, Face to Face, Online	Certificate
Intercultural Studies and Practice	Face to Face	Diploma
Knowledge Democracy in Higher Education	Online	Certificate of Completion
Social Justice Studies	Face to Face	Diploma
Teaching the Holocaust	Online	Micro-Certificate
Transformative Climate Action	Face to Face, Online	Certificate

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
Ecological Restoration	Online	Professional Specialization Certificate
Fire Ecology for Environmental Restoration	Blended, Face to Face, Online	Micro-Certificate
Green Shores™ Training	Face to Face	Certificate of Participation
LiDAR Fundamentals for Climate Change Risk Analysis	Online	Micro-Certificate
Mapping with Drones	Online	Micro-Certificate
Practical Leadership for Technology and Engineering	Online	Micro-Certificate
Restoration of Natural Systems – Diploma	Blended	Diploma
Restoration of Natural Systems – Certificate	Blended	Certificate
Tourism Sustainability	Online	Micro-Certificate

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
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. Student Rush Tickets (\$10) are available with a valid ONECard two weeks in advance of select Farquhar Presents events. Follow the venue on social media for event information and updates.

FOR MORE INFORMATION

250-721-8480 | uvic.ca/farquhar

University Food Services

University Food Services (UNFS) operates the following:

- Arts Place, Fine Arts Building
- 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 ʔéʔləŋ (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 bring alumni together year-round for exciting events and learning opportunities. We help grads volunteer, cheer each other on and stay connected to campus.

We create the UVic Torch Alumni Magazine and the Alumni Monthly e-newsletter, which offer the latest university happenings and feature articles and updates from your classmates. We also offer benefits, discounts and services exclusively for UVic alumni.

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 | infoline@uvic.ca
uvic.ca/library/infoline

VISITING CAMPUS

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

Buses

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

- 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

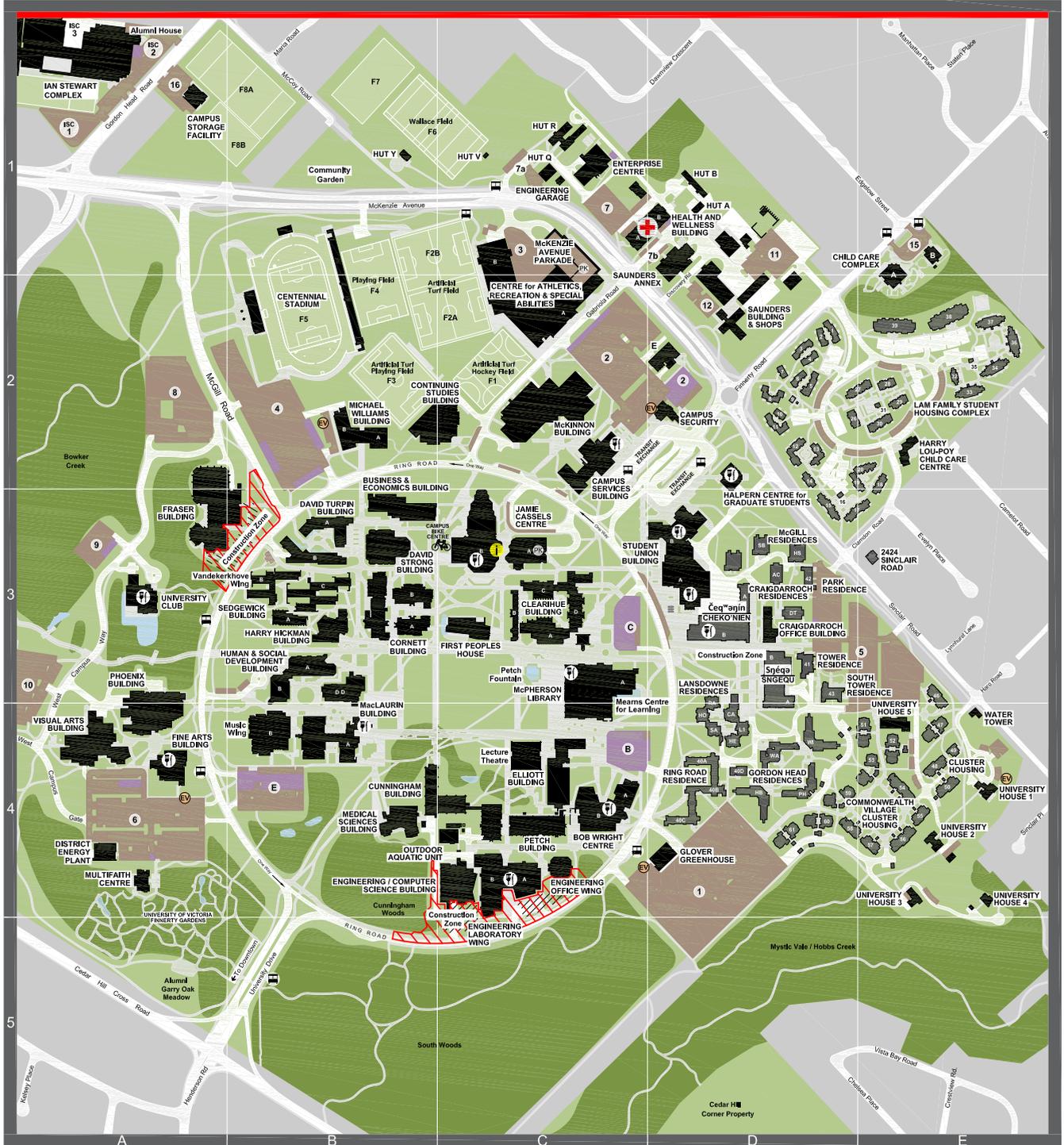
**Term application deadlines:
Jan. 15 and Aug. 15**

HOLIDAY CLOSURES

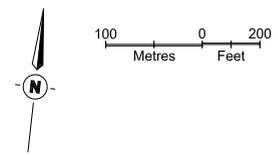
The University of Victoria is closed on statutory holidays and from Dec. 25 to Jan. 1 (inclusive). You may still register online during the holiday periods. Unless otherwise noted, classes will not be held on statutory holidays.

**FOR GENERAL INQUIRIES
CALL 250-472-4747**

Campus map – University of Victoria



- | | | |
|--|---|---|
|  Buildings |  General Pay Parking |  Welcome Centre |
|  Residences |  Reserved Parking |  Student Wellness Centre |
|  Buildings Under Construction |  Construction Zone |  Food Service Outlet |
| | |  Bus Stop |
| | |  Parkade |
| | |  EV Charging Station |

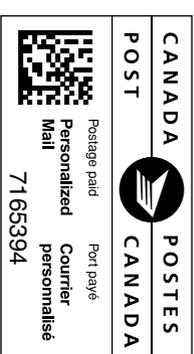


CONTINUING STUDIES @UVIC

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



Or current addressee



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