

Contact information and course description	2
Copyright statement	2
Grade distribution and important dates	3
Academic integrity	4
Lecture schedule	5
Lab schedule	6
Resources and support	7
Course experience survey	7

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Lecture quiz 1 (Thu. Oct. 15 ^a)	7.5%
Lecture quiz 2 (Thu. Dec 3 ^a)	7.5%
Written assignment – paper critique (due Fri. Dec 4)	10%
Group Presentation	15%
Written summary of class reading (1)	5%
Video response to readings & discussions (4)	8%
Video feedback on group presentation (2, at least 1 must be submitted by Nov 1)	4%

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Thurs. Sept

Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone. Here are some resources that are available to you:

- *- In addition to providing both face to face and online mental health resources through our new Student Wellness Centre (opened in July), a new 24x7 phone & online student mental health resource and support program is now available for all UVic students, no matter where they are located, at any time. This program is called UVic Support Connect.*

<https://www.uvic.ca/services/counselling/resources/supportconnect/>

- *- Counselling Services can help you make the most of your*