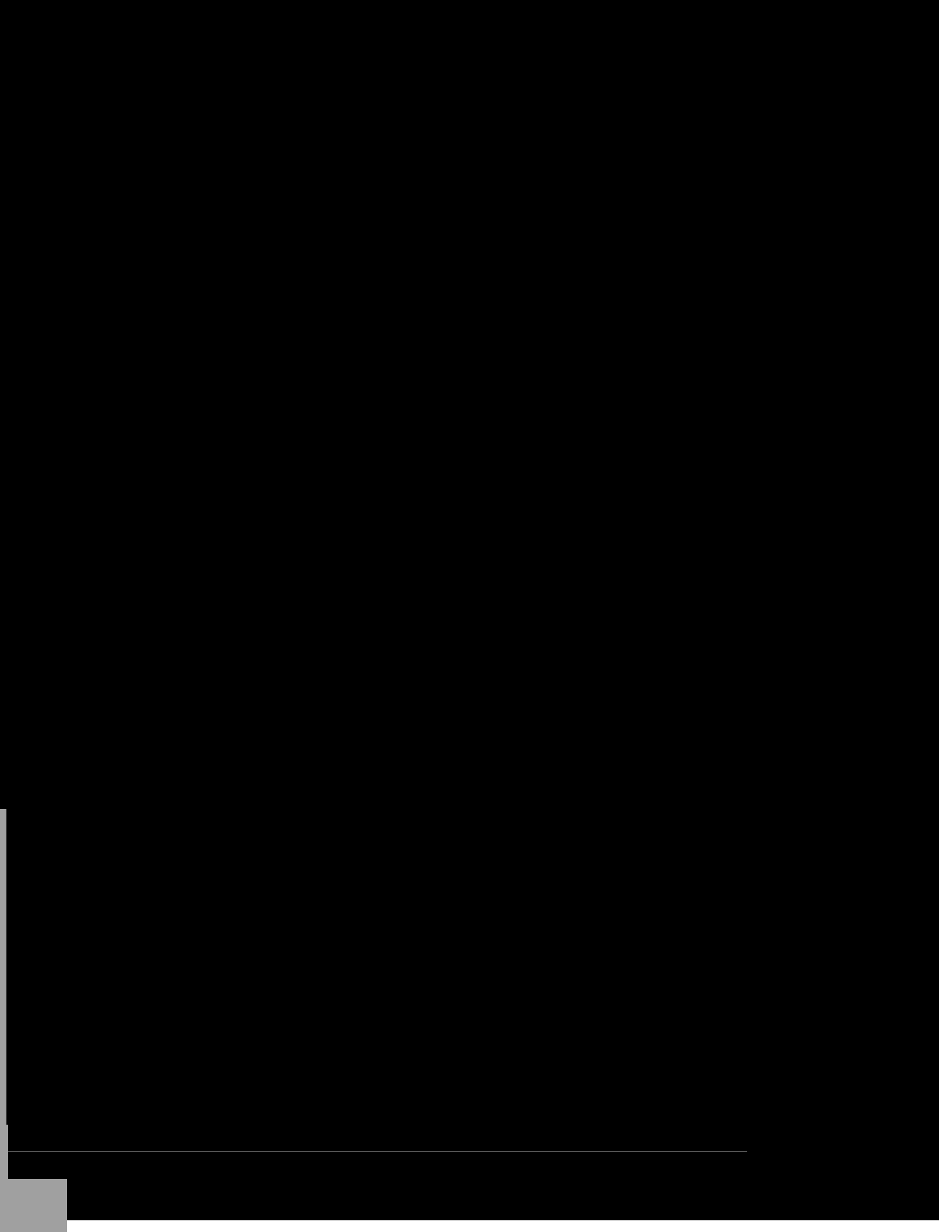


The most important pre-requisites for this course are an open heart and an open mind, as well as a willingness to engage

and communicate the pre-activities and/or reading(s) to everyone. The presenter(s) will identify and explain the main concepts required for learning, and then generate an applicable plan for class activities based on the questions identified. Pre-activities need not be articles but where they are then articles should be chosen from

(accessed via the library) OR from another journal relevant to your interests (please check with me first). Please make sure they are accessible (or direct us to a portion of the whole) and also be conscious of triggering. We all have areas of extreme sensitivity. If you choose a reading that has very challenging content, in whatever way, please take a moment to warn the class ahead of time, so everyone is prepared and can make their own informed choices and decisions around personal safety.

Activity space journaling—Choose one activity space you will be in every day (outside is particularly nice in the Summer) and commit to reflecting (free writing) on the application of concepts learned from class to that space for 15-20 minutes in your journal after each class. What application might concepts from class have in your activity space? What connections does thinking about these concepts help you make as you navigate your daily life? Does your learning change your behaviour or your experience in any way? Sometimes you might make profound connections; other times not. Don't worry, just keep writing and I anticipate you will be surprised at what emerges.



ADDITIONAL RESOURCES TO SUPPORT YOUR SUCCESS

The University of Victoria is committed to promoting, providing and protecting a positive and safe learning and working environment for all its members. Remember to take care of yourself. Do your best to maintain a healthy lifestyle 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. There are many resources available to support your success, so make sure you know where to go when you need help. The following are some examples:

Academic Advising <http://www.uvic.ca/services/advising/>

Centre for Academic Communication (the Writing Centre) <https://www.uvic.ca/learningandteaching/cac/>

Centre for Accessible Learning (CAL)

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations <https://www.uvic.ca/services/cal/>. Please note I am able to implement their recommendations regarding accommodations such as differences in length of timed exams using the online system.

Coop and Career Services <https://www.uvic.ca/coopandcareer/>

Counselling Services offer free professional, confidential, inclusive support to currently registered UVic students <https://www.uvic.ca/services/counselling/>

Elders' Voices The Office of Indigenous Academic & Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being www.uvic.ca/services/indigenous/students/programming/elders/index.php

Geography Department <https://www.uvic.ca/socialsciences/geography/>

- Undergraduate advising and registration geogadvising@uvic.ca.
- <https://www.uvic.ca/socialsciences/geography/undergraduate/advising/index.php>

Health Services - University Health Services (UHS) provides a full service primary health clinic for students, and coordinates healthy student and campus initiatives. <https://www.uvic.ca/services/health/>

International Commons and UVic Global Community

- <https://www.uvic.ca/international/home/international-commons/index.php>
- <https://www.uvic.ca/international/home/global-community/index.php>

MacPherson Library <http://www.uvic.ca/library/>

Math and Stats Assistance Centre

<https://www.uvic.ca/science/math-statistics/current-students/undergraduate/msac/index.php>

Positivity and Safety

The University of Victoria is committed to promoting, providing and protecting a positive and safe learning and working environment for all its members.

Sexualized violence resource office, EQHR; Sedgewick C119, <https://uvic.ca/svp>