The Society for Students with a Disability (SSD) is an official advocacy group of the University of Victoria Students’ Society (UVSS). We are run by and represent the interests of students with disabilities. We aim to raise awareness of and remove barriers, ensuring that students have access to resources and supports, and to create inclusive safer spaces where students can relax, socialize and share their experiences.
Academic Advising

Advising services are available to assist you in matching programs and opportunities to your abilities, interests and career goals, and to provide guidance on academic requirements and appropriate strategies and resources to support degree completion.

Peter B. Gustavson School of Business
Location: Business Student Services Office (BEC 283)
Phone: 250-472-4728
Email: advisor@uvic.ca

Continuing Studies
Location: Registration Help (CST 2nd Floor)
Phone: 250-472-4777
Email: register@uvcs.uvic.ca

Kinesiology and Recreation & Health Education
Location: MCK 115
Phone: 250-721-6554
Email: epheadv@uvic.ca

Teacher Education
Location: MAC A250
Phone: 250-721-7877
Email: adve@uvic.ca

1st Year BEng and BSeng
Location: EOW 211
Phone: 250-721-6018
Email: engradav@uvic.ca

2nd, 3rd, 4th year BME, MECH, and BSEng
Location: EOW 217
Phone: 250-472-5215
Email: engradv1@uvic.ca

2nd, 3rd, and 4th year CENG, CIVE, and ELEC
Location: EOW 219
Phone: 250-472-5216
Email: engradv2@uvic.ca
Engineering Exchange and Visiting Students
Location: EOW 206
Phone: 250-472-4051
Email: mgwyn@uvic.ca

Computer Science
Location: ECS 512
Phone: 250-472-5757
Email: cscadvisor@uvic.ca

Fine Arts
Location: FIA 119
Phone: 250-472-5165
Email: aheinl@uvic.ca

Music
Location: MAC B106
Phone: 250-721-7904
Email: michalsk@uvic.ca

Child and Youth Care
Location: HSD B102A
Phone: 250-721-7984
Email: kharriso@uvic.ca

Health Information Science
Location: HSD A202
Phone: 250-721-8576
Email: his@uvic.ca

Indigenous Student Support Centre
Location: HSD B211
Phone: 250-472-5431
Email: hsdia@uvic.ca

Nursing
Location: HSD A402
Phone: 250-721-7961
Email: klear@uvic.ca
Public Administration
Location: HSD A302
Phone: 250-721-8849
Email: hkirkham@uvic.ca

Public Health and Social Policy
Location: HSD B202
Phone: 250-853-3845
Email: jgillie@uvic.ca

Social Work
Location: HSD B302
Phone: 250-721-8036
Email: socw@uvic.ca

Humanities, Science, and Social Sciences Advising
Location: University Centre Room A203
Phone: 250-721-7567 ext 6
Email: advising@uvic.ca

Pre-Law Students
Phone: 250-721-8155
Email: lawadmss@uvic.ca

Current Law Students
Phone: 250-721-8153
Email: lawmaass@uvic.ca
Campus Security Services - www.uvic.ca/security

Safewalk
Campus Security Services' safe walk service is available to members of the University Community 24 hours a day, 7 days a week. The escort service is provided from building to building, building to vehicle, and vice versa within the boundaries of the campus, including Ian Stewart Complex.

To request an escort call 250-721-7599
OR
Can also be requested by calling from any of Campus Security's 14 Direct Dial Phones located around the University campus.

Safehaven
Come into Campus Security Services (near the Bookstore) if you are ever in need of assistance. We are open 24 hours a day, 7 days a week. Our front foyer is a safehaven that has a surveillance camera and intercom that will put you in direct contact with the Dispatcher who can immediately radio a Security Officer for assistance.

Campus Alone
Campus Alone is available to all members of the campus community who work or study on campus during the quiet hours of evenings, weekends, holidays, etc.

Individuals concerned for their personal safety while working/studying alone at night may telephone Campus Security Services at 250-721-6683 and provide the following information:
- Your name, an exact location and phone number in the building if you will be working in an office.
- An estimated time of departure. If this changes, you must advise us.
- Your mode of travel and, if applicable, a vehicle description and location where you've parked your vehicle.
- Call us at 250-721-6683 just prior to your departure.

If we do not receive your call advising of your departure, a Security Officer will follow up and check on you.

Take advantage of the campus SAFEWALK program as well (see above). This service is also available to all campus community members who request an escort anywhere within the campus free of charge. Both CAMPUS ALONE and SAFEWALK programs are available 7 days a week, 24 hours a day, and are provided free of charge.
CanAssist
www.canassist.ca

CanAssist is an organization at the University of Victoria that is dedicated both to helping people with disabilities improve their quality of life and to increasing awareness of disability issues. Since its early days as a small volunteer venture, CanAssist has had a direct impact on the quality of life of many thousands of people with disabilities and their families. Unique in North America, CanAssist takes a client-focused approach to providing customized technologies and innovative programs where there are gaps in existing services.

As such, CanAssist provides a small number of specialty programs and unique services that either address unmet community needs or promote the participation in CanAssist activities by students and faculty at the University of Victoria (as well as other academic institutions). These include:

- Student Engagement Program
- TeenWork Youth Employment Program
- Research Services
- Services for Organizations
- Just for Kicks Soccer Program

Contact
CanAssist, CARSA, University of Victoria
3800 Finnerty Rd.
Victoria, BC
V8P 5C2
(250) 721-7300
info@canassist.ca
Centre for Academic Communication

The Learning and Teaching Centre runs The Centre for Academic Communication, working with both undergraduate and graduate students to equip them with academic skills for a successful student career.

Services

Academic Expectations
- Academic integrity
- Transitions (from other cultures, high school, community college, etc.)
- Classroom expectations

Reading Support
- Academic text management
- Critical thinking skills
- Text as the basis for writing

Writing Support
- Writing skills
- Writing Processes
- Writing to publish
- Writing different kinds of texts
- Academic expectations

Speaking Support
- Class and oral defense presentations
- Pronunciation support and development
- Practice and feedback sessions

On website, details resources, workshops, tutor information and online tutoring. https://ltc.uvic.ca/servicesprograms/twc.php

Location on the main floor of the McPherson Library in Learning Commons
Centre for Autism Research, Technology and Education (CARTE)

CARTE is dedicated to the research and development of new and innovative technologies that enhance the social and emotional skills of children and adults with autism spectrum disorder (ASD). The centre is composed of UVic faculty and students, community professionals and families whose common goal is to serve the needs of children and adults with ASD. CARTE provides opportunities for students with autism to volunteer in educational outreach, autism research, the building technological innovations and enabling autism communities.

http://web.uvic.ca/~carte/
Email: carte@uvic.ca
Counselling Services

Counselling Services offers free confidential counselling to currently enrolled degree program University of Victoria students, either individual and group counselling.

We offer a variety of services, including:
- individual counselling and walk-in appointments
- groups and workshops
- consultative services to members of the university
- training and mentorship for staff, student leaders and practicum counsellors
- crisis intervention and emergency response
- research to enhance student success

Support Groups (Varies by semester)
- Exploring the nature of grief and loss
- Career exploration group
- Career exploration group for graduate students
- Gaining social confidence
- Personal growth workshop
- Love yourself first
- Managing anxiety and panic attacks - Cognitive behavioural therapy (CBT)
- ACT for anxiety - Acceptance and commitment therapy
- Applied mindfulness, the Hakomi way
- Changeways for mood and stress management - CBT
- Bipolar disorder self management group
- Managing impulsivity with mindfulness

Workshop Series
- Academic Success Workshop series (topics include: Motivation and time management, goal setting and academic stress management, exam prep and writing, reading and concentration)
- Procrastination Workshop
- Problem Solving Workshop

Learning Skills Course
This 4-week course is designed to teach students how to be efficient and effective at university, and how to apply the techniques to regular courses. Instruction and practice are provided, with emphasis on learning about studying techniques, and how to make direct application to current courses. Classes are scheduled using the normal university time schedule. Please register at Counselling Services or call 250-721-8341 for more information. The fee is $40.00.
**University Learning Skills Course**
This two-week intensive course, involving skill development and practice, is for university- or college-bound students who want to make the most of their courses. Offered through Continuing Studies, this two-week course usually runs the last two weeks in August from 9am – 12pm, or 1pm – 4pm.

Thirty hours of instruction and practice are provided in a wide range of learning topics as well as use of the University library. Participants learn about advanced reading techniques, note-making methods, essay writing strategies, exam preparation tips, and how to work cooperatively within a study group. Students practice their learned skills in a mock mini-course.

Classes are three hours per day for 10 days, and the fee is $125.00. Register online or by phone at 250-472-4747. You can also register in person at the Continuing Studies Building, 8:30am - 4:30pm, on weekdays.

**Peer Helping Service**
Peer helpers are student volunteers who offer social, emotional and academic support to our fellow UVic students.

Peer helping can also provide information and referrals to other resources. The program is coordinated and supervised by Counselling Services, and we operate during the academic year (September-April).

We provide confidential, drop-in support at our office in the library Learning Commons Room135h from Monday-Friday, 10:30-4:30 starting mid-September, through April (except during exam times and on holidays). Students come to us to talk about issues including:

- stress
- relationships and breakups
- how you’re doing in school (and tips for doing better)
- adjusting to changes in your life
- making friends

**Contact**
Counselling Services
Front desk hours Monday to Friday 8:30am - 4:30pm
Location: University Centre, B270
Phone 250-721-8341
Health Services

Our team of healthcare practitioners provides comprehensive care for UVic students and limited services to members of the campus community.

Services
- appointments with physicians, nurses and other health practitioners
- limited urgent care and first aid services
- specialist referrals
- telephone advice
- a doctor-on-call service for students (after hours, weekends, holidays).

Contact
Phone: 250-721-8492
Email: heal@uvic.ca
Location: Jack Peterson Health Centre (Lower Parking Lot #5 off Sinclair Rd.)
International Commons

The International Commons, located in the McPherson Library, is a place where international students can access programs and services to support their academic success.

Contact
International Student Services
250-721-6361 or issinfo@uvic.ca

Academic advising for international students
- Mondays from 1:00pm to 4:00pm in the IC office
- Wednesdays from 9:30am to 12:30pm in the IC office

Workshops Please register for these workshops by sending an email to issinfo@uvic.ca. Please include your UVic student number in the email.

Tips for Success at UVic
- For new international undergraduate students
- Get advice about how to be a successful student
- Hear about the experiences of other international students who have been at UVic for at least one year.

Staying out of Academic Trouble
- For all international undergraduate students
- Find out how to maintain good academic standing.
- Learn how and where to seek support if required.
- Understand your responsibilities at UVic.

Please visit International Commons for updated workshop schedule.
Math & Stats Assistance Centre

We offer a friendly space where you can spend a couple of hours working on your 100- and 200-level math and stats courses. Bring your study group if you have one! When you are stuck on a concept or a problem, there is a TA on site who can help.

**Locations** (Check online for updated semester schedule)

David Turpin Building (DTB) A202. Mondays 9:30am - 7:30pm, Tuesdays to Thursdays 9:30am - 3:30pm; Fridays 9:30am-1:30pm.

At room 129 in the main floor of the McPherson library. Tuesdays to Thursdays 3:30-7:30pm.

In Hodges room 104, in the Academic Resource Centre. Sundays 1pm -5pm.

**Contact**

msacc@uvic.ca

www.math.uvic.ca/~msassist
McPherson Library

All floors of the McPherson Library are accessible by elevator. Washrooms in the basement, third floor and BiblioCafé are wheelchair accessible.

Services

• Priority Workspaces
  o Two workstations with a priority for users with a disability.
  o Adjustable study carrels are available on the third floor.

• Adaptive Technology Rooms
  o Rooms 113e and 113f have specialized equipment that are always available to support users with print-based and learning disabilities.
  o Adaptive Technologies include:
    ▪ Wide Screen Monitors
    ▪ Flat bed scanners
    ▪ Kurzweil 3000 software for text-to-speech
    ▪ Zoomtext screen magnification software
    ▪ Kurzweil 1000 scan and read software with JAWS screen reader
    ▪ Inspiration 9.0 mind mapping software
    ▪ Dragon Naturally Speaking for speech to text
    ▪ Network printing services
    ▪ Ongoing support of software and machines from loan desk

• Respite Room
  o Room 132 on the main floor of the McPherson library is a private respite room with a cot. It is located behind Classroom 129.

• Alternative format material requests
  o Contact our interlibrary loan staff at 250-721-8234 or ill@uvic.ca. Tell us which format you need and how long you will need the materials.

• Allow Others to Access your Library Account
  o In exceptional circumstances, we will permit other people to sign out, renew items, or pay library fines on your behalf. We require your written consent to grant access to your account, in compliance with the Freedom of Information and Protection of Privacy Act.
  o Users with a disability may also request a proxy borrower’s card for a friend or attendant to borrow library materials on their behalf. Proxy cards for non-students/staff will be determined on a case-by-case basis depending upon the applicant’s circumstances.

Loan Desk: 250-721-6673
Research Desk: 250-721-8274
Ombudsperson

The ombuds office is an independent, impartial, and confidential resource for undergraduate and graduate students and other members of the University of Victoria community.

Services
- help you understand your options, rights and responsibilities
- coach you in constructive ways of raising an issue or complaint
- facilitate communication or problem-solve
- assist in the use of appeal procedures
- investigate and make recommendations

Contact
Martine Conway
250-721-8357
ombuddy@uvic.ca
Student Union Building, Room B 205

Open Monday to Friday:
with drop-in hours
Monday & Tuesday: 9:30 to noon
Monday & Wednesday: 1:00 to 4:00 pm

OR By Appointment
www.uvicombudsperson.ca
Psychology Clinic

The Psychology Clinic provides a range of services for the following populations: Adults, Youth, Children (age 6 +), Couples, Families

Services
Diagnostic assessments: We offer psychosocial, psychoeducational and neuropsychological assessments. The purpose of these assessments is to provide diagnostic clarification, an understanding of each individual's unique situation, and recommendations for appropriate interventions.

Psychotherapy: We offer psychotherapy with the goal of assisting individuals to gain greater insight into their problems, cope more effectively with personal stresses and interpersonal conflicts, and achieve behavioural goals. We strive to provide empirically-supported interventions whenever possible.

The Psychology Clinic is a fee-for-service clinic.

Monday to Friday
9-11:30am and 12:30-4:30pm
Note: closed for lunch from 11:30am - 12:30pm

Psychology Clinic
Department of Psychology
Cornett Building, Room A234

www.uvic.ca/socialsciences/psychology/home/clinic/index
**Resource Centre for Students with a Disability**

Our team provides services and programs and coordinates academic accommodations for students, promote educational equity and accessibility for students with disabilities. We also act as consultants to faculty and work with the university community to help create a more accessible learning environment.

The RCSD provides a multitude of services to assist students with a disability in succeeding at university.

**Services:**
- Advising & Academic Accommodation Planning
- Disability Grant Applications & Funding
- Sign Language interpreting and Typewell captioning
- Exam Centre for Accommodated Exams
- Adaptive Technology Lab and Consultation
- Alternative Text Program

**Programs:**
- Learning Strategist Program
- Tutor Matching Program
- Notetaking Program
- Alternative Text Program

Front desk office hours:
Monday - Friday 8:00 a.m. to 4:00 p.m.
Location: Campus Services Building
inforcsd@uvic.ca
250-472-4947
www.uvic.ca/services/rcsd
Residence Resource Hub

The Residence Resource Hub is located in the lower part of Hodges Hall and Sanderson Hall in the Lansdowne Residences Neighborhood.

Health and Wellness Center (HAWC)
HAWC offers health and wellness workshops as well as a variety of drop-in programs to meet your needs. Our campus partners run some great programs that addressed a wide range of student health and wellness needs, such as free yoga and meditation drop-in programs. The Peer Helpers have a weekly Coffee House drop-in for those looking to relax, make some new friends, chat, and eat some awesome home baking. The HAWC also features several student run programs like: QVic which provides a safer space for queer and questioning students.

Academic Resource Centre (ARC)
ARC offers a number of workshops, drop-ins, and other programs to support your academic success at UVic! SciHelps is a first-year science study group, connecting you with the resources you need to succeed facilitated by an upper-year science student. The Math & Stats Assistance Centre in Residence offers help from TAs for 100 and 200 level Math courses. You can also check out the free Learning Strategist Sessions where highly trained graduate students offer one on one support in the most effective ways to study for any area.

See website for an updated calendar of events
http://housing.uvic.ca/winter/rl-resourcehub.php#HubDirections
Steps Forward

STEPS Forward is a family-driven organization founded to ensure that people with developmental disabilities are included as students in the academic and social life of colleges and universities of British Columbia.

The work of STEPS Forward is rooted in the belief that inclusive post-secondary education is a pivotal element of a fully inclusive life. For this reason, STEPS Forward works to create a typical university or college experience, with course work running from September through April, and a co-op employment term from May through August, over the course of approximately 4-5 years. For the same reason, STEPS Forward works with individuals, families and systems, not only throughout a college or university experience, but also, before and after that time.

Contact
Jessie Carruthers
Jessie@steps-forward.org
250-884-0485

or

Heather Carley
heather@steps-forward.org

www.steps-forward.org
Student Awards and Financial Aid

In addition to offering scholarship, bursary and work study programs, we provide information about other funding sources, expected costs and strategies for balancing your budget.

Student Awards and Financial Aid can provide information and aid with the following:

- Entrance Scholarships
- In-course Scholarships
- Bursaries
  - UVic General Bursary
- External Awards
- Work Study
- Loans and Grants
- RESPs
- Budgeting

If you run into any problems with funding your studies or may have difficulties in the future you are encouraged to visit the Student Awards and Financial Aid Office.

Contact
Student Awards and Financial Aid
Room A202 University Centre (2nd Floor)
Phone: 250-721-8423
Email: finaid@uvic.ca registrar.uvic.ca/safa