

## Course Outline – FN3400B: Culture and Food

### School of Food and Nutritional Sciences

#### General Information

Course #: FN3400B

Section #:

Lecture	530	Monday	8:30am-11:30am	BR-204
Lab	531	Wednesday	2:30pm-5:30pm	BR-1001
Lab	532	Friday	12:30pm-3:30pm	BR-1001

Term: Winter

Year: 2020

#### Instructor Information

Name: Katey Davidson, MScFN, RD

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Telephone number for office appointments: N/A

Office hours for students: By appointment only

Office location: Location TBD

#### Course Description

Introduction to the study of social, cultural and communication factors which influence food habits of various ethnic groups that may differ from typical North-American diets. Variations in basic food preparation and culinary techniques will be explored (in the food laboratories).

**Prerequisite(s):** Foods and Nutrition 2130 or Foods and Nutrition 2232.

**Extra Information:** 3 lecture hours and 3 laboratory hours.

#### Required Course Materials

Kittler, P.G., Sucher K.P., & Nelms, M. Food and Culture, 7th ed.. 2017, Cengage Learning.

The following apparel is required for the Food Lab:

- White uniform or lab coat
- Clean lab shoes (closed toe and heel)
- Hair net (you may purchase one for \$1.00 in the lab)

Lab Fees: \$45.00 per student

*(Laboratory fees are billed along with your tuition. Payment must be made by the end of the third week of classes to continue in the course.)*

## Learning Outcomes

At the end of this course students will meet the following Brescia competencies: Communication, Critical Thinking, Inquiry and Analysis, Problem Solving, Self Awareness and Development, Social Awareness and Engagement and Valuing by being able to:

- 1) Explain the interrelationship between culture and food (Critical Thinking, Inquiry and Analysis).
- 2) Describe and apply basic food preparation and culinary techniques of various cultural groups (Communication, Inquiry and Analysis, Problem Solving).
- 3) Gain skills to improve communication with and counseling of cultural groups (Communication, Self Awareness and Development, Engagement and Valuing).
- 4) Discuss the changing demographics and the ways in which ethnicity may affect nutrition and health status (Social Awareness).
- 5) Understand the role of diet and traditional health beliefs, common nutrition-related problems and educational needs of various ethnic groups (Critical Thinking, Social Awareness).
- 6) Research and report on current issues on food and culture (Communication, Inquiry and Analysis).
- 7) Realize the influence of immigration on culture and cuisine of immigrants to Canada and enhance their knowledge on how to serve this diverse society as nutrition professionals (Critical Thinking, Social Awareness, Engagement and Valuing).

## Brescia Competencies

### **Communication**

The ability to exchange information and meaning across cultures, space, and time appropriately and correctly. This competency includes oral, written, and interpersonal communication, and the ability to use current or innovative media.

### **Critical Thinking**

The ability to engage in thinking characterized by the rational, informed, independent, and open-minded exploration of issues, ideas, and events before accepting or formulating a conclusion.

### **Inquiry and Analysis**

The ability to ask questions, examine issues, and reach informed conclusions by breaking down complex issues, exploring evidence, and describing relationships among persons, things, or events.

### **Problem Solving**

The ability to create and execute a strategy to answer a question or achieve a goal. Includes being able to anticipate the consequence of a potential solution, select a strategy among several alternatives, and decide when an acceptable outcome has been reached.

### **Self-Awareness and Development**

The ability to draw meaning, knowledge and value from honest and fair reflection and self-evaluation. Students are able to recognize their emotions and patterns of thinking, their impact on others, and make a commitment to personal growth.

### **Social Awareness and Engagement**

The ability to respect and be open to diversity (e.g. cultural, religious, political) and social justice. Students take personal responsibility to actively engage in and contribute to creating positive change in local, regional, national, or global communities and societies.

### **Valuing**

The ability to make decisions or choose actions based on the consistent application of principles expressing fundamental values that are accepted on account of reason or spiritual insight.

## **Teaching Methodology and Expectations of Students**

### **Approach**

Lectures will be supplemented by assigned readings. Group presentations and discussions will be included. Food laboratories will require student participation and demonstration of skills. Students will abide by the rules of the food lab, including proper hand washing, sanitation, wearing of lab coats, hairnets and lab shoes and cleaning up after the labs. Students are expected to taste and evaluate the food products made in the labs. If unable to do so, students must inform the professor in advance of the labs.

Attendance at both lecture and lab is mandatory for the successful completion of the course.

### **Course Specific Policies**

1. Failure to attend at least 75% of laboratories or studios will result in failure in the laboratory or studio and an "incomplete" in the course. Successful completion of the laboratory will be necessary in order to receive credit in the course.
2. Assignments are due at time and date noted. The mark will be reduced by 20% on assignments submitted late. Assignments submitted after seven days will not be accepted for marking, except with documentation to show a confirmed personal illness or a death in her/his immediate family.
3. There will be no make-up mid-term test for a student who has missed a test except with documentation to show a confirmed personal illness or a death in her/his immediate family.

## Copyright and Intellectual Property

PowerPoint lecture slides and notes, lists of readings, in-class activities, assignment guidelines, and other components of the course materials are typically the intellectual property of the instructor. Unauthorized reproduction through audio-recording, video-recording, photographing, sharing on social media, or posting on course-sharing websites is an infringement of copyright and is prohibited. Such action may be considered a Code of Conduct violation and lead to sanctions.

## Evaluation

Evaluation Breakdown:

<b>Component</b>	<b>Weight</b>	<b>Date/ Deadline</b>	<b>Learning Outcome</b>	<b>Brescia Competencies</b>
<b>Midterm Exam</b>	25%	Feb 10, 2020	1,2,4,5,7	Critical Thinking, Inquiry and Analysis, Communication, Problem Solving
<b>Food Lab Participation</b>	10%	Ongoing	2, 3	Communication, Inquiry and Analysis, Problem Solving, Self Awareness and Development, Engagement and Valuing
<b>Major Project: Lab Presentation</b>	20%	Assigned	2, 3	Communication, Inquiry and Analysis, Problem Solving, Self Awareness and Development, Engagement and Valuing
<b>Major Project: In-class Oral Presentation</b>	15%	Assigned	1-7	Communication, Inquiry and Analysis,

				Problem Solving, Self Awareness and Development, Engagement and Valuing, Social Awareness
<b>Final Exam</b>	30%	TBA	1,2,4,5,7	Critical Thinking, Inquiry and Analysis, Communication, Problem Solving

\*Please note that mark deductions (0.25% per offence) may occur during labs for lateness (under 30 minutes) or unclean lab stations. After 30 minutes, you will receive an incomplete participation (deduction of 1 mark) for the lab. This will be discussed during the first lab. This will be discussed during the first lab.

### Academic Accommodation

For course components worth 10% or more of the total course grade, please see the Academic Policies and Regulations section at the end of this course outline or consult the Academic Calendar.

For course components worth less than 10% of the total course grade, documentation is not required. Whenever possible students should provide notification in advance of due dates or absence. If advance notification is not possible, the course instructor should be contacted within two business days.

### Course Content

Topics will be covered in the order listed and any dates listed are meant as a guideline.

### Weekly Organizer - Lectures:

Class/Topic	Date	Description	Assignments and/or Readings Due
<b>1</b>	Jan 6, 2020	Introduction: Food and Culture	Reading: <b>Chapter 1</b> - Food and Culture 7th edition

			Reading: <b>Ingram</b> – Using Campinha-Bacote’s process of cultural competence model to examine the relationship between health literacy and cultural competence (available on OWL)
<b>2</b>	Jan 13, 2020	Traditional Health Beliefs	Reading: <b>Chapter 2</b> Food & Culture 7th edition  Please be sure to read ‘Cultural Controversy’ on page 47
<b>3</b>	Jan 20, 2020	Intercultural Communication	Reading: <b>Chapter 3</b> Food & Culture 7th edition
<b>4</b>	Jan 27, 2020	Food and Religion	Reading: <b>Chapter 4</b> Food & Culture 7th edition
<b>5</b>	Feb 3, 2020	Indigenous and Canadian Cultures	Reading: <b>Canada’s Food Guide</b> Required Reading – Page 19, 41, 45 (however, encouraged to read majority of the report) – On OWL <b>Earle</b> – Traditional Aboriginal Diets and Health – On OWL <i>No textbook reading</i>
<b>6</b>	Feb 10, 2020	In-class exam (2 hours)  8:30am – 10:30am	Midterm Exam
<b>7</b>	Feb 24, 2020	Mexican, Caribbean, Central & South American Culture  + In-class group presentation	Reading: <b>Chapter 9</b> Food & Culture 7th edition  <ul style="list-style-type: none"> <li>• All sections except US Immigration Patterns and Demographics</li> <li>• Table 9.1 and 9.3</li> <li>• Cultural Controversy – Breaking the Mold – Page 257</li> <li>• New American</li> </ul>

			<p>Perspectives – Page 270</p> <p>Reading: <b>Chapter 10</b> Food &amp; Culture 7th edition</p> <ul style="list-style-type: none"> <li>• All sections except US Immigration Patterns and Demographics</li> <li>• Table 10.1</li> <li>• Specialty Cooking in Jamaica – page 292</li> <li>• Table 10.2</li> <li>• Regional variations of food habits</li> </ul>
<b>8</b>	March 2, 2020	<p>North and South Europe</p> <p>+ In-class group presentation</p>	<p>Reading: <b>Chapter 6</b> Food &amp; Culture 7th edition</p> <ul style="list-style-type: none"> <li>• All sections except US Immigration Patterns and Demographics</li> </ul>
<b>9</b>	March 9, 2020	<p>Central Europe, People of the Former Soviet Union, and Scandinavia</p> <p>+ In-class group presentation</p>	<p>Reading: <b>Chapter 7</b> Food &amp; Culture 7th edition</p> <ul style="list-style-type: none"> <li>• All sections except US Immigration Patterns and Demographics</li> </ul>
<b>10</b>	March 16, 2020	<p>Balkans and the Middle East</p> <p>+ In-class group presentation</p>	<p>Reading: <b>Chapter 13</b> Food &amp; Culture 7th edition</p> <ul style="list-style-type: none"> <li>• All sections except US Immigration Patterns and Demographics &amp; table 12.3</li> <li>• Table 13.1</li> <li>• 'Is Coffee Beneficial for Health?' – page 432</li> <li>• Romania Fare, Albanian Fare, Moroccan cooking</li> </ul> <p><b>Gurgue</b> - Healthcare needs and health service utilization by Syrian</p>

			refugee women in Toronto (on OWL)
<b>11</b>	March 23, 2020	Africa and South Asia  + In-class group presentation	<p>Reading: <b>Chapter 10</b> Food &amp; Culture 7th edition</p> <ul style="list-style-type: none"> <li>• All sections including History of Africans in US (except demographics)</li> <li>• Table 8.1</li> <li>• Nutritional Status – not expected to memorize numbers or values</li> <li>• Health Risks of African Americans – page 230</li> </ul> <p>Reading: <b>Chapter 14</b> Food &amp; Culture 7th edition</p> <ul style="list-style-type: none"> <li>• All sections except US data</li> <li>• Table 14.1, 14.2</li> <li>• Practitioner Perspectives – page 477</li> </ul>
<b>12</b>	March 30, 2020	East and Southeast Asian/ Pacific Islanders Cultures  + In-class group presentation	<p>Reading: <b>Chapter 11</b> Food &amp; Culture 7th edition</p> <ul style="list-style-type: none"> <li>• All except US information, Mongolian Fare, Tibetan Fare</li> <li>• Table 11.1, Table 11.3</li> <li>• Cultural Controversy (page 351)</li> </ul> <p>Reading: <b>Chapter 12</b> Food &amp; Culture 7th edition</p> <ul style="list-style-type: none"> <li>• All except US information, “Cooking in Malaysia, Singapore, Indonesia”, Australian/New Zealand Fare</li> <li>• Table 12.1, Table 12.2, Table 12.3</li> </ul>



- New American Perspectives (page 398)
- Willcox** – The Okinawan Diet (on OWL)

Weekly Organizer - Labs:

Class/Topic	Date	Description	Assignments and/or Readings Due
<b>1</b>	Jan 8/10, 2020	Introduction, Food Safety	
<b>2</b>	Jan 15/17, 2020	Spice Lab	
<b>3</b>	Jan 22/24, 2020	Staple Foods	
<b>4</b>	Jan 29/31, 2020	Project Consultations	No Lab; meetings will take place during assigned times in the lab
<b>5</b>	Feb 5/7, 2020	Indigenous and Canadian Foods	
<b>6</b>	Feb 12/14, 2020	No Lab (midterm)	
<b>7</b>	Feb 26/28, 2020	Mexican, Caribbean, Central & South American Culture	Group Lab Presentation
<b>8</b>	March 4/6, 2020	North and South Europe	Group Lab Presentation
<b>9</b>	March 11/13, 2020	Central Europe, People of the Former Soviet Union, and Scandinavia	Group Lab Presentations

10	March 18/20, 2020	Balkan and Middle East	Group Lab Presentations
11	March 25/27, 2020	Africa and South Asia	Group Lab Presentations
12	April 1/3, 2020	East and Southeast Asian/Pacific Islanders	Group Lab Presentations
13		No Lab	No Lab

## 2019-20 BRESCHIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

### 1. POLICY REGARDING ACADEMIC ACCOMMODATION

The complete policy regarding [Accommodation for Illness - Undergraduate Students](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12) can be found at [http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_12](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12).

Students who have long-term or chronic medical conditions which may impede their ability to complete academic responsibilities should seek Academic Accommodation through Student Accessibility Services ([http://www.westerncalendar.uwo.ca/PolicyPages.cfm?PolicyCategoryID=1&Command=showCategory&SelectedCalendar=Live&ArchiveID=#Page\\_10](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?PolicyCategoryID=1&Command=showCategory&SelectedCalendar=Live&ArchiveID=#Page_10)).

Personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation.

Students who experience an illness or extenuating circumstance sufficiently severe to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

1. Submitting a **Self-Reported Absence** form provided that the conditions for submission are met;
2. For medical absences, submitting a **Student Medical Certificate (SMC)** signed by a licensed medical or mental health practitioner;
3. For non-medical absences, submitting **appropriate documentation** (e.g., obituary, police report, accident report, court order, etc.) to their Academic Advisor. Students are encouraged to contact their Academic Advisor to clarify what documentation is acceptable.

#### Requests for Academic Consideration Using the Self-Reported Absence Portal

Students who experience an unexpected illness or injury or an extenuating circumstance of 48 hours or less that is sufficiently severe to render them unable to meet academic requirements should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours. Note that the excused absence includes all courses and academic

requirements within the up to 48 hours, it is not intended to provide an excused absence from a single course while students fulfill their academic responsibilities in other courses during that time.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

1. Students will be allowed **a maximum of two self-reported absences** between September and April and one self-reported absence between May and August;
2. The duration of the absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;
3. The excused absence will terminate prior to the end of the 48 hour period if the student undertakes significant academic responsibilities (writes a test, submits a paper) during that time;
4. Self-reported absences will **not** be allowed for scheduled final examinations; midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;
5. Self-report absences may **not** be used for assessments worth more than 30% of any course;
6. Any absences in excess of 48 hours will require students to present a Student Medical Certificate (SMC), or appropriate documentation;
7. Students **must** communicate with their instructors **no later than 24** hours after the end of the period covered by the Self-Reported Absence form to clarify how they will fulfil the academic expectations they may have missed during the absence.

### **Request for Academic Consideration for a Medical Absence**

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation.

Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

The following conditions apply for students seeking academic accommodation on medical grounds:

1. Students must submit their Student Medical Certificate (SMC) along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. An SMC can be downloaded from [http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/medicalform.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf) ;
2. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period;
3. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, scheduled tests or examinations, and other academic requirements;
4. Students **must** communicate with their instructors **no later than 24 hours** after the end of the period covered by the SMC to clarify how they will fulfil the academic expectations they may have missed during the absence;
5. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the course instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements, arranging Special Exams (make-ups), re-weighting course requirements, or granting late withdrawal without academic penalty.

The [full policy on requesting accommodation due to illness](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12) can be viewed at:

[http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_12](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12)

## **2. ACADEMIC CONCERNS**

If you feel that you have a medical or personal challenge that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines; please refer to the [Registrar's website](http://brescia.uwo.ca/academics/registrar-services/), <http://brescia.uwo.ca/academics/registrar-services/> or the list of official sessional dates in the Academic Calendar (<http://www.westerncalendar.uwo.ca/SessionalDates.cfm?SelectedCalendar=Live&ArchiveID=>).

You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

### 3. ABSENCES

**Short Absences:** If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

**Extended Absences:** If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work, and arrange academic accommodations if appropriate and warranted.

It is important to note that the Academic Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory ([http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading\\_68](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68) ).

### 4. SCHOLASTIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence at: [http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_20](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20).

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

#### **Plagiarism:**

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where

appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence.

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

#### **Computer-marked Tests/exams:**

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

## **5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS**

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, they may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, they may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal and if the matter falls within the jurisdiction of the SRBA. For information on academic appeals consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar [http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_14](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14).

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices.

## **6. PREREQUISITES**

Unless you have either the prerequisites for a course or written special permission from the Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite(s).

## **7. SUPPORT**

### **Support Services**

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/>. Students can access supports through Brescia's Student Life Centre (<http://brescia.uwo.ca/life/student-life/>) and Learning Skills Services at Western (<https://www.uwo.ca/sdc/learning/>)

### **Mental Health and Wellness**

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can obtain information about how to obtain help for yourself or others through **Mental Health & Wellness at Brescia** (<http://brescia.uwo.ca/life/mental-health-wellness/>) and **Health and Wellness at Western**, [http://uwo.ca/health/mental\\_wellbeing/index.html](http://uwo.ca/health/mental_wellbeing/index.html).

## **Sexual Violence**

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

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Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.

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