

Instructor's Academic Profile:

<https://www.luthercollege.edu/university/academics/faculty-profiles/volker-greifenhagen>

Learning Objectives and/or Outcomes:

At the end of this course, you should be able to:

1. Identify and describe the foundational beliefs and practices of Muslims.
2. Demonstrate an understanding of the historical development of Muslim communities, and of their contemporary status and relevance.
3. Critically analyze various media portrayals of Islam and Muslims.
4. Appreciate Islam as a major diverse and living spiritual tradition today.

Meta-skills and/or Capabilities:

This course will help you to work on certain skills and capabilities that employers look for in university graduates. These skills will be developed by specific parts of the course:

1. Reading, writing, research, critical analysis and communication. These skills will be developed and practiced through readings, discussion, quizzes, the final take-home exam, and especially the three writing assignments.
2. Critical digital competence. The course will develop various digital communication skills, with a critical and discerning edge, as will be demonstrated, for example, in the media analysis.
3. Cross-cultural competence and religious literacy. These will be developed by the information students will encounter, discuss and generate within a religious literacy framework.
4. Historical consciousness. This capability will be developed through the examination of the origins of Muslim communities in the Late Antique context, and the recognition of flux and change from a human experiential perspective in the development of Muslim communities and institutions through the centuries.

Required Texts:

1. *Muslim Identities: An Introduction to Islam*, by Aaron Hughes. First edition. New York: Columbia University Press, 2013. We will be using the 1st edition rather than the more recent 2nd edition of 2022 because the 1st edition is available to you an **e-book accessible through the on-line university library catalogue** (<http://www.uregina.ca/library>) - type the complete title into the Quick Find box.
2. At least two different English translations of the Qur'an. The new *Study Quran* edited by Seyyed Hossein Nasr et.al. is suggested as a translation by Muslims (other suggested Muslim translations include those by Yusuf Ali and M.A.S. Abdel Haleem), and the translations by A.J. Arberry and A.J. Droge are suggested as translations by non-Muslims. Many English translations of the Qur'an are available online, and sites like *The Noble Qur'an* (<https://quran.com/?local=en>) offer multiple English translations. Please have at least two English translations of the Qur'an available for every class.
3. *An-Nawawi's Forty Hadith*. Many English translations are available online. The standard translation is the one by Ezzedin Ibrahim & Denys Johnson-Davies. Cambridge: The Islamic Texts Society, 1997.

4. One of the following two recent modern Muslim memoirs, **both available as e-books through the U of R library system** (<http://www.uregina.ca/library>) - type the complete title into the Quick Find box:
The Butterfly Mosque, by G. Willow Wilson; New York: Atlantic Monthly Press, 2010. Documents the author's conversion from all-American atheist to Islam, a journey marked by her decision to relocate to Cairo, romance with a passionate young Egyptian, and her efforts to balance the virtues of both cultures. **or**
The Colour of God: A Story of Family and Faith, by Ayesha S. Chaudry; London: One World Publications, 2021. Braiding together Western, South Asian and Quranic storytelling styles, Chaudry weaves her personal experiences with incisive social commentary to uncover the meaning of faith and belonging, love and betrayal, family and womanhood.

Other readings will be assigned and made available on-line.
 Class materials (including this course syllabus!) are also required reading.

UR Courses:

You will need to access the course website (<https://urcourses.uregina.ca/>):

- To participate in Zoom classes (online students in section L02 only) Tuesdays and Thursdays, 10:00 - 11:15 a.m. (Recordings of classes will be available only by application based on extraordinary circumstances).
- To participate in discussion forums, and other online activities.
- To find up-to-date information on readings and other assignments.
- To access various course materials.
- To submit written assignments, quizzes and exams and to receive back marked written assignments, quizzes and exams.
- To check your marks.

Evaluation Components and Due Dates

1. *Participation*: You need to attend class sessions and have completed the assigned readings and any assignments for each class period. Please also make active use of the discussion area and other features of the course website. Your class participation mark, and your general performance in this course, will depend on your attendance, and on your preparedness and active participation.
2. *Quizzes*: You will write four short open-book quizzes, based on the reading assignments and class lectures and discussion. The quizzes are meant to motivate you to keep up with the material. Missed quizzes cannot be made up.
3. *Written Assignments*: These include a comparative media analysis, a reflection paper, and a research paper applying the three observations of religious literacy to a key Muslim belief or practice. A proposal for the research paper with an annotated bibliography and a first draft of the beginning of the paper must also be submitted. Further information will be provided on these assignments in class and on the website.
5. *Take Home Final Exam*: This will be issued on Dec 5 and will be due on Dec 14.
6. *Bonus Marks* (maximum of 5): A bonus mark may be earned by attending (either in-person or online) an event such as a webinar, public lecture, film, presentation, etc. related to the

content of this class, and providing the instructor with a 2 page description of the event and your personal reflections on it. The instructor must approve all bonus mark opportunities in advance.

****Note: You must complete all of the above requirements in order to pass this course. For written assignments, see the section on “Written Work” below.**

Evaluation Component	Grade Weight	Due Date
Participation	10%	Ongoing
Quizzes 4 X 5%	20%	Sept 14, Oct 5, Nov 9 & 23
Media Analysis	15%	Sept 26
Reflection Paper	10%	Oct 17
Research Paper Proposal	5%	Oct 31
Research Paper First Pages	5%	Nov 16
Research Paper	20%	Dec 5
Take Home Final Exam	15%	Dec 14
Bonus Marks	Maximum of 5	
Total	100%	

Class Schedule

It is your responsibility to keep informed on required readings, quizzes, and assignments and their due dates. We will attempt to generally follow this schedule but circumstances may require modifications along the way. Please watch for announcements in class and on the course website.

Class Dates	Focus/Topic	Activities/Assessments	Readings
Aug 31	Introductions		
Sept 5, 7	Images of Islam and Muslims		Hughes, Introduction Various Readings
Sept 12, 14	Origins: Late Antiquity & Arabia	Quiz 1 Sept 14	Hughes, 1
Sept 19, 21	Origins: Muhammad		Hughes, 2 Start Reading Memoir
Sept 26, 28	Origins: The Qur'an	Media Analysis Due Sept 26	Hughes, 3
Oct 3, 5	Historical Development	Quiz 2 Oct 5	Hughes, 4
Oct 9-13	Fall Break		
Oct 17, 19	Shi'ism	Reflection Paper Due Oct 17	Hughes, 5
Oct 24, 26	Sunnism, Sharia		Hughes, 6

Oct 31, Nov 2	Sufism	Research Paper Proposal Due Oct 31	Hughes, 7
Nov 7, 9	Theology & Philosophy	Quiz 3 Nov 9	Hughes, 8
Nov 14, 16	Ritual		Hughes, 9
Nov 14, 16	Modernity	First Pages of Research Paper Due Nov 16	Hughes, 10
Nov 21, 23	Women/Gender	Quiz 4 Nov 23	Hughes, 11
Nov 28, 30	Islam Post 9/11		Hughes, 12
Dec 5	Conclusion	Research Paper Due Dec 5	

Take Home Final Exam Due: Thursday, Dec 14, by 5:00 p.m.

Professional Conduct & Policies

Written Work:

All written assignments for this course must be *typewritten* in 11 or 12 point font, double-spaced, on 8½" by 11" white paper, and provided with a cover page with your name and student number. Written assignments should be properly paginated and referenced with consistent citations and a properly formatted bibliography. The authenticity and scholarly reliability of sources from the Internet must be carefully evaluated before being used; if in doubt, consult the instructor.

With some exceptions, written work should generally follow the format of the *Style Sheet* published by the University of Regina; see: <https://www.uregina.ca/arts/english/assets/docs/pdf/stylesheet2017.pdf> For further guidance, consult the *MLA Handbook* or Turabian's *A Manual for Writers*.

Written work, including assignments, quizzes and the final take home final, must be submitted as pdf's through the course website.

For Online students in the L02 section: Zoom Classroom Procedures and Etiquette

1. Login to the Zoom class meeting through the link on the UR Courses site every Tuesday and Thursday a few minutes before 10:00 a.m. You will find yourself in the Zoom waiting room until the instructor admits you to the Zoom class.
2. You will be automatically muted when entering the class. Please make sure to have your video enabled since it is important for the class experience for everyone to see each other. If you are worried about showing the background of wherever you are located when attending class, please use a virtual background (see instructions at <https://www.uregina.ca/remote-learning/zoom-backgrounds.html>).
3. To ask a question during the instructor's presentation, please use the raised hand option in Zoom and type your question into the chat. Do not interrupt the presentation.

4. Class sessions will be recorded but will be available only for those who have applied to access a specific class recording due to extraordinary personal circumstances. Recordings will be kept for only two weeks. Please see the U of R statement regarding Zoom recordings and privacy below.
5. Time permitting, during the last minutes of class, the recording will be turned off and you will be unmuted to enable you to participate in a discussion of the material covered in class.

University of Regina Statement Regarding Recording of Zoom Class Meetings

Some of our Zoom class sessions may be recorded to support student learning (i.e. for use by enrolled students, including those who are unable to attend live or who may require certain accommodation). As a result, the University of Regina may collect your image, voice, name, personal views and opinions, and course work under the legal authority of The Local Authority Freedom of Information and Protection of Privacy Act.

Students who participate in a Zoom session with their video on or utilize a profile image are consenting to have their video or image recorded (including anything visible in the background). If you have concerns with such recording, be sure to keep your video off and do not use a profile image. In addition, students who un-mute their microphone during class and participate orally are consenting to have their voices, and personal views and opinions recorded. If you are unwilling to consent to this recording, please do not un-mute your microphone during class. If you have any questions about the collection or use of your personal information, please contact your instructor.

Academic Honesty:

Plagiarism and cheating are serious academic offences and will result in severe academic penalties that can include a failing mark or even expulsion from the university. See the academic regulations regarding cheating and plagiarism in the *U of R Undergraduate Calendar* section on “Student Code of Conduct and Right to Appeal”

(<https://www.uregina.ca/student/registrar/resources-for-students/academic-calendars-and-schedule/undergraduate-calendar/assets/pdf/2019-2020/Student-Code-of-Conduct-and-Right-to-Appeal.pdf>); see also <https://www.uregina.ca/president/executive-team/ed-governance-univ-secretary/student-appeals/student-behaviour.html>. On plagiarism, see the information at <https://www.uregina.ca/student/ssc/writinghelp/plagiarism-resources/index.html>.

Use of Generative Artificial Intelligence

You are permitted, if you wish, to use generative AI tools, such as ChatGPT or others, to brainstorm for written assignments, but any work that is submitted should reflect your own original understanding and insights. Note that generative AI tools often produce rather general, inconsistent, and mediocre work, and may also contain entirely fabricated material. If you choose to use AI tools, you are required to submit an appendix to your submitted written work containing the AI generated content, the tool used, and any prompt(s) used in content generation.

Late Submission Policy:

Written work is due on the deadlines specified in the class schedule. If, for circumstances beyond your control (e.g. medical reasons, death in the family), you are unable to complete and submit the written work on time, you must apply, in advance if possible, with the instructor for an extension - see the form posted on the course website. Quizzes, exams, and assignments submitted late without permission of the instructor will be penalized 10% for every day overdue.

Attendance Policy:

Please attend class sessions punctually, complete the assigned readings for each class period, and participate in discussions. Your attendance constitutes a significant part of your participation mark.

Professionalism:

The overwhelming majority of future employers believe that universities should develop professionalism in students regardless of their field of study. A job applicant's professionalism has a huge impact on the likelihood of being hired. Therefore, it is well worth the effort for you to cultivate a professional attitude and behavior as a student. Aspects of professional student conduct have already been touched on above, but here is a list of some things to which you will want to pay attention to develop your sense of professionalism:

1. Be on time for classes. If you are late, join without disrupting the class.
2. Stay for the whole class. Do not leave or log out until the instructor has indicated that the class is over.
3. During class, be attentive to the instructor. Online, mute your microphone unless participating in a class discussion or asking a question so as not to distract your fellow Zoom classmates.
4. Turn cell-phones off or set them to vibrate.
5. Do not distract other students by texting or surfing the web during class.
6. Submit assignments on time, clearly labelled with your name.
7. Respect the opinions of other students in the class; avoid rudeness.
8. Use a formal approach to communicating with your instructor; do not assume familiarity unless the instructor permits or encourages it.
9. Never ever plagiarize! It is stealing and unprofessional and not worth it in the long run.

Teaching and Learning Philosophy:

You, as a student, are responsible for your own learning; I, as an instructor, am responsible to assist you with your learning. I do not claim to have all the answers on the subject matter; rather, together we will generate productive questions and explore possible answers. Instead of competing with other students in class, make friends and collaborate.

I will strive to be prepared each class; I expect you also to be prepared. I will work hard, be involved and enthusiastic; I expect the same from you. I expect you to read the required readings, take notes, ask questions and talk and write about what you are learning. I expect you to take the written assignments seriously as a way of thinking and improving your written communication skills. I will respect your contributions and alternative views of the material.

I will maintain standards to ensure learning. I will endeavour to inform you of your standing in the class in an ongoing manner.

Please do not hesitate to contact the instructor about any questions or problems connected with the course.

Helpful Stuff:

The University of Regina [Student Mental Health](https://www.uregina.ca/student/counselling/) at the Student Wellness Centre, 119 Paskawaw Tower (306-337-2200) provides personal counseling and emergency counselling. See <https://www.uregina.ca/student/counselling/>.

The University of Regina Student Success Centre offers writing tutoring, student success workshops, and one-on-one learning skills consultations. See <http://www.uregina.ca/student/ssc/>.

See the attached pages for helpful information on various university procedures and deadlines.

“A mind is not a vessel to be filled. It is a fire to be kindled”

Plutarch



زِدْنِي عِلْمًا

Increase in me knowledge!

Luther College Academic Announcements
Fall 2023

We are mindful that Luther College resides on Treaty 4 territory and the traditional territory of the Cree, Saulteaux, Assiniboine and the homeland of the Métis Nation.

Services for Students with Disabilities, Health Conditions, Illnesses, and Injuries

The University of Regina wishes to support all students in achieving academic success while enjoying a full and rewarding university experience. The Centre for Student Accessibility upholds the University's commitment to a diverse and inclusive learning environment by providing services and support to enable students with disabilities, health conditions, illnesses, and injuries to approach their studies in an equal and effective manner. The Centre for Student Accessibility aims to encourage independence, self-advocacy, and equality for all students, while maintaining privacy and confidentiality. Students who need these services are encouraged to register with the Centre for Student Accessibility to discuss the possibility of academic accommodations and other supports as early as possible. The deadline to register and/or request accommodation letters for instructors coincides with the W drop deadline(s) for courses each semester. To register with the Centre for Student Accessibility, please book an appointment with an Accessibility Advisor by calling (306) 585-4631 or emailing accessibility@uregina.ca. For further information on what is required to register and receive academic accommodations, please explore the website: <https://www.uregina.ca/student/accessibility/index.html>

Student Responsibilities and Course Prerequisites

Students are responsible for understanding and following the academic regulations outlined in the University Calendar. Please see the Academic Regulations section of the 2023-2024 Calendar under Responsibilities of Students. Ensure that you have the necessary prerequisite for this class. If not, you will not receive credit for it at graduation time, and you may have difficulty in completing your degree program. Please note unauthorized video or audio-recording of classes is not permitted. If you have a complaint about this course or the instructor, please contact the Academic Dean of Luther College. [2023-2024-ug-calendar-mar-15.pdf \(uregina.ca\)](https://www.uregina.ca/academic-regulations/2023-2024-ug-calendar-mar-15.pdf)

Attendance

Regular and punctual attendance is expected of students in their courses. When the persistent lateness or absence of a student jeopardizes the learning or the evaluation of the work of other students in the course, the student may be subject to penalty, including being dropped from the course or being barred from writing the final examination. One written warning will be provided to the student before such action is taken. (Academic Regulation section of the 2023-24 Calendar). **Please note any specific requirements for attendance in this course.**

University Email Accounts

All official university and course-related correspondence is sent to your University of Regina email account. Check it regularly or have your University email forwarded to your preferred email address; see <http://www.uregina.ca/is/student/email/>.

Procedures and Dates for Dropping Courses

All changes to course registration must be made through UR Self Service. Students who are not attending but have not formally withdrawn are still considered to be registered, are liable for fees, and are assigned a failing grade of NP for failing to complete the course. **Non-attendance does not constitute withdrawal.** [2023-24.pdf \(uregina.ca\)](https://www.uregina.ca/academic-regulations/2023-24.pdf)

Last day to add a course and drop a course with no record and receive a 100% refund	September 13, 2023
Last day to withdraw from a course and receive 50% refund	September 27, 2023
Last day to withdraw from a course without a failing grade	November 15, 2023

Academic Misconduct – Plagiarism and Cheating

Note the definitions of plagiarism and cheating in the Student Code of Code and Right to Appeal section of the 2023-2024 Calendar, as well as the potential punishments (which range from a grade of 0 on the test or essay in question up to expulsion from the University). **If you have any questions about the proper methods of citing sources, the extent to which sources (including internet resources) must be cited, or what might constitute plagiarism, please discuss your questions with your instructor before handing in work.** Please note that when you hand in assignments, it is assumed that you handed in the version you intended to hand in – the excuse that you ‘accidentally’ handed in the wrong file will not be accepted. Note that submitting the same assignment in two different classes is considered academic misconduct.

Procedures for Requesting Deferrals of Final Exams or Term Work

If you are unable to finish your final exam or term work for reasons beyond your control (e.g., illness, accident, death in the family), please contact the Assistant/Associate Dean of the Faculty or College through which you are registered as soon as possible for advice. Procedures for requesting deferral of final examinations or term work are outlined in the Academic Regulations section of the 2023-2024 Calendar. If you experience any personal difficulties during the semester, for example due to illness or family issues, please discuss your situation with your instructor and/or your Assistant/Associate Dean as soon as possible.

University Harassment and Discrimination Prevention Policy

All members of the University community are entitled to a professional working and learning environment free of harassment and discrimination. See the General Information for Students section of the 2023-2024 Calendar for more details.

Wishing you a successful semester!



Luther Safety Guide

FIRE ALARM AND EVACUATION

- If you see a fire, PULL THE ALARM AND EVACUATE.
- If a Fire Alarm sounds (e.g. loud beeping, red flashers in hallways) everyone MUST evacuate the building immediately.
- Exit the building via the nearest stairway. Do not use the elevator.
- If you have limited mobility, exit to a stairwell along the exterior of the building, and wait there for assistance. Ask someone to tell emergency personnel where you are. You will be safe there.
- Leave all belongings behind and close the door behind you.
- Follow the instructions of emergency wardens, senior Luther staff, and the fire department.
- Do not return to the building until clearance is given.

OTHER EMERGENCIES

- Warnings of other emergency situations will be given via the Emergency Notification System (yellow **Alertus** beacons in the academic wing hallways, loudspeakers in the Residence, and notices displayed on computer screens).
- Alert others in your area.
- Follow all instructions given.
- If a violent intruder is on campus, exit your building if safe to do so and leave campus. If the intruder is in your building, seek shelter in a room, lock and barricade the door, make the room seem unoccupied, and DO NOT open the door until a Regina Police Officer instructs you to do so: see the short training video at <https://www.uregina.ca/hr/hsw/emergency-management/armed-intruder/index.html>.
- In the event of a power failure, proceed immediately to a sunlit spot. If it is dark:
 - In the residence, go to the nearest lounge
 - In the academic wing, go to the student lounge on the northwest corner of the first floor. If the power failure lasts longer than 15 minutes, you will be met there by Residence Assistants with flashlights.

CALL FOR HELP IF YOU NEED IT!

- Call 911 **first**. If you are calling from a Luther land line, dial 9-911.
- Phone Campus Security: 306-585-4999. If you are calling from a Luther land line, dial 9-306-585-4999.
- Seek help from the Luther Financial & Residence Services Office (LC 110, 306-585-5333) Monday – Friday from 8:30 a.m. – Noon and 1:00 – 4:30 p.m. After business hours or on weekends, call the Residence Assistant Cell Phone at 306-537-6730.

- Alert a Luther staff member as you are able.

AED (AUTOMATED EXTERNAL DEFIBRILLATOR)

- Located on the FIRST FLOOR in the foyer between the Academic Wing and Residence. Instructions for use are on the AED.



Want other
WELLNESS OPTIONS



Campus-based

Community-based 

<p>Online Therapy Unit combines self-paced therapy material with therapist support, offering programs targeting: Anxiety & Depression, Alcohol Use, or Chronic Health/Pain Conditions</p> <ul style="list-style-type: none"> Visit: https://www.onlinetherapyuser.ca/acc 	<p>Addiction Services (SK Health Authority) offers individual counselling, group therapy & more</p> <ul style="list-style-type: none"> Visit: https://www.rghealth.ca/department/addiction-services/addiction-services-in-regina
<p>Psychology Clinic offers individual therapy, assessment, & DBT groups for a nominal fee (\$)</p> <ul style="list-style-type: none"> Email @: Psychology.Clinic@uregina.ca Phone: 306-585-5685 Location: College West, 020 	<p>Adult Mental Health Clinic (SK Health Authority) offers individual therapy, group counselling, & psychiatry services</p> <ul style="list-style-type: none"> Phone: 306-766-7800 to request services Location: 2110 Hamilton St. – 3rd floor
<p>Respectful University Services for confidential consultations & resolution options</p> <ul style="list-style-type: none"> Visit: www.uregina.ca/hr/respectful-university-services/index.html Email: Respect@uregina.ca 	<p>BounceBack[®] (Canadian Mental Health Association) offers counselling via a Mental Health Coach & therapy workbooks</p> <ul style="list-style-type: none"> Visit: www.bounceback.cmha.ca/about-bounceback/
<p>Sexual Violence Prevention & Response for support, information, referrals, advocacy & more</p> <ul style="list-style-type: none"> Visit: www.uregina.ca/sexual-violence/ Email: lynn.thera@uregina.ca for an appointment 	<p>Regina Sexual Assault Centre for counselling, advocacy & support</p> <ul style="list-style-type: none"> Visit: www.reginalsexualassaultcentre.ca Phone: 306-522-2777
<p>Student Mental Health provides goal-directed evidence-based psychoeducation, brief individual therapy, & group wellness events</p> <ul style="list-style-type: none"> Visit: www.uregina.ca/student/counselling/ 	<p>Rapid Access Counselling offers no-cost counselling services in sites across Sask, with in-person, video & phone options</p> <ul style="list-style-type: none"> Visit: https://www.counsellingconnectsask.ca/
<p>Student Health Services for primary healthcare needs provided by Nurse Practitioners</p> <ul style="list-style-type: none"> Visit: www.uregina.ca/wellness-centre/ Phone: 306-337-2200 	<p>Wellness Together Canada for 24/7 phone support from mental health professionals & online resources</p> <ul style="list-style-type: none"> Visit: https://wellnesstogether.ca/en-CA Phone: 1-866-585-0445
<p>ta-tawâw Student Centre for support, resources, connection with Knowledge Keepers, & more</p> <ul style="list-style-type: none"> Visit : www.uregina.ca/student/asc Location: RIC Building, Room 108 	<p>Mind your Mind for resources, apps, & information to foster mental wellness & build resilience</p> <ul style="list-style-type: none"> Visit: https://mindyourmind.ca
<p>UR Pride Centre for Sexuality & Gender Diversity for support, advocacy, resources, & more</p> <ul style="list-style-type: none"> Visit: https://www.urpride.ca/oncampus 	<p>211 Saskatchewan is a searchable database of community services across Saskatchewan addressing a variety of needs</p> <ul style="list-style-type: none"> Visit: https://sk.211.ca



 *In an URGENT situation
& Available to you 24/7*

<p>Campus Security for On-Campus response</p> <ul style="list-style-type: none"> • Phone: 306-585-4999 • On-Campus: RIC Building, 120 	<p>Canada Crisis Line for text or phone support</p> <ul style="list-style-type: none"> • Phone: 1-800-668-6868 • Text: "UofR" to 686868
<p>Emergency Response for Police, Fire, & Ambulance response</p> <ul style="list-style-type: none"> • Phone: 911 	<p>Regina Crisis Line for phone support from crisis counsellors</p> <ul style="list-style-type: none"> • Phone: 306-525-5333
<p>Regina General Hospital for Emergency Department</p> <ul style="list-style-type: none"> • Off-Campus: 1440 14th Ave 	<p>Regina Mobile Crisis Services for phone support & crisis response</p> <ul style="list-style-type: none"> • Phone: 306-757-0127
<p>Regina Sexual Assault Line for phone support & information</p> <ul style="list-style-type: none"> • Phone: 306-352-0434 	<p>Trans Lifeline for phone support for trans & questioning peers</p> <ul style="list-style-type: none"> • Phone: 1-877-330-6366
<p>Talk Suicide Canada for phone support & online information</p> <ul style="list-style-type: none"> • Phone: 1-833-456-4566 • Online Info: https://talksuicide.ca 	<p>First Nations and Inuit Hope for Wellness Helpline for phone or online chat support for all Indigenous peoples</p> <ul style="list-style-type: none"> • Online Chat: www.hopeforwellness.ca • Phone: 1-855-242-3310

*Stressed about your COURSELOAD
or FUTURE CAREER?* 

<p>Centre for Experiential & Service Learning for career counselling, volunteer & work experience, workshops & more</p> <ul style="list-style-type: none"> • Visit: www.uregina.ca/cesl/index.html • On-Campus: Riddell Centre, 163 	<p>Student Accessibility – UR Accommodated for advising & to register for accommodations for physical, emotional & cognitive disability diagnoses</p> <ul style="list-style-type: none"> • Visit: www.uregina.ca/student/accessibility/
<p>Student Success Centre for academic advising, writing help, learning skills consultations, tutoring, & workshops</p> <ul style="list-style-type: none"> • Visit: www.uregina.ca/student/ssc/ • On-Campus : Riddell Centre, 230 	<p>Dr. John Archer Library for research & citation guides, information sessions, or to book an appointment with a Subject Librarian</p> <ul style="list-style-type: none"> • Visit: https://library.uregina.ca/help/contact



Overwhelmed with being
NEW TO CAMPUS or CANADA?

<p>UR Connected for information, tours, advising & support to help with your transition to University</p> <ul style="list-style-type: none"> • Visit: https://urconnected.uregina.ca 	<p>UR International for academic & non-academic support from Lifeskill Advisors on campus</p> <ul style="list-style-type: none"> • Visit: www.uregina.ca/international/ • On-Campus: College West, 109
<p>URSU – UR Student Union offering advocacy, programs, services & events to help students thrive</p> <ul style="list-style-type: none"> • Visit: https://www.ursu.ca/services/ • On-Campus: Riddell Centre, 221 	<p>Regina Immigrant Women's Centre offers family support, advising, language education, & more for women, men, youth & seniors Visit: www.reginaiwc.ca</p>