

Handbook & Day Planner

2022/23



2022-2023

JOIN THE
FIGHT!



URSU
Advocacy



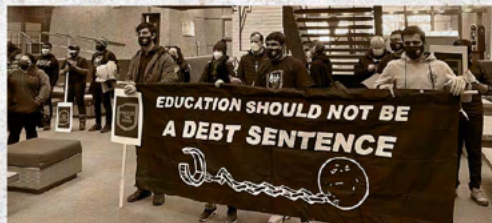
STUDENTS MAKING CHANGE

The Advocacy department is a space for students to organize collectively for a more affordable, more equitable and more accessible post-secondary education, while being supported by the URSU staff team.



Mohammad Ali Aumeer, URSU Political Action Coordinator, leading the Freeze the Fees rally at the UofR. For more information about activism and how to join the fight for students, please contact Mohammad at politicalaction@ursu.ca.

Be it fighting to lower tuition fees, working to create new equity services on campus and/or volunteering on a grassroots campaign on campus, if any of this resonates with you and you want to be part of creating change, then the URSU Advocacy department is the place for you!



For more information about URSU Advocacy visit [ursu.ca/advocacy](https://www.ursu.ca/advocacy)

OWNER

FIRST NAME

LAST NAME

PHONE NUMBER

EMAIL ADDRESS

IF FOUND, RETURN TO STUDENTS' UNION (RC221)



Scan the QR code on the left to download a PDF version of this Handbook.

Throughout this handbook you will find different QR codes that, when scanned, will take you to relevant information. If you are curious, they may reveal a nice surprise!

The default camera app on most phones can scan QR codes. However, there are many different scan apps that you can download for free in Google Play and the App Store.



We wanted to focus this year's handbook on you, the students. We all live in unprecedented times that will become part of history as all the people around the world struggle to survive COVID. But it is you, the students, who are the future of our society, and despite all the obstacles built in front of you, you keep fighting and doing your best to finalize your studies. There is no greater warrior than the one who, despite adversity, keeps fighting to achieve their dream, a dream that will benefit us all. By selecting a few student volunteers to be the face of this year's handbook, we wanted to honour all students with the promise that the Students' Union will always keep you in mind and work for you to improve your university life.

We hope you enjoy this year's handbook and find it helpful and useful.

Welcome to the University of Regina, with four federated colleges, the First Nations University of Canada, Champion College and Luther College, and La Cité. The University of Regina is situated on Treaty 4 lands with a presence in Treaty 6. These are the territories of the nêhiyawak, Anihšînāpēk, Dakota, Lakota, and Nakoda, and the homeland of the Métis/Michif Nation. Today, these lands continue to be the shared territory of many diverse peoples from near and far. The nêhiyawak originally referred to Regina as oskana kā-asastēki which means "The place where bones are piled up." This is why Regina's nickname is "Pile O'Bones" and this is the origin of the name of our current location in Wascana Park.



Congratulations on being accepted to the University of Regina and welcome to our campus community! Thanks for picking up your URSU Student Handbook!

This handbook is designed to make your life easier during the next steps of your education, just like the University of Regina Students' Union (URSU) is here to make sure your experience as a student is the best it can be! To give feedback and suggestions on how we can make this book better, please email design@ursu.ca.

CONTACT INFORMATION

University of Regina Students' Union
Riddell Centre Room 221
University of Regina
Regina, Saskatchewan
Canada. S4S 0A2

Phone: (306) 586 8811
Fax: (306) 586 8812
Email: member.services@ursu.ca
Website: www.ursu.ca
Facebook: [/urstudentsunion](https://www.facebook.com/urstudentsunion)
Instagram: [@reginastudentsunion](https://www.instagram.com/reginastudentsunion)



FEATURES

CALENDAR / AGENDA
SERVICE INFO
TIMETABLES
SCAN MODE
NOTES

RECYCLABLE

Weekly planner pages have much more space for notes and doodles.
Valuable info on URSU and U of R services and departments.
Put in your classes and exams for every semester.

QR Codes are located along the Handbook for a more efficient info search.

More space for important notations, random thoughts or serious scribbling.

We care about the environment so enjoy your handbook made from recycled materials.

ADVERTISING

Every year we produce this book as part of our service to you, the students of the University of Regina, and members of the Students' Union. The pages of this book feature ads from businesses and organizations who help make it a free service to you. Without them this book would not be possible so be sure to check out their ads for valuable student promotions!

BEHIND THE BOOK

Design Manager: **Edgar Martinez E.**
Advertising: **Nicole Dionisio**
Copy Editing: **Neil Petrich**
Layout & Design: **Edgar Martinez E.**
Photographer: **Tejasvijay Singh**
Printing: **Kalendar Productions**



LEARN MORE

Scan this QR code or visit ursu.ca/services to learn more about all the excellent services offered.

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URSU EXECUTIVES 2022/2023

NAVJOT KAUR

PRESIDENT

306-586-8811 ext. 206 | pres@ursu.ca

Greetings to all. My name is Navjot Kaur (she/her), President of URSU (University of Regina Students' Union). This is my second year at UofR. To begin, I am honoured that students chose me as your student representative and I am very honoured to serve you this year in the Union, the community, and to represent you on the Board of Governors and other University bodies. We are planning a number of positive achievements and fun surprises for all the students of UofR. I will try my best to make your experience at UofR more and more memorable and the best way to do it is with your contribution. As most of us are attending our classes on campus now, I would like to hear from you all for suggestions, questions and/or any kind of issue of your student life.

Three issues I'd like to take on this year, in addition to those already on the table for URSU, are supporting graduate students more, creating more events and campus life efforts to give students more opportunities to connect and build relationships, and support efforts for student parents and childcare spaces on campus.

I warmly wish every student a great and successful year ahead. Together, and united, we can achieve great things for all students, present and future, and build upon our successes.

HARSHKUMAR PATEL

VP - STUDENT AFFAIRS

306-586-8811 ext. 212 | vpsa@ursu.ca

Hello! My name is Harshkumar (he/him), I am a fourth-year Bachelor of Science student majoring in Computer Science. As the URSU VP of Student Affairs, I am working to create student legal advocacy, mental health support, and events that build community. I am also working to create a campus that is more sustainable, inclusive, and student-focused. Before I became VPSA, I was the Director for International Students as a member of the Board of Directors with URSU, a member of the University Council in 2019, and also a Student Ambassador in my first year at the University of Regina.

During my term as Director for International Students, I led the Freeze the Fees rally and Freeze the Fees 2.0 campaigns with URSU's Advocacy Department. I also worked closely with the advocacy department and in the establishment of the International Students Caucus. Outside of URSU, I like playing cricket and travelling.

If you ever have questions, concerns, or even ideas for how we can make the campus a better place for everyone you can reach out to me over email.



URSU Executives are here to help and represent you. Please don't hesitate to contact them if you have any questions, doubts, concerns, or just want a nice chat. For more information about them, please scan the code.



NADIYA EKHTERAETOUSI

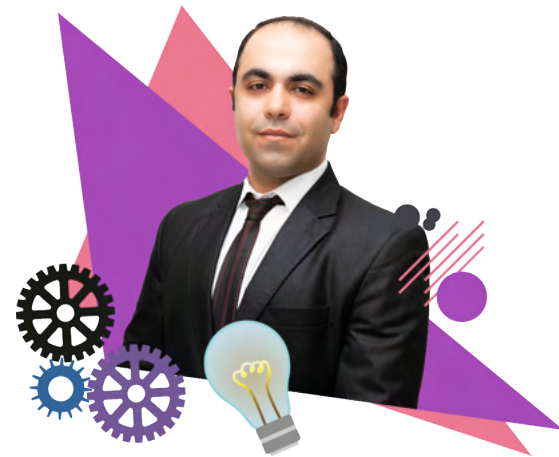
VP - EXTERNAL AFFAIRS

306-586-8811 ext. 235 | vpext@ursu.ca

Hello, students! I am the Vice President of External Affairs, and my name is Nadiya (she/her). I was an active URSU board member as Director of Education last year. I have multiple local, regional, provincial, and national ties to numerous Saskatchewan student and Regina-based communities. My outlook for the coming year is one of friendship, cultivation, and commitment; public affairs; collaborations; and philanthropic zeal. This year, I am focusing on identifying opportunities for student involvement in advocacy, events, entertainment, and committees.

In addition, I am a Researcher and Educational Leadership Ph.D. student in my second year. I am an experienced teacher and educational supervisor, as well as a member of the executive committee for conferences and congresses. Strong emphasis in my studies is placed on EDIA and women's fields, as well as charitable organizations, single parents, orphanages, and child care. I am also interested in and have participated in volunteer work and assistance for students' dignity and well-being. I enjoy reading and spending time with my family during my free time. As a Saskatchewan resident, I reside in Treaty 4 territory.

You can contact me via email or at the URSU office with any questions or requests for assistance.



PEDRAM MONFARED

VP - OPERATIONS AND FINANCE

306-586-8811 ext. 203 | vpof@ursu.ca

Hello students! My name is Pedram (he/him) and I am a graduate student of the department of Engineering and Applied Science, as the URSU's VP Operations and Finance. As a student I know the challenges that each student is dealing with and am trying to solve student problems to ease the way, especially for newcomers. I aim to fight against racism and all forms of discrimination by educating people. Moreover, my plans for the year include creating a conference for the empowerment of gender gender-diverse and fundraising for causes related to cancer.

Prior to joining the UofR, I graduated with a Bachelor's and Master's in Mechanical Engineering in my home country, Iran. I have several years of work experience in industry in Iran and Canada. I also am in love with nature and sports. I like to travel, hike, swim, snowboard, and fish.

If you ever have questions, concerns, or even ideas for how we can make the campus a better place for everyone, you can reach out to me via email.

URSU BOARD OF DIRECTORS

The Students' Union is governed by a Board of Directors consisting of representatives from faculties and student demographics. The Board of Directors is the highest decision-making body of URSU and is responsible for deciding how the Students' Union functions and how it represents the student body. Scan the QR code to see the list of this year's elected directors.

Contact your Board representative through email by visiting <http://ursu.ca/governance/board-of-directors> or emailing chair@ursu.ca.



STUDENTS' UNION FEES

Student fees are collected based partially on the number of credit hours a student is registered in. Currently, Student Fees are assessed at a flat rate of \$39.35 per semester, plus \$5.00 per credit hour. This method ensures that all students pay their fair share for access to services.

Changes to the assessment of Student Fees are approved by a motion at the Annual General Meeting or a Special General Meeting. The establishment of new fees must be done by referendum. Your Student Fees go towards the support of various URSU programs and related services. A large portion of these fees go directly to several different funds and support centres as previously determined by referendum. The remainder is used to support URSU operations and various campaigns throughout the year. For more information on how your Student Fees are distributed email member.services@ursu.ca or scan the QR code.



STUDENT CENTRES

Students that have an interest in changing the world should read this. The student centres funded by your student fees include a number of different groups with different ways for you to get involved. All of them can be found on the second floor of the Riddell Centre (RC) near the URSU offices.

REGINA PUBLIC INTEREST RESEARCH GROUP

The Regina Public Interest Research Group (RPIRG) is a student-funded resource centre at the University of Regina committed to social and environmental justice. They provide the resources and funding necessary to enable students to organize around issues through research, education, and action. <https://rpirg.org/>

RPIRG - GREEN PATCH

The RPIRG Green Patch is a 5400 sq ft vegetable garden behind the Dr. John Archer Library at the U of R. It's a source of sustainable, locally grown organic food - part of a campus movement for community engagement and sustainable development.

<https://www.facebook.com/RPIRGGreenPatch>

UR PRIDE CENTRE

The UR Pride Centre for Sexuality and Gender Diversity is a non-profit service provider housed at the University of Regina. UR Pride provides services and programming for the entire community of Regina, not just for the University of Regina. They're proud to serve the entire campus community, and to be able to provide services to all folks living or spending time in Regina, Saskatchewan. <https://www.urpride.ca/>

WOMEN'S CENTRE

The Women's Centre is a feminist organization that provides numerous services accessible to all students and a space where students can relax or study.

<https://www.facebook.com/University-of-Regina-Womens-Centre-18489444930273/>

THE CARILLON

The Carillon has been the University of Regina Student Newspaper since 1962. It is published on Thursday no fewer than 11 times during both the fall and winter semesters and periodically throughout the spring and summer.

The Carillon is published by The Carillon Newspaper Inc., a non-profit corporation that is a wholly autonomous organization with no affiliation with the University of Regina Students' Union. <http://www.carillonregina.com/>

EWB - ENGINEERS WITHOUT BORDERS

The University of Regina Chapter of Engineers Without Borders, is part of the international non-profit organization Engineers Without Borders Canada. The goals of EWB are: promoting sustainable development in Rural Africa, advocating improved foreign policies, and educating and engaging others. They do all these using a systemic-based approach because they believe that if change isn't systemic, it isn't change at all. <http://uregina.ewb.ca/>

WUSC - WORLD UNIVERSITY SERVICE OF CANADA

WUSC Regina is one chapter of the WUSC network of committees that work at universities across Canada to foster human development and global understanding through education and training. WUSC Regina is a student group on campus that works for international and local development through environmental and social justice.

<https://wuscuregina.wordpress.com/>

MINI PHONE DIRECTORY

Campus Security (Emergencies: Call 911 first) Sexual Violence Prevention and Response Coordinator

Health & Safety
Counselling Services
Students' Union (URSU)
UofR Main Switchboard

(306) 585 4999
(306) 337 3149
(306) 585 4776 OR (306) 585 5487
(306) 585 4491
(306) 586 8811 ext. 201
(306) 585 4111

UofR SERVICES

Archer Library	(306) 585 4133	
Campus store	(306) 585 4755	1 888 478 2665 (Toll-Free)
Financial Services	(306) 585 4123	
Recreation Services	(306) 585 5443	
Information Services (IT Support)	(306) 585 4685	1 888 585 4685 (Toll-Free)
Parking Services	(306) 585 4412	
Printing Services	(306) 585 4488	
Registrar's Office	(306) 585 4127	
Housing Services	(306) 585 5450	1 866 354 3394 (Toll-Free)
Student Success Centre	(306) 585 4076	1 877 666 0822 (Toll-Free)
Student Wellness Centre	(306) 337 2200	
ta-tawâw Student Centre	(306) 337 3153	
UR International	(306) 585 5082	1 855 874 1700 (Toll-Free Emergency)

URSU AFFILIATED SERVICES

Campus Dentist	(306) 352 1060	
Carillon Newspaper	(306) 586 8867	
Fifth Parallel Gallery	(306) 585 5541	
RPIRG (Regina Public Interest Research Group)	(306) 337 2420	
UR Pride Centre	(306) 586 8811 ext 207	
Women's Centre	(306) 584 1255	

FACULTIES

Campion College	(306) 586 4242	1 800 667 7282 (Toll-Free)
Centre for Continuing Education	(306) 585 5807	
Faculty of Arts	(306) 585 4137	
Faculty of Business	(306) 585 4724	
Faculty of Education	(306) 585 4537	1 877 813 3111 (Toll-Free)
Faculty of Engineering/Applied Science	(306) 337 2603	
English as a Second Language (ESL)	(306) 585 4585	
Faculty of Media, Art and Performance	(306) 585 5570	
Faculty of Grad Studies and Research	(306) 585 4161	
Faculty of Kinesiology and Health Studies	(306) 585 4360	
Faculty of Nursing	(306) 337 3300	1 855 830 3300 (Toll-Free)
Faculty of Science	(306) 585 4199	
Faculty of Social Work	(306) 585 4554	
First Nations University of Canada	(306) 790 5950 ext. 3100	1 800 267 6303 (Toll-Free)
Johnson Shoyama Grad School of Public Policy	(306) 585 5460	
La Cité universitaire francophone	(306) 585 4828	1 866 216 8097 (Toll-Free)
Luther College	(306) 585 5333	1 800 588 4378 (Toll-Free)

CITY AND PROVINCE

City of Regina Information & Service	(306) 777 7000	
Regina Transit	(306) 777 7433 (RIDE)	
Regina Police Service (NON Emergency)	(306) 777 6500	
Regina Food Bank	(306) 791 6533	
Saskatchewan Student Loans Program	(306) 787 5620	1 800 597 8278 (Toll-Free)

URSU SERVICES



STUDENT ADVOCACY

As your student union, we help students navigate the maze of policy and procedure here on campus. This means supporting students during appeals, meeting with faculty, and striving to be a resource for whatever issues you may be dealing with.

The Advocacy department is a space for students to organize collectively for a more affordable, more equitable and more accessible post-secondary education, while being supported by the URSU staff team.

Our Advocacy department also administers bursaries and provides a safe and friendly environment for students. We believe everyone needs an ally when the going gets tough. Just having a supportive person with a non-judgmental listening ear is a great help in most situations.

During uncertain times, when policies and procedures seem to be changing almost daily, it is vital that your voice be heard. The Advocacy department plays a big role creating events and movements to fight for a fair and respectful student life. Be it fighting to lower tuition fees, working to create new equity services on campus or volunteering on a grassroots campaign on campus, if any of this resonates with you and you want to be part of creating change, then the URSU Advocacy department is the place for you!

Lastly, but not least, the skill of self-advocacy is an important one. It helps ensure that your rights are upheld, and your voice/position is considered. We have attached a link to a self-advocacy workbook. Please take some time to familiarize yourself with the steps found in this document. Go to ursu.ca/studentadvocacy to find the Self Advocacy Guide.

For more information or to book an appointment, please email advocate@ursu.ca or call 306-586-8811 x 204.



SEXUAL HEALTH OUTREACH

The Sexual Health Outreach Coordinator mission is to lead, support and promote the optimal health and well-being of all University of Regina students and the campus community. They are responsible for developing, implementing, maintaining, and evaluating all URSU sexual health education programs and initiatives. The goals of this position include, but are not exclusive to, empowering students to feel comfortable with sexual communication and enhancing students' understanding of healthy relationships, consent and sexual violence.

The URSU Sexual Health Coordinator works together with campus partners to develop and deliver accurate, inclusive and relevant information about sexual health to all University of Regina students and staff. We intend to create safe spaces for trauma-informed, relaxed, open, judgment-free conversation and education about, but not limited to, sexuality, pleasure, identity, relationships, contraception, STI prevention, screening and treatment, and consent. We welcome and encourage your questions, ideas, and support to nurture a sex-positive campus environment for all students and staff at the University.

For more information or to book an appointment, please email sexualhealth@ursu.ca.



LEARN MORE

Scan this QR code or visit ursu.ca/services to learn more about all the excellent services offered.



URSU SERVICES



STUDENT SUPPORT FUNDS

The Emergency Bursary Fund is intended to help students make ends meet by providing assistance for certain necessary living expenses such as food, shelter, and childcare costs.

URSU is committed to the mental well-being of our community and we have ensured to provide support to students through the Emotional Wellness Fund. This fund covers costs associated with services such as counselling, psychologists, and wellness classes.

Check out [ursu.ca/governing-documents](https://www.ursu.ca/governing-documents) and the URSU Student Support Funds Bylaw for more details including fund limitations and how to apply.



HEALTH & DENTAL PLAN

myWellness.ca is the only e-Mental Health program that moves students from awareness to action. myWellness.ca was specifically developed with the Canadian post-secondary student in mind and focuses on the full cycle of support including awareness, education, and care.

Awareness: Information, events and on-campus marketing campaigns.

Education: Toolbox, Online Mental Health Assessment, Personal Action Plan.

Care: Online counselling and referrals to resources both on campus and in the community.

With the myWellness program, students can access mental health professionals through secure and confidential online counselling with the highest level of security and encryption available today. This option is affordable and extremely easy to use. Students will be matched with counsellors most suited to their needs. Online counselling allows mywellness to lead students from awareness to care. When they want it, where they want it.

For more info about the program please email admin@ursu.ca.

If you are urgently in need of counselling, you can also reach out to our Student Advocate at advocate@ursu.ca or call UofR Counselling Services at (306) 585 4491.



U-PASS & R-CARD TRANSIT PASS

The Students' Union is your on-campus Transit Agent. Come to our URSU Member Services Desk (RC 221) to activate your U-Pass, purchase an R-Card, or Ride tickets.

All full-time and part-time students enrolled in at least one on-campus course (including Federated College students) are normally assessed a \$87.60 U-Pass fee per semester.

Details on the U-Pass program, including pass activation, how to use the pass, opt-out criteria and the opt-out process, as well as updates on the U-Pass program for the current semester, can be found at www.ursu.ca/upass.



URSU UNIVERSE: CLUBS & SOCIETIES

Liven up your University Life! Join a club and meet other students who have the same interests as you. If you can't find a club that you like, start one of your own. Talk to our Campus Life Coordinator by emailing campuslife@ursu.ca or check out universe.ursu.ca to learn more.

URSU SERVICES



URSU CARES PANTRY

Every URSU member can get access to our pantry. It's our way of providing students affordable healthy food and necessities like toiletries and other household items. Look for the pantry dates online at ursu.ca/pantry and register for them through UniVerse (universe.ursu.ca).



URSU CARES COMMUNITY FRIDGE

Sometimes the next meal isn't always available. Maybe you worked too little to have enough for groceries or maybe you worked too late to get to a grocery store. It doesn't matter, you need to eat. Anyone can get free food from Community Fridges. We have a Community Fridge on the second floor of the Riddell Centre and another fridge at the First Nations University of Canada, first floor.



URSU THRIFTS

If you're going for a job interview, work term, or doing a presentation and don't have professional attire, don't worry we've got you! Thanks to the generosity of businesses like Moore's Clothing and members of the community, we are able to provide students with (gently used) professional attire for everyone.

Our URSU Threads program now has general clothing including kids' items and jackets. Items for donation can be left in the bin in the Riddell Centre or brought to our offices during normal business hours. You can also donate online, please visit ursu.ca/donate for information on how to contribute.



GOOD FOOD BOX

The Good Food Box is full of fresh and nutritious fruits and vegetables and is delivered right to your neighbourhood (in this case the Students' Union Member Services Desk) every two weeks.

ursu.ca/services/good-food-box



URSU CLASSIFIEDS

Saving money always makes cents... sorry sense. The URSU provides an online space for students and community members to post various items that most students are looking for on an almost constant basis. Off-campus housing, textbooks, tutoring, and ridesharing can all be found on URSU Classifieds.

<https://classifieds.ursu.ca>

URSU SERVICES



LOCKERS

The majority of lockers on campus are administered by the Students' Union. We also hold several lockers that are specially designed for accessibility. Rent your locker online at lockers.ursu.ca or from our Member Services Desk (RC 221.)



URSU TV

URSU TV is designed to provide information about upcoming events and ongoing services to students while also providing a feed of relevant information, including news and weather. It is also designed as an advertising medium for the university at large and for commercial businesses.

24/7 COMPUTER LAB

The URSU Computer Lab (powered by UofR Information Services) is open 24 hours a day, 7 days a week. Remember: to use the computers, you must login with your @uregina.ca ID.

CAMPUS POSTER BOARDS

URSU has 24 bulletin boards on campus for you to use. Just bring your posters to our Member Services Desk (RC 221) to get them stamped and approved.

STUDY AREA AND CHILL OUT FACILITY

Prepare yourself for your upcoming exams by studying in our lounge area. There are tables for groups and couches for nappers.

FAX SERVICE

Sending a fax is as easy as filling out a form. Charges may apply but you can receive faxes by having them sent to 1 306 586 8812 with YOUR name clearly displayed.

HALL SPACE BOOKINGS

Need a space for a meeting, event, or to promote your club? URSU lets you book hall space in high traffic areas of campus (pedestrian traffic not vehicle - don't worry).

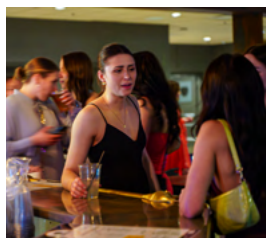
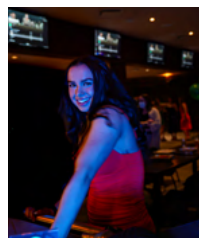


LazyOwl

- EST. 1967 -



The Lazy Owl is YOUR student-owned restaurant and bar. Have a great lunch from our diverse menu and come back after class for a great night out. We are all ages before 8 pm so day or night, there's always something worth checking out!! For more info please visit lazyowlyqr.ca.



YOU ARE A MEMBER



CFS

CANADIAN FEDERATION OF STUDENTS

You and over 530,000 other domestic and international college, undergraduate and graduate students across the country are united as members of the Canadian Federation of Students. www.cfs-fcee.ca



Proven action and collaboration on sexual violence prevention and support services



Recognized and effective student voice on Parliament hill



A united student movement



Fighting for free education



Free ISIC discount card



Fairness for international students



Claim your **FREE** ISIC card!

As a member of URSU, did you know that you get the ISIC card for FREE as a benefit of membership at the Canadian Federation of Students? Get a \$20 savings on everything from technology, fashion and more! ISIC is a student discount card for **both domestic and international students!**



Head over to isiccanada.ca/ursu to get your FREE ISIC!

Get **FREE** Tax Filing with UFile!



Get FREE online tax filing with UFile.ca through the Canadian Federation of Students and URSU! You can use UFile.ca to file taxes for your spouse, partner or dependents. The service is also available in French!

Head over to ufilefree.ca for full instructions on how to obtain this service!

Pride. Perseverance. Possibilities.

at the Gabriel Dumont Institute

...we assist Métis students and Apprentices with their educational and employment needs with a variety of programs and services:

- ∞ Post-Secondary Sponsorship
- ∞ Scholarships and Bursaries
- ∞ Apprenticeship Employment Partnerships
- ∞ Apprenticeship Training Supports
- ∞ Student Work Experience
- ∞ Resume and Interview Skills
- ∞ Employment Assistance Grants
- ∞ Entrepreneurship Services

OFFICE LOCATIONS:

Saskatoon, Regina,
Prince Albert,
North Battleford,
La Loche, Beauval,
Meadow Lake,
Île-à-la-Crosse,
La Ronge,
Buffalo Narrows,
Nipawin, Yorkton.

Outreach services available in other communities, contact GDI for information.



- ∞ 1-877-488-6888
- ∞ info@gdins.org
- ∞ www.gdins.org
- ∞ www.facebook.com/gabrieldumontinstitute
- ∞ twitter: @gdins_org
- ∞ www.youtube.com/gabrieldumontins

UNIVERSITY OF REGINA PRESIDENT'S MESSAGE



On behalf of the University of Regina – proudly and respectfully situated in Treaty 4 territory, with a presence in Treaty 6 – welcome to the 2022-23 academic year!

Our University is an incredibly diverse and dynamic institution – a place where approximately 16,000 students from many different backgrounds and more than 100 different countries study, work, and live in a supporting and welcoming environment.

As part of this community, you add to that diversity and sense of excitement in many ways. Through your contributions both inside and outside the classroom, you enrich the academic, social, and cultural life of our University and province, and we are proud and honoured that you have chosen to study here. I know you'll feel strong attachment to and tremendous pride in all of our campuses, including our Federated Colleges – Campion and Luther College, and First Nations University of Canada.

We are especially excited to welcome you for 2022-23 because we are once again offering our full variety of in-person courses and student supports. And with the University open to all other in-person events and activities, you will have the opportunity to attend Cougar and Ram games, go to public lectures and other events, and enjoy tremendous opportunities to volunteer, travel, research, explore, and meet new friends. In short, the full University experience is open to you, and will play an important part in your educational and personal growth.

Whether you are a new student or a returning one, I'm sure you are excited but also a bit nervous about what lies ahead of you this year. As you continue your studies, please remember that our faculty and staff – as well as the University of Regina Students' Union – are here to support you in any way possible. If you need assistance or guidance at any time, please don't be afraid to reach out. It's more than just our job to help you – it's our pleasure and a responsibility we take very seriously because our most important goal is to provide you with a meaningful post-secondary experience.

I very much look forward to meeting many of you as possible in person over the coming year. Please stop to say hello if you see me around campus, and don't hesitate to reach out to me at the.president@uregina.ca if you have any questions, concerns, or comments about your University of Regina experience.

In closing, please consider yourself to be an integral part of an academic community that cares for your well-being and is committed to your success. We greatly value you and your contributions, and recognize the strengths you bring to your classes and indeed to our University as a whole.

Thank you for choosing the University of Regina. We are a better place because of you.

Yours sincerely,

Jeff Keshen
President and Vice-Chancellor



CAMPUS SERVICES AND INFORMATION

REGISTRATION

Register early as it increases your chances of getting the classes you want. Academic Calendars and registration forms are available from the Registrar's Office on the second floor of the Ad Hum Building. For assistance in choosing your classes, please see your faculty advisor or visit the U of R website. Information on course registration and important dates can be found on the Registrar's Office website at <https://www.uregina.ca/student/registrar/>

PAYMENT

Tuition and fees are due on the first day of the semester. You may pay your tuition through the Financial Services office or through your federated college. You will not be permitted to register for the upcoming semester unless your account has been paid in full (this includes your library fines).

TEXTBOOKS AND COURSE MATERIALS

Course Materials can be purchased from the University Campus Store (located in College West 138), through online purchasing at <http://www.ureginacampusstore.com/>, online from classifieds.ursu.ca. or privately from bulletin board ads around campus. To find out what books you need, simply visit the Campus Store website noted above. Click on the Find Courses tab located on the homepage and enter your department, course, and section number. If you require further assistance, call the Campus Store at (306) 585-4755 and they would be happy to help you!

LOST & FOUND

The Lost and Found is located on the main floor of the Classroom Building at the Mail Room (CL 113). Turn lost items in here, and if you lose something, make sure to stop by. The maintenance staff and Students' Union also maintain a small lost and found, so ask around if you lose anything.

RECREATION & ATHLETICS

There are many facilities that you can take advantage of in the Centre for Kinesiology, Health and Sport, including two gyms, the Fitness and Lifestyle Centre, dance studios, volleyball courts, and swimming pools. If you are looking to join an athletic team, you can get involved with inter-varsity athletics or join one of the U of R Cougar teams. If you are looking to just use a gym for working out, you can pick up your Gym Membership from the fitness centre; there's no charge if you're a registered U of R Student.

FOOD SERVICES

University Food Services is managed by Chartwells at the University of Regina. Operating a number of food service outlets throughout campus, University Food Services strives to offer a variety of options for all to enjoy. For more information on available services, visit www.dineoncampus.ca/uofregina.

PARKING

If you are interested in parking on campus then we have several options available to meet your needs.

- Public parking is paid parking from 8:00 am to 5:00 pm Monday to Friday. Public parking may be purchased using the paystations at various campus locations or by using the "PaybyPhone" mobile phone app.
- Residence Surface parking, conveniently located near residence and reserved for residence students.
- M area parking for commuter students that allows parking in any of the six lots on campus.
- You can further explore our parking maps, rates, bylaws and purchase an ePermit on our website at <https://www.uregina.ca/parking/>.

LIBRARY SERVICES

The University has four libraries on campus: the Dr. John Archer Library (main), Campion Library, Luther Library, and FNUniv. Each September, seminars are held at the libraries to teach new students how to use the library and its services. You can also find smaller but helpful libraries at the Women's Centre, UR Pride, and RPIRG (Regina Public Interest Research Group).

UR SELF-SERVICE

UR Self-Service is an online system that can be accessed by all students to check and manage their account balances, academic records, transfer credits, course changes, and class registration. UR Self-Service can be accessed by going to the following website: <https://banner.uregina.ca>.

CENTRE FOR EXPERIENTIAL AND SERVICE LEARNING (CESL)

Participate in CESL programming to gain relevant experiences, or "learn by doing", for your intended career path and to compliment your academic journey. The CESL team will assist students with resume writing and review, mock interviews, job searching, as well find experiential learning opportunities to participate in, both paid and unpaid. The student run Volunteer Centre is a community hub to connect students with opportunities to volunteer at a variety of organizations. You can also join Ambassador Central and make an impact on the campus community. Stop by the office located in Riddell Centre Room 163 for more information on all these free services for students.

BICYCLE PARKING

The U of R has bicycle racks located across campus so you can park and lock your bike while you're in class. If you prefer some added security, space is available in the Centre for Kinesiology, Health and Sport building's underground parking with the purchase of a bicycle parking pass, which you can pick up from Parking Services (College West Room 108). There is also a bicycle repair station located by the centre doors on the west side of College West, near the Wascana Daycare.

BICYCLE PARKING

The U of R has bicycle racks located across campus so you can park and lock your bike while you're in class. If you prefer some added security, space is available in the Centre for Kinesiology, Health and Sport building's underground parking with the purchase of a bicycle parking pass, which you can pick up from Parking Services (College West Room 108). There is also a bicycle repair station located by the centre doors on the west side of College West, near the Wascana Daycare.

UOFR INFORMATION SERVICES

Information Services provides computing, audio-visual, and printing services to the University of Regina. They are committed to providing a high-quality technology infrastructure and support service to the University that is sustainable, is based on an agreed to set of standards and expectations with the University community, and equitably balances expectations to the resources made available by the University to provide service.

Their website (<http://www.uregina.ca/is/>) attempts to provide a comprehensive overview of their services. Should you be unable to find the answer you are looking for, have an issue regarding a specific service they provide, or are unsure if Information Services provides your needed service, please contact the IT Support Centre at (306) 585-4685 for assistance. Within Canada you can contact them toll-free at 1(844) 585-4685.

IT SUPPORT CENTRE

The IT Support Centre is your single point of contact for all issues, problems or questions related to Information Services and computing at the University of Regina. They will ensure the concern is recorded, assigned, and addressed in a timely manner. You can find IT support at:

ARCHER LIBRARY

Located in the Main Floor Commons, left of the main entrance, Monday to Friday: 8:30 AM-5:00 PM
(Closed 12:00 PM - 1:00 PM)
Evenings until 9:45 pm (Fall and Winter terms) and until 7:45pm (Spring/Summer term).
Saturday: 11:00 AM - 5:00 PM.
Sunday: 1:00 PM - 5:00 PM.

HOUSING

Offering the best convenience and student value, on-campus Housing is available across campus at the University of Regina. With a variety of fully furnished living arrangements ranging from private dorms to apartments, Housing Services can help you select a place that best fits your lifestyle. Also available are Grad & Mature Student Housing, Colourful Campus Housing, and Living-Learning Communities for those looking to tailor their living experience! Come and take a tour and learn why on-campus is the best option for you!

To learn more about Housing, visit uregina.ca/housing.

BANKING

For quick cash, there are several bank machines located on the first floors of buildings around campus. The Owl has the cheapest ATM fee on campus, just \$1.75.

HOSPITALITY SERVICES

Hospitality Services can assist you in coordinating your next meeting, conference or event! We can offer short-term accommodations for individuals or groups wishing to stay overnight on-campus. This is a great option if you are only coming to campus periodically for labs or exams. Great student discounts are offered! www.uregina.ca/hospitality.

LA CITÉ UNIVERSITAIRE FRANCOPHONE

La Cité is the hub for French-language university education in Saskatchewan for learners of all backgrounds and skill levels. Areas of study include:

- French and Francophone Intercultural Studies
- Education
- Nursing

Dreaming of becoming bilingual? The Certificate in French as a Second Language is the perfect place to start: this unique, intensive program is designed for beginners.

Visit the Student Services Centre at La Cité to access free tutoring, advising, scholarships, and to learn about travel and career opportunities.

La Cité is also home to La Rotonde, a unique space to relax and experience Francophone culture in the heart of the main campus.

To learn more about La Cité, visit www.lacite.uregina.ca.

CENTRE FOR CONTINUING EDUCATION (CCE)

At the Centre for Continuing Education (CCE), the goal is to meet lifelong learning needs by offering high quality, accessible, innovative and responsive education and training programs to learners of all ages by building on the strengths of and collaborating with the resources of the University and the community.

The Career & Professional Development Division at CCE offers programming with you in mind. With certificates like Professional Leadership, Public Relations, Local Government Authority, Project Management and more, you can augment your degree to be competitive in the job market. We also help students transition from work to university with Prior Learning Assessment & Recognition for university credit, and from high school to university with the UofR High School Accelerated program.

Learn more at www.uregina.ca/cce.

COUNSELLING SERVICES

WE'RE HERE IN YOUR TIME OF NEED

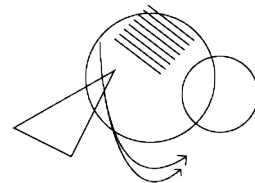
The University of Regina has a range of support services to help students in their time of need.

Counselling Services offers personal counselling for individuals experiencing problems, group counselling for students interested in working through personal issues in a group setting, and emergency counselling for individuals who suddenly find themselves in crisis. Contact Counselling Services at 306-585-4491 or visit their website at:

www.uregina.ca/student/counselling/index.html.

The University of Regina Sexual Assault-and-Violence Policy ensures that those who report sexual assault and violence are given the opportunity to be heard and to have their rights and medical needs respected.

Visit the UR Safe website at: www.uregina.ca/ursafe/



FEDERATED COLLEGES

CAMPION COLLEGE

As Canada's only Jesuit undergraduate college, Campion is federated with the University of Regina and is located on the main campus between the Kisik residence towers and Kinesiology building. It is also part of the International Association of Jesuit Universities which includes over 190 institutions worldwide including Gonzaga, Georgetown, and Boston College.

About 700 students in Arts, Science, and Media, Art and Performance (formerly Fine Arts), and Pre-Professional Studies are enrolled through Campion. They enjoy access to all the services of the University of Regina while having access to specialized Campion programming including the Campion College Students' Union, a writing centre and math and stats tutoring, a peer support team, and over \$150,000 in additional scholarship opportunities.

As a Jesuit Catholic college, Campion provides a university experience characterized by a strong sense of community and ongoing commitment to the Jesuit philosophy of education. It unites academic excellence with a focus on ethical values and service to others with the goal for students to graduate with a desire to make the world a better place for all.

To register through Campion, you do not need to be Catholic – everyone is welcome! Have some questions about being a Campion student? Our dedicated academic advisors are ready to answer them all and to help you reach your goals.

Come see if Campion is the right place for you to explore who you want to be.

For more information, visit campioncollege.ca or email campion.registrar@uregina.ca.

FIRST NATIONS UNIVERSITY OF CANADA

The First Nations University of Canada (FNUUniv) was founded in 1976, formerly known as the Saskatchewan Indian Federated College (SIFC). FNUUniv is a First Nations-owned post-secondary institution that bridges our ceremonies, knowledge keepers, languages, and traditions to deliver high-quality post-secondary education. This transformative impact will lead to the pride and success of all students, First Nations communities, and Canada.

The First Nations University of Canada provides an opportunity for students of all nations to learn in an environment of First Nations cultures and values. Our university is a special place of learning where we recognize the spiritual power of knowledge and where knowledge is respected and promoted. In following the paths given to us by the Creator, the First Nations have a unique vision to contribute to higher education. With the diversity and scope of the First Nations degree programs, the university occupies a unique role in Canadian higher education.

For more information about FNUUniv, please visit <http://fnuniv.ca>.

REGINA CAMPUS

atim kâ-mihkosit (Red Dog)
Urban Reserve
1 First Nations Way
Regina, Saskatchewan
S4S 7K2
P: 306.790.5950

NORTHERN CAMPUS

1301 Central Avenue
Prince Albert, Saskatchewan
S6V 4W1
P: 306.765.3333
TF: 1.800.267.6303

SASKATOON CAMPUS

Asimakaniseekan Askiy Urban Reserve
230 – 103B Packham Avenue
Saskatoon, Saskatchewan
S7N 4K4
P: 306.931.1800

LUTHER COLLEGE

Registering through Luther College means you are a Luther student and a University of Regina (U of R) student. You receive your degree from the U of R and can take classes through the U of R or any federated college, including Luther. Luther students can take programs in Arts; Media, Art, and Performance; Science; Pre-Professional Programs; and La Cité Universitaire Francophone. For NO extra cost, Luther students receive benefits like personalized one-on-one academic advising, a caring community, smaller class sizes, extra awards, and unique programming and orientations.

Many students choose to deepen their Luther College experience by living in The Student Village, a modern residence in an all-inclusive setting. Featuring nutritious and delicious dining plans, private rooms, and ample recreation space, students transition to campus life in a comfortable and welcoming environment that quickly feels like home.

Learn more about how Luther College can help you reach your goals at www.luthercollege.edu/university.



CAMPUS SECURITY

Campus Security (306.585.4999) is a 24 hours, 7 days a week, 365 days a year operation. They help keep students and staff safe in the following ways:

- Proactive patrols and call response to both the main campus and College Avenue campus.
- Walk A Long: A 24 hour free service that offers staff and students a safe walk to your car or anywhere on campus or the surrounding area.
- Lone Worker Service: Provided to enhance your personal safety while working or studying alone. Report where and when you are working alone, we will check in on you to ensure you are safe.
- Investigate incidents on campus, working with internal and external departments.

For more information please scan the code.



CAMPUS DENTIST

With their ultra-chic modern interiors, digital technology, Campus Dentist is a comfortable, relaxed, and friendly environment. No matter what you are going to see them about you can be confident that the results of their dental care will always leave you smiling with joy.

They offer cleaning, check-ups, fillings, wisdom teeth extractions, whitening and much more. Campus Dentist is open to students, staff, faculty, public and they are always welcome new patients and emergencies.

The majority of Universities and Colleges provide dental coverage for students as part of their tuition.

Campus Dentist is truly unique, they partner with universities and colleges to offer discounts that work together with student insurance. They will electronically process your student dental insurance as well as combine any parental insurance to reduce or even eliminate any out-of-pocket expenses for you.

“Stop by their office located upstairs in the Riddell Centre. Request Your Appointment NOW: 306-352-1060 regina@campusdentist.com”

For more information and online Appointment Booking please scan the code.”





Fall Semester 2022

AUGUST 27th

- Student Orientation.

August 30th

- Start of Fall term / Start of classes.
- Due date for tuition and fee payment.

SEPTEMBER 13th

- End of course-add period.
- End of no-record drop period.
- End of 100% refund period.

SEPTEMBER 27th

- End of 50% refund period.
- End of penalty-free payment period.

OCTOBER 22nd

- Fall Convocation.

NOVEMBER 8th - 13th

- Fall Reading Week.

NOVEMBER 15th

- End of grade-of-W drop period.

DECEMBER 6th

- End of Fall classes.

DECEMBER 9th - 22nd

- Start of exam period.

DECEMBER 22nd

- End of Term - Fall 2022.

DECEMBER 24TH - JAN 4th, 2023

- University closed.



2022

URSU

WW

September

Welcome Week 2022.

SEPTEMBER 2022

MONDAY

TUESDAY

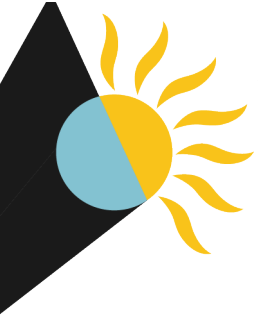
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Aug. 30

- Student Orientation

Aug. 31

- Start of the Fall 2022 term.
- Start of Classes.
- Due date for tuition and fee payment.

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Notes:

Week 1

Thursday 1

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Friday 2

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Saturday 3

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Sunday 4

_____	_____
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_____	_____
_____	_____

September 2022

Monday 5

- Labour Day (University Closed).

Tuesday 6

Wednesday 7

Notes:

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

Week 2

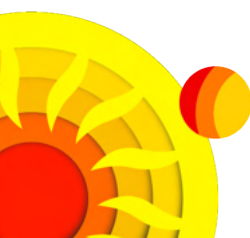
Thursday 8

Friday 9

Saturday 10



Sunday 11



September 2022

Monday 12

Tuesday 13

Wednesday 14

- End course-add period.
- End of no-record drop period.
- End of 100% refund period.

Notes:

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

September 2022

Monday 19

Tuesday 20

Wednesday 21

Notes:

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

Week 4

Thursday 22

Friday 23

Saturday 24

Sunday 25

September 2022

Monday 26

Tuesday 27

Wednesday 28

- End of 50% refund period.
- End of penalty-free payment period.

Notes:

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

OCTOBER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes:

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

October 2022

Monday 3

Tuesday 4

Wednesday 5

Notes:

October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

Week 6

Thursday 6

Friday 7



vs. Saskatchewan

Saturday 8

Sunday 9

October 2022

Monday 10

- Thanksgiving Day (University Closed).
- World Mental Health Day.

Tuesday 11

- National Coming Out Day.

Wednesday 12

Notes:

October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

Week 7

Thursday 13

Friday 14



Saturday 15



Sunday 16

October 2022

Monday 17

Tuesday 18

Wednesday 19

Notes:

October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

Week 8

Thursday 20

Friday 21

- Fall Convocation.



vs. Calgary



vs. UBC Okanagan

Saturday 22



vs. Calgary



vs. UBC Okanagan

Sunday 23

October 2022

Monday 24

Tuesday 25

Wednesday 26

Notes:

October						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

Week 9

Thursday 27

Friday 28



Saturday 29



Sunday 30

NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Notes: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>			



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EAST 2525 QUANCE ST E 306-791-3020	NORTH 354 ALBERT ST N 306-791-3035

PIZZA
— BY THE —
SLICE | **ALL LOCATIONS**
MONDAY - FRIDAY
11:30 AM - 1:30 PM

CONTACTLESS CATERING

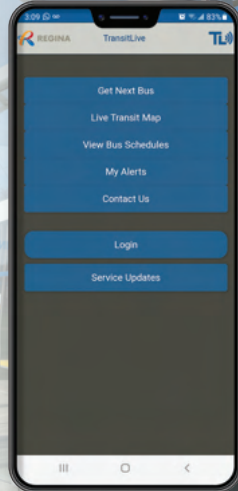
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Regina.ca/transit






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November 2022

Oct. Monday 31

- Halloween.

Tuesday 1

Wednesday 2

Notes:

November

Mon Tue Wed Thu Fri Sat Sun

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

Week 10

Thursday 3

Friday 4



vs. Saskatchewan



vs. Mount Royal

Saturday 5



vs. Saskatchewan



vs. Mount Royal

Sunday 6

November 2022

Monday 7

- Start of Fall Reading Week.

Tuesday 8

Wednesday 9

Notes:

November

Mon Tue Wed Thu Fri Sat Sun

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

November 2022

Monday 14

Tuesday 15

- End of grade-of-W drop period.

Wednesday 16

Notes:

November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

Week 12

Thursday 17

Friday 18

Saturday 19

Sunday 20

- *Transgender Day of Remembrance.*

November 2022

Monday 21

Tuesday 22

Wednesday 23

Notes:

November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

November 2022

Monday 28

Tuesday 29

Wednesday 30

Notes:

November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

DECEMBER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes:

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December 2022

Monday 5

Tuesday 6

- End of classes.

- National Day of Remembrance and Action on Violence Against Women.

Wednesday 7

Notes:

December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

Week 15

Thursday 8

Friday 9

- Start of exam period.

Saturday 10

- Human Rights Day.

Sunday 11

- Anniversary of the Statute of Westminster.

December 2022

Monday 12

Tuesday 13

Wednesday 14

Notes:

December						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

Week 16

Thursday 15

Friday 16

Saturday 17

Sunday 18

December 2022

Monday 19

Tuesday 20

Wednesday 21

Notes:

December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

Week 17 - Enjoy Your Holidays!

Thursday 22

- End of exam period.
- End of Fall 2022 term.

Friday 23

- University closes at 12 noon.
- Faculty and admin offices closed.

Saturday 24

- Christmas Eve.

Sunday 25

- Christmas Day.

December 2022

Monday 26

- *Boxing Day.*

Tuesday 27

Wednesday 28

Notes:

December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

Goodbye 2022!

Thursday 29

Friday 30

Saturday 31

- New Years Eve.

Notes:



Winter Semester 2023

JANUARY 4th

- University reopens at 8:15 a.m.

JANUARY 5th

- Start of Winter Term / Start of classes.
- Due date for tuition and fee payment.

JANUARY 8th

- Student Orientation.

JANUARY 18th

- End of course-add period.
- End of non-record drop period.
- End of 100% refund period.

JANUARY 22nd

- Deadline to apply for Spring 2022 Convocation.

FEBRUARY 1st

- End of penalty-free payment period.
- End of 50% refund period.

FEBRUARY 22nd - 26th

- Winter Reading Week

MARCH 15th

- End of grade-of-W drop period.

APRIL 11th

- End of Winter classes.

APRIL 14th - 29th

- Exam period.

APRIL 29th

- End of Term - Winter 2023.



January

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4	5	6	7	1
						8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes:				
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January 2023

Monday 2

Tuesday 3

- University reopens at 8:15 a.m.
- Faculty and admin offices open.
- Student Orientation.

Wednesday 4

- Start of the Winter 2023 term.
- Start of classes.
- Due date for tuition and fee payment.

Notes:

January						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Week 1

Thursday 5

Friday 6



vs. Victoria



vs. Victoria



vs. Manitoba

Saturday 7



vs. Victoria



vs. Victoria



vs. Manitoba

Sunday 8

January 2023

Monday 9

Tuesday 10

Wednesday 11

Notes:

January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



Week 2

Thursday 12

Friday 13



vs. Grant MacEwan



vs. Brandon

Saturday 14



vs. Grant MacEwan



vs. Brandon

Sunday 15

January 2023

Monday 16

Tuesday 17

- End courses-add period.
- End of no-record drop period.
- End of 100% refund period.

Wednesday 18

Notes:

January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Week 3

Thursday 19



Friday 20



Saturday 21



Sunday 22

January 2023

Monday 23

Tuesday 24

Wednesday 25

Notes:

January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Week 4

Thursday 26

Friday 27



Saturday 28



Sunday 29

January 2023

Monday 30

Tuesday 31

- Deadline to apply for Spring Convocation.
- End of 50% refund period.
- End of penalty-free payment period.

Notes:

January						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

FEBRUARY 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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Notes:

February 2023



Wednesday 1

- Black History Month.

Notes:

February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12

Week 5

Thursday 2

Friday 3



vs. Calgary



vs. Calgary



vs. Saskatchewan

Saturday 4



vs. Calgary



vs. Calgary



vs. Saskatchewan

Sunday 5

February 2023

Monday 6

Tuesday 7

Wednesday 8

Notes:

February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12

Week 6

Thursday 9

Friday 10



Saturday 11



Sunday 12

February 2023

Monday 13

Tuesday 14

- Valentine's Day.



Wednesday 15

- National Flag of Canada Day.

Notes:

February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
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Week 7

Thursday 16

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Friday 17

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Saturday 18

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Sunday 19

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February 2023

Monday 20

- Family Day (University closed).

- Start of Winter Reading Week.

Tuesday 21

Wednesday 22

Notes:

February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12

Week 8

Thursday 23

Friday 24

Saturday 25

- End of Winter Reading Week.

Sunday 26

February 2023

Monday 27

Tuesday 28

Notes:

February						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12

MARCH 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes:

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Notes:

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careers@creativeoptionsregina.ca

Week 9

Thursday 2

Friday 3

Saturday 4

Sunday 5

March 2023

Monday 6

Tuesday 7

Wednesday 8

- International Women's Day.

Notes:

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

Week 10

Thursday 9

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Friday 10

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Saturday 11

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Sunday 12

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March 2023

Monday 13

Tuesday 14

Wednesday 15

- End of grade-of-W drop period.

Notes:

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

Week 11

Thursday 16

Friday 17

- *St. Patrick's Day.*

Saturday 18

Sunday 19

March 2023

Monday 20

Tuesday 21

- *International Day for the Elimination of Racial Discrimination.*

Wednesday 22

Notes:

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

Week 12

Thursday 23

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Saturday 25

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Sunday 26

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March 2023

Monday 27

Tuesday 28

Wednesday 29

Notes:

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

APRIL 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes:

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April 2023

Monday 3

Tuesday 4

Wednesday 5

Notes:

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

Week 14

Thursday 6

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Friday 7

- Good Friday (University closed).

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Saturday 8

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Sunday 9

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April 2023

Monday 10

Tuesday 11

- End of classes.

Wednesday 12

Notes:

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

Week 15

Thursday 13

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Friday 14

- Start of exam period.

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Saturday 15

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Sunday 16

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April 2023

Monday 17

Tuesday 18

Wednesday 19

Notes:

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

Week 16

Thursday 20

Friday 21

Saturday 22

- Earth Day.

Sunday 23

April 2023

Monday 24

Tuesday 25

Wednesday 26

- Lesbian Visibility Day.

Notes:

April						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

Week 17

Thursday 27

- Start of exam period.

- End of the Winter 2023 term.

Friday 28

Saturday 29

Sunday 30



Spring/Summer Semester

2023

June 8th
- Spring Convocation - Day 1

June 9th
- Spring Convocation - Day 2

June 10th
- Spring Convocation - Day 3



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MAY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Notes: _____ _____ _____ _____ _____			

JUNE 2023



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Notes: _____

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5	6	7	8	9	10	11
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19	20	21	22	23	24	25
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26	27	28	29	30
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Notes: _____

JULY 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes:

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AUGUST 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



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Notes:



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545-4545

#2, 3763 Chuka Blvd.
751-0021

4312 Dewdney Ave.
751-0060