

Course Outline – FN3400B: Culture and Food

School of Food and Nutritional Sciences

General Information

Course #: FN3400B

Section #:

Lecture	530	Monday 8:30am-11:30am (BR-UH250)
Lab	531	Tuesday 8:30am-11:30am (BR-1009)
Lab	532	Tuesday 11:30am-2:30pm (BR-1009)

Term: Winter

Year: 2023

Instructor Information

Name: Katey Davidson, MScFN, RD

E-mail: kdavid32@uwo.ca

Telephone number for office appointments: N/A

Office hours for students: By appointment only

Office location: Lab Office or Virtual (Zoom)

Course Description

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

Prerequisite(s): Foods and Nutrition 2130 (previously FN2132) or Foods and Nutrition 2232.

Required Course Materials

Kittler, P.G., Sucher K.P., & Nelms, M. Food and Culture, 7th ed.. 2017, Cengage Learning.
(available from the UWO bookstore as a textbook or e-book).

The following apparel is required for the Food Lab:

- White uniform or lab coat
- Clean lab shoes (closed toe and heel)
- Hair net (first one provided, replacement \$1.00)

You will not be permitted in the lab without proper lab attire and will result in an incomplete lab.

Lab Fees: \$45.00 per student

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

Learning Outcomes

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

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

Brescia Competencies

Communication

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

Critical Thinking

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

Inquiry and Analysis

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

Problem Solving

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

Self-Awareness and Development

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

Social Awareness and Engagement

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

Valuing

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

Teaching Methodology and Expectations of Students

Approach

Lectures will be supplemented by assigned readings. Group presentations and discussions will be included.

Access to a working computer and internet is mandatory for the successful completion of the course.

Course Specific Policies

1. For mark components of 10% or higher, any student who misses these requirements can request for accommodation from the academic counsellors on medical or nonmedical grounds with proper documentation submitted. The academic counsellors will then make the request for accommodation to the faculty as necessary.
2. Missing more than three (3) laboratories, without accommodation, will result in failure in the laboratory and an “incomplete” in the course. Successful completion of the laboratory will be necessary in order to receive credit for the course.
3. Assignments are due at time and date noted. The mark will be reduced by 20% on assignments submitted late. Assignments submitted after 7 days of the due date will not be accepted for marking, except with documentation to show a confirmed personal illness or a death in her/his immediate family.

4. There will be no make-up quizzes for a student who has missed a quiz except with documentation to show a confirmed personal illness or a death in her/his immediate family.

5. It is expected that students have access to a computer and internet. There will be no make-up quizzes for internet or computer failure.

Copyright and Intellectual Property

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

Evaluation

Evaluation Breakdown:

Component	Weight	Date/ Deadline	Learning Outcome	Brescia Competencies
Online OWL Test #1 (Lectures 1-5)	25%	Monday, February 23rd, 2023 at 9:00am EST	1,2,4,5,7	Critical Thinking, Inquiry and Analysis, Communication, Problem Solving
Online OWL Test #2 (Lectures 6-10)	25%	During April Exam Period (Time and Date TBD)	1,2,4,5,7	Critical Thinking, Inquiry and Analysis, Communication, Problem Solving
Major Group Project Part 1 (Presentation): In-person presentation of a country and their culture (see OWL for instructions)	20%	Assigned (due at Monday at 8:30am on your presentation date) *See OWL for schedule	1-7	Communication, Inquiry and Analysis, Problem Solving, Self Awareness and Development, Engagement and Valuing

Major Project Part 2 (Lab Project): Hosting a lab of a country and their culture (see OWL for instructions)	20%	Assigned *See OWL for schedule	2, 3	Communication, Inquiry and Analysis, Problem Solving, Self Awareness and Development, Engagement and Valuing
Lab participation (1 marks x 10 labs) <i>*Please note that mark deductions for lab participation (0.25% per offence) may occur during labs for lateness (under 30 minutes) or unclean lab stations. After 30 minutes, you will receive an incomplete participation (deduction of 1 mark) for the lab. This along with other lab expectations will be discussed during the first lab.</i>	10%	Participation for each lab		

Academic Accommodation

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

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

Course Content

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

Weekly Organizer – Lectures (In person lectures every Monday from 8:30am-11:30am):

Note: Assigned readings are meant as a guideline, additional readings may be assigned throughout the semester.

Class/Topic	Date	Description	Assignments and/or Readings Due
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1	Jan 9, 2023	Introduction: Food and Culture	Reading: Chapter 1 - Food and Culture 7th edition Reading: Ingram – Using Campinha-Bacote’s process of cultural competence model to examine the relationship between health literacy and cultural competence (PDF on OWL)
2	Jan 16, 2023	Traditional Health Beliefs	Reading: Chapter 2 Food & Culture 7th edition Please be sure to read ‘Cultural Controversy’ on page 47
3	Jan 23, 2023	Intercultural Communication	Reading: Chapter 3 Food & Culture 7th edition
4	Jan 30, 2023	Food and Religion	Reading: Chapter 4 Food & Culture 7th edition
5	Feb 6, 2023	Indigenous and Canadian Cultures	Reading: Canada’s Food Guide Required Reading – Page 19, 41, 45 (however, encouraged to read majority of the report) – PDF on OWL Earle – Traditional Aboriginal Diets and Health – PDF on OWL Sheehy - Traditional food patterns and dietary adequacy – PDF on OWL News Article: Meeting Canadian Food Guide 'next to impossible' for some: Manitoba researcher – PDF on OWL <i>No textbook reading</i>
	Feb 13, 2023	Midterm (online test)	9:00am to 10:00am EST on OWL
	Feb 20, 2023	Winter Reading Week (No Lecture)	

6	Feb 27, 2023	Mexican, Caribbean, Central & South American Culture	<p>Reading: Chapter 9 Food & Culture 7th edition</p> <ul style="list-style-type: none"> • All sections except US Immigration Patterns and Demographics • Table 9.1 and 9.3 • Cultural Controversy – Breaking the Mold – Page 257 • New American Perspectives – Page 270 <p>Reading: Chapter 10 Food & Culture 7th edition</p> <ul style="list-style-type: none"> • All sections except US All sections except US Immigration Patterns and Demographics • Specialty Cooking in Jamaica – page 292 • Table 10.1 • Table 10.2 • Regional variations of food habits
7	Mar 6, 2023	North and South Europe Central Europe, People of the Former Soviet Union, and Scandinavia	<p>Reading: Chapter 6 Food & Culture 7th edition</p> <ul style="list-style-type: none"> • All sections except US Immigration Patterns and Demographics <p>Reading: Chapter 7 Food & Culture 7th edition</p> <ul style="list-style-type: none"> • All sections except US Immigration Patterns and Demographics
8	Mar 13, 2023	Balkans and the Middle East	<p>Reading: Chapter 13 Food & Culture 7th edition</p> <ul style="list-style-type: none"> • All sections except US

			<p>Immigration Patterns and Demographics & table 12.3</p> <ul style="list-style-type: none"> • Table 13.1 • ‘Is Coffee Beneficial for Health?’ – page 432 • Romania Fare, Albanian Fare, Moroccan cooking <p>Other Readings:</p> <ul style="list-style-type: none"> • Al-Rawi - Traditional Arabic & Islamic medicine: validation and empirical assessment of a conceptual model in Qatar (PDF on OWL) • Coats – Food-based dietary guidelines for Arabic-speaking countries (PDF on OWL) • Gurgue – Healthcare needs and health service utilization by Syrian refugee women in Toronto (PDF on OWL)
9	Mar 20, 2023	Africa & South Asia	<p>Reading: Chapter 10 Food & Culture 7th edition</p> <ul style="list-style-type: none"> • All sections including History of Africans in US (except demographics) • Table 8.1 • Nutritional Status – not expected to memorize numbers or values • Health Risks of African Americans – page 230

			<p>Reading: Chapter 14 Food & Culture 7th edition</p> <ul style="list-style-type: none"> • All sections except US data • Table 14.1, 14.2 • Practitioner Perspectives – page 477 <p>Other Readings:</p> <ul style="list-style-type: none"> • Mokgobi – Understanding Traditional African Healing (PDF on OWL)
10	Mar 27, 2023	East and Southeast Asian/ Pacific Islanders Cultures	<p>Reading: Chapter 11 Food & Culture 7th edition</p> <ul style="list-style-type: none"> • All except US information, Mongolian Fare, Tibetan Fare • Table 11.1, Table 11.3 • Cultural Controversy (page 351) <p>Reading: Chapter 12 Food & Culture 7th edition</p> <ul style="list-style-type: none"> • All except US information, “Cooking in Malaysia, Singapore, Indonesia”, Australian/New Zealand Fare • Table 12.1, Table 12.2, Table 12.3 • New American Perspectives (page 398) <p>Other Required Readings:</p> <ul style="list-style-type: none"> • Hao – Introducing Traditional Chinese Nursing (PDF on OWL) • Zhao – Nutrition and TCM

Lab Policies (Specific to the School of Food and Nutritional Sciences)

Laboratory activities provide diverse hands-on experiences and expose students to learning about, and working with, different foods, which prepares them to work in any food and nutrition field. During food labs, students are required to prepare, process, store, and dispose of any type of food product, including **dairy, eggs, meat, fish, and poultry**, according to safe-food-handling principles and regulations. Further, students are required to clean and sanitize, according to regulations and best practice, all pots, dishware, utensils, and surfaces that have come in contact with **all food products**. Personal beliefs and practices which conflict with these course requirements are **not** grounds for academic accommodation.

Students in accredited Food and Nutrition programs are expected to meet the Practice Competencies in the Integrated Competencies for Dietetic Education and Practice and/or the Competencies of the Canadian Society of Nutrition Management. Students must demonstrate, prior to graduation, that they can actually perform required tasks. For example, students must demonstrate food preparation techniques and participate in the storage and disposal of food. This ensures that graduates will be able to meet the dietary needs of others, provide client-centred care, and effectively and safely manage food service operations.

Weekly Organizer - Labs:

NOTE: Due to the current COVID-19 pandemic, the lab schedule is subject to change. Notice of cancelled labs will be given as early as possible. Please stay up to date with OWL and e-mail announcements.

Class/Topic	Date	Description	Assignments and/or Readings Due
1	Jan 17, 2023	Introduction/Spice Lab	
2	Jan 24, 2023	Staple Foods	
3	Jan 31, 2023	Lab Consultations	No Lab; meetings will take place during assigned times (see OWL)
4	Feb 7, 2023	Indigenous and Canadian Foods	

	Feb 14, 2023	Midterm Week (No labs)	
	Feb 21, 2023	Winter Reading Week (No Labs)	
5	Feb 28, 2023	Mexico, Caribbean, Central & South America	Group Lab Presentation
6	Mar 7, 2023	North and South Europe Central Europe, People of the Former Soviet Union, and Scandinavia	Group Lab Presentation
7	Mar 14, 2023	Balkan and Middle East	Group Lab Presentation
8	Mar 21, 2023	Africa and South Asia	Group Lab Presentation
9	Mar 28, 2023	East and Southeast Asian/Pacific Islanders	Group Lab Presentation
10	Apr 4, 2023	Make-up lab (as needed)	Group Lab Presentation

2021-22 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING ACADEMIC ACCOMMODATION

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

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

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

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

1. Submitting a **Self-Reported Absence** form provided that the conditions for submission are met;
2. For medical absences, submitting a **Student Medical Certificate (SMC)** signed by a licensed medical or mental health practitioner;

3. For non-medical absences, submitting **appropriate documentation** (e.g., obituary, police report, accident report, court order, etc.) to their Academic Advisor. Students are encouraged to contact their Academic Advisor to clarify what documentation is acceptable.

Requests for Academic Consideration Using the Self-Reported Absence Portal

Students who experience an unexpected illness or injury or an extenuating circumstance of 48 hours or less that is sufficiently severe to render them unable to meet academic requirements should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours. Note that the excused absence includes all courses and academic requirements within the up to 48 hours, it is not intended to provide an excused absence from a single course while students fulfill their academic responsibilities in other courses during that time.

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

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

Request for Academic Consideration for a Medical Absence

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

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

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

1. Students must submit their Student Medical Certificate (SMC) along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. An SMC can be downloaded from http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf ;
2. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period;
3. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, scheduled tests or examinations, and other academic requirements;
4. Students **must** communicate with their instructors **no later than 24 hours** after the end of the period covered by the SMC to clarify how they will fulfil the academic expectations they may have missed during the absence;
5. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the course instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements, arranging Special Exams (make-ups), re-weighting course requirements,

or granting late withdrawal without academic penalty.

The [full policy on requesting accommodation due to illness](#) can be viewed at:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12

2. ACADEMIC CONCERNS

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

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

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

3. ABSENCES

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

Please note that for asynchronous online courses, attendance or participation requirements may be different than for synchronous or in-person courses.

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

It is important to note that the Academic Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory

(http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68).

4. SCHOLASTIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence at:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20.

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

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

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

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence.

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

Computer-marked Tests/exams:

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

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, they may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, they may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal and if the matter falls within the jurisdiction of the SRBA. For information on academic appeals consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14.

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

6. PREREQUISITES

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

7. SUPPORT

Support Services

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

Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can obtain

information about how to obtain help for yourself or others through **Health & Wellness at Brescia** (https://brescia.uwo.ca/student_life/health_and_wellness/index.php) and **Health and Wellness at Western**, http://uwo.ca/health/mental_wellbeing/index.html.

Sexual Violence

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

If you or someone you know has experienced any form of Sexual Violence, you may access resources at https://brescia.uwo.ca/safe_campus/sexual_violence/index.php .

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