

Student Activities, Facilities, and Support Services

Centre for Experiential and Service Learning (CESL)

At the Centre for Experiential and Service Learning, we're here to help you learn by doing, which is what experiential learning is all about! You'll have more opportunities to apply what you learn – not only in the classroom but across campus and in the wider community. This hands-on approach will help you retain what you learn and build valuable experience for your résumé and future employment. In the Centre, you will find many supports, including workshops, programs, and events to help you gain skills in your chosen educational path; digital badges you can add to your résumé to highlight your skills in areas like cultural awareness, leadership, and mentorship; and, find new ways to build work experience through volunteer and on-the-job training.

UR Path (Personal Achievement Tracking Hub)

UR Path is an online platform for students to access Student Success services from CESL and SSC (the Student Success Centre). On this platform, students can sign up for programs, book in one-on-one appointments, sign up for training or workshops, and find out new ways to get involved on campus. UR Path is accessible to new students starting in their first term of courses, to all current students, and to alumni up to one year after graduation.

Experiential Learning: Digital Badges

The Centre for Experiential and Service can help improve your employability with digital badges that recognize the skills and opportunities you participate in outside of the formal classroom. Get credit for your skills and experience-based learning when you begin your job searching journey. You can even add your digital badge recognition to your LinkedIn profile, résumé, or online portfolio to highlight specific abilities that can give you the edge in the job market.

Career Services

CESL also offers a broad range of Career Services and resources to support students with setting and realizing rewarding educational and career goals. For assistance with self-assessment, and exploring and narrowing down related options, students may book individual career counselling with our Career Services Coordinator. Students also may attend career sessions held throughout the year on choosing a career direction and developing other career skills (e.g., job searching, customizing résumés, interviewing). There are also one-on-one résumé reviews and mock interviews available for students to practice their career readiness skills. Additional resources and information are available on our website and UR Path

Volunteer Centre

Our student-run Volunteer Centre will help you find community-focused and accessible volunteer opportunities. Give back to the community and support others while you build transferable, employable skills. Get trained in community-based volunteering and take up volunteer opportunities that add the skills you want to highlight on your résumé.

Ambassador Program

The University of Regina's motto is "As One Who Serves," and as such, the Centre for Experiential and Service Learning encourages you to get involved on campus, strengthen your leadership skills, and meet new people through volunteering with the University of Regina Ambassador Program. By participating in the Ambassador Program, you will be leaving a positive legacy through the sharing of your skills and knowledge, and by providing inspiration for current and future undergraduates. There are multiple levels of involvement for students to choose the Ambassador path that best suits their schedule and skills.

Student Employment Services

Student Employment Services offers specialized services, career fairs, and job expos to support students in conducting a successful search for part-time and summer jobs, as well as full-time employment upon graduation. As needed, events will be held virtually. See the website for schedules and details.

CareersLink (Simplicity): Search a database of part-time, summer, full-time, and volunteer experience postings. Go to "Job Board" on UR Path to sign up/log in.

Collection of Job Search Databases: Search general and specialized databases for current job postings (all fields).

Career Fairs: Directly connect with employers to learn about opportunities in your field.

Contact:

Centre for Experiential & Service Learning
Riddell Centre 163
University of Regina
Regina, SK S4S 0A2
Tel: 306-585-4600
Website: www.uregina.ca/cesl
Email: experiential.learning@uregina.ca

Co-operative Education

As part of the Centre for Experiential and Service Learning, Co-operative Education is a degree option that allows students to combine their academic studies with career-related work placements, enabling them to integrate academic theory with practice in the field.

For additional information, contact:

Co-operative Education
University of Regina
Centre for Experiential & Service Learning
Riddell Centre 163
Tel: 306- 585-4600
Fax: 306- 585-4659
Email: coop.office@uregina.ca
Website: www.uregina.ca/careercentre

The Co-operative Education option is available in the following University of Regina programs:

Faculty of Arts

Bachelor of Arts

- Anthropology
- Economics
- English
- Geography
- History
- Indigenous Languages and Linguistics
- Indigenous Studies
- International Languages
- International Studies
- Linguistics
- Philosophy and Classics
- Political Science
- Psychology
- Religious Studies
- Resource and Environmental Studies
- Sociology and Social Studies
- Women's and Gender Studies

Faculty of Business Administration

Bachelor of Business Administration (U of R) or

Bachelor of Administration (FNUUniv)

- Accounting
- Finance
- Government or Public Sector Management
- International Management
- Computer Science
- General Administration
- Human Resources Management and Industrial Relations
- Marketing

Faculty of Engineering and Applied Science

Bachelor of Applied Science

(12- or 16-month internship option available)

- Electronic Systems Engineering
- Environmental Systems Engineering
- Industrial Systems Engineering
- Energy Systems Engineering
- Software Systems Engineering

La Cité universitaire francophone

Bachelor of Arts

- Études francophones et interculturelles/ BA French and Francophone Intercultural Studies.

Faculty of Science

Bachelor of Science

- Actuarial Science (12- or 16-month internship option only)
- Chemistry/Biochemistry
- Geology
- Physics (including Honours Physics)
- Applied/Industrial Physics with emphasis in Electronics and Modern Physics
- Biology
- Computer Science
- Mathematics and Statistics
- Applied/Industrial Physics with emphasis in Computation and Physical Modeling
- Software Systems Development

University of Regina Co-operative Education programs meet the accreditation standards for commitment and quality set by Co-operative Education and Work Integrated Learning.

Admission to Co-operative Education

Application forms are available in the Centre for Experiential and Service Learning, RC 163 and online

www.uregina.ca/careercentre/coop.

Students must meet the entrance requirements for acceptance into the relevant Co-op program and apply before they have exceeded the maximum credit hours shown in the [Co-operative Education Program Entrance Requirements](#) chart.

Application Deadlines for Co-operative Education Program

The deadline for application is in the first week of classes each term prior to commencing a work term. Please visit the Centre for Experiential and Service Learning in RC 163 for details.

Sequencing of Work and Academic Terms

Work terms last for a minimum of four to a maximum of eight months. Scheduling patterns vary by faculty but commonly alternate work and academic terms. Students must be registered as a fulltime student the term prior to going on a work term:

- Business Administration Students need to be in a minimum of 12 credit hours in their academic terms (only nine credit hours are required in the Spring/Summer term).
- All other faculties need to be registered in a minimum of nine credit hours.

Fees

Co-op students are required to pay a fee for each work term (refer to the Tuition and Fees section of this Calendar). The Co-op fee, which is not a job-finding fee, allows students to maintain their full-time status while on work terms. The Co-op fee is payable once Co-op employment is obtained.

Work Placements

Private and public sector employers from across Canada and internationally participate in the program. With approximately 40% of the placements outside of Regina, students should be mobile if they wish to fully participate in a Co-op program. Admission to a Co-operative Education program does not guarantee the availability of a work term placement. Many students find career-related work through the Centre for Experiential and Service Learning, but students are also encouraged to conduct their own job search.

Registration for Work Terms

As soon as students obtain a work placement, they register for work terms through their faculty (except for Engineering and Arts students who are automatically registered by their faculty). Students must register online for Co-op work terms. Once registered for a work term, students are not permitted to drop except for compassionate or medical reasons.

Grading of Work Terms

Students must complete a work term report for every work term. The student's employer also submits a work term performance evaluation. On the basis of those two evaluations, work terms are graded pass/fail.

Regulations

Policies, procedures, and deadlines for Co-operative Education programs must be adhered to. Details are contained in the Co-op Student Handbook at:

<http://www.uregina.ca/careercentre/coop/current-students/handbook.html>.

Withdrawal and Termination

Once registered, students may withdraw from a Co-op work term only for reasons beyond their control. Voluntary withdrawal at any point may result in a failing grade. For engineering students, see the Faculty of Engineering Co-operative Education Programs section.

Students may be terminated from a Co-op program in a variety of circumstances, including failing a work term, allowing PGPA to fall below the minimum required, or committing acts of Non-Academic Misconduct (see the [Academic Regulations](#) and [Student Code of Conduct and Right to Appeal](#) section in this Calendar).

Transcript Record

Students who successfully complete the number of work terms required by their faculty will graduate with a Co-operative Education designation that is noted on their official transcript and parchment.

Also part of the Centre for Experiential and Service Learning Internships are another option for students looking to support academic studies with career-related work placements, enabling them to integrate academic theory with practice in the field.

Actuarial Science Internship

The Actuarial Science Internship is for students between years three and four (72–108 credit hours) of the Actuarial Science undergraduate degree program.

Students participate in an assisted job search process to secure a paid internship placement of 12 to 16 months in duration, with each four-month period of employment worth one credit hour (three or four credit hours in total). See the [Program Entrance Requirements chart](#).

Engineering Internship

Engineering Internship is a single 12- or 16-month placement immediately preceding the two final academic terms of an Engineering Systems program.

Students who successfully complete the requirements of the program will receive an *Internship* designation on their transcript and parchment. Students who participate in Co-operative Education will not be eligible for the internship designation.

For more details, please refer to the [Faculty of Engineering and Applied Science Co-operative Education Internship Program](#).

Internships

Co-operative Education Program Entrance Requirements

During the placement cycle, the Co-op Office uses a computerized Match process to place students with employers. The process lets employers select candidates for interviews from all students eligible for Co-op employment. After the Match process, a Direct Offer system is used. Employers submit job descriptions, which are posted continually. Interested students apply, and the Co-op Office sends resumes to employers and sets up the interview.

Area of Study	PGPA	Minimum credit hours*	Maximum credit hours	Number of work terms	Required courses
Actuarial Science	75.00%	72	108	1 (12 or 16 months)	ACSC 317, 318 + plan to complete first exam of the SOA before or during internship
Arts	67.50%	45	84	3 (optional 4 th)	ENGL 100, either ENGL 110, PHIL 100, SOST 110 or RLST 245 or 248, and at least two courses in the major
Biology	70.00%	33	60	3 (optional 4 th)	BIOL 100, 101, CHEM 104, one of CHEM 105 or 140 + at least two 200-level BIOL Courses
Business Administration	67.50%	54	81	3 (optional 4 th)	BUS 007, 260, 285, and ENGL 100
Chemistry/ Biochemistry	70.00%	21	60	3 (optional 4 th)	Completed 21 BSc credit hours including CHEM 104 and CHEM 140; complete at least 3 CHEM/BIOC courses beyond CHEM 104 prior to commencement of the first work term. One of the first two work terms must be in a fall or winter term. (I.e. both may not be in summer terms).
Computer Science	70.00%	30	75	3 (optional 4 th or 5 th)	CS 115 and completion of 30 credit hours (Note: Students should have more than one CS class completed + MATH 110)
Engineering and Applied Science	60.00% (and TGPA)	27	63	4	Students are expected to have successfully completed all courses in the first 4 terms of a Systems Engineering program. ENGG 123 and ENGG 100.
French and Francophone Intercultural Studies	67.50%	30	84	3 (optional 4 th)	FRN 201 and at least 2 courses in major
Geology	70.00%	33	65	3 (optional 4 th)	GEOL 102, 201, 210
Mathematics	65.00%	45	75	3 (optional 4 th)	MATH 110, 111, 122, 213, 217, CS 110 + STAT 160
Physics	70.00%	30	60	4 (optional 5 th)	Five PHYS courses (including three at 200-level) + three MATH courses (including one at 200-level) + two CS courses (including UNIX and C Programming)
Statistics	65.00%	45	75	3 (optional 4 th)	MATH 110, 111, 122, STAT 160 and 251 or 252 + CS 110

* Minimum credit hours include those in which the student is registered when applying. Maximum credit hours include those in which the student is registered in the term preceding the first work term.

Admission is granted by the student's faculty. Students who do not meet the entrance requirements may appeal to their faculty. All information provided in faculty sections supersedes this section.

Study Abroad and Global Mobility

Exchange Opportunities

There are five major exchange programs under which students can study abroad. The U of R has access to a network of more than 450 Universities and Colleges in over 80 countries worldwide. Students can choose to stay for one term, a summer program, or up to a full academic year.

Depending on the program pathway, tuition is paid at the U of R or at the host institution. For exchange programs in which U of R tuition is paid, tuition is based within the students' faculty and is on a pay-per-class model. For in-person exchanges during a full fall/winter semester or a full-academic exchange period, students are required to maintain full-time academic status during their exchange term(s) and therefore are required to take at least 3 courses at their host institution. For students registered with the U of R Centre for Student Accessibility who may have an approved full-time status for less than 3 classes, please inform the UR Study Abroad & Global Mobility office accordingly so that arrangements can be made as needed.

Courses studied abroad are transferred to the U of R as credit toward a student's overall degree program, as per faculty discretion and approval. Students must consult with their faculty advisor about course selection to choose the courses acceptable for their program abroad. It is at the discretion of the student's faculty as to whether the host institution courses are transferred for credit toward their degree. Students may also inquire with their faculty if their exchange program renders them eligible for an *International* designation on their academic record.

Eligibility requirements include:

- Completed 30 credit hours;
- 70.00% cumulative average;
- A student with a 67.00-69.99% average may still be eligible to go on exchange; however, the student will need a letter of approval from the Dean of their faculty, which is provided at faculty discretion;
- Can prove financial responsibility and stability;
- Must return to complete their degree at the U of R;
- Must be in good academic standing at the time of applying and departure; and
- Pay a \$250 CAD application fee (non-refundable) for SEP, UMAP, CONAHEC and NSE programs; Pay a \$525 USD combined application and placement fee (non-refundable) for the ISEP program.

Scholarships and Funding

There are a variety of mobility scholarships, including the Global Skills Opportunity and the University of Regina Global Education Scholarship, to assist students planning to study abroad.

The Global Skills Opportunity is a national outbound student mobility program for Canadian undergraduate students. Jointly funded by the Government of Canada and the University of Regina, the program aims to minimize the barriers to participation in mobility programs, targeting groups for whom international experiences have

traditionally been less accessible. Students will realize life-changing experiences while gaining intercultural connections, competencies and skills that will service them, the community, and the world at large. The value of this scholarship ranges from \$500-10,000. More information can be found online at:

<https://www.uregina.ca/international/study-abroad/outbound/obscholarships/>.

Students are also eligible to apply for any scholarships they would regularly apply for (on- or off-campus), and may utilize RESPs, Indigenous Band Funding, Saskatchewan (or other provincial) Student Loans, etc. to finance their exchange program (funding conditions may apply).

Faculty Led International Study Tours

International Study Tours give students an opportunity to study and travel abroad without being away from home for an extended period of time. Study Tours are led by professors from the U of R who have a particular interest in an international field. UR International assists Study Tours participants with visa information and reliable resources, application for the Global Education Scholarship, and pre-departure information sessions.

International Internship, Practicum, or Fieldwork

Global internships give students the professional and personal skills for success in their future endeavors, anywhere in the world! International internship, practicum, and fieldwork placements are primarily a student-led process, in comparison to the traditional exchange and study tour program structures. Students should meet with the internship, practicum, or fieldwork placement coordinator within their faculty prior to meeting with UR Study Abroad staff to discuss their possibilities. Transfer credits for an international internship, practicum, or fieldwork placement is at the discretion of the student's faculty. It is the student's responsibility to discuss the course credit with their respective placement coordinator within their faculty.

It is the student's responsibility to ensure they have procured the correct immigration documents prior to their departure for their placement abroad. The University of Regina is not responsible, and will not be liable, for any decision to grant or deny entry at the border or port of entry of the host country.

Contact:

UR International Study Abroad and Global Mobility

College West 109

Tel: 306-337-2446

Email: Study.Aboard@uregina.ca

Website: www.uregina.ca/international/study-abroad/

Student Academic Support Services

Academic Advising

Academic advising is available through:

- Each student's faculty or college. Visit the Registration and Withdrawal section in this calendar.
- The Student Success Centre, with drop in advising times available every day. Visit www.uregina.ca/student/ssc/academic-advising for the schedule.

Learning Skills

Student Success Workshops are provided by Student Affairs. Each term the workshops are listed on the Student Success events calendar: www.uregina.ca/student-success-centre/events

Students can also make individual appointment to discuss learning skills. More information can be found on the Student Success Centre's website: www.uregina.ca/student/ssc

Mathematics and Statistics Services

The Student Success Centre provides free mathematics and statistics tutoring for students in most introductory and some 200-level MATH and STAT courses. Tutors will help students understand assigned tasks, problem-solving strategies, and use of principles and formulas.

Students can book an appointment online at: www.uregina.ca/student-success-centre/tutoring

The federated colleges provide mathematics support services, as well. Students should contact their college office for more information.

Writing Services

The Student Success Centre provides free writing support for students in all disciplines and at all levels. Students can book an appointment online at: www.uregina.ca/student-success-centre/writing-support.

The federated colleges also provide writing support services. Students should contact their college office for more information.

Tutor Registry

The Student Success Centre maintains a Tutor Registry. Tutors on this registry meet a minimum grade requirement of 80% in the particular course(s) they are tutoring for and have been recommended by their professors. Students can find the registry online: www.uregina.ca/student-success-centre/tutoring.

Career Exploration and Counselling

Career Exploration and Counselling offers a broad range of services and resources to support students with setting and realizing rewarding educational and career goals. For assistance with self-assessment, and exploring and narrowing down related options, students may book individual career counselling with a career counsellor. Students also may attend career sessions held throughout the year on choosing a career direction and developing other career skills (e.g., job searching, customizing resumes, interviewing).

Career Cruising and myBlueprint SK (career planning programs), and more resources and information are available on our website.

Contact:

Career Exploration and Counselling
Riddell Centre 163
University of Regina
Regina, SK S4S 0A2
Tel: 306-585-5161 Fax: 306-585-4659
Website: www.uregina.ca/careercentre
Email: student.employment@uregina.ca

Career Education – Student Employment at the University of Regina

Career Education includes:

Co-operative Education and Internships – Apply your knowledge skills while you are graduate or undergraduate student and be sure and find a great full-time job upon graduation! Co-op and Internship is powered by the CareerConnect database.

Student Employment Services – The UR CareersLink job database provides students access to full-time, part-time, casual and summer positions. All students and alumni are eligible to sign up for access.

Indigenous Career Education – Indigenous students at both the University of Regina and First Nations University are welcome to access all the job search and career direction resources we provide. If you are an Indigenous student, registered at FNU or the University of Regina, come join the Full-Circle Summer Internship and find a great job this summer!

Other services provided:

Career Fairs - Directly connect with employers to learn about opportunities in your field. Don't miss Careers Day in September; The Spring Career Fair in February or the Education Career Expo in January!

Employer Info Sessions - Meet employers and entrepreneurs for current information in your field.

Contact:

Career Education @ the CESL
Centre for Experiential and Service Learning (CESL)
Room 163, Dr. William Riddell Centre
University of Regina
Regina SK S4S 0A2
Telephone: 306-585-4600
Email: student.employment@uregina.ca
Website: www.uregina.ca/careercentre

Computing Services

The IT Support Centre is your first point of contact for any IT related questions or assistance. Contact us by phone 306-585-4685, email IT.Support@uregina.ca, in person in ED137 or Archer Library main floor commons, or visit the Information Services website at <https://www.uregina.ca/is/>.

The University of Regina's Information Services department provides the following services free of charge for use by students:

- Internet wired and wireless access on campus.

- Wireless network access at other universities via Eduroam.
- Microsoft Outlook/Exchange Email account.
- Microsoft Office 365/M65 access.
- Personal web page hosting.
- Microsoft OneDrive cloud based file storage

A wireless data network is available across the University campus. When devices are correctly configured to access the network via Eduroam, students may access wireless networks at other Eduroam member institutions at no cost. Detailed information on wireless coverage areas and Eduroam configuration can be found at: www.uregina.ca/is/wireless.html. Use of the University network for the first time constitutes acceptance of the University policy governing the use of campus computing and network and other information resource facilities. Refer to:

www.uregina.ca/policy/browse-policy/policy-OPS-080-005.html

Computer Labs

On-campus computer access is available at various locations on campus. Some labs have restricted access and schedules. All locations have laser printing available for a nominal fee. The Archer Library Commons also has colour laser printing available. Many labs accommodate laptop computer use, and all support wireless networking. For additional information on computer labs, refer to: <https://www.uregina.ca/is/computer-labs.html>

Access to Linux/Unix is available for web publishing and programs that require them.

Email and Internet

All employees and students are given a uregina.ca account, which provides access to MS Outlook email, lab/desktop computers, Microsoft Office 365, UR Courses, and printing. Students can obtain information about their email address and password at <https://www.uregina.ca/is/accounts-logins-passwords.html>.

Email can be accessed online at www.outlook.com, or via app on your mobile device.

The University has a pervasive data network that provides connections to both the commercial internet as well as to Saskatchewan's research network SRNet and its national counterpart CA*Net. Most areas on campus are also covered by a wireless (Wi-Fi) network.

Microsoft Office 365 and Cloud-Based File Storage

Students and employees have access to MS Office 365 and cloud-based file storage through MS OneDrive. The service can be used to store and share files with individuals or groups of employees and students.

University of Regina Student App

The University has a free mobile app available via Google Play and the App Store. The application provides access to class schedules, and other student experience related information. Details can be found wherever the app is available.

UR Self-Service

Using UR Self-Service, students can:

- Change their PIN (strongly recommended).
- Register for or drop classes and check their class schedule.
- Check their grades and transfer credits.
- Search up-to-date credit and non-credit course timetables.
- Academic advising and program planning.
- Graduate student services, including assistance with transfer, program extension, progress reporting, leave of absence, and changes to programs.
- Consult course descriptions, including variable content courses not printed in this calendar.
- Order and pay for textbooks.
- Update their contact information.
- Settle their account by credit card.
- View and print their T2202A Education Deduction Certificate.
- View and print a confirmation of enrolment or an unofficial transcript.

International Student Services

UR International offers personalized services and programs designed to promote and provide a positive learning environment for international students that will facilitate academic success, professional development and a smooth transition into the City of Regina and University of Regina communities. Services include:

International Student Orientation – At the beginning of each semester, UR International hosts tailored orientation programs to provide valuable information to new international students, while introducing students to faculty, staff, and fellow peers through engaging activities and presentations.

Global Learning Centre (GLC) – Open to all international students across campus, the GLC is where students will find high quality support for building a strong academic foundation, while engaging in a positive social environment. Housed within the GLC are services for academic support, intercultural skill development, and community building, offered through specialized programming, workshops, and information sessions.

Workshops/Sessions – A variety of workshops and sessions are provided for students every month to increase their awareness of on-campus services and how to succeed at the post-secondary level.

UR International Peer Advisor Program – The UR International Peer Advisor Program supports the mentorship of the global community on campus by offering all students the opportunity to engage in leadership and professional development opportunities, supplemented by peer-to-peer support. International Peer Advisors assist in easing new students' transition to university life, as well as support the continuing academic journeys of current students.

Immigration – All staff are trained and available to guide students through immigration policies, as well as provide assistance for application processes, including Study Permits, Co-op Work Permits,

Post-Graduate Work Permits, and Entrance Visas in accordance with the regulations set by Immigration, Refugees and Citizenship Canada (IRCC).

Advising – Individually-based and personalized advising from experienced Life Skills Advisors is provided to students.

Referral Service – Staff will offer referrals to professionals, such as physicians, banks, SGI, etc., as well as national/cultural organizations, services, or clubs in the community that may be relevant to international students.

Saskatchewan Health – Support is offered to international students for applications for Saskatchewan Health Cards. Workshops and specialized information sessions are hosted to assist students with understanding the Saskatchewan healthcare system.

Welcome Services – Special welcome services are offered to large cohorts or special student groups.

Transition Services – UR International provides support to all new international students to ensure a smooth transition to their life in Canada. Assistance in transitioning from ESL to an undergraduate or graduate program is also provided.

Student Lounge – Computers are available for students to apply for immigration documents and assistance will be provided upon request.

Contact – UR International is the first point of contact for new international students, even before they arrive in Canada.

UR International Student Services

College West 109

Tel: 306-585-5082

Fax: 306-585-4957

Email: International.StudentServices@uregina.ca

Website: www.uregina.ca/international

ta-tawâw Student Centre



Welcome. There is room. There is space.

taanishi (Michif), tanisi (Nehiyawewin), anin sikwa kin (Nahkawewin), edlanet'e (Dene), hau koda (Dakota), hau kola (Lakota), hau kona (Nakoda)

The ta-tawâw Student Centre provides a welcoming atmosphere that supports Indigenous ways of being-knowing-doing. Our mission is to provide a shared space for all First Nations, Métis, and Inuit students at the University of Regina. We encourage all students and visitors to gather, study, laugh, and learn with one another.

The vision of the ta-tawâw Student Centre is to guide Indigenous students within four directions of learning:

- Academic success programming
- Cultural teaching programming
- Career focused programming
- Leadership training programming

The Centre focuses on supporting Indigenous students with their involvement and belonging within the larger campus community. We strive to create meaningful opportunities for intercultural and inter-generational exchanges. We strive for successful student transition

into the University, retention at the post-secondary level, and meaningful engagement in University events and activities. We trust that our approach to student engagement will strengthen the campus and expand the potential for continuous learning.

ta-tawâw Student Centre

Research and Innovation Centre

Room 108

Tel: 306-337-3153

Email: Tatawaw.Student.Centre@uregina.ca

Website: www.uregina.ca/ta-tawaw-student-centre

Instagram: www.instagram.com/tatawawstudentcentre/

Centre de Services aux Étudiants

Le Centre de services aux étudiants de La Cité universitaire francophone est un carrefour de services pour tous les étudiants qui choisissent de se faire servir en français ou qui recherchent un certain soutien ou de l'accompagnement dans leur apprentissage du français. Il inclut entre autres le tutorat gratuit en français, test de placement, casiers gratuits, activités sociales, informations sur les bourses, ressources en français, services de bibliothèque, et l'information à propos des cours offerts en français partout à l'Université.

The Student Services Centre at La Cité universitaire francophone is a service hub for all students who choose to be served in French and those seeking assistance in learning French. It includes, free French tutoring, placement tests, free lockers, social activities, scholarship information, French resources, library services, and information about courses offered in French across the University.

Le Centre de services aux étudiants

CT 200

Courriel : cite@uregina.ca

Tél : 306-585-4828

Library Services

The Dr. John Archer Library and Archives supports the research and teaching of faculty and students of the University of Regina through its services, collection and information technology infrastructure. The Library is a hub of learning activity and resources for students on campus. Some of the services we provide include:

1. Access to online resources from anywhere.
2. Access to U of R library collections (including electronic and physical books, journals, streaming video/audio, videos, music, and archives) as well as library collections from across Canada.
3. Ensuring students have access to required textbooks through the Textbooks for All program.
4. Place requests on library items and pick up at the Archer Book Lockers.
5. Providing students with inviting study spaces that include different noise level zones to accommodate all types of learners.
6. Reference and research services (in-person, via chat, phone, text, zoom, or email) from our helpful staff, who can help you find and use information for your assignments and projects (including citing your sources and proper use of copyrighted materials).

7. Workshops and instruction on library research skills.
8. Providing students with online resources and guides to support their growing research skills.
9. Other services such as a laptop borrowing, 3D printing, extended hours during final exams and support to students through the annual Library Award.
10. Other libraries on campus including Campion College Library, Luther College Library and First Nations University of Canada Library.

Contact:

Dr. John Archer Library

Tel: Library Help Desk: 306-585-4133

Contact Us: <https://library.uregina.ca/help/contact>

Website: <https://library.uregina.ca>

Orientation

Orientation is held prior to the start of the fall and winter terms and is designed to provide all new students with valuable information on university life, academic expectations, and practical skills to successfully transition to the university. Information about Orientation is emailed to newly admitted student and is also available online at: www.uregina.ca/orientation.

Placement Testing

Placement Testing in English

Two kinds of placement testing in English are offered:

1. By First Nations University of Canada for students enrolled through the college who did not complete Grade 12 English. As a result of the test, students may be required to take ENGL 090 and/or 091 (refer to course listings in the Courses section of this Calendar) or may be determined to be ready to take ENGL 100.
2. By the Centre for Continuing Education for students who are enrolling in the English as a Second Language Program. This test determines the level at which students enter the ESL program. Applicants who are attempting to demonstrate proficiency in English should register for the CanTEST or CELT (see the Admissions section in this Calendar).

French Pre-Registration Assessment Test

A pre-registration assessment is required for admission to certain programs and prior to enrolling in your first French course or course offered in French at the University of Regina. Its purpose is to place you in the course that is most appropriate for your current language level.

You can complete the test online:

<https://lacite.uregina.ca/placement/>

More information about French placement tests is online:

<https://lacite.uregina.ca/en/uni/placement>.

Placement Testing in Languages other than English and French

Students interested in taking the languages listed below and who require placement should consult the appropriate department:

- Chinese (Mandarin), German, Japanese, and Spanish: [Department of International Languages](#). Also refer to the Department of International Languages section in the Undergraduate Calendar.
- Cree, Dakota, Dene, Nakota, and Anihšināpēmowin: [Indigenous Languages Program](#), First Nations University of Canada.

Placement Testing in Mathematics

Students who have not completed a required high school mathematics course or have completed it with too low a grade or a number of years previously, may be required or can request to take a placement test in mathematics.

The purpose of these diagnostic tests is to assist students and advisors with course selection, by helping to ensure that students start University Mathematics classes at the correct level. Students can use these tests to assess their math skill and determine which level they are at. These are NOT to be used as an override for higher level math courses.

For information can be found online:

www.uregina.ca/science/mathstat/undergrad/resources/diagnostic-tests.html.

Students with international or other post-secondary credentials in mathematics that have not yet been evaluated for equivalency with the Canadian system may be referred by their advisor to the [Department of Mathematics and Statistics](#) for an evaluation.

UR Accommodated

UR Accommodated encompasses Student Accessibility, the Brad Hornung Accommodations Test Centre and Campus for All. The goal of UR Accommodated is to support all students in achieving academic success while enjoying a full and rewarding university experience.

Student Accessibility upholds the University's commitment to a diverse and inclusive learning community by providing services and support to enable students with disabilities to approach their studies in an equal and effective manner. Student Accessibility aims to encourage independence, self-advocacy and equality for all students, while maintaining personal, confidential service.

Students requiring an appointment or need to communicate with an Accessibility Officer, please contact us and we will do our best to respond in a timely manner.

Student Accessibility

Paskaw Tower, Room 119

Phone 306-337-2200

Fax 306-585-5650

Email accessibility@uregina.ca

The Brad Hornung Accommodations Test Centre (ATC) provides a space for students who have received accommodations through Student Accessibility (SA) to write their exams.

Students must be able to write their exams in Regina to be able to use the Brad Hornung ATC. If you are interested in utilizing the centre, you can book your exams in the Brad Hornung ATC via Accommodate: <https://uregina-accommodate.symplicity.com/>. Exams must be booked at least 7 days in advance.

Accommodations Test Centre

College West, Room 139

Phone 306-337-2300

Email atc.testing@uregina.ca

Campus for All: Inclusive Post-Secondary Education

Campus for All is a four-year Inclusive Post-Secondary Education (IPSE) experience for adults experiencing intellectual disability who are committed to life-long inclusion. Students supported by Campus for All are non-degree seeking. Students audit one class per term, complete modified assignments and class work, establish social connections, and gain valuable employment experience. More information about Campus for All, the application process, and eligibility criteria is available online at:

www.uregina.ca/student/accessibility/campus-for-all.

Housing

Living on campus is a great way to make friends and fully engage in the university experience. All University of Regina Housing options are available for new and returning students and are located on campus within a short walking distance to classes and campus amenities. Students who live on-campus may be eligible for Housing Awards, employment opportunities, customized programming, and 50+ exclusive resident life activities per year.

UR Priority is a first-year housing experience designed to help students transition into university life. The UR Priority program aims to help participants develop important life skills, find social engagement opportunities, discover academic supports, and personal well-being techniques all within their residence building. Accessing this free program helps first-year students achieve better overall academic outcomes and become well-rounded students while living on campus. UR Priority programming is run through Kīšik Towers, which is a residence building primarily dedicated to housing first-year residents.

Returning residents also have the opportunity to participate in social activities and academic support programming geared to meet their academic and social needs so that they can find continued success while living on campus.

Students choosing to live on campus can also apply for a Living-Learning Community (LLC) or choose a special interest group (Grad and Mature Housing, Colourful Campus House, etc.). LLC's provide designated spaces for shared interests, values, or academic programs. The Housing Services team, in collaboration with LLC partners, provides additional programming that builds community, promotes academic success, and provides an environment that supports a rich and meaningful university experience. For more information, please visit the Housing Services website: www.uregina.ca/housing/.

Interested students can apply to living in housing as early as October prior to the start of their Fall & Winter academic year. Housing services also offer housing accommodations for residents looking to stay for the Spring & Summer term.

Students can call 1-866-354-3394 or 306-585-5450 to receive additional information. For email inquiries:

housing.services@uregina.ca

In person: Kīšik Towers, regular business hours.

Residence buildings

College West

College West offers newly renovated, modern, fully furnished apartments and common areas. Amenities include high speed internet, phone, computer labs, music rooms, study areas, laundry, game rooms, theatre, community kitchen, smudging space and recreational spaces.

Paskwāw and Wakpá Towers

Paskwāw offers fully furnished apartments, private dorms, and common areas. Amenities include high speed internet, phone, computer labs, music rooms, study areas, laundry, game rooms, community kitchen, and recreational spaces.

Kīšik Towers

Kīšik Towers offers modern fully furnished apartments, private dorms, and common areas. Amenities include high speed internet, phone, computer access, music rooms, study areas, laundry, community kitchen, smudging space and recreational spaces.

La Résidence

La Résidence is a small housing community that has fully furnished private dorms, each with a private washroom. Amenities include high speed internet, phone, study areas, and laundry.

The Student Village at Luther College

For information about the Student Village at Luther College refer to the Luther College section in this Calendar.

Event Planning

To find out more about booking space or planning events on campus go to, <https://www.uregina.ca/hospitality/>. Please contact Hospitality Services at Hospitality.Services@uregina.ca for your all of your foodservices and event needs.

Foodservices

Foodservices and Catering Services are available on-campus throughout the year. Hours of operation are subject to change during exam periods and holidays. Vending machines are also available at many locations throughout campus. For more information visit the University Foodservices' web site:

www.uregina.ca/hospitality/food-services

On campus Food Services Policy: www.uregina.ca/policy/browse-policy/policy-OPS-100-005.html

If you require assistance with an event or require foodservices assistance please contact Hospitality Services, 306-585-4788, Hospitality.Services@uregina.ca, or visit www.uregina.ca/hospitality.

To find more information about food offerings also available from University of Regina campus partners go to the following links:

- Luther College: www.luthercollege.edu/university/residence-food-services/cafeteria
- Campion College: <https://campioncollege.ca/student-services/food/>
- University of Regina Students' Union: <https://ursu.ca/>
- Momentum Café: <https://momentumcoffee.ca/>

Dining Plans

A variety of dining plans are available for all students, both residents and non-residents. The Dining Plan provides food savings and an exemption from GST (if sufficient dollar value is in accordance with taxation requirements). Information regarding dining plans is available from these food providers:

- University of Regina Foodservices: www.uregina.ca/foodservices
- Luther College: www.luthercollege.edu/university/residence-food-services/cafeteria

Parking & Transportation Services (P&TS)

Parking & Transportation Services is available to assist you with your parking and transportation needs. The following options are available if you require assistance with campus parking and/or transportation information:

In-person: College West Room 108

Online: www.uregina.ca/parking/

Tel: 306-585-5555

Email: uparking@uregina.ca

Contact Us Form:

<https://www.uregina.ca/parking/contact/index.html>

Parking ePermit Options

Login into your UR Parking Account to access ePermits and account information, <https://uregina.aimsparking.com/>

Commuter Students (live off campus)

Commuter students that plan to drive to campus on a regular basis, are encouraged to purchase an "M" parking ePermit through the P&TS web page or in person. With a "M" ePermit, students may park in authorized "M" areas in lots 1, 6, 7, 8, 12, 13, 14, (areas subject to change).

Resident Students (live on campus)

Students who are living in one of the campus residences and who have a vehicle will require a Resident ePermit. Resident ePermits are electrified stalls located in Lot 1 and Lot 13. Resident ePermits can be purchased on-line or in person.

Students are encouraged to purchase parking ePermits as soon as possible to avoid being added to the waitlist. There may be a limited number of Electrical ("Z") and underground parkade parking ePermits.

Public Parking

Parking on campus is paid parking from 8:00 a.m. to 5:00 p.m. M-F (stat holidays exempt). We have 'pay-as-you-go' parking in various locations at the Main Campus, First Nations University of Canada, and at College Avenue Campus. You can purchase your parking at a pay station or download the new, convenient "PayByPhone" app on your mobile phone to pay for or to extend your parking from anywhere.

Visitor Lots

There are two visitor pay lots located on campus. Lot 2 is at the southwest corner of the main campus (University Drive South and University Drive West). Lot 14 is located on University Drive North and Sagittaire Lane.

Parkades

Underground heated parking facilities are available at the Dr. William Riddell Centre, The Centre for Kinesiology, Health and Sport, and Kīšik Towers.

Please review the user fee schedules on the P&TS website, www.uregina.ca/parking/parking-permits/parking-rates.

Parking for Persons with Accessibility Needs

Parking spaces for persons with accessible needs are available. Persons with accessible needs have the ability to apply to P&TS office to determine accommodation options based on individual needs.

Banking

Instant tellers are located as follows:

- RBC: Campion College, in the hallway connecting to Luther College
- RBC: on the west corridor of the main floor of the Classroom Building
- Cash N Go: on the main floor Atrium Area of the Centre for Kinesiology Health and Sport
- Cash N Go: on the first floor of the La Cité by the elevators
- Cash N Go: on the first floor of the North Residence Tower by the General Store
- CIBC: on the north side of the food court on the main floor of the Dr. William Riddell Centre
- The University of Regina Students' Union, The Owl, has a no label automated banking machine.

Respectful University Services

The University of Regina is committed to a climate in which students, faculty and staff are provided with the best possible conditions for learning, living, and working, including an environment that is dedicated to excellence, equity and mutual respect. The University of Regina realizes this vision by establishing employment and educational practices that respect the dignity of individuals and make it possible for everyone to live, work, and study in a positive and supportive environment, free from harmful behaviours such as Discrimination and Harassment.

The Respectful University Policy promotes a respectful workplace and learning environment through the prevention and swift resolution of harassment and discriminatory incidents. Respectful University Services provides the following services for faculty, staff, and students:

- Education to raise awareness of the need for a respectful workplace and learning environment;
- Confidential consultations; and
- A variety of resolution options ranging from informal approaches, coaching, mediation and a formal complaint process.

More information on this policy and other information please visit the [Respectful University Services website](#) or visit Respectful University Services, located in Room 251.14, Dr. William Riddell Centre, or contact the office: Tel: 306-585-5400 or email at: respect@uregina.ca.

Inclusive Language Policy

The intent of the University of Regina's inclusive language policy is to ensure a broad representation of people in written, visual, and oral communication; to stress the ability rather than the disability of individuals; to treat individuals of all genders with the same dignity, respect, and seriousness; and to ensure that material that may be considered biased is treated critically. Inquiries may be directed to the University Secretary, AH 509 or by telephone: 306-585-4956.

Smoking (refer to the [Smoke-Free Campus Policy](#))

Smoking and the use of tobacco products is prohibited:

- in all University buildings owned or leased;
- on owned or leased University property;
- on outdoor University areas used for sports, meetings or other gatherings; and
- in University vehicles, or in vehicles parked on University leased or owned property.

Advertising or the sale of smoking and tobacco products on all University of Regina campuses is prohibited.

Exceptions

Tobacco is an integral part of cultural ceremonies and requests for guidance, knowledge or knowledge sharing; therefore, it may be burned on campus in accordance with policy [GOV-040-020 Smudging/Pipe Ceremonies](#). Smoking or tobacco products used for research purposes, other than Indigenous cultural practices, require a written exception request to this policy made to the Director, Health, Safety and Wellness. The Director, Health, Safety and Wellness will review and may approve these exceptions based on information provided.

Medical

Provincial Health

Students from outside Canada who are lawfully admitted to Canada with a Study Permit are eligible for benefits from the date they moved to Saskatchewan for the duration of their Canadian Study Permit. Students must register with Saskatchewan Health to obtain such coverage. The benefit period may be extended by presenting a renewed authorization to Saskatchewan Health.

Health coverage benefits may be changed in the future. For current information, contact Saskatchewan Health, 306-787-3251.

Student Accident Benefit Plan

Under the Student Accident Benefit Plan, certain expenses that arise out of accidents and injuries sustained while participating in authorized University and related activities are paid by the University. The plan is intended as a supplement to the Saskatchewan Medical Care Insurance Act and not as an alternative to it. Copies of the regulations under which such payments may be made are available from Financial Services, the Faculty of Kinesiology and Health Studies.

This plan does not provide medical and hospital coverage during any waiting period when coverage would otherwise be provided under one of the Acts.

Campus Dentist

The Campus Dentist team is professionally trained to ensure every patient is treated with the highest level of service and care.

Located at Riddle Centre Room 228, they offer cleaning, checkups, fillings, wisdom teeth extractions and tooth whitening. New patients and emergencies welcome. Insurance plans accepted including your student plan. Tel: 306-352-1060; Email: regina@campusdentist.com ; or www.campusdentist.com.

Student Mental Health

The University provides mental health services on campus for all students. The services address many of the concerns that students may encounter during their time at University. This may include personal, relational, and emotional problems that may interfere with academic progress and well-being. The clinicians are registered psychologists with extensive experience in treating a wide variety of mental health concerns. Services are provided in accordance with the principles of the Canadian Code of Ethics for Psychologists.

Information shared in sessions is confidential, including the fact that a student has received services. Personal health information is not disclosed to University faculty or staff, parents, or other persons and agencies without written permission. There are a few ethical and legal limitations to confidentiality that the clinician will discuss during the first session. For more information please visit: www.uregina.ca/student/counselling/.

Recreation and Athletic Services

Inter-University Athletics

The University of Regina is a member of the Canada West Universities Athletic Association, participating in the sports of men's and women's basketball, cross-country, ice hockey, swimming, and track and field as well as men's football, women's soccer, and women's volleyball.

Teams participate in league play for the right to advance to U SPORTS championships. League play is supplemented with non-conference play to enhance and prepare for the season.

The Faculty of Kinesiology and Health Studies provides the professional direction, coaching staff and detailed administration of the program. Additional information on Athletics is available from Office of the Director of Sport, Community Engagement, and Athlete Development (306-585-4018) or at www.reginacougars.com and www.reginarams.com.

Varsity Clubs

The Varsity Club sport program is designed to promote and develop the interests and skills of students in sport and recreation. It allows for student members to organize, manage, promote, and largely fund their own activities and affairs. Current clubs include curling, dance, flag football, golf, rugby sevens and 15's, softball, Ultimate, and triathlon. For more information visit the website at: www.uregina.ca/recservices.

Rec Sports Program (formerly Intramural Sports)

The Rec Sports Program provides members of the university community with opportunities to participate in a diverse program of individual and team sports, tournaments, special events, sport clubs and wellness programs as their interest, ability, and time will permit. The program also employs numerous students annually to act as program supervisors, scorekeepers, and league officials. For information about all program offerings and employment opportunities, call or email the Rec Sports office at 306-337-2247, intramurals@uregina.ca or visit the website at: www.uregina.ca/recservices.

UR Fit Classes

UR Fit classes are a great way to get, improve or maintain your level of fitness in a group fitness setting. You can participate in person, live streaming or on your own time through UR Fit on Demand, see our website for more details:

<https://www.uregina.ca/recservices/urfit/index.html>.

There are a variety of classes such as Yoga, Bootcamp, Pound and many more available in all formats.

Fitness Centre

The Fitness Centre is located on the second floor of the Centre for Kinesiology, Health and Sport and features well over 6000 square feet of training area as well as a four lane 200-meter indoor track. The Fitness Centre offers plenty of cardio equipment, weight machines and free weights to help you get, improve or maintain your level of fitness. A valid Student Card and/or Membership Card is required to enter the centre.

NOTE: Students will be provided access free of charge with the presentation of a valid Student ID Card. A variety of membership packages are available for purchase. For more information on rates or services offered, contact the Recreation and Athletics Services Office at 306-585-4371.

Hours of Operation: Please see the website:

www.uregina.ca/recservices/fitness-centre for the most up to date Hours of Operation.

Aquatics Centre

The Aquatics Centre is located on the main floor of the Centre for Kinesiology, Health and Sport and features a four-foot deep, 25-metre swim tank and a 12-foot-deep tank. Registered students are able to access the pool free of charge upon presentation of their student card at the Facilities Services Counter. An aquatics admission token will be issued and must be presented to the lifeguard upon entry into the pool area.

Swim times are available on the U of R website:

www.uregina.ca/recservices/aquatics/open-swim.html.

The Aquatics Program offers a variety of children's swim lessons, adult learn to swim classes, stroke improvement, and aqua fit classes. These classes are all fee for service and are open to everyone. Monthly pool memberships are also available. Contact the Recreation and Athletics Services Office at 306- 585-4371 for more information.

Facilities Services

The Centre for Kinesiology, Health and Sport (CKHS) indoor facilities include a fitness centre with a four lane, 200-metre running track, one three-court gymnasium, two additional auxiliary gymnasiums, swimming pool and aerobic/dance studio. Outdoor facilities include a state-of-the-art artificial turf field, two additional auxiliary grass fields, basketball courts and beach volleyball courts. Most facilities are available for rent by contacting our booking clerk at ckhs.book@uregina.ca. Information about open recreational times can be found on our website at www.uregina.ca/kinesiology/facilities.

University physical activity facilities are used, when possible, to assist with the programming of community physical activities. Community leagues include sports such as basketball, soccer, volleyball, and touch/flag football. As well, educational and service organizations conduct portions of their programs using the Centre for Kinesiology, Health and Sport. For more information email ckhs.book@uregina.ca.

Community Programs and Services

The Faculty of Kinesiology and Health Studies offers a number of group fitness classes, Red Cross Swimming lessons, First Aid/CPR classes that are open to the community at a fee for service. They also offer a variety of Children's Programs, including Summer Sports School, Cougar Camps, PD days and more. For the most up to date information visit the web site www.uregina.ca/recservices.

Centre for Health, Wellness and Performance

The Centre for Health, Wellness and Performance offers a variety of fee for service programs and services for students, faculty, staff and the Regina community. Programs include First Aid/CPR classes,

personal training, occupational training and testing, fitness assessments, programs for people with chronic disease, and more. Services include Physiotherapy, Athletic Therapy, Chinese Medicine, Massage Therapy and Chiropractic Services. For more information visit the website <https://www.uregina.ca/kinesiology/dpsc/>.

Musical Ensembles

For more information about any of the ensembles, contact:

Department of Music
Dr. William Riddell Centre Room 257.1
University of Regina
Regina, SK S4S 0A2
Tel: 306-585-5532
Fax: 306-585-5549

Credit for participation is possible, and students are encouraged to register formally through their faculty.

University Wind Ensemble

The Wind Ensemble is a select group of wind and percussion players. This group performs a variety of wind masterworks and new compositions. Audition with instructor is required. This ensemble performs at least 2-3 concerts each term.

University Chamber Singers

The Chamber Singers is an award-winning, select ensemble of approximately twenty singers specializing in the performance of a cappella choral repertoire. Audition with instructor is required. This ensemble is the flagship choral ensemble on campus and performs 2 – 4 concerts a term.

University Concert Band

This ensemble includes University students as well as a number of members of the community at large. It performs a wide variety of literature for this medium. Entrance is open but a placement audition is required. The band presents one concert each term.

University Concert Choir

The Concert Choir is open to University students and members of the community. The choir presents one concert each term.

All singers are required to do a voice placement prior to the start of rehearsals. All singers, regardless of experience, are accepted to this ensemble.

University Jazz Ensembles I and II

The University Jazz Ensembles are select groups made up of University students and community members performing traditional and contemporary music for jazz band. Audition placements are required. Jazz II performs one concert each term while Jazz I performs five to ten times each semester at the university, venues in Regina, and other cities in Southern Saskatchewan.

University Orchestra

This ensemble includes University students as well as a number of members of the community at large. It presents items from the orchestral repertoire as well as concertos and other solo works. The orchestra presents one concert each term.

University New Music Ensemble

The University New Music Ensemble performs music from the 20th and 21st centuries. Instrumentation is flexible and depends on the students who have registered. This ensemble performs one concert per term. Permission of the instructor is required.

Students' Union

The Students' Union (website: www.ursu.ca), an organization incorporated under The Non-Profit Corporations Act of Saskatchewan, is an autonomous body that represents students to the University, community, and government. The Students' Union also offers services to students to improve the quality of their lives while they attend the University. Visit them at RC 221. Follow on Facebook, Twitter, and Instagram.

Students' Union fees are assessed based on a base fee plus the number of credit hours in which a student is enrolled. These fees are used to operate the various services, programs, activities, and events of the Students' Union.

To manage the various programs, the Students' Union employs many full-time and part-time staff charged with maintaining and promoting the Students' Union. The Students' Union is governed by a Board of Directors comprised of constituencies corresponding to the faculties and federated colleges of the University as well as identity based at-large positions. For a full list of Board of Directors positions, visit: www.ursu.ca/governance.

In addition, students are entitled to vote for four full-time Executive on the board of directors:

- President pres@ursu.ca
- Vice-President Operations and Finance vpof@ursu.ca
- Vice-President Student Affairs yposa@ursu.ca
- Vice-President External Affairs vpext@ursu.ca

Any student who is enrolled for credit at the University and pays Students' Union fees is entitled to seek and hold office subject to the limitations of The Non-Profit Corporations Act of Saskatchewan.

Students with questions about a program or service of the Students' Union can stop by the offices at the Dr. William Riddell Centre or telephone 306-586-8811 ext. 201.

URSU Services, Benefits, and Groups

U-Pass

The U-Pass is a program designed for University of Regina students that will allow them to use Regina Transit as much as they like for a once-per-term fee. By paying the mandatory fee of \$87.60 each term, they will in turn get a city-wide transit pass valid for the whole term (4 months) at rate cheaper than current discounted student rates of \$78 per month. Students who live out of town or within the designated opt-out zones are able to opt out of the program. For more information visit www.ursu.ca/upass.

Student Handbook

The Students' Union publishes a handbook every fall, which is a reference guide for the Students' Union's services, University services, and a day planner all in one Student Handbooks may be obtained any

time from the URSU Front Desk in the Riddell Centre, while quantities last.

Student Health and Dental Plan

The Students' Union offers its members affordable health and dental coverage. All students enrolled in 9 credits (6 credits for graduate students) or more on-campus/off-campus credit hours as of the last day to receive a full refund in the Fall term part of term 1 courses (Deadlines and Important Dates section in this Calendar) are assessed a fee that covers the cost of the URSU Health and Dental Plan. The Plan provides them with health and dental coverage for 12 months, from September 1 to August 31 of the next year. Students already covered through another plan may opt out of the URSU Health and Dental plan online no later than the last day to pay fees without penalty. Those members who are not automatically assessed the fee but wish to have coverage are able to enroll in the plan. URSU members can also enroll their spouse and/or dependents for an additional fee. For more information, consult the website at: studentcare.ca, or <http://ursu.ca/services/health-dental-plan/>.

URSU Cares

URSU offers two main services to help students under the "URSU Cares" program; URSU Cares Community Fridges and the URSU Cares Pantry. There are two community fridges on campus. One is located on the second floor of Riddell Centre, beside the Students' Union front desk, and the other fridge is located on the main floor of the First Nations University of Canada. The fridges operate on a "take what you need, donate what you can" basis, and are accessible to campus members 24/7. The URSU Cares Pantry is a free service that URSU delivers every two weeks. Current students can receive fresh fruits, vegetables, pantry staples, personal hygiene items, and sometimes clothing! See the website for registration details and an updated schedule: <https://ursu.ca/services/ursu-cares-pantry/>

The Lazy Owl (Students' Union Pub and Restaurant)

The Lazy Owl offers a variety of food (including veggie options) and beverages to its patrons. The Lazy Owl offers exciting programming throughout the week and is a great place to relax during the day. Highlights include Wednesday trivia and Friday cabarets. All patrons are welcome until 8 p.m. After 8 p.m., patrons must be age 19 or older. <https://thelazyowlyqr.ca/>

Student Advocate

The Student Advocate is available to assist University of Regina students who are experiencing difficulties with all facets of their lives. Students who are undergoing financial, academic or personal troubles are encouraged to seek the advocacy services at the Students' Union. The Office of the Student Advocate (RC 221.8) acts as a referral agent. It provides a comprehensive Resource Information Centre, accessible to all University of Regina students. For more information or a confidential meeting, students are invited to visit the Students' Union, email mailto: advocate@ursu.ca or call 306-586-8811 ext. 204.

Mywellness

mywellness is the only e-Mental Health program that moves students from awareness to action. mywellness was specifically developed with the Canadian post-secondary student in mind and focuses on the full

cycle of support including awareness, education, and care. Visit <https://www.mystudentplan.ca/ursu/en/mywellness> for more info.

Emergency Bursary Fund

The Students' Union Emergency Bursary Fund is to help students' who are in financial trouble. Students in a financial emergency may be eligible for funds for rent, food or other expenses. To apply for emergency funds please contact the Student Advocate.

Refugee Student Fund

Every time students pay their student union fees, they help to bring refugee students to the University of Regina. Working with World University Service of Canada (WUSC), the URSU provides funding for refugees to escape countries in turmoil and for the chance at a better life in Canada. To get involved with the refugee program, contact the Vice-President Operations and Finance or WUSC directly.

Student Clubs

All students can participate in the Students' Union's clubs and faculty societies. For more information on what clubs and societies are available, visit URSU Q-pay on www.ursu.ca.

Student Societies

The Students' Union funds faculty student societies through the President's Advisory Council. The Council is made up of campus Presidents of all major faculty student societies. Please see the website at: <https://ursu.ca/clubs/find-a-club/>

Good Food Box

The Good Food Box is packed with various fresh fruits and vegetables that can help you save up to 50% off your produce bill. Produce is received and packed by REACH Regina and shipped to depots across Regina the same day to ensure customers receive fresh items. URSU is proud to be a neighbourhood depot for the Good Food Box program. You can purchase a Good Food Box at the Students' Union Member Services Desk, or through the REACH website: <https://www.reachinregina.ca/community-programs/good-food-box#order>. Order deadlines and pickup dates can be found at the URSU Member Services Desk or on the REACH website. For more information please visit <https://ursu.ca/services/good-food-box/>

The Carillon

The students' newspaper covers news ranging from campus, student, and faculty events to provincial, national, and international items of interest, all contributed by the university community. All students are encouraged to join the newspaper by applying for vacant staff positions, contributing to the newspaper, or sitting on their Board of Directors as a student-at-large; no prior experience in journalism is necessary for any aspect of involvement. For information on deadlines, contribution ideas, policies, or any other topics pertaining to the newspaper, they can be contacted by email (editor@carillonregina.com), phone (306-586-8867), or on campus in their office located in room 227 of the Dr. William Riddell Centre.

Regina Public Interest Research Group

The Regina Public Interest Research Group (RPIRG) is a student-run, student-funded non-profit organization dedicated to community-based research, education, action, and awareness in the public interest. RPIRG exists to provide its members with the resources to be

active citizens on the University of Regina campus and in the broader community. If you are studying at the University of Regina, including any of its federated colleges, you are a member of RPIRG unless you opted out. As a member, you are eligible to apply for funding, be a board member, and attend workshops/events related to social and environmental justice issues. We also provide volunteering and employment opportunities to students throughout the year. RPIRG has been contributing to hundreds of student research projects, events, and initiatives throughout its existence, with over \$50,000 in much-needed funding each year. Learn more about our meaningful work on campus at www.rpirg.org.

Engineers Without Borders

Engineers Without Borders (EWB) is an international organization of engineers and engineering students dedicated to improving the lives of those in developing countries through their expertise in engineering. For additional information visit <http://uregina.ewb.ca>.

Varsity Club Athletics Board

The Varsity Club Athletics Levy was created in response to a loss of funding for the Varsity Club Teams at the University of Regina. These funds go towards supporting the teams and funding new teams. These funds are distributed based on recommendations by a board comprised of individuals from all the varsity club teams. For additional information please email the URSU VP Operations and Finance at vpof@ursu.ca.

Women's Centre

The Women's Centre works to establish equality for all students at the University. The Women's Centre provides peer counseling, referral services to various agencies, support for those lodging harassment complaints, and reference library for women's issues. It organizes events and programs around issues of equality. The Women's Centre is located in RC 226, 306-584-1255.

UR Pride Centre for Sexuality and Gender Diversity

The UR PRIDE Centre for Sexuality and Gender Diversity offers a range of services related to LGBTQI (lesbian, gay, bisexual, transgender, queer, or inter-sex) concerns. In addition to providing a safe space to meet, socialize, and explore relevant issues, UR PRIDE also assists members of the University community who need support, information, or research material related to LGBTQI issues or homophobia prevention. University of Regina policy guarantees a safe and welcoming environment for LGBTQI staff and students and the UR PRIDE Centre works closely with the University to make sure these values are upheld. All people, regardless of sexual orientation, are welcome, and students seeking opportunities to gain volunteer skills or leadership experience are always encouraged to get involved. Visit www.urpride.ca for additional information.

Lockers

Most lockers on campus are administered by the Students' Union. They can be rented for the fall, winter, and spring/summer terms for a nominal fee, plus an additional refundable deposit. Lockers are available near the Archer Library, the Laboratory Building, College West, Riddell Centre, the Centre for Kinesiology and Health Studies, and the Education Building.

URSU does not administer ALL the lockers on campus. Students looking for a gym locker should contact Recreation and Athletic Services. There are also a limited number of lockers available in the La Cité (contact La Cité) and the Laboratory building.

For more information about URSU's Locker Rental Program, visit: <http://www.ursu.ca/lockers>.

Table Rentals

You know those tables you see as you're walking down the hall – the ones with people trying to give you information, or with the cool stuff for sale? Those are available to you too. Students who have an event or a club that they want to advertise, or sell tickets to, or if they have things that they want to sell, come and talk to the Front Desk at the Students' Union. Campus clubs and societies get those spaces to use for free (in fact we encourage it). Businesses can rent tables for reasonable daily rates.

Welcome Week

Before schoolwork gets too hectic, we're going to welcome you back in style! We've got so much for you to do in the first week of school in September that you're going to be longing for that second week of classes – just so you can get a break! Parties and activities are available for every group – new students and returning students; young students and mature students; drinkers and non-drinkers. Highlighted by the Concert on the Green and capped off by the biggest Friday night party of the year in the Owl, we've got something for you to do. Welcome Week is also a great opportunity to meet fellow students and get involved in a campus club or social justice group.

Campus Poster Boards

URSU has a number of Poster Boards around campus that are useful for advertising anything that might interest students. All posters hung on these boards require approval from URSU Member Services staff and must follow the URSU Poster and Tabling Policy. For more info contact Vice President Student Affairs, vpsa@ursu.ca

Graphic Design, Printing and Faxing

URSU offers, printing, graphic design, and faxing. The Fax Service is located at the Students' Union front desk (RC221). Students who wish to receive a fax at the URSU offices should make sure to have the sender clearly write the students' name on the fax. Fax: 306-586-8812.

Advertising

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. For more information, please go to this link or email at marketing@ursu.ca.

24-hr Computer Lab

The Students' Union and the University of Regina's Computing services teamed up to provide students with a computer lab that is available 24 hours a day, seven days a week. The computer lab is located next to the URSU Member Services desk on the second floor of the Riddell Centre.