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THEATRE DEPARTMENT CONTACT LIST

Department Head: Kathryn Bracht, RC 274, 585-5590
Administrative Assistant: Rita Racette, RC 271, 585-5562

Faculty:
- Kathleen Irwin, RC 180, 585-5519
- William Hales, RC 180.1, 585-5568
- Kelly Handerek, RC 272, 585-5565
- Wes D. Pearce, RC 270, 585-5571
- Leanne Groenveld, Campion, 359-1222

Technician: Mason Roth, RC 065, 585-5511
Wardrobe Technician: Cathy Mearns, RC 260.4, 585-5567

Other Services:
- Sessional Office, RC 181, 585-5564
- Costume Shop, RC 260, 585-5569
- Design Studio, RC 179, 585-5539
- Design Lab, RC 175.2.1, 337-2539
- Scene Shop, RC 063, 585-5563
- TSA Office, RC 063, 585-5514
- Stage Management, RC 071, 585-5566
- Student’s Lounge Area, RC 070, 337-2412

STUDENT PROGRAM CENTRE

Academic Program Coordinator: Janelle Bennett, RC 267.2, 585-5576
Secretary: TBA, RC 267.1, 585-5570

FACEBOOK: University of Regina Theatre Department

Theatre Student Association Facebook Link: https://www.facebook.com.uofrtsa/
Twitter: https://twitter.com/uofrTSA

CAMPUS SECURITY: 306-585-4999
<table>
<thead>
<tr>
<th>Date</th>
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<tr>
<td>September 5</td>
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<td>Christmas Break – University Closed</td>
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**WINTER 2017**

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<td>February 21 – 25</td>
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<td>March 15</td>
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<td>April 12</td>
<td>Last day of class(es)</td>
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<td>April 14</td>
<td>Good Friday – No classes</td>
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<td>April 15</td>
<td>First day of examinations</td>
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<tr>
<td>April 28</td>
<td>Last day of examinations</td>
</tr>
<tr>
<td>June 7 - 9</td>
<td>Spring Convocation</td>
</tr>
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On behalf of the faculty and staff of the Theatre Department I want to extend a warm welcome to all of our students. As Department Head, I’m looking forward to an exciting academic year. With the wealth of knowledge, experience, energy and talent we have, I know that together we will make this a dynamic and productive season. Our banner for the 2016/2017 season is MAKE IT HAPPEN ONSTAGE! This season is inspired by artists who create and produce original work, whether it is a new adaptation of a classic, such as Kenn McLeod, Elizabeth Leavitt, and Jeremiah Munsey’s reworking of Frank Wedekind’s SPRING’S AWAKENING, or the explorative workshop production of Joey Tremblay’s exciting new play BAD BLOOD, both of these local theatre artists are interested in telling stories that reflect our local shared experiences. It is with some pride that the Theatre Department and the newly christened Faculty of Media, Art and Performance presents this season of new work by local theatre artists, as not only do directors Kenn McLeod and Joey Tremblay run local Regina theatre companies, both are graduates of this very theatre program!

In your journey with us over the next few years, we promise that we will change how you think about theatre, and perhaps how you think of yourself in relation to it all. Transforming how you do things is the first stage in learning to be a professional. Our 2016/17 statement is an invitation and a challenge to you to learn how to be “makers” in a theatrical sense, whether it is on your way to becoming an actor, designer or technician or whether it is the life skills you will acquire in your four years with us, we hope you will use this year as a challenge to learn how to create as well as interpret the world around you onstage. You will find what you learn about theatre is fun, challenging and rewarding, and once you have the fundamental skills under your belt, you will never forget them. You will learn how to pay attention, to listen and to respond, to be focused and concentrated—to be fully in the moment and aware of yourself and those around you. And that’s the provocation I am throwing to you. Work hard—on your mind and your body—and it will pay off in everything you do.

Warm greetings to those of you who are returning to the Theatre Department in the Faculty of MAP, and a special welcome to those who are new to us. Here you are among friends who will amuse and entertain you, who will challenge and question you, but who will also support and sustain you for the years that you are with us. Treat each other well and you will be well treated. We want this to be a rewarding experience for you—the best years of your life.

This handbook is meant to provide some basic information, guidelines and policies about how things work in the department. Yet no handbook can have the answer to everything, so if you have further questions or queries do not be afraid to ask a fellow student, your professor, Head of Department, or Rita Racette, our indispensable Theatre Administrative Assistant. Hopefully one of us will be able to find you an answer. Also, you can keep yourself informed by joining the Facebook Group - University of Regina Theatre Department, and the Theatre Student’s Association.

Best wishes for a great academic year!

Kathryn Bracht
Head, Theatre Department
A degree from the Theatre Department provides you with a well-rounded education, which means you possess specialized knowledge in an aspect of theatre production or studies, as well as flexible, transferable skills that will allow you to adapt easily in a changing world and make you a more creative and marketable person. The programme integrates performance making and academic reflection on performance in ways that provoke dialogue between the creative and the analytical, and where reflection feeds the performance making process. But what can I DO with my Theatre Degree?

Our graduates work in a vast number of facets and aspects of the theatre and film industries. Our programs have contributed to the success of actors across the country (including actors working at The Shaw Festival, The Globe Theatre, Persephone Theatre, Catalyst Theatre, National Arts Centre, Citadel Theatre, Stratford Festival, Grand Theatre, Quest Theatre, Shakespeare on the Saskatchewan, Theatre Calgary and Souris Valley Theatre). Our programs have contributed to the success of stage managers and technicians continuously working across the country (including Alberta Theatre Projects, Theatre Calgary, Globe Theatre). Our programs have contributed to the success of designers working across the country (Canadian Stage Company, Manitoba Theatre Centre, Walnut Street Theatre (Philadelphia), Alberta Theatre Projects, Western Canada Theatre, Prairie Theatre Exchange, Globe Theatre).

Our programs have contributed to the success of artists (actors, technicians and designers) working in the film and television industry. Our programs have contributed to the success of artists who are now teaching at a number of universities in Canada (including the University of Lethbridge, the University of Saskatchewan and the University of Regina). Our programs have contributed to the success of artists and scholars who have gone onto graduate schools across the continent (and beyond) attending schools as varied as Penn State, University of Calgary, University of Guelph, University of Alberta, Oxford (England) and Hogeschool voor de Kunsten (Utrecht). Our programs have contributed to the success of artists who desire to start a theatre company of their own and produce work that is important to them such as Regina's Curtain Razors Theatre and Hectik Theatre.

Our programs have contributed to the success of students who have pursued further education in a wide variety of other programs of study upon graduation including: arts administration, elementary and secondary education, law school, social work, medical school and curatorial and restorative work.

A broad based education in which critical thinking and critical analysis are central is one of the major differences between what a technical trade school and even conservatory training has to offer, and a University. In truth, critical thinking and analysis will make you a better citizen and a better artist.
The Theatre (Drama) Department was established in the mid 1960’s with the hiring of Professor Salmon, a British actor/director with considerable experience in American universities. Along with William Chadwick and John Chamberlain, who also taught in the English Department, he established the first professional theatre company in the province, Theatre Saskatchewan, and presented a full season in Darke Hall. The members of the Company also taught classes. By 1970, additional faculty members had been hired and the first students had graduated.

The department was founded with a production base and we continue to employ a conservatory model to this day - all studies are centered around and support play production. By the end of the 1970s, the department had produced almost 100 plays, with all production elements carried out by the students, under the supervision of the expanding faculty. The hiring during this period recognized the need for highly trained specialists in performance, design, stage management and technical theatre. Professional instructors were also hired on a sessional basis to ensure a high level of movement training. By the end of the 1980s, these specializations were reflected in the degree titles: BFA Acting BFA Stage Management /Technical Theatre; BFA Design and the BA degrees in the studies area.

The 1990’s saw us solidifying the newly designed programs and expanding activities by touring productions in Saskatchewan and Alberta and hiring a number of professional guest artists. Several new events were also initiated: pre- and post-show talks, the Playwrights Reading Series, the Fine Arts Subscription series, the Fine Arts Festival week and a number of book launches. At the same time, the Department was undergoing a re-evaluation of our physical needs. This review finally culminated in a move to the new Faculty of Media, Art and Performance Building, in the Riddell Centre, on the main campus in 1997. Since that time we have had the pleasure of using some of the best theatre training facilities in the country - the University Theatre, a 450 seat theatre with a full fly gallery, the Shu-Box Theatre, a well-equipped experimental space and a rehearsal room that doubles as a performance space. We regularly share these spaces with the Music Department and we rent, at competitive prices, to arts organizations in the City of Regina. In addition, we encourage students to enroll in credited professional placements with local companies to augment their skills training. In 2012, we have partnered often with ACTRA Saskatchewan in the delivery of a mentorship program that enables an ACTRA professional to work alongside our students in production. It all makes for a vibrant cultural environment for our students.

Commencing in January 2013, the Theatre Department began to focus attention on the delivery of the core degree, the BA (Theatre and Performance, with concentrations in Acting, Design and Stage Management). This consolidates our course offerings into a unified, flexible degree that optimizes our skills and resources and enables students to choose widely from a menu of courses that reaches across the Fine Arts disciplines or to pursue training in selected streams within the art form.

We believe that this educates our students to be broad thinking and resourceful in their approach to creativity while they are here at the university and when they graduate into the world beyond whether they chose to pursue further training, a professional career or higher education.
The Theatre Department Research Fellows and Guest Artists

HRI Research Fellows:
Glenn Gordon: January 1 – June 30, 2005
Dani Philipson: January 1 – June 3, 2006
Yvette Nolan: January 1 – June 30, 2012
Kenn McLeod: July 1, 2013 – June 30, 2014

UR international Guest Artist Researcher
Dr. Nil Aycil – June 1 – August 30, 2011

AWARD WINNING INSTRUCTION

Our academic faculty is excited to share their expertise and passion with you across wide ranging areas of performance.

Kathryn Bracht received her M.F.A. in Directing from The University of Alberta, and her B.F.A. in Acting from The University of British Columbia, and teaches acting and directing for the Theatre Department. Past television credits include principal roles on Insecurities, Little Mosque on the Prairies, Corner Gas, and the original series Redemption SK.

Kathryn has been actively involved with The Saskatchewan Playwrights Centre as a director and actor, and has also directed for The Vancouver Playwright’s Centre, Theatre Network, and Workshop West. Selected directing projects for the University of Regina include 7 Stories, Les Belles Soeurs, Les Liaisons Dangereuses, The Laramie Project, Radiant Boy, The Queens, Back Story and ReMeasure. Kathryn spent 2012/13 as the Artistic Associate of Axis Theatre Company in Vancouver, B.C., where she worked on plays such as Raven Meets the Monkey King, and The Number 14. The summer of 2016 saw her complete filming as "Jean" in the yet-to-be released movie "Stakelander"

Leanne Groeneveld received both her BA Honours and PhD from the University of Alberta. Her academic home is Campion College and she teaches dramaturgy and dramatic literature/criticism courses for the department (including theatre of the Spanish Golden Age and Neo-Classical French theatre, Theatre of Cruelty, Staging the Passion, Expressionism and Epic theatre, and puppet aesthetics). She has published widely on a number of aspects of medieval religious drama. Leanne is not much of an actor/artist but had a brief (1995-2001) career in fringe theatre. Her proudest achievement was a starring role in “The Switchblade Oratorio,” a five-star-reviewed production at the 2000 Edmonton Fringe. She played Liz, a manipulative murderess who machinated the grisly deaths of four characters, including one very similar to (but for legal reasons not) Conrad Black.

William Hales graduated from the University of Regina with a Bachelor of Fine Arts in Theatre and 22 years later earned his Masters of Fine Arts in Design and Technical Production at the University of Calgary. In between those two degrees he worked as a Stage Manager, Lighting Designer, Technical Director and Technician for theatre companies throughout Western Canada. In 1999 he returned to the University of Regina Theatre Department to teach Stage Management, Lighting Design and Technical Production. He has won a Betty Mitchell Award in Calgary for Lighting Design for NiX and a Jessie Richardson Award in Vancouver for Nothing But Sky.
Bill’s recent lighting designs in Regina include The Nutcracker for Class Act Studio and Mary’s Wedding, Never Swim Alone and Last Five Years for Golden Apple Theatre. He has also served as the Backstage Adjudicator fourteen times for the Saskatchewan Drama Association’s Provincial High School One Act Play Festival and is famous for his ‘creative’ entrances. Bill is an active board member for the Regina Fringe Festival working closely with the festival’s technical director. He is also the Technical Director for the Souris Valley Theatre in Estevan, a summer theatre company that employs actors, musicians, designers and technicians from Saskatchewan. Several of his students have joined him working and furthering their craft at this festival.

Kelly Handerek: Actor, singer, director, playwright, adjudicator and educator. A Professor of Theatre at the University of Regina for over twenty five years his career has enjoyed international and national scope. Artistic Director of London, Ontario’s Grand Theatre 1999 - 2001 his celebrated productions of Hello, Dolly and Guys and Dolls as well as new Canadian work The Phoenix Lottery and North received critical and audience acclaim. As Director, Designer, Producer and Playwright his new play Small Boy DREAMS recently enjoyed an international tour from London, Ontario to Regina and London, England. He is at home directing Albert Herring for Opera Nuova in Edmonton or The Changeling for the Stratford Festival of Canada. His directing work has been seen across the country from the Stratford Festival, National Arts Centre, The Banff Festival, Alberta Theatre Projects, Curtain Razors and throughout many universities. As an actor he enjoys the breadth of challenges including roles from Shakespeare (Malvolio, Nick Bottom, Don Pedro, Tinculo and Caliban) to roles in major musicals (Sweeney Todd, Johnny Zed, and Take Twelve) and New Canadian Play development. Included in his past work are over 30 new and established Canadian works - Dry Streak, Spirit Wrestler, Slippers for Kiev, Humanity and No, Drawer Boy plus some twenty five years in film, radio and television work. In 2014 Kelly was on an exchange London, England directing Jokasta, Antigone by Liz Lockheed at Rose Bruford College. He holds a B.F.A. in Acting (distinction) B. Ed in Drama and an M.F.A. in Directing from the University of Alberta. He was one of Uta Hagen’s last students at the H. B Studio in New York and has recently been appointed to the Editorial Advisory Board of the International Stanislavski Studies EJournal – St Petersburg Academy of Theatre Arts Russia published by Routledge/Taylor and Francis. Kelly was awarded an unsolicited Guthrie Award from the Stratford Festival for his work with Shakespeare and three Saskatchewan Arts Board Awards. He returned to the UK in 2016 for an invited presentation of his work Uta Hagen: Coming under Her Spell as part of the conference The S Word: Stanislavski and the Future of Acting. Kelly had given keynote address this year to The Canadian Club of Canada – on the purpose of Culture in the 21st Century as well as the Welsh Society – A return to Ebbw Vale. His 2016 Theatre Department production of Attempts on her Life by Martin Crimp created a vivid exchange about modernity and the function of post-modern performance in script and production.

Kathleen Irwin – Trained at the National Theatre School of Canada, Central Saint Martin’s College of Art and Design in London UK, & DAMU in Prague (MA) and the University of Art and Design in Helsinki (Doctor of Arts), Irwin has taught scenography in the Theatre Department since 1995. She has an active professional career having designed for theatre, opera, dance, performance, exhibitions, music video and film. Her research practice now focuses on large scale community based site-specific projects, gallery installations and performance. Recent work includes Play (2013); Windblown / Rafales (2008); Crossfiring / Mama Weton (2006); and The Weyburn Project (2002). Serving as Canadian Education Commissioner for OISTAT (International Organization for Scenographers, Theatre Architects and Technicians) 1997-2015, she has taken students and their work to the Prague Quadrennial of Performance Design and Space in 1999, 2003, 2007 and 2011 and has presented
Kelley Jo Burke

Burke is an award-winning playwright, director, storyteller, documentarian (for CBC Radio One’s IDEAS), producer and broadcaster. Her plays, produced and published in Canada and around the world, include *Somewhere, Sk.*, *Ducks on the Moon* (Hagios Press), *The Selkie Wife* (Scirocco Press), *Jane’s Thumb* (Signature Press), and *Charming and Rose: True Love* (Blizzard Press). She dramaturges, directs and produces for stage and radio and was the host/producer of CBC Saskatchewan’s radio arts performance hour *SoundXchange*. She has been a workshop leader in creative process, writing, vocal performance, and creative non-fiction writing and audio production for more than twenty years. Burke received her MFA in Playwriting and Dramaturgy from the University of Regina (2013). She won the Saskatchewan Lieutenant-Governor’s Award for Leadership in the Arts (2009), the City of Regina Writing Award (2009 – for the third time) and the Saskatoon and Area Theatre Award for Playwriting (2008).

Cathy McComb

Since 1991, Catherine McComb has worked as a professional costume designer in Film, Television and Theatre. Trained as professional dancer and teacher, she gained accreditations from RAD (Elementary Level), and the STDA, Scotland. She worked for the Royal Ontario Museum Programs and Public Relations Department (1986-1989).

Wes D Pearce is a proud graduate of the University of Regina (BA and BFA [Distinction] and earned his MFA from the University of Calgary. He is currently the Associate Dean (Undergraduate) for the Faculty of Media, Art, and Performance as well as teaching design and general interest courses for the department and the faculty. Recent research includes the publication of articles on Sharon Pollock’s scenographic imagination and a reading Daniel MacIvor’s play *The Soldier Dreams* with attention to memory and the re-writing of self. He has designed extensively for a variety of theatre companies in Western Canada (including Persephone Theatre, Prairie Theatre Exchange, Western Canada Theatre and Stage West (Calgary) as well as almost twenty production for the Globe Theatre including *Million Dollar Quartet, The Secret Mask* and *Ring of Fire: The Music of Johnny Cash*. For the department he has designed various aspects of a number of shows including *Re/Measure, The King Stag, Back Story, The Birds, Radiant Boy, The Importance of Being Earnest, The Merry Wives of Windsor, Woyzeck, The Good Person of Szechwan, Our Country’s Good, Love of the Nightingale, A Midsummer Night’s Dream* and *Blood Wedding*. This year, for the department, he will be designing some elements of *Bad Blood*. 

SESSIONAL INSTRUCTORS

Kelley Jo Burke

Burke is an award-winning playwright, director, storyteller, documentarian (for CBC Radio One’s IDEAS), producer and broadcaster. Her plays, produced and published in Canada and around the world, include *Somewhere, Sk.*, *Ducks on the Moon* (Hagios Press), *The Selkie Wife* (Scirocco Press), *Jane’s Thumb* (Signature Press), and *Charming and Rose: True Love* (Blizzard Press). She dramaturges, directs and produces for stage and radio and was the host/producer of CBC Saskatchewan’s radio arts performance hour *SoundXchange*. She has been a workshop leader in creative process, writing, vocal performance, and creative non-fiction writing and audio production for more than twenty years. Burke received her MFA in Playwriting and Dramaturgy from the University of Regina (2013). She won the Saskatchewan Lieutenant-Governor’s Award for Leadership in the Arts (2009), the City of Regina Writing Award (2009 – for the third time) and the Saskatoon and Area Theatre Award for Playwriting (2008).

Cathy McComb

Since 1991, Catherine McComb has worked as a professional costume designer in Film, Television and Theatre. Trained as professional dancer and teacher, she gained accreditations from RAD (Elementary Level), and the STDA, Scotland. She worked for the Royal Ontario Museum Programs and Public Relations Department (1986-1989)
creating programming to reflect the museum’s collections. She has taught as a sessional lecturer in the Theatre Department from 2002 until the present and has mentored film costume technicians through the Saskatchewan Institute of Arts, Science and Technology. She was nominated by the Canadian Academy of Film and Television for a Gemini Award (Best Costume Design, *Lydia*, 1998) and honoured with three Saskatchewan Showcase awards (Best Costume Design in Dramatic Film). She served as Board Chair of the Saskatchewan Motion Picture Industry Association (1999 - 2000) and as Board member (2008 - 2010). She is currently enrolled in Graduate Studies, University of Regina, pursuing a Masters in Fine Arts Interdisciplinary Studies.

**Anne McDonald**
McDonald is an award winning author whose novel, *To the Edge of the Sea*, won the Saskatchewan Book Award for First Book (2012) and was First Alternate for the John Hicks Award. Her play, *Lullabies and Cautions*, was showcased at the Spring Festival of New Plays, in 2016 and an excerpt from it premiered at the Short Cuts Play Festival in Saskatoon in 2014. *The Daughters of Confederation* was featured in Canada's History Magazine (fall 2014). Her shore fiction has been nominated for the Journey Prize and has appeared in Descant Magazine, and the Society Journal. The prologue from *To the Edge of the Sea* aired nationally on CBC radio. McDonald studied at Second City, Humber College’s creative writing program, Sage Hill’s Fiction Workshop, as well as the Poetry Colloquium and she has participated in numerous voice and theatre workshops. She teaches theatre improvisation for Education students at the Gabriel Dumont Institute, and theatre classes for the Faculty of Media, Art, and Performance at the University of Regina. McDonald also facilitates workshops for organizations interested in collaborative communication and creativity.

**Kenn McLeod**
Kenn is a director, performer, and educator. He holds a BFA in Acting from the University of Regina and an MFA in Directing from The University of Nevada, Las Vegas. As a Clown, puppeteer, physical theatre performer, improvisor, and acrobat, Kenn has taught, trained and performed across North America. He is Artistic Director of both Herctik Theatre (Regina) and Souris Valley Theatre (Estevan), a regular with Combat Improv, a founding member of the Prairie Puppet Underground, and very proud to be a Saskatchewan Artist.

**Chancz Perry**
Simon Fraser University; University of Ghana; Broadway Dance Centre; and University of Regina. Aside from spending his time in graduate studies exploring the utility in art therapy programming, Chancz has spent over 30 years in the entertainment industry – on stage, screen, and behind the scenes. This multifaceted performer and choreographer was nominated for two Jessie Richardson Awards and the recipient of the Vancouver Sun Reader’s Choice Award for Entertainer of the Year. Some film and theatre credits include *Mr. Magoo, Bye Bye Birdie, Charlie Horse Music Pizza, West Side Story, Kiss Me Kate*, and *Five Guys Named Moe*. While continuing his practice as an interdisciplinary artist, Chancz has been a sessional instructor at the University of Regina (Media, Arts, and Performance Department; Kinesiology and Health Studies Department). He also carries several positions at Globe Theatre where he is the Educational Outreach facilitator who helps to bring creation-based theatre programming into schools and community organizations as well as the Shumiatcher Sandbox Series coordinator who helps local artists and production teams to platform theatrical creations. See samples of his work at:

http://www.youtube.com/watch?v=8E-TlvPx15M; http://
Jesse Archibald-Barber – Assistant Professor, First Nations University of Canada

Archibald-Barber began his studies at the Saskatchewan Indian Federated College in Regina. After a year of Native Studies, he transferred to the University of Victoria, where he finished his BA. He then completed his graduate studies at the University of Toronto, where he wrote his dissertation on elegies of colonial conflicts between English Canadian, First Nations, and Métis cultures. While there, he studied the grammar and structure of English and published an article in the *History of the English Language* (HEL) database. He has also published on cognitive theories regarding oral and written traditions in the *International Journal of Canadian Studies* (2004). Currently, he teaches First Nations and Métis poetry, fiction, drama and Indigenous aesthetics. His recent research interests involve representations of games of chance in First Nations and Western literatures, film, and popular culture.
Spring’s Awakening
directed by Kenn McLeod
Adapted by Elizabeth Leavitt, Kenn McLeod & Jeremiah Munsey
from the play by Frank Wedekind
November 9 - 12, 2016 @ 7:30 p.m.
University Theatre

First performed under heavy censorship in Germany in 1906, the play closed after only one night in New York in 1917 amid public outrage and charges of obscenity. The story traces the dawning sexual awareness of a group of teenagers who, in their painfully funny contradictions, are at once too innocent and not remotely innocent at all. The play remains fresh and unsettling even in our own sex-saturated culture. This adaptation retains the era and ideals of the original, and provokes a closer look at how we talk to our children. Spring’s Awakening is produced as part of Regina’s City Wide German Expressionism Festival, The Caligari Project.

Bad Blood
written and directed by Joey Tremblay
co-produced with Curtain Razor’s Theatre
March 15 - 18, 2017 @ 7:30 pm
University Theatre

Bad Blood is a true story of a man’s harrowing near-death experience while navigating through the Saskatchewan healthcare system. This piece is a cautionary tale that examines an institution that is designed to save lives, yet is often brutal, uncaring and intrinsically dehumanizing. Partly inspired by ancient Greek theatre, opera and stand up comedy, Bad Blood is a visceral experience that uses live sound, projections, and epic theatrical movement to animate the narrative. Yet, the essential story is delivered simply through direct audience address, like a classic ghost story told around a fire. To break the tension, the main character, will often approach a microphone and deliver an improvised stand up comedy monologue. When dealing with near death experience, there is a fine line between what is tragic and what is hilarious. Bad Blood is all about exploring these extremes. Bad Blood is poised to be of great interest to a great deal of Saskatchewanians with concerns and experience with our complex health care system. Bad Blood was originally written with the assistance of a Sask. Arts Board Writing Grant and received a workshop with Curtain Razors in May 2014.

All in all, it will be a dynamic season in the Theatre Department. We hope that as many students as possible will embrace this chance to see a live theatre that does things in the world, will excite, move and allow them to reflect on critical issues that affect all our lives, especially theirs.
The Theatre Department is Open - This is a place where cultural diversity and human rights are respected and where gays, lesbians, bisexuals and transgendered students are welcomed and supported.

The Theatre Department is Accessible to students with a range of abilities. We are pleased to offer the opportunity for students to take classes or audit many of our courses on a not for credit basis.

Living in a Vibrant Cultural Community - Studying in the Theatre Department at the University of Regina puts you at the centre of one of the most culturally vibrant communities in the province. Both the Faculty of Media, Art, and Performance and the larger community supports a wide range of cultural events. Experiencing these will make your education experience even more rewarding. For example, we have a strong connection with the Globe Theatre, which offers free tickets for our students to attend the dress rehearsal of their shows on a first come first, serve basis. Rita Racette will post notice of this over the course of the semester. There are other worthwhile cultural organizations including:

- New Dance Horizons - [http://www.newdancehorizons.ca/](http://www.newdancehorizons.ca/)
- The Mackenzie Art Gallery - [http://www.mackenzieartgallery.ca/](http://www.mackenzieartgallery.ca/)
- Neutral Ground - [http://www.neutralground.sk.ca/](http://www.neutralground.sk.ca/)

Becoming connected with the cultural community will benefit you in so many ways. You will learn about the arts, meet people and it will enhance your network of professional contacts.

STUDY ABROAD
For more information go to [http://www.uregina.ca/isko/](http://www.uregina.ca/isko/)

The Theatre Department currently has a formal student exchange arrangement with York St. John’s in the UK. Since its inception, more than two-dozen students have taken advantage of the opportunity to cross back and forth for a semester of learning in another country.

"Life at York St. John's is awesome! The city is incredibly gorgeous and there’s always something to see and do. At school we see our professors once a week and that’s it. I only have classes on Thursday and Friday, which means I have lots of time to travel and see the country. And the classes are so interesting that I love going to them. My roommates in my dorm building are amazing and so sweet. I'm loving it here."

Aurora Eilig York St. John’s – England

FACEBOOK
University of Regina Theatre Department – a great way for our current students and alumni to stay connected.
Every year the Theatre Department celebrates one of our exceptional alumni with the presentation of an award. To date we have honoured:

Joey Tremblay  
Valerie Creighton  
Dianne Goodman  
Colleen McMillan  
Brenda Bazinet  
Janine Pearson  
Monica Prendergast  
David Leyshon  
Andrea Runge  
Alan Bratt  
Cheryl Hoover  
Michele Sereda  

2015-2016 - Trenna Keating: born and raised in Weyburn, Saskatchewan. She is a proud graduate of the University of Regina (1996-2000). After Graduation, Trenna spent several years in the Saskatchewan theatre community, acting, creating her own work, writing, joining the board of the Saskatchewan Playwrights Centre, working as a casting assistant as well as working for CBC and Partners In Motion. For three seasons she has played the role of 'Doc Yewll' on Syfy’s Defiance. Other credits include, Combat Hospital, Orphan Black, Murdoch Mysteries, Schitt’s Creek, Cracked, Bark Ranger, 12 Monkeys, Working the Engles, The Listener and The Code.

OTHER HAPPENINGS IN THE THEATRE DEPARTMENT

PLAYWRIGHT’S READING SERIES
The Playwrights Reading Series is hosted annually by the Theatre Department in partnership with the Saskatchewan Writers Guild. Between September and March the Series will feature Canadian playwrights reading from their work, talking about their writing process and other topics of interest and answering questions from students and members of the community.

SASKATCHEWAN DRAMA ASSOCIATION PROVINCIAL FESTIVAL
The Theatre Department is a proud sponsor of this annual event, one that brings together elementary and secondary students and their teachers from all over the province to present plays and take part in workshops. Provincial Festival Dates - Riddell Centre, University of Regina  
May 1 - 6, 2017

THE CENTRE FOR THE STUDY OF SCRIPT DEVELOPMENT
The Centre for the Study of Script Development is a community-university partnership involving ten provincial arts and educational organizations connected with the areas of film and theatre. The Centre runs programs to support writers and other artists by providing cross-disciplinary, alternative approaches to the development of dramatic work for stage, screen and radio. Students and community members as well as individuals from the community may take advantage of its dramaturgical services and programs such as the Regina Playwrights Reading Circle. For more information contact Mary.Blackstone@uregina.ca.

INTERNATIONAL TOUR COURSES
UR International provides partial funding for eligible students to participate in tour courses. In 2011 we toured to Las Vegas and Prague.
1.1 Our Programs

Students acquire expertise and a unified approach to theatre studies through dramaturgy, literature, performance, design and stage management courses and through participation in productions mounted each semester. Experiential learning is balanced with liberal arts courses. Degree programs cover the full spectrum of specialties relating to theatrical production. Our students come from many backgrounds, but they all share a combination of academic ability with an enthusiasm for new challenges. We invite students who have the motivation and potential to succeed in a career in the creative industries and a level of personal maturity and self-direction consistent with the demands of a competitive program. See 1.2

- BA in Theatre and Performance-General
- BA in Theatre and Performance – Acting Concentration
- BA in Theatre and Performance – Design/
- Stage Management Concentration

An interdisciplinary Approach:
We encourage our students to take an interdisciplinary approach to learning and opportunities to explore other areas in the Fine Arts are available through the open electives in each student’s program. Specific courses designated FA in the calendar encourage students to think broadly and critically about how disciplines interrelate and are contextualized within our society.

Supervision and Mentorship:
Finding one’s way through the programs that we offer may be confusing to the uninitiated. We provide individual counseling to every student in our program on a semester-by-semester basis as needed. We also offer FA 001- Foundations of University Practices which will assist you in finding your way. Please contact the Department's Admin. Assistant, Rita Racette (rita.racette@uregina.ca) to book an appointment with a member of the Faculty.

Work Placement Experience:
On a case-by-case basis, we offer the opportunity for students to work in professional placements after 60 credit hours. Please inquire with the Department Head if you are interested.

Admission Policy:
Our admission policy is open. We welcome everyone into our program in first year because we want to offer each student the opportunity to pursue his or her dreams and aspirations. Our decision to open our program in first year is guided by our mission to educate talented, ambitious students looking to make their mark in an exciting and fast-paced industry.

How to Apply:
For on-line registration, please go to: http://www.uregina.ca/admissions/

Accommodation:
Living on campus is a perfect way to get the full U of R Student experience. It offers you independence and friendship in a vibrant, multicultural atmosphere. The University of Regina offers four fully furnished residences to meet the diverse needs of our students. Residence life
is a comfortable and convenient "home away from home." You will be living in a warm, friendly community with still enough space to be independent, with single or multiple occupancy options. Please refer to:

**Residence Services**
Room SR 110 University of Regina
3737 Wascana Parkway Regina,
SK Canada S4S 0A2
Fax: (306) 585-5457
E-mail: residences@uregina.ca

**Luther College Residence:**
https://www.luthercollege.edu/university/residence-food-services/residence/apply-for-residence

You may also consider off-campus Housing. Options here include but are not limited to:

**URSU Housing Registry:** postings of suites, apartments, rooms, and places that offer room and board:  http://ursu.ca/services/housing

**Regina Leader Post:** accommodation listings from Regina's local newspaper:  http://classifieds.leaderpost.com/regina/rentals/search

**Kijiji:**  www.kijiji.com.regina

**Craig's List:** http://regina.craigslist.ca/

**Graduate Studies in Theatre**
We accept MFA students in Theatre on a case-by-case basis. We also partner with the other departments within the Faculty of Media, Art and Performance to offer MAs and MFAs in Interdisciplinary Studies. Please contact the following for further information:

Associate Dean, Media, Art, and Performance, Grad Studies
Dr. Kathleen Irwin
kathleen.irwin@uregina.ca

and/or

Faculty of Graduate Studies and Research  http://www.uregina.ca/gradstudies/ or
http://www.uregina.ca/mediaartperformance/interdisciplinary-studies.html
1.2 DEGREE PROGRAMS

The Theatre Department of the University of Regina offers the following Bachelor of Arts degrees:

- BA in Theatre and Performance-General
- BA in Theatre and Performance – Acting Concentration
- BA in Theatre and Performance – Design/Stage Management Concentration

Appendix A contains a list of all the requirements for the degrees offered in the Theatre Department. For each degree there is a list of the suggested sequence of courses that should be taken semester by semester. It is extremely important to note that most classes in the Theatre Department are offered only one semester a year, in the Fall or Winter, and some classes, only every other year. It is important to take the course when it is offered.

In order to graduate a total of 65% is required in the major and in program.

1.3 CLASS ATTENDANCE POLICY

Most theatre classes involve collaboration. When students miss classes or rehearsals outside of class time, they adversely affect the work of their fellow students and their fellow students’ grades. Therefore, we have a stringent attendance policy detailed on each course syllabus. In all performance classes, for example, the syllabuses state that two unexcused absences in the course means automatic failure. Excused absences are those for which a student has received the instructor's permission and the appropriate form has been filled out and signed by both the student and instructor. In the case of an excused absence for medical reasons students are required to submit a doctor's certificate.

1.4 MISSING CLASS FOR PROFESSIONAL DEVELOPMENT

In special cases classes may be missed for professional development. We have a policy that allows students to apply for permission to accept professional work in his or her field of study, even though it involves missing a class. Students are required to fill out the necessary form and submit it for approval to the instructors and then to the Department Head. An important part of the form includes the student’s explanation as to what he or she expects to learn from this experience that relates to his or her education, and how the student plans to catch up on the missed class work.

Permission to be excused in order to accept professional work depends on several circumstances:

1. The standing of the student in the course at the time the request is made.

2. The attendance record of the student in the course.
3. The frequency of this particular request. It is important with each request that the student demonstrates something new will be gained from the experience. For example, working as a background extra for a movie one week and requesting the same the next week would not be considered.

The student is being excused from class because of the learning experience, not in order to accept a part time job.

1.5 PERFORMANCE CLASS REGULATIONS

Theatre is a collaborative art form that, above all else for the actor, means creating ensemble. Just as everyone in the cast of a play puts the play ahead of his or herself in order to participate fully in the production, so everyone in a performance class must participate fully in every activity 100% of the time. Everyone shares the responsibility of establishing an atmosphere that will foster creative growth and development. Respect for your fellow student actor is the cornerstone of all creative work. That respect begins punctuality. In the theatre, the curtain goes up at 8 p.m. and everyone must be present and accounted for. There are no excuses for missing an entrance. The same is true of attendance at Theatre classes, rehearsals for productions, and working with your colleagues on project or scene work. Similarly, wearing inappropriate clothing, perfumes and jewellery are not acceptable in performance classes – safety and consideration for others is foremost. Great acting requires working off the other, so consider your partner’s needs first. Appendix B lists the rules and regulations for all our performance classes. Students who do not comply will be asked to leave and have their attendance for that class that day marked as an “unexcused absence”. Two such incidents by the same student can result in the student being expelled from the class.

1.6 ACADEMIC INTEGRITY AND SUCCESS

The principles of academic integrity for students doing course work are that they do their own original, individual work, unless told otherwise by the course instructor, and they are to give credit for other people’s ideas or words. Students should be aware that, while collaborative or group work on assignments may be encouraged in some disciplines, it is not acceptable in others…. Discussion of ideas with faculty and other students (that is intellectual debate) is both allowable and important, provided that credit is given in written work for ideas that are not one’s own. (University of Regina General Calendar 2016-2017 p 45).

Students should be aware of the University’s policies on academic and non-academic misconduct as discussed in the General Calendar (pp 44-47). The most frequent example of academic misconduct is plagiarism.

1.7 PLAGIARISM

Plagiarism is using somebody else’s work and claiming it is yours. If you do not note that it was written by somebody else you are automatically claiming it was your own. In other words, if you copy two sentences off the internet, or anywhere else, and include them in an essay or report without saying where you got them from, you have committed plagiarism. Plagiarism is very serious business. It can get you thrown out of the University.
If you have questions or concerns about referencing written, visual or recorded work, please consult the U of R Style Sheet, your professor or the U of R Writing Clinic.

**STUDY TIPS:**

- **Attend classes.** There is a temptation to pour all one’s energies into a favourite course, which for theatre majors often means the semester’s major production or a major lighting or design project. Although a majority of rehearsals and work periods are scheduled there is a temptation (especially with tech and production week) to miss your other classes or ‘save yourself for the performance’. Unless you make time for your least favourite courses, you’ll be compromising your academic progress and wasting your money. Attending *all* your classes is the absolute minimum requirement.

- **Study the more difficult subjects first.** You might be inclined to put aside your weakest subject, but this will likely guarantee a weak performance. It is important to prioritize your courses in terms of the amount of work you devote to each of them. If you start with the hard courses, you’ll have more time to deal with problems as they arise.

- **Study regularly.** Using your time effectively is a key to success in most fields. You will be rewarded if you study for periods that are shorter but more frequent, rather than cramming the night before an exam. By dividing your work into manageable chunks, it won’t seem so overwhelming and you’ll reduce your stress level. Make sure you include study periods every day of the week, and vary your work to keep it fresh and interesting.

- **Take regular breaks.** Balancing work and rest is a way to both reward yourself for the good work you accomplish as well as maintain your effectiveness when you hit the books again. Studying long hours late at night can definitely be counterproductive. By the same token, it is important not to make your breaks more frequent than they need to be. Sticking to your plan will help you build self-discipline and confidence. Have your own private study space, too.

- **Time management.** In order to avoid being unable to keep up with your master plan, make sure you set realistic goals for yourself, and spread the work out over the entire week. Don’t procrastinate: stick to your ‘to-do’ list for today, and you won’t increase your workload for tomorrow. For example, make sure you do the assigned readings well in advance. If you need to read 20 pages or more per class per week, that might add up to 100 pages. If you read every day, you’ll only need to read 14 to 15 pages at a time. And beware the lure of TV and the Web.

- **Setting goals.** By breaking down your project into intermediate tasks, you can more easily achieve each small step towards the project’s completion. List and prioritize the intermediate steps, assign a timeline for each step, determine the tasks required to complete each step, and schedule the individual steps in your personal planner/appointment book.

- **Daily planning.** Review the previous day for unfinished business, list your items for today and prioritize tasks. Remember to reward yourself when you complete a task, and don’t get distracted: let the answering machine take the message. In preparing for classes, for instance, take a few minutes to refresh your knowledge and review your notes from the previous class.
2.1 PRODUCTION POLICY

Our Theatre Department productions are teaching tools intended to provide hands-on training for students in all areas and at all levels of study. Plays are chosen and roles assigned to students in the Acting program with consideration for their degree and breadth of stage experience. Students in Theatre Design and Stage Management complete assignments of increasing specialization and complexity as they progress through their respective programs. Dramaturgical work is undertaken by students in Literature and Criticism classes. Thus, through its productions, we offer students a comprehensive learning experience, with faculty members serving in directorial and supervisory capacities.

2.2 CASTING & GRADING FOR ACTING STUDENTS

Our productions support the classroom learning that students experience on a daily basis. Involvement in each production is a credited course. Typically, each year we mount 2 productions and 1 student run festival of new works. Acting students in each class will have to audition for roles but casting is open to the entire university.

2.3 TICKET POLICY

Theatre Department performances and Music Department concerts are free to all University of Regina students (with valid i.d.).

2.4 STRIKE

All theatre majors are required to attend the ‘strike’ immediately following the Saturday performance of each production. This is collaboration at its best and most fun.

III REGISTRATION AND ACADEMIC COUNSELING

3.1 STUDENT’S RESPONSIBILITY

The first time a student enters the University of Regina, a registration hold is put on his or her account. This ensures that the student first receives academic counselling from the appropriate person in the department. During that first counselling session all of the degree requirements and suggested sequence of courses for the student’s university career are outlined. IT IS THEN UP THE INDIVIDUAL TO ENSURE THAT HE OR SHE IS REGISTERED IN THE APPROPRIATE COURSES EACH SEMESTER. Counsellors are available for consultation during registration periods. Please note that with web registration, it is impossible for us to monitor student registration. DESIGN and TECH/STAGE MANAGEMENT students have an advising hold on their accounts for each semester. The hold is removed after they have been counselled by a faculty member (in the area). Then they are free to register.

3.2 REGISTRATION CATEGORIES

With the advent of web registration, it is recommended that students register as quickly as possible in order to ensure getting into classes they wish to take. Senior students are the first
category allowed to register, followed by students with an ever decreasing number of credit hours. The fewer the number of hours of credit you have the later your registration category. You may have to wait to try and get into required classes that fill up quickly. The specific registration days for each group are posted outside of the Fine Arts Student Program Centre, room RC 267. Check this notice board regularly for all-important deadlines related to registration and scholarship. As soon as you are allowed to register, do it!

3.3 DATES FOR TUITION REFUNDS AND WITHDRAWAL GRADES

Students should be aware of all dates related to the dropping and adding of classes and their implications for tuition refunds and withdrawal/failure grades. These are posted outside of the Media, Art, and Performance Student Program Centre, RC 267, and all-important dates are listed in the front of the University of Regina General Calendar.

IV CENTRE FOR STUDENT ACCESSIBILITY

4.1 Services for Students with Disabilities

The University of Regina wishes to effectively assist all students including students with disabilities. The University aims to provide services that will enable students with disabilities to approach their studies with minimum difficulty. This can be done if faculty members are informed in advance about requests for accommodations by students who will be taking their classes. Assistance can be arranged in such things as parking, lectures, reading assignments, examinations and technologies to assist students. Students should then contact the advisor of Special Needs Services for additional information about appropriate accommodation(s) and to discuss the adaptive equipment that is available on campus. Services may vary according to student abilities, needs, supporting documentation and requests. Early registration is advised, particularly for students who will need books taped or brailed. Since not all areas of the campus are accessible by wheelchair, students should inquire at the time of registration.

CONTACT INFORMATION:
Centre for Student Accessibility
251.15 Dr. William Riddell Centre
University of Regina
3737 Wascana Parkway
Regina, SK S4S 0A2
Voice/TTY/Variable Volume Phone
(306) 585-4631 Fax (306) 585-5650

4.2 THE HARASSMENT AND DISCRIMINATION PREVENTION OFFICE

Contact the Office: Room 251.7, Riddell Centre

- for information
- to discuss concerns or questions about harassment or discrimination
- to report complaints
Complaints may be dealt with by the Harassment and Discrimination Prevention Co-ordinator or referred to another University of Regina officer appointed to deal with harassment or discrimination concerns.

If you have a concern please contact: Telephone: 306-585-5400
Fax: 306-585-5172

All consultations and enquiries will be dealt with in a confidential manner.

V  SCHOLARSHIPS

The University of Regina offers many scholarships in a broad number of categories. Students should consult the scholarship handbook, available in the Media, Art and Performance Student Program Centre (room RC 267) for details on all of these scholarships. The scholarships offered specifically in the Theatre Department are as follows:

5.1  Fine Arts Entrance Scholarships

**Donor:** University of Regina & Faculty of Media, Art, and Performance (MAP)
**Value:** $800.00
**Eligibility:** For a student entering the Bachelor of Fine Arts in Theatre. This scholarship is awarded on the basis of academic achievement (minimum 75% average) and artistic talent.

**Application:** Theatre candidates must submit a letter of application to the Department Head of Theatre and include a copy of their high school transcripts. An audition or interview is required. Students interested in performance should prepare a two-minute selection of the candidate’s choice and a dance or musical selection (if the candidate sings or plays an instrument) to be followed by an interview. Students interested in the Stage Management program will be required to have an interview and/or audition, depending on the student’s background. Students interested in the Design program will be required to submit a portfolio and have an interview.

5.2  Gene B. Ciuca Memorial Scholarship

**Donor:** Family & friends of Gene B. Ciuca
**Value:** $1,600.00
**Eligibility:** Awarded to students in the Faculty of Fine Arts entering the 3rd year of a 4-year degree program of studies in Theatre. A minimum of 75% CGPA is required with a demonstrated artistic ability. The student receiving the scholarship will be required to register in a minimum of 12 credit hours of work in the semester in which the scholarship is used. Applicants must include 2 confidential letters of reference supporting ability in chosen field.

**Application:** Faculty of Media, Art and Performance
**Deadline:** February 1
5.3 Faculty of Fine Arts Scholarship

**Donor:** Scholarship fund  
**Value:** $500.00  
**Eligibility:** Awarded to students in Media, Art and Performance who have completed their third year and are progressing into fourth year. To be eligible the student must be registered in 12 credit hours and register for a minimum of 12 credit hours in the semester in which the scholarship is used. Scholarship is awarded on the basis of artistic achievement.  
**Application:** no application required.

5.4 Rob Armstrong Prize in Theatre  

**Donor:** University of Regina, Faculty of Fine Arts  
**Value:** $750.00  
**Eligibility:** The prize will be awarded to a U of R undergraduate student who meets the following criteria: enrolled in a Bachelor of Arts program with a major in Theatre and Performance, or the Bachelor of Fine Arts program with a major in Acting, minimum cumulative grade point average (GPA) of 75%, successfully completed 83 credit hours, registered and remains registered in a minimum of 9 credit hours in a semester the award is presented  
**Application:** no application required.  
**Deadline:**

5.5 Gabe Prendergast Scholarship in Technical Theatre  

**Donor:** Gabe Prendergast  
**Value:** $1,800.00  
**Eligibility:** Awarded to a Bachelor of Fine Arts student, majoring in Stage Management or Technical Theatre, who has completed his/her third year at the University of Regina and entering the fourth year of the program at the University. The scholarship recipient will have a minimum CGPA of 70% and will have displayed a level of achievement in lighting design or have assisted in the stage management of a production. The student must also be registered in at least 12 credit hours.  
**Application:** Faculty of Media, Arts and Performance  
**Deadline:** October 1

5.6 Wascana Preceptory No. 51 Knights Templar Scholarship  

**Donor:** Wascana Preceptory No 51 Knights Templar  
**Value:** $5,000 (paid in 2 installments)  
**Eligibility:** The scholarship will be awarded to a University of Regina undergraduate student who is: registered for full-time studies minimum of 12 credit hours, completed a minimum of 54 credit hours, Saskatchewan High School graduate, have maintained an UGPA of 80% or better, average based on all University of Regina courses taken, but when a course has been repeated, only the grade in the most recent approved attempt is used, entering the third or fourth year of study in a program leading to a Bachelor of Fine Arts with a major in Indian Fine Arts, Theatre or Visual Arts, Bachelor of Music, Bachelor of Music Education or a Bachelor of Science with a Major in Biology, Chemistry or Computer Science, statement of scholastic merit from a member of Faculty should be included with the application.  
**Application:**  
**Deadline:** October 1

For more information: [http://www.uregina.ca/safa/awards/SAMS/](http://www.uregina.ca/safa/awards/SAMS/)
6.1 STUDENT LOCKERS

All Theatre majors and students in Voice, Movement and Acting classes are eligible for a locker in the Theatre change rooms.

Women’s lockers are located in change room RC 173 and Men’s lockers are located in change room RC 182.

Students must register their locker number with the Theatre Department Admin Assistant in Room RC 271. There is no fee, but students provide their own locks. All locks must be removed by the first Friday in May at the end of the academic year.

6.2 BOOKING REHEARSAL ROOMS

Most rehearsal rooms are available to theatre students for project work on assignments. A weekly booking sheet is posted on the door of each space on Monday morning. Each student may reserve two sessions of two hours per week in advance booking, BUT, each two-hour advance session must be in a different room. The space is reserved by writing your name on the sign-up sheet posted on the room’s door. In addition, students may sign up for two-hour blocks whenever a space is not being used. This “same day booking” cannot be done until the morning of the day of use.

All spaces must be left clean and organized, so allow time to restore the room at the end of your session.

Please report any abuse of this policy to the Theatre Department Secretary in RC 271.

Students who do not follow this policy will lose their booking privileges.

6.3 ACCESS TO THEATRE FACILITIES AFTER HOURS

All Theatre majors and students in acting classes are permitted to be in the building outside of normal university operating hours. Please arrange this with your instructor or the Theatre Department Office.

6.4 KEY ACCESS TO THEATRE SPACES

For some theatre courses or activities, students (including design students) may require keys for access to spaces. All keys are controlled by and obtained through the Theatre Department General Office. The appropriate forms must be signed by the student, the instructor/supervisor and the Department Head. Forms are available in the Theatre Department General Office (RC 271). A $20 deposit is required for all key assignments.

All keys must be returned to the Theatre Department Office by the end of the first week in May.
IMPORTANT NOTICE

Students who do not return their keys by the requested date will have a $20.00 hold put on their university account.

6.5 STUDENT USE OF OTHER DEPARTMENT RESOURCES

Students may borrow set pieces, costumes and props required for project work.

The department's props, costumes and furniture are available for students to borrow for project work. You will need to email to set up an appointment.

For Props email: Mason.Roth@uregina.ca
For Costumes email: Cathy.Mears@uregina.ca

Students are responsible for all damage to or loss of Theatre Department resources signed out in their name.

6.6 GENERAL SAFETY AND SECURITY

- Lock the door to your classroom or studio no matter how brief a time you intend to be away
- Lock your classroom or studio when working after hours and on weekends
- Never prop open doors that are intended to be locked all the time
- Stick to working, studying and being in areas where there are other people around
- Work in pairs when on campus after hours and on weekends
  Be alert; know your route of travel and be aware of your surroundings
- Travel with a buddy when possible
- Communicate your plans to family and friends and stick to them. Campus Security offers two programs that staff and students can make use of to enhance personal safety; the Lone Worker Service and the Walk Along Service. Information on both of these programs can be found at: http://www.uregina.ca/fm/campus-security/programs/index.html

Download Student App and Sign in to Receive Emergency Notifications

The University’s official app for students is now available on the App Store and Google Play.

Please stay signed in to ensure you continue receiving emergency notifications on the app. The app push notification function is one part of the University’s larger emergency notification system on campus which includes hallway beacons.

• Read more about the app: http://www.uregina.ca/external/communications/app/index.html
• Read more about the Emergency Notification System (ENS): http://www.uregina.ca/emergency/ens/index.html

The official app for students was jointly developed by External Relations and Information Services.
Each semester the Theatre Department hires students to assist with a variety of activities related to production and course work. All of the students are hired under the CUPE 2419 Academic Assistants agreement with the University of Regina. Under this agreement, when a “Student Assistant” is required for a position during a semester that will require more than 25 hours of labour, such as the Theatre Department student publicity position, the position must be posted and is open to all qualified students at the university. Postings for all of these positions in the Theatre Department appear during the second week of each semester. Applications and regulations regarding these positions are available in the Theatre Department Office.

The department also hires a number of students each semester for tasks or projects that require less than 25 hours of labour. These are generally specialized tasks associated with a production and students require specific expertise in the area of employment, knowledge of how to build and size a theatrical flat for example. During the two or three week building crunch for a production, several students may be required in different capacities. Whenever such jobs are available, the supervisor/instructor in the area consults with the Department Head and they review the completed application forms kept on the file in the Theatre Department Office. Therefore, it is important that all students who may be interested in such employment during each semester fill out an application form in the Theatre Department Office and detail their expertise and areas in which they would be interested in employment in the department. In all cases of student employment, students are informed of the status of their application with a letter from the Theatre Department Head.

8.1 STUDENT REPRESENTATIVE TO THE DEPARTMENT

The TSA also elects two of its members to be the official student representatives to the Theatre Department. These two students have full voting privileges in the department and are responsible for bringing student concerns to department meetings, delivering a student report at each department meeting and reporting back to the general student body on all issues that may be of concern to them.

8.2 STUDENT REPRESENTATION TO THE FACULTY OF MEDIA, ART, AND PERFORMANCE

The two Theatre Department student representatives elected by the TSA are also the Theatre Department’s student representatives to the Faculty of Media, Art, and Performance. As such, they may attend and have full voting privileges at faculty meetings.
Introduction

In order to maintain the highest level of security on campus, the University of Regina wishes to ensure no weapons are brought onto campus without proper consideration and authorization. This policy includes restricted firearms, ammunition and weapons as well as weapons used for hunting and/or target practice.

Policy

The University of Regina prohibits the possession, storage or use of firearms, ammunition or weapons on any property of the University without expressed written permission from the VP Administration. Approval process must be completed as per the process description below.

Use of Weapons for Research or Other Purposes on Campus

Any use of firearms, ammunition or restricted weapons for research, will fall under the discretion of this policy. Once reviewed and authorization provided by the Vice President, Administration - Campus Security will be notified of the nature of the research and storage methods of the equipment.

Exemptions

This policy does not include peace officers in possession of firearms during the course of carrying out their duties or attending classes while in uniform.

Consequences for Noncompliance

Campus Security and/or Regina Police Service will seize any weapons found on campus for which there is no written approval. Individuals found with unauthorized weapons on campus may be subject to the appropriate disciplinary process as well as criminal prosecution.

Processes
Obtaining Authorization to have a Weapon on Campus

Requests to have a weapon on campus for research or other purposes must be submitted to the Director, Security and Operations. Submissions should include all pertinent information in writing, including (but not limited to):

• type(s) of weapon(s);
• purpose of the weapon on campus;
• intended storage of the weapon on campus;
• any risks to the safety and security of individuals on campus

Requests must be submitted a minimum of 14 days prior to proceeding with bringing any prohibited device or weapon on to campus.

Requests will be reviewed by the Director, Security and Operations with final written permission granted by the Vice President, Administration.

All uses, storage and transportation of firearms under this policy must fall within the applicable laws and regulations for the University of Regina, City of Regina, Province of Saskatchewan and the Government of Canada.

Related Information

• Criminal Code of Canada

© 2011-2016 University of Regina
All BA Programs require the following:

http://www.uregina.ca/gencal/ugcal/facultyofFineArts/ugcal_301.shtml#BFATP

**MAP 001 - Strategies for Success (0 Credit hours)**
Required seminar for new students

**Critical Competency Requirements - 24 Credit hours**
Communication in Writing (6 credit hours)
Natural Sciences and Social Sciences (6 credit hours)
Culture and Society (9 credit hours)
Research Skills and Methodology (3 credit hours)

**Fine Arts Requirements outside the Concentration - 12 credit hours**
Four of CTCH, FA, FILM, Music (MU CO, MU EN, MU HI, MU PE, MU TH, MU TQ), Visual Arts (AR T, AR TH, INA, I NA H)

**Critical Competency or FA electives (12 Credit Hours)**

**Open Electives - 18 credit hours**
A student may take no more than 6 introductory courses (18 credit hours) toward the four-year BA. An introductory course is one that bears a 100-level number and is a one-semester course in a given discipline at the general level of knowledge of entering students. The second English course, and courses taken beyond the first in a second or third language to satisfy the language requirement will not be counted toward the total of 6. Electives may be used to complete optional minors.

Theatre Major - 54 credit hours Total credit hours: 120 credit hours

**65% required in the major and program for graduation**
# BACHELOR OF ARTS (THREE-YEAR SPECIAL)

**Name:** ______________________  **Student ID:** __________

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<thead>
<tr>
<th>Course Name</th>
<th>Semester</th>
<th>Grade</th>
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<tbody>
<tr>
<td><strong>Critical Competency (24 credit hours)</strong></td>
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<tr>
<td>Communication in Writing (6 credit hours)</td>
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<td>ENGL 100</td>
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<td>Research Skills &amp; Methodology (3 credit hours)</td>
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<td>THST 380</td>
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<tr>
<td>5 Theatre chosen from THDS, THAC or THST (can include 3 cr hrs 365 AA-ZZ &amp; 465AA-ZZ.)</td>
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<td>THST 3/4XX*</td>
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<td>* with permission - Shakespeare.</td>
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**Note:**  
* With the approval of the department head, ENGL 301, 302, 460AA-ZZ may be used to satisfy some theatre requirements

2016
Critical Competency Requirements - 24 Credit hours

Communication in Writing (6 credit hours)
Two of: ACAD 100, ENGL 100, 110

Culture and Society (9 credit hours)
Three in the following areas excluding courses in statistics, methods, PHIL 150 (Logic):
ANTH, CLAS, ENGL above 100 level, HIST, HUM, JS, INDG, IDS, IS,
Language other than English, Literature in translation or other
non-language course offered through department or program
(e.g. FR 247, 248; GER 223), LING, RLST, PHIL, WGST.

Natural and Social Sciences (6 credit hours)
Two courses in the following areas: (excluding courses in research/statistics)
ECON, GEOG, PSCI, PSYC, SOC, SOST, and STS other than statistics or methodology
Any two Science courses, including MATH.
Computer Science courses will not be counted in this area.

Research Skills and Methodologies (3 credit hours)
Any course in research methods, statistical analysis, logic, or computer science
offered through the Faculties of Arts and Science such as: PHIL 150, CS (any course),
STATS (any course)
ARTH 301 Art Theory and Art Criticism, CTCH 203 Introduction to Media and
Communication, CTCH 303 Technology & Culture, and THST 250 Script Analysis
already counted in another area of the program - see §13.7.1 Additional Regulations.
Statistics courses offered through Faculties other than Arts and Science may be used with
approval by the Dean or designate.

MEDIA ART AND PERFORMANCE Requirements outside the Concentration - 9 credit hours
CTCH, MAP, FILM, Music (MU, MUEN, MUHI, MUTH, MUTQ),
Visual Arts (ART, ARTH, INA, INAH)

Major Requirements - 36 credit hours

Open Electives - 21 credit hours
Electives may be used to complete optional minors

Total credit hours: 90 credit hours
65% required in the major and program for graduation
# Bachelor of Arts in Theatre and Performance

(Acting Concentration)

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<td>MAP 001</td>
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<td><strong>Critical Competencies (27 credit hours)</strong></td>
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<td><strong>Media, Art, and Performance outside major</strong></td>
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<td>ART, ARTH, CTCH, MAP, FILM, INA, INAH, MUSIC</td>
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<td><strong>Open electives (18 Credit Hours)</strong></td>
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**Theatre Major (60 credit hours)**

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**Critical Competency or MAP electives (3 Credit Hours)**

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**Open electives (18 Credit Hours)**

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2016
MAP 001 - Foundations of University Practices (0 Credit hours)
Required seminar for new students

Critical Competency Requirements - 27 Credit hours

Communication in Writing (6 credit hours)
Two of: ACAD 100, ENGL 100, 110

Culture and Society (12 credit hours)
MAP 202 (Indigenous issues in the Arts)
Any three in the following areas excluding courses in statistics, methods, PHIL 150 (Logic):
ANTH, CLAS, ENGL above 100 level, HIST, HUM, JS, INDG, IDS, Language other than English, Literature in translation or other non-language course offered through department or program (e.g. FR 247, 248; GER 223), LING, RLST, PHIL, WGST.

Natural and Social Sciences (6 credit hours)
Two courses in the following areas: (excluding courses in research/statistics)
ECON, GEOG, PSCI, PSYC, SOC, SOST, and STS other than statistics or methodology
Any two Science courses, including MATH.
Computer Science courses will not be counted in this area.

Research Skills and Methodologies (3 credit hours)
Any course in research methods, statistical analysis, logic, or computer science offered through the Faculties of Arts and Science such as: PHIL 150, CS (any course), INDG 280, 282, SOST 201, 203, 306, 307, PSYC 204, 305, WGST 220.
STATS (any course)
ARTH 301 Art Theory and Art Criticism, CTCH 203 Introduction to Media and Communication, CTCH 303 Technology & Culture, and THST 250 Script Analysis already counted in another area of the program - see §13.7.1 Additional Regulations.
Statistics courses offered through Faculties other than Arts and Science may be used with approval by the Dean or designate.

MEDIA ART AND PERFORMANCE outside major area (12 Credit Hours)
CTCH, MAP, FILM, Music: MU, MUEN, MUHI, MUTH, MUTQ, Visual Arts, ART, ARTH, INA, INAH

Critical Competency or MAP electives (12 Credit Hours)
Any courses offered by La Cité, the Faculties of Arts, or Science or Media, Art, and Performance.

Total credit hours: 120 credit hours
65% required in the major and program for graduation
# BACHELOR OF ARTS IN THEATRE AND PERFORMANCE

(Design/Stage Management Concentration)

**Name:** ____________  **Student ID:** ____________

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## Critical Competencies (27 credit hours)

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## Culture and Society (12 credit hours)

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## Natural or Social Sciences (6 credit hours)

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## Research and Methodology (3 credit hours)

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## Media, Art, and Performance outside major

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## Critical Competency or FA electives (3 Credit Hours)

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## Open electives (18 Credit Hours)

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## Theatre Major (60 credit hours)

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<tr>
<th>Course Name</th>
<th>Semester</th>
<th>Grade</th>
<th>Hr.</th>
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<tbody>
<tr>
<td>Core Theatre Requirements (33 Credit Hours)</td>
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<tr>
<td>THEA/THAC/THDS/THSTxxx</td>
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<tr>
<td>THDS 121</td>
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<td>THST 200</td>
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<td>THDS 240</td>
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<td>THST 250</td>
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<td>THAC 260</td>
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<td>THST 380</td>
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<td>THST XXX</td>
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<tr>
<td>THST 3/4XX</td>
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<td>THST 4XX</td>
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## Theatre Design/Stage Management (27 cr hrs)

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<th>Course Name</th>
<th>Semester</th>
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<th>Hr.</th>
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<tbody>
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<td>THDS 365 AA-ZZ</td>
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<td>THDS 365 AA-ZZ</td>
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2016
MAP 001 - Foundations of University Practices (0 Credit hours)
Required seminar for new students

Critical Competency Requirements - 27 Credit hours

Communication in Writing (6 credit hours)
Two of: ACAD 100, ENGL 100, 110

Culture and Society (12 credit hours)
MAP 202 (Indigenous issues in the Arts)
Any three in the following areas excluding courses in statistics, methods, PHIL 150 (Logic):
ANTH, CLAS, ENGL above 100 level, HIST, HUM, JS, INDG, IDS, IS
Language other than English, Literature in translation or other non-language course offered through department or program
(e.g. FR 247, 248; GER 223), LING, RLST, PHIL, WGST.

Natural and Social Sciences (6 credit hours)
Two courses in the following areas: (excluding courses in research/statistics)
ECON, GEOG, PSCI, PSYC, SOC, SOST, and STS other than statistics or methodology
Any two Science courses, including MATH.
Computer Science courses will not be counted in this area.

Research Skills and Methodologies (3 credit hours)
Any course in research methods, statistical analysis, logic, or computer science offered through the Faculties of Arts and Science such as: PHIL 150, CS (any course), INDG 280, 282, SOST 201, 203, 306, 307, PSYC 204, 305, WGST 220.
STATS (any course)
ARTH 301 Art Theory and Art Criticism, CTCH 203 Introduction to Media and Communication, CTCH 303 Technology & Culture, and THST 250 Script Analysis already counted in another area of the program - see §13.7.1 Additional Regulations.
Statistics courses offered through Faculties other than Arts and Science may be used with approval by the Dean or designate.

MEDIA ART AND PERFORMANCE outside major area (12 Credit Hours)
CTCH, MAP, FILM, Music: MU, MUEN, MUHI, MUTH, MUTQ, Visual Arts, ART, ARTH, INA, INAH

Critical Competency or MAP electives (12 Credit Hours)
Any courses offered by La Cité, the Faculties of Arts, or Science or Media, Art, and Performance.

Total credit hours: 120 credit hours
65% required in the major and program for graduation
<table>
<thead>
<tr>
<th>Course Name</th>
<th>Semester</th>
<th>Grade</th>
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<tr>
<td>Foundations of University Practices (0 credit hours)</td>
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<tr>
<td>MAP 001</td>
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<td><strong>Critical Competencies (27 credit hours)</strong></td>
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<td>Communication in Writing (6 credit hours)</td>
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<tr>
<td>Culture and Society (12 credit hours)</td>
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<td>MAP 202</td>
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<tr>
<td>Natural or Social Sciences (6 credit hours)</td>
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<td>Research and Methodology (3 credit hours)</td>
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<tr>
<td>Media, Art, and Performance outside major ART, ARTH, CTCH, MAP, FILM, INA, INAH, MUSIC</td>
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<td>(12 Credit Hours)</td>
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<td>Critical Competency or MAP electives (12 Credit Hours)</td>
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<tr>
<td>Open electives (15 Credit Hours)</td>
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Required seminar for new students

Critical Competency Requirements - 27 Credit hours

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Statistics courses offered through Faculties other than Arts and Science may be used with approval by the Dean or designate.

Critical Competency or MAP electives (12 Credit Hours)
Any courses offered by La Cité, the Faculties of Arts, or Science or Media, Art, and Performance.

Theatre Major - 54 credit hours

Total credit hours: 120 credit hours
65% required in the major and program for graduation
APPENDIX B
PERFORMANCE CLASS REGULATIONS
IMPORTANT NOTICES

1. **Methods of evaluation make it impossible to re-evaluate a performance class.**

   The vast majority of the final grade in a performance course is based on practical work. Assessment is therefore done on a continuing basis and is, realistically, impossible to appeal. Assessment includes such things as contribution to class discussions, degree of participation in games and exercises, mastery of skills, demonstrated knowledge of techniques in monologue and scene work, etc. Students will find it difficult to assess themselves because they will be continually participating. Everyone will receive a mid-term assessment, but, in addition, it is highly recommended that any student who becomes concerned about his or her progress immediately make an appointment with the instructor in order to receive a progress report.

2. **All assignments MUST BE** completed to receive a final grade in this class.

3. Students are expected to rehearse their scenes together for at least four hours a week outside of class time, and to follow the rehearsal procedures assigned.

4. **TWO UNEXCUSED ABSENCES MEANS AUTOMATIC FAILURE IN THE COURSE.** Attendance standards will be strictly enforced in this class. This also applies to scene rehearsals held outside of class with fellow students. Every absence must be phoned to the Department Secretary (585-5562) prior to the class being missed.

5. **Excused absences** are only those for which the student has received special permission from the instructor. In all cases, the appropriate form must be used, authorized by the instructor, and kept on file by the instructor.

6. All class members must attend the Theatre Department's productions for the semester.

7. **DRESS CODE**
   For all performance classes students are required to wear form-fitted clothing; for example, leotard and tights, biking shorts and tank top, lycra aerobic outfits, etc. Warm-up clothing may be worn on top of these outfits when necessary. No jewelry, hats or other loose articles of clothing. NO PERFUMES OR SCENTS.

8. **Each female student must have a pair of character shoes and each male student must have a pair of black leather lace-up oxfords.** These are
necessary for stage movement classes, character work, and are often used for public performances, so they must be in good condition.

9. **All students** cast in shows must supply their own stage make-up. In cases of extreme character or body make-up the department will often supply the extraordinary elements.

10. **Cheating and plagiarism** are grounds for expulsion from the University. All students should read the rules and regulations in the University of Regina General Calendar.

11. **Work for performance classes** sometimes involves subject matter or activities that some students may find controversial. For example, production or scene work may involve direct physical contact, religious, political or sexual themes, the use of profane or offensive language, etc.

12. If there is any student in this course who, because of disability, may have a need for accommodations, please contact the Coordinator of Special Needs Services at 585-4631.

13. The University of Regina promotes a learning environment that is free of all forms of harassment and discrimination.
DEPARTMENT OF THEATRE
KEY AGREEMENT FORM

Keys will NOT be ordered until this form is authorized by Department Head. Please return to the Department of Theatre Office.

-----------------------------------------------------------------------------------------
Faculty Authorization

__________________________________ has my permission to have a key for the following rooms in the Theatre Department, Riddell Centre.

<table>
<thead>
<tr>
<th>Room Number</th>
<th>Key Number</th>
<th>Date Key Issued</th>
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<tbody>
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Signature __________________________ Department Chairperson __________________________

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Student Contract

I am aware that if the above key(s) are not returned by the end of the first week in May, I will be charged the amount of $20.00 per key on my university student account. University policy states that if money is owed:

1. Students may not register until their debt is cleared
2. Transcripts will not be issued until all outstanding accounts are cleared.
3. Convocation will be refused if students have outstanding accounts

Student No. __________________________
Student Signature: __________________________
Date: __________________________

Deposit of $20.00 paid: __________________________
(Theatre Department signature required)

-----------------------------------------------------------------------------------------
Office Use Only:

Key (s) returned: ___________ Deposit returned: __________________________
(Student Signature)

Date: __________________________ Office signature: __________________________
APPENDIX D

STUDENT APPLICATION FOR PERMISSION TO BE ABSENT FROM CLASS FOR OUTSIDE PROFESSIONAL WORK

UNIVERSITY OF REGINA – THEATRE DEPARTMENT

STUDENT APPLICATION FOR PERMISSION TO BE ABSENT FROM CLASS FOR OUTSIDE PROFESSIONAL WORK

STUDENT'S NAME: ___________________________ DATE: ___________________________

PROPOSED DATE OF BEGINNING AND ENDING THE WORK: ___________________________

________________________________________

AMOUNT OF TIME PER DAY, WEEK, OR MONTH THAT WILL BE REQUIRED:

________________________________________

NAME OF EMPLOYER: ___________________________

NATURE OF WORK: ___________________________

________________________________________

CLASSES / REHEARSALS THAT WOULD NEED TO BE MISSED AND THE STUDENT'S PLAN FOR MAKING UP THE MISSED WORK:

________________________________________

________________________________________

________________________________________

________________________________________

________________________________________

INSTRUCTOR'S COMMENTS:

________________________________________

________________________________________

________________________________________

APPROVED: _____________________________
Instructor

APPROVED: _____________________________
Department Head

Distribution: Department, Instructor, Student
_________________________ was excused/late from/for Theatre _____________________ on ___________________________.

Reason:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

_________________________  
Instructor

_________________________  
Date
As a student or staff member, you are encouraged to integrate good health and safety practices into all aspects of your life here on campus. By doing so, you become a contributing member of our campus safety culture and help achieve our strategic plan.

911 Procedures
For fire, crime in progress, violence, or medical emergency: First call 911 (if you are calling from a U of R land line phone just dial 911), then call Campus Security at 306-585-4999.

When you hear a fire alarm:
- Follow the directions of Emergency Wardens (orange vests), and Campus Security.
- Immediately proceed to the nearest available fire exit and leave the building.
- Close the door if you are the last person out.
- **DO NOT USE ELEVATORS DURING AN EVACUATION.** All inside fire exit stairwells are places of refuge which will provide at least one hour fire protection when all doors are closed.
- If you or someone else is unable to evacuate down the stairs:
  - Ensure that they take shelter on the landing of a fire exit stairwell.
  - Immediately notify Campus Security or the Fire Department of the situation.
- Upon exiting, move a safe distance away from the building.
- Do not re-enter the building until the Fire Department or Campus Security gives clearance.

Other emergencies:
- In the event of emergencies other than a fire (for example: tornado, chemical spill, or armed intruder), the Emergency Notification System (ENS) will be activated.
- A message will be broadcast on TVs, beacons, computers and building speaker systems across campus.
- The message will also be posted to the UofR Facebook and Twitter accounts, as well as push notifications.
- Follow the instructions as communicated via the ENS.
- Check for situation updates as they become available on the U of R Emergency Webpage at http://www.uregina.ca/emergency/
- Download the ENS software to receive alerts to your computer http://bit.ly/ENS-UofR
- Download the ENS software to receive alerts to your computer http://bit.ly/ENS-UofR
- Download the UofR mobile app (available for iOS and Android) to receive alerts on your smartphone

Sample Emergency Message:
**TORNADO WARNING** issues for Regina.
Remain indoors.
Take shelter in interior rooms or stairwells without windows.

The U of R, like any other large organization, is potentially subject to natural, technological, and man-made emergencies.
Incident Reporting

Working/Studying Alone
Are you studying or working alone day or night and would like somebody to check up on you? The [Lone Worker/Student Service](http://bit.ly/HSE-work-alone) is provided by Campus Security to enhance your safety. For more information, please contact Campus Security at [306-585-4999](tel:3065854999) or see [http://bit.ly/HSE-work-alone](http://bit.ly/HSE-work-alone).

Safe Walk/Walk Along Service
Campus Security can be contacted to walk you to your vehicle or bus stop to ensure you get to your transportation safely. Call them at [306-585-4999](tel:3065854999).

Scent Awareness
Scented products (such as perfume and cologne) can aggravate existing health problems for individuals who have asthma, allergies and other medical conditions. While at the U of R, please be considerate of other people’s sensitivities and do not use strongly scented personal care products.

Designated Smoking Areas
Smoking (which includes using electronic cigarettes) is only allowed in designated areas. Please respect the health of our campus community by only smoking in these designated areas. See maps of these areas at: [http://bit.ly/smoking-areas](http://bit.ly/smoking-areas).

Violence and Harassment
Harassment, Discrimination Prevention and Conflict Resolution Services provides confidential consultations to anyone who feels that they have experienced inappropriate and disrespectful behaviour. There are many possible solutions, including personal coaching, mediation, and a formal complaint process. Please contact the Respectful Workplace Coordinator at [306-585-5400](tel:3065855400) for assistance.

Sexual Assault: UR Safe, UR Supported, UR Strong
This program responds to, and helps educate our campus community on incidents of sexual assault and sexual violence. Further information can be found at [http://www.uregina.ca/ursafe/](http://www.uregina.ca/ursafe/).

Safety Training

Health, Safety and Environment Contact Information
- **Phone:** 306-337-2370
- **Office:** AdHum 435
- **Hours:** Monday to Friday 8:15 am - 4:30 pm
- **E-mail:** health.safety@uregina.ca
- **Web:** [http://www.uregina.ca/hr/hse](http://www.uregina.ca/hr/hse)
Feeling Stressed? Always worried?

Some stress is normal when you’re going to university but 1 in 5 students will suffer from enough distress that they would benefit from counselling.

What can I do?
The U of R offers several counselling services free of charge for students at the U of R. These sessions are confidential and easy to access for students – simply go to the second floor of Riddell, Room 251 to make an appointment.

When should you go?
Knowing when to schedule an appointment can be tough. Some common issues you might need help with include test anxiety, if you’ve experienced a trauma like losing a family member or a close friend, or if you’ve recently ended a relationship.

If the feelings you’re experiencing are more intense and severe counselling services can also provide urgent service within 3 days and referrals as needed.

What options are available for me?

**Personal Counselling** – This is a great option if you’d like one on one attention for things like anxiety and panic, relationship conflict, depression, grief and loss, academic issues, body image and substance abuse. Up to 5 sessions are free per semester. Try it – talking about your problems can be more helpful than you might think!

**Group Counselling** – Simply put, you’re not alone. Many students are experiencing the same things as you. The U of R offers a wide variety of group counselling opportunities that can help teach many skills for managing your mental health, including: Meditation and relaxation, Healthy relationships, Stress Management and Self-Care.

But I can’t afford counselling...
Seeking counselling doesn’t have to be cost prohibitive. Many students can benefit from the 5 free sessions offered by the University as a benefit of being a student.

If you need more sessions make sure you contact URSU and visit www.iHaveAPlan.ca. Many expenses that are related to mental health, including going to a psychologist, are partially covered by your Student Health and Dental Plan!

What else can I do?
Self-care - taking better care of yourself, can help you out. Eating better, working out, smoking and drinking less and balancing school with fun can all help with mental health!

Have a problem but don’t know how to fix it?
**URSU’s Student Advocate can help you free of charge!**
- Academic Appeals
- Disciplinary Appeals
- Student Loan Appeals
- E-mail advocate@ursu.ca to schedule an appointment today!

- Emergency Bursaries
- Notary Public
- Rentalsman Appeals

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