

Division of Dance

Undergraduate Student Handbook

2020-2021



This handbook is designed to help you navigate the School of Creative and Performing Arts and your degree. Please take the time to read the practical advice contained in these pages. Enjoy your time at the University of Calgary. We look forward to working with all of you.



UNIVERSITY OF CALGARY
FACULTY OF ARTS
School of Creative and Performing Arts

scpa.ucalgary.ca



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Re-Entry Etiquette

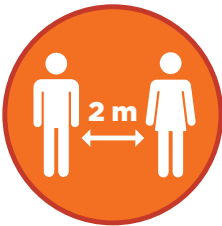
Let's help keep our community healthy.



Cough or sneeze
into your elbow



Wash your hands



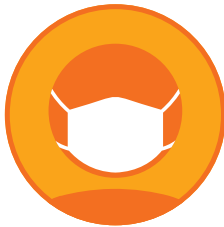
Maintain a physical
distance of 2m



Avoid touching
your face



Follow directional
signage



Wear a face mask



Use the hand
sanitizer stations

 **Be Kind** 
to yourself and others

Welcome to the School of Creative and Performing Arts

The faculty and staff of the School of Creative and Performing Arts would like to welcome you to another wonderful year at the University of Calgary! As you immerse yourself in scholarly and artistic pursuits, we encourage you to take some time to explore the **SCPA website** and review the key information for your program. We also encourage you to attend as many (virtual) concerts, plays, and dance presentations as you can throughout the year in order to fully explore your own artistic development through the inter-arts enrichment that the SCPA offers.

scpa.ucalgary.ca

The SCPA website is your primary link to program information, to upcoming events, to important forms, to contact information, and to connect you with resources.

The School of Creative and Performing Arts during COVID-19

The COVID-19 pandemic is new territory for all of us. We hope that together, we can create a strong community of caring by making sure that we all stay safe and healthy, and by looking out for one another.

- Stay updated! Monitor your UCalgary email frequently and regularly check the **UCalgary's COVID-19 response website** and the **SCPA online bulletin board**.
- Don't come to campus if you do not need to be here for classes.
- Stay home if you are sick and make sure to contact your instructor.
- Follow the re-entry etiquette (see p. 2)

With care and attention, let's make this year safe and successful.

SCPA administrative office

The SCPA administrative office is located in Craigie Hall D100.

Please note: Due to COVID-19, the office itself is not open, but administrative staff are available via email from Mon-Fri, 8.30 a.m.-12 p.m. and 1-4:30pm. They will not be available on statutory holidays.

Key administrative contacts

Please note: Due to COVID-19, many faculty and administrative staff members are working remotely. The best way to get in contact with someone is through email.

Michèle Moss
Division Chair, Dance
mmoss@ucalgary.ca

Division of Dance
danceug@ucalgary.ca

(Front Desk and) Room Bookings
scpa@ucalgary.ca

Alèn Martel
Administrative Assistant, Dance
alen.martel@ucalgary.ca

Stephanie Vahaaho
Undergraduate Program Administrator (UPA)
stephanie.vahaaho@ucalgary.ca

Dr. Joelle Welling, PhD
Acting Director, SCPA
welling@ucalgary.ca

Announcements and Events

Important information is regularly posted on the Bulletin Boards located outside the SCPA administrative office in CHD 100. Here you will find details about upcoming events, important forms, deadlines and announcements.

Please note: Due to COVID-19, this bulletin board will not be active. Announcements and information will be available on the [online bulletin board](#).

Student Centre Contact Information

The University of Calgary, which includes professors, instructors and staff, communicates with students primarily through electronic communications. This includes email and Student Centre notifications. University of Calgary students are provided with a UCalgary email address. Official notifications and communications from the University of Calgary will only be sent to your UCalgary email address. You **must** register for your UCalgary email account and ensure that the contact information in your Student Centre is current. Students are responsible for the accuracy and validity of their contact information. Your ucalgary.ca account is your primary account, so check it often.

Academic advising

SCPA

The Division Chair and the Undergraduate Program Administrator in the SCPA assist undergraduate students with program-specific inquiries. For example, they provide advice for students on:

- SCPA program-related questions
- SCPA course-related questions
- details about the Major field
- declaring a Major (BMus students)
- transfer-credit assessment
- overloads
- credit by special assessment
- initial grade appeals
- prerequisite waivers

danceug@ucalgary.ca

Visit website

Arts Students' Centre (ASC)

The Faculty of Arts program advisors in the Arts Students' Centre (ASC) assist undergraduate students in planning their overall degree programs. For example, they provide advice to students on:

- course audit forms
- changes of program and registration
- graduation checks and guarantee
- academic requirements
- after-degree program
- international exchanges
- contextual questions about Major and Minor programs in the Faculty of Arts
- ASHA and Co-op programs
- MHST, INDG, SAST and WMST courses
- academic probation and misconduct

artsads@ucalgary.ca

or ascarts@ucalgary.ca

Visit website

For assistance with registration (add/drop/swap), paying fees, deferred exams, awards, transcripts and navigating issues with your Student Centre, contact **Enrolment Services**.

esdocs@ucalgary.ca

Visit website

For assistance with learning support, success seminars, writing support, peer support and broad academic planning advice, connect with the **Student Success Centre (SSC)**.

Taylor Family Digital Library (TFDL), 3rd Floor

success@ucalgary.ca

Visit website

For information on all student wellness services on campus: counselling, health care, health promotion and peer support, please connect the **Wellness Centre**.

Visit website

Academic Requirements and Calendar

Academic Requirements (AR) is a tool for academic program planning, accessed through your Student Centre quick links. However, SCPA programs are different than most programs in the Faculty of Arts and sometimes AR will not give you complete information. We suggest that you use both AR and the Arts Students' Centre advisors to make sure you are receiving the most accurate and complete information about your degree progression.

Students are also encouraged to review the program information that is available in the **University Calendar** (scroll down for program specific requirements).

Directed studies

Senior-level students may undertake an directed studies course (DNCE 571) to delve more deeply into a topic not covered by other courses, with the approval of the Division Chair. You must have a faculty member who will supervise you. You will also be required to complete a **directed study form**, including a course outline. Once you and the instructor have signed and submitted the application, the Division Chair reviews the proposal and makes the decision whether or not to approve the directed studies course. Completed forms must be submitted to **danceug@ucalgary.ca**.

Performance practicum

Practicum courses (DNCE 295, 395, 397, 495) provide students with course credit for major artistic projects and teaching, e.g. performing in Mainstage, performing in student works for Dance@Noon and Dance@Night. For course prerequisites, see the **University Calendar**. Completed **forms** must be submitted to **danceug@ucalgary.ca**.

Graduating

Applications for graduating are available online. Before you apply to graduate, schedule an appointment with the advisors in the Arts Students' Centre to complete an official grad check. Visit the **registrar website** for more details and a graduation checklist.

Minor

Students declare a Minor by requesting a **Change of Program** through the Student Centre. Students may declare up to two Minors. The completion of a Minor is recorded on the transcript. To earn a Minor, students must complete at least 30 units and no more than 36 units from the minor Field of Study, including the requirements specified for the particular Minor under **program details**. Apply by Feb. 1 through your Student Centre for fall admission.

Registration Exemption Requests

Students may submit a request for the following **exemptions** from the registration regulations:

1. Requests for a late withdraw (W) from a course(s), provided a student has not attempted the final examination/assessment. Requests must normally be submitted within 30 calendar days of the last day of the term in which the course was taken or in exceptional circumstances up to one year from the start date of the course.
2. Requests for a late add/drop/swap for a course. These requests will be granted only in exceptional circumstances. A student must outline the exceptional circumstances for the request and provide supporting documentation. In the case of a late add/swap, a student must also provide written support from the Dean, or designate, of the Faculty offering the course.
3. Requests to exceed the number of units permitted as an Open Studies students. Requests must be submitted at least 30 calendar days prior to the start of the term in which a student wishes to take additional courses.

Requests and supporting documentation must be submitted to the Office of the Registrar for decision at **rgappeal@ucalgary.ca** within the timelines noted above, if any. Requests will be reviewed in the order they are received, and decisions will be provided within 30 calendar days. Decisions will be sent by email to the students UCalgary email account.

Should a student wish to appeal a decision of the Office of the Registrar, they may do so within 15 calendar days of date of the communication providing the decision. Appeals will only be considered on procedural grounds or based on new information that was not available at the time of the original request. Appeals must be submitted to the Vice-Provost (Student Experience) for decision at **vpse@ucalgary.ca**. The decision of the Vice-Provost (Student Experience) is final.

Transfer Students and Transfer Credit

Courses completed at other post-secondary institutions may be accepted for credit towards a degree program at the University of Calgary; students must normally complete a minimum of two full years of study at the University of Calgary in order to qualify for a degree. Copies of course outlines are required in order to obtain transfer credit (particularly if the post-secondary institution is outside of Alberta); these course outlines must include a detailed list of topics covered, textbooks used, grading practices, number of weeks of attendance, and number of lecture/tutorial/lab hours. Connect with the **Arts Students' Centre** for more info.

Registration Tips

Find useful information regarding common registration concerns below. If you have questions about any of these processes, **connect** with the SCPA Undergraduate Program Administrator (UPA) for advice, answers, and referrals.

Tip: For full-year courses, remember to register in part A (fall term) and part B (winter term).

Audit forms: These forms are available **online**. Students are responsible for collecting all the instructor signatures and submitting the form to the Arts Students' Centre for the Faculty Advisors signature.

Requesting pre-requisite waivers: Please contact the instructor directly to explain your situation. If they agree, ask the instructor to send the **Undergraduate Program Administrator** an email stating their consent, your student information (full name, UCID), and the course information. The UPA will add the enrollment permissions and send you an email to let you know that you can register for the course.

Requesting a course substitution: Please email the **Undergraduate Program Administrator** with details about which courses you want to substitute and why. The UPA will review the request with the Division Chair, and we will contact you with the result of the review.

Course-specific questions: Please contact the instructor directly. Current and archived course outlines are available **online**.

Course auditions: Please be aware that there are course auditions for some classes, including advanced-acting classes, dance technique classes, and music ensembles. Make sure to check the **online bulletin board** for announcements.

Can't find a course in your class search? When you search for classes, make sure that you **UNCHECK** the box that says 'show open classes only' (on the first screen where you select the term, subject) so that you can see all of the courses that are being offered during a term regardless of whether they are at full capacity or not.

Facilities

University Theatre Services

University Theatre Services (UTS) is a support service unit within the SCPA whose primary function is to support the academic programs of the divisions within the School. UTS also provides a wide variety of production, publicity, box-office and management support services to all users of the University Theatre, the Reeve Theatre, and the Rozsa Centre, including the Eckhardt-Gramatté Hall, the Boris Roubakine Recital Hall, and the Mezzanine Gallery, for both on-campus and off-campus customers. UTS offices are located in Craigie Hall D Block.

Taylor Family Digital Library (TFDL)

The University of Calgary **Libraries and Cultural Resources** supports the Dance programs with extensive collections and services, including research advice and accessing materials (audio/visual, books, periodicals, online databases). These collections and services are a valuable resource for students and faculty so please make good use of them. If you have specific questions, connect with the music librarian **Marc Stoeckle**.

Integrated Arts Media Labs

The Integrated Arts Media Labs (IAML) are a dedicated digital arts education and production environment located on the 6th floor of the Art Building (Parkade), created specifically for students in Art, Dance, Drama, and Music. The IAML consists of the Main Lab (AB 659, 20 stations) and the Small Lab (AB 605, 10 stations). Each station is equipped with a Mac computer, MIDI keyboard, and a colour-calibrated display(s). It offers a full range of creative software, including video editing, 2D graphics and animation, 3D modeling and animation, CAD, music/audio sequencing, music notation, and interaction design and authoring. Equipment for short-term loan (e.g., audio recorder, DSLR) and printing services are also available for Art and SCPA students. Visit the **IAML website** for more information.

Art, Dance, Drama, and Music Majors can gain access to the Main Lab seven days a week from 7 a.m. until 11 p.m. by simply tapping their UNICARD on the proximity pad outside the door. (Note that the Art Building is locked at 10 p.m. daily.) If your card does not open the front door or if you are pursuing a minor in Art, Dance, Drama, or Music, you may need to have your UNICARD replaced or activated.

Please note: Some restrictions on card access may be put in place in the 2020-21 academic year due to COVID-19, so you may not have access as shown. For more details, visit the **website**. Staff hours are Monday-Friday 9 a.m. to 4 p.m. excluding lunch. (Staff may be working remotely at times but will be accessible via **email**.)

Other useful resources

Com/Media

Students can book sound equipment through the University for use in rehearsals/presentations for courses. To arrange, visit ucalgary.ca/it.

Lockers

Locker rentals are handled by the Students' Union. Visit the [website](#) for more information, or connect by [email](#).

Finding your way around

Visit ucalgary.ca/map for a campus map or to use the interactive room finder. Rooms on campus use the first two or three letters to designate the building and the number to designate the room. A room with a number in the 100s is on the main floor, in the 200s is on the second floor and a room such as 004 or 012 is in the basement. For example: the main office for the SCPA is CHD 100. It's located on the main floor of Craigie Hall, Block D.

Studios

Rehearsal studios for Dance, Drama, and Music are located in Craigie Hall in blocks D, E and F and vary in size from small practice rooms to large studios.

Classrooms

The majority of classes in the SCPA are taught in Craigie Hall in blocks D, E and F with a few lecture classes booked in campus lecture halls and large dance classes hosted in Kinesiology.

Performance spaces

The SCPA has a number of performance spaces that support our work. These spaces are all close or connected to Craigie Hall and can be found in the creative block, which includes the Rozsa Centre, The F.R. Matthews (CHF101), Joyce and Quentin Doolittle (CHF206), Reeve, and University Theatres as well as a number of other, smaller performance spaces.

Studio learning

Placement for technique classes

Continuing students are graded on how well they have coped with and demonstrated their understanding of their current level of technique. It is not unusual for students to need to repeat a level of technique; it is important to be a strong dancer, and dancers do not necessarily progress at the same rate. The Division strongly believes that it is best for students to take the time to work at a suitable level of technique rather than risking physical and/or psychological injury in an unsuitable one. Recommendations will be given to continuing students for work over the summer break in particular areas, including conditioning, Pilates, ballet, modern, yoga, etc., as well as continuing your dance practice.

While it is expected that most students will proceed to the next level of technique each September, official placement classes for ballet, jazz and contemporary technique will be held during the first week of the term. Final movement assignments will be adjudicated by a panel. Placement classes are mandatory for all entering and returning students, and take place during the first week of term.

Etiquette

The in-studio dance classes are a crucial component of your dance education in the Dance program. Since students come to the studio with varying levels of technique and expertise, it is expected that individuals will, to some degree, progress at different rates. There are, however, some goals that will help to unify and create a healthy, vibrant, and cohesive work environment: put away phones; no food or drinks other than water; and please keep shoes and bags on the mats at the back of the room. Professionalism is much more an attitude about how you work than the act of receiving money for your work. It is about having confidence and pride in your work with a willingness to contribute to the group. Students are therefore expected to maintain a disciplined and professional approach to their work, their fellow classmates, their course instructors and the accompanists at all times.

How to dress for class

In order to give students the best possible guidance in studio classes, teachers must be able to see the entire body.

Postural alignment and joint and muscle use cannot be corrected if the body is hidden by too loose or too bulky clothing.

- For ballet class, speak to your instructor.
- For contemporary dance classes, though dress is generally less prescribed than ballet, please be aware that teachers must be able to see the entire body.
- For jazz dance classes please consider the above and bring appropriate jazz shoes.

- Please be considerate of your fellow dancers. Avoid long fingernails and jewelry (including watches, earrings, necklaces, bracelets, and large rings); a loose or sharp piece of jewelry can be extremely dangerous to yourself and to other students.
- Hair should be worn off the neck and face to facilitate correct alignment and technique.

Before class

Preparation for a positive studio experience begins before the instructor enters the room. Students are expected to arrive at their studio classes at least 10 minutes before start time in order to begin both mental and physical warm-up. At the university level, students are expected to review course material between classes. It is recommended that this review occurs well in advance of the beginning of class. When the course instructor or visiting artists enter the room students should indicate a readiness to begin.

Concentration

Since dance classes have many participants, the course instructor often requests exercises to be performed in groups. Dancers waiting for their turn should honour their colleagues' concentration by watching silently at the side. Being attentive to and supportive of your fellow classmates helps create an efficient and positive workplace.

Program fees

To help cover the costs of musical accompanists, supplemental fees are attached to dance technique courses and will appear on your tuition bill. For the 2020-2021 academic year this fee is \$78.00 for each course that meets twice per week, and \$117.00 for each course that meets three times per week.

Feedback

Dance instructors will provide feedback on performance throughout the technique class and throughout the term. Feedback is provided through their demonstration and approach to the material, through comments and insights shared during class, and through the way they move the class forward through the material: i.e., altering timing or movement complexity, slowing or accelerating phrasing, as well as increasing or decreasing the technical difficulty. Instructors might also elect to provide feedback in small group discussion, offer a brief written assessment, utilize a model of peer or self-assessment, or provide opportunities for self-reflection through video. Individual meetings might be scheduled when necessary. Whether provided as individual or group notes, in class or in meetings, take every note as direct, individual feedback. Explore it, apply it. If you think you have it, take it further! If you have questions about your performance, try to be specific with your questions and email to request an appointment for longer discussions that can't be accommodated at the close of class.

Leaving the studio

A student who has to leave before class is over should let the course instructor know before the class commences. Students should acknowledge the course instructor and accompanist when leaving. Do everything within your power to avoid leaving the studio before class has ended. At the end of class, you usually have the opportunity to show your appreciation to the instructor and the musician. A demonstration of thanks may take the form of a formal reverence (as in a ballet class) and/or applause. If that moment is not provided, take the time to say thank you. It is very likely that there is another class scheduled in the studio immediately after yours. Gather your personal belongings quickly and move to another place to reflect, stretch, practice and/or cool down.

Attendance

Attendance is a crucial component of one's overall professionalism; therefore, regular attendance and participation are required in all studio and theory courses. Poor attendance adversely affects the student's ability to make physical progress, to demonstrate understanding, and to participate in class discussions. For these reasons, missed classes will be reflected in your grade. As the occasional absence may be unavoidable, the following guidelines are in place for studio technique courses:

Absenteeism

You are permitted to miss the same number of classes per term as are scheduled for that course in a week. For example, if you take three contemporary classes per week in a particular course, you may miss up to three classes of that course in a term without penalty; however, you are responsible for material covered during the absences. Missed classes beyond the excused absences per term will have an adverse effect on your final grade. It is the responsibility (and to the advantage) of the student that absences are recorded.

Punctuality

Each studio course instructor sets her/his own punctuality policy. Some prefer that latecomers observe and take notes. Others request that latecomers not enter at all. Be sure about each course instructor's policy before you are late for the first time.

Observing class

Each course instructor sets his/her own policy for students who are late or injured. You may be asked to observe and take notes or to assist with the class. Clarify expectations with the course instructor. Do not come to class if you are ill. Speed your recovery (and avoid spreading possible contagion) by getting the rest your body needs.

A note about performing

Performances are an important part of your education and require a significant commitment of time and energy. Good and careful planning is essential. Be sure to arrive early, allowing time for warming up and practicing material before rehearsal, and for cooling down and stretching after rehearsals. Bring water, healthy snacks, layers of warm clothes and a notebook for the choreographer's notes. Remember, don't over-commit yourself. It's great to dance in a lot of works, but running from rehearsal to rehearsal, frazzled and too tired to give one hundred percent isn't good for you, your fellow dancers, the choreographer or the final performance, and can lead to injury and other serious problems.

Be responsible when making your commitments. Acceptance of casting is a verbal contract. If you are not sure what this means, ask the choreographer what is expected of you, what the time commitment will be, performance dates and theatre rehearsal schedules, if extra rehearsals may be called, and be sure to let them know what your limitations might be. It is not acceptable to miss or arrive late to rehearsals due to other obligations if these have not been cleared with the choreographer before the casting was accepted. Once you move into the theatre, be sure to be respectful of all the creative team, including costume and lighting designers, technical crew and costume assistants. Without their professionalism, the magic of the theatre could turn into a real nightmare. Be on time for your call and your fittings, be quiet backstage, don't leave your belongings and/or trash in the theatre, and thank the technical crew - we couldn't do it without them. A dance performance is a very special thing to be a part of. After all is said and done, enjoy yourself!

A word on academic standards

You have embarked on an exciting journey. The road you travel is full of adventure, unexpected challenges and intense demands. We expect you to become clear thinkers in both the studio and the classroom so that you emerge from this program with the ability to dance well and to be articulate about dance in general. You will be required to dig deep within yourself and the rewards will be great. If you can learn, in addition to many other things, to manage your energy and to take care of yourself, you will profit enormously from your time here. In practical terms, this means being careful to eat properly to get enough nourishment, and to watch that you do not over commit to extra-curricular activities, no matter how tempting. It is not at all unusual to feel stressed out or overwhelmed even by the basic workload demand. Should you feel at a loss or simply need to talk, the faculty in the Dance program can provide guidance. There is also extensive support through the **Wellness Centre** and the **Student Success Centre**.

Division injury guidelines

Students who have been injured and have physically completed less than 90% of their technique course(s) may find it necessary to drop the course. The course instructor(s), in consultation with the Chair of Dance, will determine whether the recommendation to drop is necessary.

Injuries

Injuries are an ever-present health worry for dance students. It is almost inevitable that at some point in your dance training you will have an injury. This can be a traumatic break or sprain caused by a bad landing or fall, or it can be a chronic injury such as tendonitis which develops over time as a result of faulty technique or hard floors. Whatever the cause of your injury, students are encouraged to ice the injury immediately! Ice is available at Kinesiology Client Services (KNA 104) and Barron's Court (KNA 102).

Accident reporting procedures

In case of an accident, injury, illness or other similar situation:

- Students should notify a University Representative (UR). It is important that your instructor is notified, if they cannot be immediately informed, please seek an employee, or another student—as soon as possible.
- The UR should ensure that the accident victim is safe, comfortable, and secure. Ice is available at Kinesiology Client Services (KNA 104).
- The UR should contact Campus Security at 403.220.5333 (indicate location and type of injury).
- The UR should notify the **Division Chair of Dance**, and the **Faculty of Arts Associate Dean** of the incident as soon as possible.
- The UR should complete an **Accident Report Form**.
- The UR should print a copy of the accident report and file it with the **Faculty of Arts Associate Dean**.

Supporting Dance students' health

Sports Medicine Centre

The UCalgary Sports Medicine Centre (SMC) is pleased to assist all Dance students with their pain and injuries. Services include physiotherapy, nutrition, massage therapy, athletic therapy and sports medicine.

Visit website

What does SMC do?

Their physiotherapy staff has many years of experience and can assist in expediting your access and recovery. The focus of their treatment and rehabilitation services of all sports and dance-related injuries include:

- Acupuncture
- Core muscle evaluation
- Intra-Muscular Stimulation (IMS)
- Shockwave Therapy - excellent for chronic tendonopathy/tendonitis
- Spinal pain
- Concussion treatment

SMC also provides expertise in:

- Sport injury prevention / pre-season evaluation screening for sport and dance
- Manual therapy and spinal manipulation
- Non-invasive Rehabilitative Ultrasound Guided Imaging - to assess the 3 essential lumbopelvic stabilizers (i.e. pelvic floor, transverse abdominus, multifidus).

Their focus is on exercise prescription, manual therapy and preventative programs, but they also have all the modalities necessary to expedite acute injuries:

- Laser Therapy
- Ultrasound Guided Imaging
- Interferential Current Muscle Therapy

How to book?

Whenever possible, SMC will get UCalgary Dance students in to see a practitioner within 24-48 hours of your injury.

- Best - Come in person. SMC is located beside the Human Performance Lab in the Kinesiology Complex.
- Next Best - Call 403.220.8232 and declare you are a UCalgary Dance major.

Fees

Service	Initial assessment	Follow up assessment
Physiotherapy	\$120	\$85
Nutrition	\$120	\$60
Massage Therapy	\$60 (30')	\$100 (60') - \$140 (90')

Prices are subject to change without notice.

UCalgary Student Wellness Services

With a student-centered approach, the **UCalgary Student Wellness Services** offer comprehensive, holistic and accessible programs and services to foster all dimensions of wellness. Services include Medical services, Mental health services, and chiropractic, massage and walk-in clinic.

What does SU Wellness Centre do?

Doctors of Chiropractic are primary contact health care professionals. Chiropractors focus on the spine and how it relates to the total body. Chiropractors specialize in the understanding and treatment of the spine's component bone structures, muscles and nerves:

Treatment types include:

- Active Release Techniques (ART)
- Graston Technique
- Kinesiotape
- Acupuncture
- CranioSacral Therapy (CST)

How to book?

Call 403.210.9355 to book an appointment. The SU Wellness Centre is located in Room 370 of the MacEwan Student Centre and is open from 9 a.m. to 4:30 p.m. from Monday to Friday.

Fees

Service	Initial assessment	Follow up assessment
Chiropractic	\$60	\$35
Massage Therapy	\$55 (half session)	\$85 (full session)

Prices are subject to change without notice.

Counselling Services

Counselling and mental health support services are offered through Student Wellness Services. **During COVID-19, you can access counselling services remotely via Skype for Business, Microsoft Teams and telephone.** Single Session Counselling appointments are available on a bookable basis. Book an appointment by **email**.

For access to mental health support, email **sar@ucalgary.ca**. If you are a student in immediate distress, please contact the centres after-hours partners:

The Distress Centre:

- Call 403-266-4357, available 24/7.
- Visit the **Distress Centre website** to access online chat from 3-10 p.m. on weekdays and 12-10 p.m. on weekends.

For additional crisis support from **Wood's Homes Community Support Team**:

- Call 403-299-9699 or 1-800-563-6106, available 24/7.
- Text 587-315-5000 between 9 a.m. and 10 p.m.
- Visit **Wood's Homes website** for live chat between 9 a.m. - 10 p.m

Health Coverage

Students' Union Health and Dental Plan

For full-time undergraduate students enrolled in the Student's Union Health Plan:

- Services of paramedical practitioners are reimbursed up to \$20 per visit
- Each service (e.g., physiotherapy, massage) has a maximum of \$300 per benefit year (i.e., 15 visits)
- Practitioners must be registered and licensed in their field of practice.

Practitioners covered

A physician's referral is required to receive benefit for the following services:

- Physiotherapist
- Registered massage therapist
- Psychologist or social worker

The following do not require a physician referral:

- Chiropractor, including 1 x-ray examination per benefit year
- Osteopath, including 1 x-ray examination per benefit year
- Podiatrist or chiropodist, including 1 x-ray examination per benefit year
- Naturopath

Making a Claim

Online. Those with Alberta government student loans may qualify for some Alberta health funding.

On Campus Care

SU Student Inquiries Line

T: 403.220.3906

SU Health and Dental Plan Office

MSC 352

uofcalgaryplan@mystudentplan.ca

Opportunities

Dance students are encouraged to get involved in the multitude of art activities available to them at the University and in the community. Attendance at theatre and music performances as well as visual art events, is strongly recommended. There is a wealth of activity around you - enjoy it. Feed your artistic spirit. There are a few Dance social gatherings during the year; usually at the beginning of the academic year, and often at the end. Please come to meet and greet new students and say goodbye to departing graduates. In addition, there are group Dance meetings during the year in which you have the opportunity for some dialogue with the group of Majors as well as the faculty. Get to know your student representatives and communicate to them your ideas, your excitement, and your concerns.

As for advice for new students to the program, be open to whatever opportunities arise. Ask questions, get to know your classmates, and audition for performances as much as you can in order to meet new people and be recognized. Overall, students should take advantage of what the the University has to offer and enjoy the learning experience.

Attending performances is expected of Dance Majors. Attendance at community dance performances is expected and in some courses it is required, so put them in your calendar early. This is an important and exciting part of your education.

Decidedly Jazz Danceworks Professional Training Program

The Division of Dance entered into a partnership with Decidedly Jazz Danceworks (DJD) in 2014. Students entering their fourth year will be able to audition for and (if successful) take the DJD Professional Training Program to receive up to 6 half-courses of credit (18 units) towards open options in their BA Dance degree. Students will be required to declare their interest by the end of second year. During the fall and winter.

Arts Co-Curricular Enhancement (ACE) Credit

The UCalgary ACE Experience encourages (and rewards) students to pursue five different arts experiences as part of their undergraduate education. Collect all five cards listed below to receive your ACE Credit on your Co-Curricular Record:

- Ace of Hearts: Attend a performance as an audience member
- Ace of Spades: Participate in arts creation as an artist
- Ace of Diamonds: Attend or participate in an event with cultural/historical significance
- Ace of Clubs: Join and participate in an arts-based club
- Joker (Wild Card): Another experience that relates to any of the above

If you are interested in participating, visit the [website](#) for more information.