



uOttawa

Faculté des arts
Faculty of Arts

Vered Jewish Canadian Studies Program

JCS2301 A – INTRODUCTION TO JEWISH CANADIAN STUDIES | WINTER 2024

Jan. 08 – Apr. 10

Time: Tuesday, 7:00 p.m. – 9:50 p.m.

Location: 145 Jean-Jacques Lussier (LMX 220)

Professor: Megan Hollinger

E-mail: mholl027@uottawa.ca

Office: Virtual

Office Hours: By appointment

COURSE DESCRIPTION

Multidisciplinary overview of Jewish Canadian Studies in the fields of history, literature, sociology and culture in general.

For this term, the course will focus on Canadian Jewish Studies through an examination of antisemitism in Canada.

COURSE OBJECTIVES

Students will acquire an understanding of the complexities of Jewish Canadian history and the historical and socio-cultural trends that helped shape today's community. They will also acquire an understanding of the various anti-Jewish stereotypes, tropes, and accusations and how they manifest in Canada. Students will learn to identify and spot anti-Jewish tropes and ideas in media (e.g., in memes from the internet or political cartoons). They will learn to think critically about major questions and tensions in the field of Canadian Jewish Studies.

INDIGENOUS AFFIRMATION

We pay respect to the Algonquin people, who are the traditional guardians of this land. We acknowledge their longstanding relationship with this territory, which remains unceded.

We pay respect to all Indigenous people in this region, from all nations across Canada, who call

Ottawa home.

We acknowledge the traditional knowledge keepers, both young and old.
And we honour their courageous leaders: past, present, and future.

WARNING

Some parts of this course contain disturbing content, including that of genocide. This content can be found in the lectures, readings, videos, and other course materials. If you have any questions or concerns, please speak to the professor.

RESPECT CLAUSE

In this course, some students may have opinions that differ from your own. Others also have their respective backgrounds, so disrespectful, intolerant, or discriminatory conduct will not be tolerated. That said, we speak in respectful language that honours differences in viewpoints and students are to be open to learning new perspectives. If you have any concerns, please consult the professor.

TEACHING METHODS

The course will be in-person. This means that there will be no class recordings, and all students are responsible for obtaining any notes or missed information on their own. Although the classes are live, we will incorporate media into our lessons and the reading materials (e.g., educational films). All reading materials, including out-of-class viewings, will be posted on Brightspace. All written assignments (i.e., everything excluding the Midterm) will be submitted via Brightspace.

E-MAIL AND COMMUNICATION

For any emails you send, you can expect a response within 2 business days (excludes weekends and holidays). Follow-ups are only recommended if your email is unanswered in 2 business days or longer.

The University of Ottawa requires you to regularly check your university inbox. You will find important course information being sent there.

COMPONENTS OF FINAL MARK

In-class Participation (10% of final grade):

During the class, we will be holding discussion sessions. Students' participation will be graded based on their engagement during those times. Students may be asked to form pairs or small groups and work on a discussion question, sharing their ideas with the class afterwards. They may also be asked to complete a short exit assignment (e.g., a 3-2-1 slip). Other activities may vary throughout the semester. The goal is to foster engagement with and critical thinking about the course material.

Journal Reflections, 1 per section (5 x 5% = 25% of final grade):

Students will write a journal entry for each section of the course. The entries will centre around a prompt that the professor will choose. The prompt can be found on Brightspace. Students will offer their responses to the course material. These are not opportunities for students to criticize different perspectives and offer moral judgment (e.g., please do not share political perspectives on issues or display disrespect). Rather, the reflections are for students to communicate how they understand and react to the material they are learning throughout the course and to demonstrate an effort to engage with the stories of Canadian Jewry and antisemitism in a way that aligns with their learning. Each response will be 1-2 pages double-spaced, 12-point font, Times New Roman. Reflections will be submitted on Brightspace.

Journal Reflections must be submitted by the following deadlines:

- Reflection 1 – Tuesday, January 23, 2024, at 6 p.m.
- Reflection 2 -- Tuesday, February 6, 2024, at 6 p.m.
- Reflection 3 -- Tuesday, March 12, 2024, at 6 p.m.
- Reflection 4 -- Tuesday, March 26, 2024, at 6 p.m.
- Reflection 5 -- Tuesday, April 2, 2024, at 6 p.m.

Midterm Exam (20% of final grade):

The midterm is a closed-book test with 3 short and 1 long answer questions. All questions are to be written in proper sentence form and will not only require you to recall details from the first half of the course but to think critically about the issues we will discuss. It will take place in class on Tuesday, February 13, 2024, during the first half of the class.

Final Project Proposal (10% of final grade):

Students are required to submit a plan for their Final Project. The proposal should include a detailed outline for one of the formats below. Students must describe each component of their project and how they will incorporate their 4-5 scholarly sources. The proposal should be at least 1 page, double-spaced, in 12-point Times New Roman. Proposals will be submitted by Tuesday, March 5, 2024, at 11:59 p.m. on Brightspace.

Final Project (35% of final grade):

This is an interdisciplinary course, so students are to design a project from the point of view of their respective field of study or discipline and in the format of one of the models below. Please see the options below for specific details. Note that all projects, no matter the format, must relate to an aspect of the Canadian experience and/or antisemitism in Canada.

- a) A traditional research paper: You will write a paper on an aspect of the Canadian experience and/or antisemitism in Canada. You will include a research question(s), a clear and strong thesis statement, main points to support your thesis statement, and a

substantial discussion section. Your paper should be 10-12 pages, double-spaced, in 12-point font, Times New Roman.

- b) A documentary: You will produce a 30-minute documentary covering a topic related to an aspect of the Canadian Jewish experience and/or antisemitism in Canada. The documentary can be exploratory, or you can interview a guest speaker. You must professionally edit the film. If you film on location somewhere, please ensure you obtain relevant permission to film there. Please contact the professor if you require help with this.
- c) A podcast: You will produce a 30-minute episode about a topic related to your field/discipline. The episode can be exploratory, or you can interview a guest speaker. You must include external soundbites or other effects in the episode and a list of external resources (your research sources count) for the public to learn more about your topic.
- d) A website: Your website would resemble a learning resource for the public to learn more about an aspect of Jewish Canadian life or antisemitism from your field/discipline. The site must include at least 5 pages (each covering a subtopic) of at least 600 words each. In addition to written text, the pages must include visual materials such as images, videos, graphs, quotes, etc.

All students must incorporate scholarly research and sources into their projects. Students are required to include 4-5 scholarly (i.e., not Wikipedia) sources in their projects. They may use the citation style of their choice, but please be consistent with formatting. All Final Projects must be submitted by Thursday, April 25, 2024, at 11:59 p.m. on Brightspace.

POLICY ON LATE SUBMISSION

All students must complete and submit assignments and quizzes by the assigned due dates. If a student fails to complete an assessment by the assigned due date, they will receive a mark of 0, unless they provide proper documentation (e.g., a valid medical note) for an extenuating circumstance no later than 5 days after the due date.

If you know ahead of time of a conflict with a due date because of an extenuating circumstance (i.e., not that you have other due dates and simply want extra time to complete your coursework), please contact the professor at least 1 week in advance and provide any proper documentation upon request of the professor.

Every day that an assignment is submitted late, the student will lose 1 mark of their grade for that assignment.

For all extension requests, the professor reserves the right to approve or reject the requests.

REQUIRED COURSE MATERIALS

Robinson, Ira. 2015. *A History of Antisemitism in Canada*. Waterloo: Wilfrid Laurier University Press.

The course text can be purchased at Benjamin Books, located at 122 Osgoode Street, Ottawa, ON, K1N 6S2.

All other required materials will be posted on Brightspace.

COURSE OUTLINE

Part I: Introduction and Background

Week 1 (January 9): Introduction

Week 2 (January 16): Jewish Identity in Canada

- Mandatory Readings:
 - Koffman, David S. 2021. "Introduction: What Does It Mean to Ask the Question, 'Has There Ever Been a Better Home for the Jews Than Canada?'" In *No Better Home?: Jews, Canada, and the Sense of Belonging*, edited by David S. Koffman, 3-16. Toronto: University of Toronto Press.
 - Weinfeld, Morton. 2018. "A Holy Nation: Canadian Judaism between Tradition and Modernity." In *Like Everyone Else but Different: The Paradoxical Success of Canadian Jews*, 274-306. Second edition. Montreal; Kingston: McGill-Queen's University Press.
- Suggested Readings:
 - Weinfeld, Morton. 2018. "Quality, Quantity, and Conflict: The Socio-demographic Context of Jewish Survival." In *Like Everyone Else but Different: The Paradoxical Success of Canadian Jews*, 41-54. Second edition. Montreal; Kingston: McGill-Queen's University Press.

Week 3 (January 23): Christian Anti-Judaism

- Mandatory Readings:
 - "Anti-Semitism: Martin Luther—'The Jews & Their Lies'." Jewish Virtual Library. N.d. <https://www.jewishvirtuallibrary.org/martin-luther-quot-the-jews-and-their-lies-quot>.
 - John 8:37-47. New Revised Standard Version (NSRV).
 - Ruether, Rosemary R. 1987. "The Theological Roots of Anti-Semitism." In *The Persisting Question: Sociological Perspectives and Social Contexts of Modern Antisemitism*, edited by Helen Fein, 23–45. Berlin; New York: De Gruyter.

Part II: The Beginnings of Canada's Jewish Community

Week 4 (January 30): Racial Antisemitism and Pre-conditions to Arriving in Canada

- View:
 - "Racism and Racial Antisemitism." Yad Vashem. 2020. https://youtu.be/c4WB_TxJaY?si=0I3kjqPzgRUVmL3I.

- “Modern Antisemitism in Germany.” Yad Vashem. 2020. <https://youtu.be/ZYaYNfYnEzU?si=NPg8rb90YH3iiEDS>.
- Mandatory Readings:
 - Robinson, Ira. 2015. “Chapter 3: Jews in the Consciousness of Canadians in the Eighteenth and Nineteenth Centuries.” *A History of Antisemitism in Canada*. Waterloo: Wilfrid Laurier University Press. Pages 25-34.
 - Robinson, Ira. 2015. “Chapter 4: The Jewish Problem Comes to Canada.” *A History of Antisemitism in Canada*. Waterloo: Wilfrid Laurier University Press. Pages 35-55.

Week 5 (February 6): The Great Migration Period (c. 1880-1920)

- View:
 - “Dr. David Fraser speaks about the history of the Jewish School Question in Montreal.” Canadian Jewish Heritage Network. 2020. <https://youtu.be/sxQDAPN4wRw?si=JFzkI0VyYAealRNH>.
- Mandatory Readings:
 - Bialystok, Franklin. 2022. “Chapter 3: The Great Migration.” In *Faces in the Crowd: The Jews of Canada*, 45-62. Toronto: University of Toronto Press.
 - Robinson, Ira. 2015. “Chapter 5: Social and Institutional Antisemitism.” *A History of Antisemitism in Canada*. Waterloo: Wilfrid Laurier University Press. Pages 59-84.

PART III: The 1930s, the Holocaust, and Postwar

Week 6 (February 13): Midterm and Background to the Holocaust

- View:
 - “The Development of the ‘Final Solution’.” Yad Vashem. Posted 2015. <https://www.youtube.com/watch?v=GPXPjZurupe>.
 - “The ‘Final Solution’ – Jewish Life on the Brink of Death.” Yad Vashem. Posted 2015. <https://www.youtube.com/watch?v=Gl35CvS6Ha0>.
- Mandatory Readings:
 - Anctil, Pierre. 2018. “A Double Standard: The Respective Responsibilities of English and French-language Canada in the German Refugee Crisis.” Special insert in *Canadian Jewish Studies*, 2018, 23 pages.
 - Robinson, Ira. 2015. “Chapter 6: The Spectre of Europe: Communism and Nazism.” *A History of Antisemitism in Canada*. Waterloo: Wilfrid Laurier University Press. Pages 85-102.
- Suggested Readings:
 - “The Wannsee Protocol (January 20, 1942).” German History in Documents and Images. N.d. https://ghdi.ghi-dc.org/docpage.cfm?docpage_id=2361
 - Wistrich, Robert S. 2001. “The Final Solution.” *Hitler and the Holocaust*. New York: Modern Library, 87-117.

Week 7 (February 20): Reading week, no class

Week 8 (February 27): Years of Turmoil and Trouble (1930s)

- View:
 - “When Canada Said No: The Abandoned Jews of the MS St. Louis.” B’nai Brith Canada. 2012. <https://youtu.be/zv3s81dsByo?si=4zda7WIL20s7NvLi>.
- Mandatory Readings:
 - Anctil, Pierre and Alexandre Comeau. “The St. Louis Crisis in the Canadian Press: New Data on the June 1939 Incident.” *Canadian Jewish Studies* 31 (2021): 13-40.
- Suggested Readings:
 - Brown, Michael. 2012. “On Campus in the Thirties: Antipathy, Support, and Indifference.” In *Nazi Germany, Canadian Responses Confronting Antisemitism in the Shadow of War*, edited by Ruth Klein, 144-182. Montreal: McGill-Queen’s University Press.
 - Menkis, Richard and Harold Troper. 2015. “Conclusion.” *More than Just Games: Canada and the 1936 Olympics*. Toronto: University of Toronto Press. Pages 206-216.

Week 9 (March 5): World War II and Responses to the Holocaust

- View:
 - “The little known saga of Jewish internees in Canada.” Montreal Gazette. 2018. https://youtu.be/_TenUij0FiI?si=5J2RIAWbgV193R83.
- Mandatory Readings:
 - Bialystok, Franklin. 2000. “Introduction: A community of memory.” In *Delayed Impact: The Holocaust and the Canadian Jewish Community*, 3-13. Montreal: McGill-Queen’s University Press.
 - Goldberg, Adara. 2015. “Introduction.” In *Holocaust Survivors in Canada: Exclusion, Inclusion, Transformation, 1947-1955*, 1-9. Studies in Immigration and Culture Series, n. 14. Winnipeg: University of Manitoba Press.

Week 10 (March 12): Years of Transition (1960s-today)

- Mandatory Readings:
 - Robinson, Ira. 2015. “Chapter 7: Canada and Antisemitism in the Second Half of the Twentieth Century.” In *A History of Antisemitism in Canada*, 105-130. Waterloo: Wilfrid Laurier University Press.
 - Troper, Harold. 2010. “Of Faith and Thanksgiving.” In *The Defining Decade: Identity, Politics, and the Canadian Jewish Community in the 1960s*, 3-38. Toronto: University of Toronto Press.

Part IV: Case Studies

Week 11 (March 19): Montreal

- View:

- “Want to Want to Discover the Jewish Heritage of Montreal with Food?” Lisa Niver, We Said Go Travel. 2018.
https://youtu.be/yv4Mjz9ey_o?si=vvgl20FRLaPucIM4.
- “Welcome to Jewish Montreal.” World Jewish Congress. 2018.
<https://youtu.be/VRR0dn4eidA?si=s5TOAnzZjQ6RRUDm>.
- “YLC Presents: 100 Years of Jewish Business in Montreal.” YidLife Crisis. 2017.
https://youtu.be/W7a2NMS_zf4?si=C-FIsbdFaGbpMC2Y.
- Mandatory Readings:
 - Anctil, Pierre. 2011. “A Community in Transition: The Jews of Montréal.” *Contemporary Jewry* 31: 225-45.
- Suggested Readings:
 - Anctil, Pierre. 2003. “Finding a Balance in a Dual Society: The Jews of Quebec.” In *Jews and the State: Dangerous Alliances and the Perils of Privilege*, edited by Ezra Mendelsohn, 70-87. New York: Oxford University Press.

Week 12 (March 26): Ottawa and Victoria

- View:
 - “A Short History of Ottawa.” Yiddish Book Centre. 2011.
<https://youtu.be/0rzLJoetn8A?si=6DsSxamdcBzwf9vW>.
 - “BC’s Jewish History.” BC History. 2014. <https://youtu.be/zE-azW1CAZc?si=nUCBa-vV6iszx-Q>.
 - “Beyond Bytown: Jewish History in Ottawa.” Musée Bytown Museum. 2021.
<https://youtu.be/ZU8Uw2qGrwM?si=ER010WxYa4s81kCe>.
- Mandatory Readings:
 - Leonoff, Cyril. “On These Shores.” The Jewish Museum & Archives of B.C.
<https://jewishmuseum.ca/exhibit/on-these-shores/>.

Part V: Antisemitism and Jews in Contemporary Canada

Week 13 (April 2): Contemporary Antisemitism and Combating it in Canada

- View:
 - “1/3 of Canadian students doubt holocaust happened.” CityNews. 2022.
<https://youtu.be/r5DZnI9BO2A?si=8ZhROOQZElouKJc->.
- Mandatory Readings:
 - Robinson, Ira. 2015. “Chapter 9: Zionism and Israel.” In *A History of Antisemitism in Canada*, 149-174. Waterloo: Wilfrid Laurier University Press.
 - Robinson, Ira. 2015. “Chapter 10: Perspectives on Antisemitism in Twenty-First-Century Canada.” In *A History of Antisemitism in Canada*, 175-194. Waterloo: Wilfrid Laurier University Press.
- Suggested Readings:
 - Robinson, Ira. 2015. “Chapter 8: The Holocaust and Its Deniers.” In *A History of Antisemitism in Canada*, 131-148. Waterloo: Wilfrid Laurier University Press.

COPYRIGHT AND CONFIDENTIALITY POLICY

The materials you receive for this course are protected by [copyright](#) and to be used for this course only. You do not have permission to upload the course materials, including any lecture recordings you may have, to any website. If you require clarification, please consult your professor.

© Megan Hollinger. All rights reserved.

PARTICIPATION AND EXAMINATION POLICIES

- Participation is mandatory. This includes the presence and familiarizing oneself in a timely manner with the material covered in each class, completing assessments, and partaking in discussions. A student who has failed to participate/complete weekly activities for more than two weeks (consecutive or non-consecutive) will not be allowed to submit the Final Project.
- Written assignments should be submitted, depending on their nature, in person or on Brightspace. *E-mail submissions by the instructor's permission only.*
- Valid justifications for insufficient participation include medical conditions (please provide a doctor's note) or other emergencies (please inform the professor).
- See official information about exams and grades:
 - [Exams](#)
 - [University of Ottawa's official grading system](#)

ACADEMIC FRAUD

Academic Integrity

Preamble

Academic integrity is a fundamental value at the core of all academic activities. The regulation on academic fraud ([Academic regulation A-4](#)) defines the acts that can compromise academic integrity, outlines the various sanctions and consequences of such acts, and the procedures for handling allegations and setting sanctions. Further information on academic integrity is available on the webpage: [Academic integrity for students](#).

Definition

1. Any act by a student that may result in a distorted academic evaluation for that student or another student. Academic fraud includes but is not limited to activities such as:
 - a. plagiarising or cheating in any way;
 - b. submitting work not partially or fully the student's own, excluding properly cited quotations and references. Such work includes assignments, essays, tests, exams, research reports and theses, regardless of whether the work is in written, oral or any other form;
 - c. presenting research data that are forged, falsified or fabricated in any manner;
 - d. attributing a statement of fact or reference to a fabricated source;

- e. submitting the same work or a significant part of the same piece of work in more than one course, or a thesis or any other piece of work submitted elsewhere without the prior approval of the appropriate professors or academic units;
- f. falsifying or misrepresenting an academic evaluation, using a forged or altered supporting document or facilitating the use of such a document;
- g. taking any action aimed at falsifying an academic evaluation.

Sanctions

1. Students who commit or attempt to commit academic fraud or who are a party to academic fraud are subject to one or more sanctions, such as:
 - a. written warning;
 - b. zero for part of the work in question;
 - c. zero for the work in question;
 - d. zero for the work in question and the loss of additional marks for the course in question;
 - e. zero for the work in question, with a final grade no higher than the passing grade for the course in question;
 - f. an F or NS grade for the course in question.

SEXUAL VIOLENCE: SUPPORT AND PREVENTION

If you feel unsafe, call 9-1-1 or contact campus protective services at 613-562-5411.

The University of Ottawa has a zero-tolerance policy for any sexual act or act targeting a person's sexuality, gender identity or gender expression. This includes physical and psychological acts committed, threatened, or attempted against a person without the person's consent, such as sexual assault, sexual harassment, stalking, indecent exposure, voyeurism, sexual exploitation, and cyberbullying. The University, as well as various employee and student groups, offers various services and resources to ensure that all uOttawa community members have access to confidential support and information and procedures for reporting an incident or filing a complaint. For more information, please visit <https://www.uottawa.ca/sexual-violence-support-and-prevention/>

RESOURCES FOR STUDENTS

COUNSELLING SERVICE - <http://sass.uottawa.ca/en/personal>

There are many reasons to take advantage of the Counselling Service.

- Personal counselling
- Career counselling
- Study skills counselling
- Academic writing assistance

HUMAN RIGHTS OFFICE

<https://www.uottawa.ca/about-us/respect>

Mandate:

To provide leadership in the creation, implementation and evaluation of policies, procedures and practices on diversity, inclusion, equity, accessibility and the prevention of harassment and discrimination.

Contact information: 1 Stewart St. (Main Floor – Room 121) - Tel.: 613-562-5222 / Email: respect@uOttawa.ca

ACADEMIC ACCOMMODATIONS - <http://sass.uottawa.ca/en/access>

The [Human Rights Office](#) and the [Academic Support](#) support students in removing barriers to accessibility. The University has always strived to meet the needs of individuals with learning disabilities or other temporary or permanent functional disabilities (hearing/visual impairments, sustained health issues, mental health or learning disabilities). The campus community works collaboratively so that you can develop and maintain your autonomy, as well as reach your full potential throughout your studies. You can call on a wide range of services and resources, all provided with expertise, professionalism and confidentiality.

If barriers are preventing you from integrating into university life and you need adaptive measures to progress (physical setting, arrangements for exams, learning strategies, etc.), contact:

- ❑ **(currently unavailable)** visiting the SASS Academic Accommodations office on the third floor of the Desmarais Building, Room 3172
- ❑ logging into the [Academic Accommodations Portal \(Ventus\)](#) and completing the intake form
- ❑ calling the SASS Academic Accommodations office at 613-562-5976
 - by phone at 613-562-5976

Deadlines for submitting requests for adaptive measures during exams

- ❑ Midterms, tests, deferred exams: seven business days before the exam, test or other written evaluation (excluding the day of the exam itself)
- ❑ Final exams:
 - November 15 for the fall session
 - March 15 for the winter session
 - Seven business days before the exam date for the spring/summer session (excluding the day of the exam itself).

Justification of absence from an examination (mid-term, final, supplemental or deferred) or a test, or late submission of assignments

Absence from any examination or test or late submission of assignments on medical grounds or due to exceptional personal circumstances must be justified; otherwise, students will not be allowed to complete the missed examination or test or to submit late assignments.

[See regulation A-8.6 for more information...](#)

REGULATION ON BILINGUALISM AT THE UNIVERSITY OF OTTAWA

Every student has the right to require that a course be given in the language used to describe the course in the course calendar ([Regulation on Bilingualism at the University of Ottawa](#)). Except in programs and courses for which language is a requirement, all students have the right to produce their written work and to answer examination questions in the official language of their choice, regardless of the course's language of instruction.

STUDENT SERVICES AND RESOURCES

[Academic Support](#)

The [Academic Support](#) hub is a one-stop shop for academic support. Whether you're an experienced student or just starting out, you'll find some great resources to help you succeed.

With the [Academic Support](#), you can:

- chat with a mentor seven days a week;
- register for study groups;
- take part in study methods workshops (note taking, time management, exam preparation, stress management, Academic Integrity Session, etc.);
- book an appointment with a mentor.

[uOttawa Library](#)

Access the Library's Physical Collections

We are currently providing mediated access to the physical library collection through the following services:

- Contactless pickup
- Scan-on-demand
- Returns and renewals
- Course reserves

Changes to On-Campus Library Services

While the Library continues to offer services online, including remote access to specialized software and databases, we are also providing on-campus services like study spaces and computer workstations for both walk-ins and by reservation.

The services and operations of the library are updated often. Please check [our website](#) for the latest information.

Health and Wellness

Your wellness is an integral part of your success. If you don't feel well, it can be hard to focus on your studies. Dedicated professionals and fellow students who care about you are always ready to provide advice and support. Depending on your needs, many activities and services exist to accompany you during your academic journey.

Services include:

- opportunities to connect;
- counselling sessions;
- peer support;
- physical activity;
- wellness activities and workshops; spiritual guidance.

If you want to connect with a counsellor, [you can book an appointment online](#) or go to their walk-in clinic at **100 Marie-Curie, fourth floor**. You can also drop-in to our wellness space, chat online with a peer helper, or access 24/7 professional help through the website at <https://www.uottawa.ca/wellness/>.

Take Care of Yourself!

University can be stressful, and it can be challenging to take the time we need to stay healthy and happy. Please make sure you are giving yourself the space and time to take the steps you need to for your health and well-being.

If you or anyone you know, friends, family members, or classmates, experiences overwhelming academic stress, difficult life events, anxiety or depression, we strongly encourage you to seek support; reach out to a friend, faculty or family member you trust for assistance. There are also several support communities available to students, and staff, at the University of Ottawa and I encourage you to explore and leverage them as you require.

For a comprehensive list of support services here on campus, please see <https://www.uottawa.ca/campus-life/health-wellness/immediate-support>

Association québécoise de prévention du suicide: 1-866-APPELLE (1-866-277-3553)

Ottawa Suicide Prevention: 613-238-3311

[Access Service](#)

The [Academic Accommodations Service](#) tries to make sure all students with disabilities have equal access to learning and research environments, the physical campus and University-related programs and activities. The Academic Accommodations service works with other campus services to create an accessible campus learning environment, where students with disabilities have an equal opportunity to flourish. We offer a wide range of services and resources, provided with expertise, professionalism and confidentiality.

Some services we offer:

- Help for students with disabilities in making the transition;
- Permanent and temporary accommodation measures;
- Learning strategy development;
- Adaptive exams
- Transcriptions of learning material Interpretation (ASL and LSQ);
- Assistive technologies.

If you think that you might need any of our services or supports, [email the Academic Accommodations service \(adapt@uOttawa.ca\)](mailto:adapt@uOttawa.ca).

Note that the University of Ottawa is affiliated with [AERO](#) and [ACE](#) services for the adaptation of accessible academic materials for students with perceptual disabilities. If you have any questions, please contact the Accessibility Librarian (libadapt@uottawa.ca) or the [Academic Accommodation Services](#) for textbooks.

[Access Service](#)

The [Academic Accommodations Service](#) tries to make sure all students with disabilities have equal access to learning and research environments, the physical campus and University-related programs and activities. The Academic Accommodations service works with other campus services to create an accessible campus learning environment, where students with disabilities have an equal opportunity to flourish. We offer a wide range of services and resources, provided with expertise, professionalism and confidentiality.

Some services we offer:

- Help for students with disabilities in making the transition;
- Permanent and temporary accommodation measures;
- Learning strategy development;
- Adaptive exams

- Transcriptions of learning material Interpretation (ASL and LSQ);
- Assistive technologies.

If you think that you might need any of our services or supports, [email the Academic Accommodations service \(adapt@uOttawa.ca\)](mailto:adapt@uOttawa.ca).

Note that the University of Ottawa is affiliated with [AERO](#) and [ACE](#) services for the adaptation of accessible academic materials for students with perceptual disabilities. If you have any questions, please contact the Accessibility Librarian (libadapt@uottawa.ca) or the [Academic Accommodation Services](#) for textbooks.

[Human Rights Office](#)

The mandate of the [Human Rights Office](#) is to provide leadership in the creation, implementation and evaluation of policies, procedures and practices on diversity, inclusion, equity, accessibility and the prevention of harassment and discrimination.

Contact information: 1 Stewart St. (Main Floor – Room 121) - Tel.: 613-562-5222 /
Email: respect@uOttawa.ca

[Career Services](#)

[Career Services](#) offers various services and a career development program to enable you to recognize and enhance the employability skills you need in today's world of work.