

INTR 501 (S01) Advanced Seminar in International Relations: Governance at Sea

Pre/Co-Requisites: Admission to the International Relations program and completion of at least 60 units including International Relations 301

Instructor: Chris W. J. Roberts

Lecture Location: ST 057

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Lecture Days/Time: W 14:00-16:45

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Office: SS 702

Office Hours: Mon 3-4pm / Thur 1200-1pm or by appt.

Instructor Email Policy:

Please ensure to always put INTR 501 in the subject line or your email will not be answered. If you have not received a reply within 24 hours, please resend.

COURSE DESCRIPTION

In the study of international relations, we focus most of our attention on those spaces where sovereignty reigns. We look at how those sovereign entities interact within an international system rooted in power and competition, and within an international society rooted in norms, laws, and institutions designed to promote or enhance cooperation. But what about the “high seas” (mare liberum or “free seas”) that cover over 50% of the Earth’s surface, and the additional 20% of the surface covered by territorial waters and Exclusive Economic Zones (mare clausum or “closed seas”)? In 2021, we witnessed how one critical waterway blocked by one giant container ship – think of all the Ever Given-stuck-in-the-Suez memes – not only disrupted global trade for months but also raised questions about how such a large ship was allowed to navigate such a narrow waterway in the first place, and who would be liable for damages. Private maritime law – also known as Admiralty Law – evolved over centuries long before international law or institutions were in place. International law today identifies five global commons: the High Seas, the deep-sea bed, the atmosphere, Antarctica, and outer space. It can be argued that all five are in some ways relevant to governance at sea, with even outer space law borrowing heavily from maritime law. While the United Nations Convention on the Law of the Sea (UNCLOS) and some aspects of maritime governance are touched on in other courses within INTR and POLI, there are many aspects of governance at sea that are historically embedded in the emergence of public international law (or the law of nations).

Today, ocean governance remains critically important to contemporary security concerns, economic development (including the “blue economy”), environmental sustainability and climate change, and even pandemic management. This is the most complex domain for global governance, and yet, for millennia, humans have devised ways to govern maritime affairs and adapt to political, commercial, and technological change. Today, 80% of world trade moves by sea. Without that, you wouldn’t be able to wake up to your morning cup of coffee or tea.

As a seminar course (not a lecture class), you’ll be expected to participate regularly, to be proactive, to

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apply everything you've learned in the International Relations program to research complex theoretical and practical global governance issues. You'll be able to select your major research topic based at least in part on your own thematic and regional interests. We'll teach each other about trends in governance at sea as they relate to a broad range of contemporary challenges including (but not limited to):

- territorial waters & boundary disputes (excluding Arctic issues covered in Poli 523)
- shipping: logistics, trade routes, ports, insurance, and other commercial considerations
- shipping fleets, flags of convenience, and seafaring labour
- fisheries management and the prospects of global protein scarcity
- resource extraction, incl. oil and gas plus sea-bed mining
- pollution, incl. dumping, plastics, and toxic waste
- countering illegal activities, including piracy, terrorism, and trafficking
- blue economy, sustainability, renewable energy, and climate considerations
- naval development & technological evolution (incl. autonomous vessels)

The course is divided into four parts, with regular student participation graded throughout:

1) Introduction, historical, and theoretical foundations of governance at sea (GAS): ancient era to 19th Century (Classes 1-2)

2) Twentieth Century law and institutions for governance at sea: UNCLOS and public international law, Admiralty Law (or private maritime law), and relevant international institutions (from ITLOS and IMO to CMF) and two contemporary case studies: the South China Sea and GAS implications of the Russian invasion of Ukraine (Classes 3-5)

Mid-term Exam (20%) (Class 6)

3) Contemporary challenges facing GAS in the 2020s: student presentations of contemporary trends and research puzzles (10%) as part of their own research project/paper (Classes 7-10). The research paper itself is due Friday, March 31st.

4) End-of-term simulation (20%) involving a governance at sea crisis management scenario. Roles and preparation will be delineated in Class 11. By Class 12 the simulation will be in full swing, and Class 13 (last class) will culminate in a crisis management session. A debriefing note (2 pages) will be due on Friday, April 14th. There is no final exam.

COURSE OBJECTIVES & LEARNING OUTCOMES

By the end of the course, students will ...

- understand the history behind and be able to employ core vocabulary, concepts, theories, and legal doctrines relevant to the study of governance at sea and its relationship to international relations history, theory, institutions, and practices;
- refine their analytical skills to understand and explain the challenges, incentives, and modalities that influence the relative success or failure of multilateral action directed at ocean governance as a global commons, including both state and non-state actors/stakeholders;
- develop comprehensive competencies to find and evaluate relevant primary data and secondary research related to contemporary global governance and international institutions, particularly around the political, economic, and technological factors that create a need for new or modified mechanisms of transnational cooperation across various governance at sea challenges;
- develop a considerable level of expertise about a specific thematic element of governance at sea that

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- can be shared with the class, leading to the production of a major research paper; and
- improve their verbal-presentation, reading-analytical, and writing skills relevant to international relations and the social sciences generally.

REQUIRED TEXTBOOK

There is no required textbook for this course. A list of required readings is given in the "Course Schedule & Reading List" below and will be available on D2L or online.

COURSE COMPONENT WEIGHTS AND DUE DATES

COMPONENT	WEIGHTING	DUE DATES
Active seminar participation	20%	Assessed every class (Classes 1-5, 7-10), and will include class participation, in-class exercises, and some homework exercises.
Mid-Term	20%	In-class, 90 minute closed book exam will be Wed., Feb. 15th
Selected Topic Presentation	10%	Specific topics need to be approved well in advance of presentation date. Papers will be due by 11:59pm on Friday, March 31st on D2L Dropbox
Major Research Paper	30%	
End-of-Term Simulation	20%	During last three weeks of the course (Classes 11-13): 10% for quality of preparation and participation (incl some written work), 10% for post-simulation debriefing note due by 11:59pm Friday, April 14 th on D2L Dropbox
Total	100%	

If a student misses a required course component, please get in touch the instructor as soon as possible.

COURSE SCHEDULE & READING LIST

DATE	TOPICS & THEMES	READINGS
Class 1 Jan 11	Course Introduction Introductions, review course outline, assignments, class expectations Governance at Sea: Contemporary challenges and how we got here	Tanya Brodie Rudolph et al. (2020), "A transition to sustainable ocean governance," <i>Nature Communications</i> (July): https://www.nature.com/articles/s41467-020-17410-2 Hugo Grotius (1609/2004), <i>The Free Sea</i> . (Chapters will be assigned to specific students in Class 1 for a shared assignment and discussion in Class 2)
Class 2 Jan 18	Governance at Sea from the Ancients to the 20th Century <ul style="list-style-type: none">Greek, Roman, Nordic, and Chinese conceptions of ocean governanceGrotius versus the Mercantilists (mare	Bo Johnson Theutenberg (1984), "Mare Clausum et Mare Liberum," <i>Arctic</i> , Vol. 37, No. 4: 481-492. Monica Brito Vieira (2003), "Mare Liberum vs. Mare Clausum : Grotius, Freitas, and Selden's Debate on Dominion over the Seas," <i>Journal of the History of Ideas</i> , Vol. 64, No. 3, July 2003: 361-377.

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	<p>liberum)</p> <ul style="list-style-type: none"> • Selden versus Europe (mare clausum) • Colonialism, Piracy, Slavery / Counter-piracy & -slavery 	
<p>Class 3 Jan 25</p>	<p>Public International Law (Law of the Sea) & UNCLOS</p> <ul style="list-style-type: none"> • Neutrality, war, and commerce at sea into the late 20th Century <p>Admiralty Law/Private International Maritime Law</p>	<p>ICRC Treaty Database: https://ihl-databases.icrc.org/applic/ihl/ihl.nsf/vwTreatiesByTopics.xsp</p> <p>UNCLOS: https://www.un.org/depts/los/convention_agreements/texts/unclos/UNCLOS-TOC.htm</p> <p>Fletcher School, Law of the Sea Policy Primer: https://sites.tufts.edu/lawofthesea/chapter-one/</p> <p>Graydon Staring (2018), "The Admiralty Law of the United States," <i>Journal of Maritime Law & Commerce</i>, Vol. 49, No. 2 (April): 307-318.</p>
<p>Class 4 Feb 1</p>	<p>Ocean Governance Institutions/Regimes</p> <p>ITLOS: https://www.itlos.org/en</p> <p>IMO: https://www.imo.org/en/</p> <p>UNCTAD: https://unctad.org/topic/transport-and-trade-logistics/review-of-maritime-transport</p> <p>Stable Seas (NGO): https://stableseas.org/</p>	<p>Elizabeth Mendenhall, "The Ocean Governance Regime," Chapter 2 in <i>Climate Change and Ocean Governance: Politics and Policy for Threatened Seas</i>, ed. Paul G. Harris (Cambridge: Cambridge University Press): 27–42.</p> <p>Dirk Siebels (2021), "Top three take-away lessons from the Suez Canal blockage," <i>The Conversation</i> (29 March 2021): https://theconversation.com/top-three-take-away-lessons-from-the-suez-canal-blockage-158034</p>
<p>Class 5 Feb 8</p>	<p>Contemporary Case Studies: Students will commit to focusing on (i.e., reading source material intensively for) one of the case studies for purposes of class discussion. Both cases will be part of the mid-term.</p> <p>1) South China Sea</p> <p>2) GAS and the Russian</p>	<p>1) South China Sea Case Study</p> <p>Sebastien Colin (2016), "China, the US, and the Law of the Sea," <i>China Perspectives</i> (2016/2): https://journals.openedition.org/chinaperspectives/6994?file=1.</p> <p>Euan Graham (2016), "The Hague Tribunal's South China Sea Ruling: Empty Provocation or Slow-Burning Influence?", <i>Council of Councils/CFR</i> (18 Aug 2016): https://www.cfr.org/councilofcouncils/global-memos/hague-tribunals-south-china-sea-ruling-empty-provocation-or-slow-burning-influence</p>

	invasion of Ukraine	<p>Int Crisis Group, "Competing Visions of International Order in the South China Sea," Report No. 315 (29 Nov 2021): https://www.crisisgroup.org/asia/north-east-asia/china/315-competing-visions-international-order-south-china-sea</p> <p>2) GAS Implications of Russia's Invasion of Ukraine Deborah Sanders, "Russia's invasion of Ukraine: What are the maritime implications in the Black Sea?" Kings College London (Blog, 2 March 2022): https://www.kcl.ac.uk/russias-invasion-of-ukraine-maritime-implications-in-the-black-sea</p> <p>Colleen Graffy, "Who will control the Black Sea?," GIS (11 Oct 2022): https://www.gisreportsonline.com/r/black-sea-russia-turkey/</p> <p>Gregor Novak and Helmut Aust, "The Law of Treaties in Wartime: The Case of the Black Sea Grain Initiative," Just Security (10 Nov 2022): https://www.justsecurity.org/84051/the-law-of-treaties-in-wartime-the-case-of-the-black-sea-grain-initiative/</p>
Class 6 Feb 15	Mid-Term	Mid-term will be 90 minutes, closed book. After a break, we'll reconvene to review expectations for student research projects and presentations.
Feb 20-24	READING BREAK (No classes)	Work on research papers/presentations
Class 7 Mar 1	<p>Whose boat is that boat (and which jurisdiction has jurisdiction)?</p> <p>*Six student presentations on their governance at sea puzzle*</p>	Carlos Negret (2016), "Pretending to be Liberian and Panamanian; Flags of Convenience and the Weakening of the Nation State on the High Seas," <i>Journal of Maritime Law & Commerce</i> , Vol. 47, No. 1 (Jan): 1-28.
Class 8 Mar 8	<p>How can we reduce maritime transport's 6th worst GHG emissions rank?</p> <p>*Six student presentations on their governance at sea puzzle*</p>	Willy Shih, "Climate Regulations Are About to Disrupt Global Shipping," <i>Harvard Business Review</i> (21 Oct 2022): https://hbr.org/2022/10/climate-regulations-are-about-to-disrupt-global-shipping
Class 9 Mar 15	<p>Where are all the fish?</p> <p>*Six student presentations on their governance at sea</p>	Rosie Julin, "WTO Clinches Deal Aimed at Reducing Global Overfishing," <i>Foreign Policy</i> (17 June 2022): https://foreignpolicy.com/2022/06/17/wto-ocean-conservation-fisheries-subsidies/

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	puzzle*	
Class 10 Mar 22	Skynet at Sea? *Six student presentations on their governance at sea puzzle*	Lt. Boone Swanberg, "The Coming Wave of Autonomous Vessels," <i>Proceedings</i> [US Coast Guard] (Spring 2022): pp. 6-13.
Class 11 Mar 29	Sim Day 1	Simulation Prep Day: Problem/Scenario, Roles, Procedures, Research Research Paper Due: Friday, March 31st on D2L Dropbox by 11:59pm
Class 12 Apr 5	Sim Day 2 Apr 7th: Good Friday (No Classes)	Simulation In-Progress: Structured and unstructured working groups
Class 13 Apr 12	Apr 10th: Easter Monday (No Classes) Sim Day 3	Simulation Conclusion: Scenario Crisis Management & Debrief
	Simulation Debrief due Friday, April 14th	Uploaded on D2L/Dropbox (11:59pm)

Please note that the above schedule is tentative and may change as the need arises.

ACTIVE SEMINAR PARTICIPATION (20%)

Given the seminar style of this course, class participation and accountability is a vital element. This means coming to class prepared to discuss the assigned readings and/or key themes and concepts requiring research, to ask questions, to contribute knowledge and perspectives from your own specialized research, and to engage with presenters (both the instructor and other students). In-class exercises will be an intrinsic part of participation. Your contribution will be assessed every class in terms of quality and relevance over sheer quantity (Classes 1-5, 7-10). The quality of questions and feedback on student research paper presentations will also be assessed. Please take into account that missed classes are lost opportunities for seminar participation, and there are no extra assignments or other ways to make up these opportunities. You can miss one class, however, and still maximize your participation grade.

MID-TERM EXAMINATION (20%)

One closed-book, 90 minute mid-term exam will assess your understanding of key readings, concepts, legal doctrines, historical foundations, and contemporary GAS case studies. Questions will include comprise short written answers (paragraphs and/or a short essay) with some limited choice, and will also include some combination of multiple choice, true-false, fill in the blanks, and/or matching questions.

MAJOR RESEARCH PAPER & PRESENTATION (30% plus 10%)

Everyone will develop a customized research question to address a contemporary governance at sea puzzle in consultation with the instructor. This topic selection process needs to be completed before reading break (and earlier is better).

(1) Research Puzzle Presentation (10%) – To be scheduled during one of the four presentation classes. You

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will prepare and deliver a 10 minute presentation of your research problem/puzzle, key literature and data, and your (tentative) findings as a work-in-progress to the class followed by a Q&A session.

(2) Major Research Paper (30%) – A minimum ten double-spaced page (plus title page, references, and appendices) formal research paper will be due, uploaded to D2L Dropbox (in PDF), by Friday, March 31st. The REST rubric will be applied as follows:

Research:	8 – Good mix of primary and secondary sources, properly cited
Execution:	5 – Covers style, spelling, grammar, punctuation, & attn to detail
Structure:	3 – Great title, great intro, logical structure
Thinking:	14 – Originality, quality, & clarity of analysis of puzzle, implications, etc.
30% of final grade	

END-OF-TERM SIMULATION (20%)

Over the last three weeks of class, students will be assigned roles representing various international stakeholder groups (including states, international organizations, scientific communities, commercial entities, NGOs, etc.) for a complex governance-at-sea crisis. This will involve some preparation, in-class and between class participation (e.g., emails, chat apps, Zoom meetings), and production of a short two-page (single space) debriefing document shortly after the simulation, due on Friday, April 14th at 11:59pm. Students will also contribute a peer assessment of others' participation in the simulation.

FINAL EXAMINATION

<i>Final Exam</i>	No
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Note: Students must write the mid-term, participate in the simulation (incl. submit the debriefing document) and submit a research paper to be eligible to pass the course.

WRITING STATEMENT

Written assignments are often required in Political Science courses, and the quality of writing skills, including but not limited to such elements as grammar, punctuation, sentence structure, clarity, citation, and organization, will be taken into account in the determination of grades. Students are encouraged to make use of the services offered through Writing Support Services in the Student Success Centre by contacting them at <http://www.ucalgary.ca/ssc/writing-support>.

GRADING SCALE: The following grading scale will be used:

A+ (91-100)	B+ (77-79)	C+ (67-69)	D+ (55-59)
A (85-90)	B (73-76)	C (63-66)	D (50-54)
A- (80-84)	B- (70-72)	C- (60-62)	F (0-49)

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LATE PENALTIES

There is a 5% per day penalty (including weekend days) for the research paper, and a 10% per day penalty (including weekend days) for the post-simulation debriefing note.

INSTRUCTOR GUIDELINES

INTR 501 is a heavy reading and participation seminar course. Students are advised that for the mid-term they will be examined on all readings, exercises, and class discussions through class 5. Because this is a seminar class and students will be assessed on their class contributions and participation, students are advised that regular attendance is mandatory.

Students requiring assistance are encouraged to speak to the instructor during class or their office hours. Should you wish to meet outside of office hours, please telephone or email to make an appointment. It is to the student's advantage to keep such appointments.

Email is a common form of communication but it is not always the most effective way of answering student questions. If you cannot make office hours, please request a one-on-one meeting outside of these hours. Given the volume of emails received from various courses, **always put INTR 501 in the subject line or your email will not be answered.** If you do not receive a response within 24 hours, please resend. It is imperative that students regularly check their UCalgary email accounts and D2L for course related information and announcements.

Students are welcome to use laptops and other electronic note-taking devices in this course. Please be considerate of others and switch off all cell phones when you enter the classroom. Sending/receiving texts and browsing the Web is extremely disruptive to others and will not be tolerated. At times, students will be asked to close down their technology in class. Recording of lectures/discussions is permitted for accommodation purposes and should be discussed in the first week of class with the instructor. *Both the student and the instructor must sign the appropriate form(s) to facilitate recording lectures.* Any other use of recording constitutes Academic Misconduct and may result in suspension or expulsion.

IMPORTANT POLICIES AND INFORMATION

Absence From a Mid-term Examination

Students who are absent from a scheduled term test or quiz for legitimate reasons are responsible for contacting the instructor via email within 48 hours of the missed test to discuss alternative arrangements. A copy of this email may be requested as proof of the attempt to contact the instructor. Any student who fails to do so forfeits the right to a makeup test.

Deferred Term Work Form: Deferral of term work past the end of a term requires a form to be filled out by the student and submitted, along with any supporting documentation, to the instructor. The form is available at: https://live-ucalgary.ucalgary.ca/sites/default/files/teams/14/P22_deferral-of-term-work_lapseGrade.pdf

Once an extension date has been agreed between instructor and student, the instructor will email the form to the Faculty of Arts Program Information Centre (ascarts@ucalgary.ca) for approval by the Associate Dean.

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Deferral of a Final Examination

Deferral of a final examination can be granted for reasons of illness, domestic affliction, and unforeseen circumstances, as well as to those with three (3) final exams scheduled within a 24-hour period. Deferred final exams will not be granted to those who sit the exam, who have made travel arrangements that conflict with their exam, or who have misread the examination timetable. The decision to allow a deferred final exam rests not with the instructor but with Enrolment Services. Instructors should, however, be notified if you will be absent during the examination. The Application for Deferred Final Exam, deadlines, requirements and submission instructions can be found on the Enrolment Services website at

<https://www.ucalgary.ca/registrar/exams/deferred-exams>.

Reappraisal of Grades:

For Reappraisal of Graded Term Work, see Calendar I.2

<http://www.ucalgary.ca/pubs/calendar/current/i-2.html>

For Reappraisal of Final Grade, see Calendar I.3

<http://www.ucalgary.ca/pubs/calendar/current/i-3.html>

Academic Misconduct:

Academic Misconduct refers to student behavior that compromises proper assessment of students' academic activities and includes: cheating; fabrication; falsification; plagiarism; unauthorized assistance; failure to comply with an instructor's expectations regarding conduct required of students completing academic assessments in their courses; and failure to comply with exam regulations applied by the Registrar.

For information on the Student Academic Misconduct Policy, Procedure and Academic Integrity, please visit: <https://www.ucalgary.ca/pubs/calendar/current/k-3.html>

Plagiarism And Other Forms Of Academic Misconduct

Academic misconduct in any form (e.g. cheating, plagiarism) is a serious academic offence that can lead to disciplinary probation, suspension or expulsion from the University. Students are expected to be familiar with the standards surrounding academic honesty; these can be found in the University of Calgary calendar at <http://www.ucalgary.ca/pubs/calendar/current/k.html>. Such offences will be taken seriously and reported immediately, as required by Faculty of Arts policy.

Recording of Lectures:

Recording of lectures is prohibited, except for audio recordings authorized as an accommodation by SAS or an audio recording for individual private study and only with the written permission of the instructor. Any unauthorized electronic or mechanical recording of lectures, their transcription, copying, or distribution, constitutes academic misconduct. See <https://www.ucalgary.ca/pubs/calendar/current/e-6.html>.

Academic Accommodations:

Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services. SAS will process the request and issue letters of accommodation to instructors. Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their instructor. The full policy on Student Accommodations is available at

<https://www.ucalgary.ca/legal-services/university-policies-procedures/student-accommodation-policy>

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Research Ethics

Students are advised that any research with human subjects – including any interviewing (even with friends and family), opinion polling, or unobtrusive observation – must have the approval of the Conjoint Faculties Research Ethics Board. In completing course requirements, students must not undertake any human subject research without discussing their plans with the instructor, to determine if ethics approval is required.

Instructor Intellectual Property

Course materials created by instructors (including presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the instructor. These materials may NOT be reproduced, redistributed or copied without the explicit consent of the instructor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

Freedom of Information and Protection of Privacy (FOIP) Act:

Personal information is collected in accordance with FOIP. Assignments can only be returned to the student and will be accessible only to authorized faculty and staff. For more information, see <https://www.ucalgary.ca/legal-services/access-information-privacy>

Copyright Legislation:

See the University of Calgary policy on Acceptable Use of Material Protected by Copyright at <https://www.ucalgary.ca/legal-services/university-policies-procedures/acceptable-use-material-protected-copyright-policy> Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy.

Course materials created by instructors (including presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the instructor. These materials may NOT be reproduced, redistributed or copied without the explicit consent of the instructor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

Evacuation Assembly Points

In the event of an emergency evacuation from class, students are required to gather in designated assembly points. Please check the list found at <https://www.ucalgary.ca/risk/emergency-management/evac-drills-assembly-points/assembly-points> and note the assembly point nearest to your classroom.

Important Dates:

Please check: <http://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>.

Faculty of Arts Program Advising and Student Information Resources

- Have a question, but not sure where to start? The Arts Students' Centre is your information resource for everything in Arts! Drop in at SS102, call them at 403-220-3580, or email them at artsads@ucalgary.ca. You can also visit the Faculty of Arts website at <http://arts.ucalgary.ca/undergraduate>, which has detailed information on common academic concerns, including program planning and advice.

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- For registration (add/drop/swap), paying fees and assistance with your Student Centre, contact Enrolment Services at 403-210-ROCK [7625] or visit them in the MacKimmie Tower.

Important Contact Information

Campus Security and Safewalk (24 hours a day/7 days a week/365 days a year)
Phone: 403-220-5333

Faculty of Arts Undergraduate Students' Union Representatives
Phone: 403-220-6551
Email: arts1@su.ucalgary.ca, arts2@su.ucalgary.ca, arts3@su.ucalgary.ca,
arts4@su.ucalgary.ca
Students' Union URL: www.su.ucalgary.ca

Graduate Students' Association
Phone: 403-220-5997
Email: askgsa@ucalgary.ca
URL: www.ucalgary.ca/gsa

Student Ombudsman
Phone: 403-220-6420
Email: ombuds@ucalgary.ca

Campus Mental Health Resources

The University of Calgary recognizes the pivotal role that student mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive supports when needed. We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through the following resources:

SU Wellness Centre: <http://www.ucalgary.ca/wellnesscentre/>

Student Wellness Services:
<https://www.ucalgary.ca/wellness-services/services/mental-health-services>

Campus Mental Health Strategy website: <https://www.ucalgary.ca/mentalhealth/>.