INTERDEPARTMENTAL
SCIENCE STUDENTS'
SOCIETY

2025-2026

SCIENCE HANDBOOK

ABOUT THE COVER

Shifting Tides

Creator: Marina Banuet-Martinez
Department: School of Public Health
Place of Creation: Isla Natividad, Baja California Sur, Mexico.

This photo captures the night sky above a remote fishing island in Mexico, taken during my fieldwork in the summer of 2023. The image emerged from a reflective ritual I engaged in every evening after working alongside the community. I would spend a few quiet moments listening to the ocean waves and gazing up at the stars, allowing myself to process the day's experiences while soaking in the peaceful atmosphere. These moments offered beauty and marvel, yet also highlighted the remoteness of island life, a community that depends entirely on the sea and weather for income, food, and essential supplies. In the photo, two fellow researchers stand in stillness in front of the island's old lighthouse, contemplating the same vast sky that connects us all. My research explores how health and well-being are shaped by climate change and the deep socio-environmental interconnectedness found in ocean-dependent communities. This photograph reflects not just a place but a feeling, a call to honour local voices and work collectively to protect both people and the ecosystems.

We respectfully acknowledge that we are on Treaty 6 and Métis territory.

UNIVERSITY OF ALBERTA
FACULTY OF SCIENCE

INTERDEPARTMENTAL
SCIENCE STUDENTS'
SOCIETY

SCIENCE STUDENTS' HANDBOOK

2025 - 2026

Fall, Winter, Spring, Summer

DIRECTORS OF HANDBOOKS: Nabeeha Irfan, Shweta Mulpuri & Shaileshan Suntharalingam

SPECIAL THANKS TO: Maryam Tariq, and the Faculty of Science Student Services Team

In case of loss, please return to:

NAME: .....

PHONE: .....

EMAIL: .....

TABLE OF CONTENTS

MAJOR DATES FROM THE 2025/2026 ACADEMIC SCHEDULE

For the most up-to-date information, please visit uab.ca/calendar

FALL TERM 2025

September

August 30 - September 1 Orientation for new undergraduate students

1 Labour Day; University closed, Last day for undergraduate students to apply to for Fall Convocation.

2 First Day of Fall Term

15 Registration Deadline

25 Fall Term Refund Deadline for classes in the first six-weeks

30 Payment Deadline

30 University closed in honor of Truth and Reconciliation.

October

12 Refund Deadline

13 Thanksgiving Day; University closed

November

11 Remembrance Day; University closed

10-14 Reading week

December

2 Withdrawal Deadline, Fall Term Refund Deadline A/B Classes

8 Last day of Fall Term classes 10-22 Examinations

25-31 Winter Holiday Period; University closed

WINTER TERM 2026

January

1 New Year's Day; University closed 5 First Day of Winter Term

16 Winter Term Registration Deadline

23 Refund Deadline

February

4 Refund Deadline (A/B Classes)

6 Last Day to Withdraw from classes offered in 6 weeks

12 Registration system opens for Spring/ Summer 2024

16 Provincial holiday; University closed 17-20 Reading Week

March

2 Students' Union Election Forum (12:00 to 1:00 pm) in the Myer Horowitz Theatre (SUB). Classes withdrawn for this time period

13 Winter Term Refund Deadline

April

3 Good Friday; University closed

3 Withdrawal Deadline

6 Easter Monday; University closed

9 Last day of Winter Term classes 13-25 Examinations

SPRING TERM 2026

May

4 First Day of Spring Term

7 Payment Deadline

7 Registration Deadline (6 Week Courses & First 3 Week Courses) 11 Refund Deadline (First 3 Week Courses) 11 Withdrawal Deadline (First 3 Wk Courses) 18 Victoria Day; University closed

19 Refund Deadline (6 Week Courses)

22 Last Day (First 3 Weeks Courses)

25 First Day (Last 3 Weeks Courses)

28 Add/Delete Deadline (Last 3 Wk Courses)

June

1 Refund Deadline

8 (Last 3 Weeks Courses) Withdrawal Deadline (6 Week Courses & Last 3 Wk Courses)

10 Last day of Spring Term classes

11-12 Examinations

SUMMER TERM 2026

July & August Please see pages 138-141 or visit uab.ca/calendar for summer term dates.

FACULTY OF SCIENCE
DEAN'S WELCOME

Welcome - and welcome back - to the Faculty of Science! Whether you're new to campus or returning for another semester of studies, as Dean of the Faculty of Science it is my pleasure to greet you as a member of our faculty community.

In our faculty, you are part of a group of highly-qualified students studying everything from pharmacology to astrophysics, in programs that are top-ranked in Canada and around the world, including our expertise in artificial intelligence, ranked first in Canada in new 2025 rankings. With seven departments, the Faculty of Science's expertise is vast - and it is our privilege to play a part in your academic journey.

In our community, you'll find world-leading research being led by experts in their fields - who bring that discovery and innovation to your classrooms and labs. As a Faculty of Science student, you have the opportunity to integrate other experiences into your degree, such as research, internship placements and other
work-integrated learning, or becoming part of a student group. These experiences will lay the foundation for the rest of your career, and are part of a welcoming and inclusive environment where you can realize your goals and meet the high expectations that you've set for yourself.

Our students are not only leaders in academics, but athletics as well. The U of A's Golden Bears and Pandas Athletics is one of Canada's premier intercollegiate programs, and this past year 36 Faculty of Science students were recognized as Academic
All-Canadians for their academic and athletic excellence.

As we begin the Fall 2025 term, we are pleased that you've chosen the Faculty of Science for your studies - whether you are just beginning that journey, or if you'll soon be graduating and beginning a new chapter. I wish you all the best with your studies in the year ahead.

DECLAN ALI
Dean, Faculty of Science

INTERDEPARTMENTAL SCIENCE STUDENTS' SOCIETY WELCOME

Dear Faculty of Science Students and peers,

Welcome to the 2025-2026 academic year! On behalf of the Interdepartmental Science Students' Society (ISSS), we, your Co-Presidents, Christene and Parinika are thrilled to kick- off another exciting year in the Faculty of Science!

As your undergraduate faculty association, we are proud to represent the over 8000 undergraduates in our faculty and together with our incredible team of executives, councillors, directors, and volunteers, we're here to make sure your time in science is more than just labs and lectures. Whether you're looking for academic support, events to meet people, chances to advocate for change, or just a reason to feel a little more at home on campus, that's what we're here for.

ISSS exists for science students, by science students. This year, we're doubling down on listening to what you want to see more of, and we're committed to making space for every voice in this massive, vibrant, and diverse community we all share. On the next few pages, you'll find contact info for our executive team. Please don't hesitate to reach out to any of us whether you have questions, concerns, or just want to say hi. You can always email us directly at president@isss.ca, send us a message on Instagram (@isss_ualberta), or drop by the ISSS Office in CCIS 1-150 during office hours for an in-person chat.

The Faculty of Science is the largest at the university and with that comes incredible variety in interests, ideas, and opportunities. Over our years here, we've seen what happens when science students come together: new friendships, bold initiatives, incredible student groups, and real change on campus.

Finally, we hope this handbook helps you navigate the year ahead. From handy formula sheets to academic dates to ways to get involved on campus, there's something in here for everyone. Huge thanks to our VP Services and the Handbook Directors for putting it all together!

We're really proud to represent such a driven, creative, and resilient group of students, and we can't wait to see what we all accomplish together this year. Here's to a great year ahead you've got this, and we've got your back.

CHRISTENE SAJI & PARINIKA PAL

Presidents, Interdepartmental Science Students' Society

2025/2026
ISSS EXECUTIVE TEAM

PRESIDENT
Parinika Pal & Christene Saji (she/her)

VP ACADEMIC
Susan Huseynova (she/her)

VP ADMINISTRATION AND FINANCE
Ayesha Khan (she/her)

VP COMMUNITY
Jack Bates (he/him)

VP PROGRAMMING
Harika Singh (she/her)

VP SERVICES
Maryam Tariq (she/her)

ABOUT ISSS

We are your Science Faculty Association.

The Interdepartmental Science Students' Society (ISSS) pronounced "Ice", represents Science students to the University administration and the Students' Union. We encourage student engagement and exist to help you make the most out of your undergraduate degree.

We provide services, build community, and advocate on behalf of all undergraduate Science Students

WHERE TO FIND US

Visit: 1-150 CCIS (By the microwaves)	Office Hours: 9:00 am - 4:00 pm	Email: office@isss.ca	Web: www.isss.ca
Phone: 780-492-2099	Facebook: @ISSSUAlberta	Instagram: @isss_ualberta	Twitter: ISSS_UofA

REPRESENTATION

ISSS is a student organization built by students for students:

EXECUTIVES: Manage the day-to-day affairs of ISSS, and are responsible for representing and advocating for Science students.

COUNCILORS: Help direct ISSS's vision, ensuring the organization remains true to the principles that started it.

DIRECTORS: Each manage a unique facet of ISSS by develping projects, services, and events.

GENERAL VOLUNTEERS: Are needed for almost everything we do, from facilitating events to committees that make decisions at the faculty level.

INTERESTED IN GETTING INVOLVED?

- Executive and Councilor elections are held in *March*.
- Directorships are open to application in *April* and *October*.
- Volunteer applications are open starting *September*.
- By-elections are being held in *September-October* for positions, including:
  - Two first year Councilor
  - One second year Councillor

ISSS SERVICES

ISSS Services are brought to you by Sci 5!

AT-COST PRINTING

ISSS OFFICE (CCIS 1-150)
print@isss.ca I 9:00 am - 4:00 pm
The At-Cost Printing Service exists to provide students with another alternative for printing in the CCIS area, whether you need to quickly print something off or if you have large-scale printing you want to get done at a great price!
Our rates are 10 cents/page for black and white, and 20 cents/page for colour. Payments are by cash and credit card only. Please come with a USB key or laptop containing the document to be printed, or email the document to print@isss.ca.

CCIS BOOKINGS

isss.ca/bookings/ | vp.community@isss.ca
CCIS bookings is a service offered by ISSS to COSSA groups so they may host events in CCIS North Atrium (in front of Remedy Cafe) to promote their group ranging from informational events, fundraising events, ticket sales, etc.

DISCOUNT DEALS

While busy during the semester, it is important to take some time for self-care and what better to do so than use your free ISSS Discount Deals at your favourite local spots! Look out for potential discount deals throughout the year by staying in touch with our social media accounts. We have your back for all of your "non-academic" pursuits this year!

GRAD PHOTOS

subphoto.ca/science
Are you graduating this year? Not sure where you can get your grad photos taken? Well here is some good news! The ISSS has partnered with SubPhoto to offer Individual or "Basic" photo sessions to members of ISSS at NO CHARGE ($25.00 value). Limit of one free session per graduating student.

HANDBOOK

handbooks@isss.ca
This is your handbook! Included in the handbook is information about the ISSS's services, course-related resources, important university grading policies, and more. It is meant to be a helpful resource and for organizing your time as a science student. The SU also produces a handy student handbook.

ISSSberg

A lovely science student dresses up as a penguin named ISSSberg, the ISSS mascot.

ISSS REWARDS

isss.ca/isss-rewards/ | marketing@isss.ca
This is a brand-new initiative by ISSS that allows you to collect points that you can later redeem for prizes! ISSSRewards is the primary way you can be rewarded for engaging with your science faculty association!

LOCKER RENTALS

isss.ca/locker-rentals/ | lockers@isss.ca
Need a place to store your belongings during the day? Rent out a locker from ISSS! We have lockers in SAB, CAB, and CCIS that are perfect for holding your lab supplies, gym clothes, and heavy textbooks!
Prices: $10-$17 per Fall/Winter semesters and are free during Spring/Summer semesters.
You can reserve a locker online using your CCID or in-person at the ISSS office.

MICROWAVES

isss.ca/microwaves/ | vp.services@isss.ca
You can find microwaves provided by ISSS around all the science buildings, including directly outside the ISSS Office, so you'll be able to enjoy warm food during your hard-earned breaks!

MINI STUDY GROUPS (MSG)

isss.ca/msg/ | ministudygroups@isss.ca

MSGs are groups of 5-10 people taking the same class that meet weekly to work on problems together and study for upcoming midterms and finals. Each Mini Study Group is mentored by an upper-year undergraduate that excelled in the course. They are a great way to meet new friends and establish good study habits throughout the term! Join as a mentee or as a mentor!

USED BOOK SALE

isss.ca/usedbooks/ I booksale@isss.ca

We know that buying new textbooks and iClickers can be expensive, and that buyback options don't return as much of a book's value as you'd like. The ISSS's Used Book Sale is a central buying and selling place for Science textbooks and iClickers at the beginning of the Fall and Winter semesters in the PCL lounge (by the Remedy in CCIS).

SCHOLARSHIPS & PROFESSIOINAL DEVELOPMENT GRANTS

uab.ca/sciencementor I mentorship@isss.ca

We believe that all students should have the opportunity to grow as leaders and as citizens in our Science community. Thanks to SCI 5, there is now $15000 worth of Professional Development grants & Scholarships that will be awarded to students who demonstrate exceptional academic achievement, innovation and extracurricular involvement.

SCIENCE MENTORSHIP PROGRAM

uab.ca/sciencementor I mentorship@isss.ca

Welcome to the Science Mentorship Program at the University of Alberta!

Are you a newcomer to the U of A and eager to make the most of your university experience? Look no further! Our Science Mentorship Program is here to guide you every step of the way.

What makes us stand out?

- A Diverse Team of Science Mentors: Our program is fueled by a passionate and diverse group of Science Mentors who are dedicated to creating a warm and inclusive environment for all newcomers. With mentors from various backgrounds and disciplines, you'll find the perfect match to support your unique journey.
- Proven Peer Mentorship: Research has shown that peer mentorship directly contributes to student progression and success. By being a part of our Science Mentorship Program, you gain access to invaluable guidance and support, helping you thrive in the campus community.
- Motivated, Resourceful, and Engaged Mentors: Our Science Mentors are not just volunteers; they are driven, resourceful, and fully engaged in your success. Their genuine care and enthusiasm for your growth will empower you to overcome challenges and seize opportunities.
- Personalized Support Throughout the Year: Imagine having a senior student mentor to lean on throughout your academic journey. Our Science Mentors offer one-on-one support, helping you navigate university life with confidence and clarity.
- Collaboration for Success: The Science Mentorship Program is a joint initiative between the esteemed Faculty of Science and the Interdepartmental Science Students' Society. With the combined expertise of these institutions, you can trust that your success is in capable hands.

Don't miss this chance to flourish! Join the Science Mentorship Program today and embark on a transformational journey of growth and belonging.

Learn more and sign up at uab.ca/sciencementor. Let's make your university experience exceptional!

For any inquiries, reach out to mentorship@isss.ca, and our team will be thrilled to assist you!

Take charge of your academic success with the Science Mentorship Program at the U of A. Together, we'll make your time at university truly unforgettable!

ISSS EVENTS

ISSS Events are brought to you by Sci 5!

SCIENCE WEEK 2026

Mid-January 2026

Science week is back! Compete against each other by showing off what you got in Arcade Games and bring the glory of victory to your team and win prizes! Join us for our daily fun evening events! No matter where you are, you can join us and have some fun while connecting with others from your Faculty. Don't miss out on a chance to win ISSS Reward Points just by participating as well!

WELLNESS WEEK

Mid-March 2026

Amidst all the stress of exams 2 months into the semester, Wellness Week is an event that promotes mental health for faculty of science students. Throughout the week, take part in relaxing and fun activities with the opportunity to win awesome prizes! Additionally, listen to meaningful guest speakers that will fuel your motivation as you reach the homestretch of winter semester.

INSTRUCTOR APPRECIATION NIGHT (IAN)

Nominated personally by undergraduate science students, these outstanding instructors are awarded IAN Awards at our annual event. Did we mention that the event is FREE for all U of A staff, students, and faculty and includes a free three-course dinner? If any of this interests you (or you like FOOD) be sure to come out to celebrate at IAN, as well as nominate your favourite instructor.

VOLUNTEER APPRECIATION NIGHT (VAN)

The ISSS' annual Volunteer Appreciation Night, or simply just VAN, is an event that celebrates the spirit of volunteerism and recognizes individuals who make exceptional contributions to ISSS through volunteer programs and administration. Nominated by fellow undergraduate science students, these outstanding volunteers are awarded VAN Awards at our annual events.

SCIENCE CARNIVAL

ISSS hosts a science carnival and a variety of events to provide an excuse to take a break from studying and more often than not includes FREE food, so stay tuned to the ISSS Facebook and Ins-tagram pages for any events that might interest you this year!

The Science Student Handbook is brought to you by

SCI 5
Your Five-Dollar Science Community Investment

What is Sci 5?

Sci 5 is a faculty association membership fee (FAMF) that all science students pay as a part of their tuition to support and fund the activities of the Interdepartmental Science Students' Society (ISSS) and all of the departmental and program associations under the Faculty of Science.

Purpose: Enable the ISSS to continue to fund events (p.10), services (p.8), advocacy (p.12), and support for Departmental and Program Associations (p.19) collectively referred to as the Council of Science Student Association (COSSA) groups, as well as related science student groups and activities.

Sci 5 Basics

Duration: 4 Years

Fall 2022 to Winter 2026

Cost: $5.00 CAD / Term

Mechanism: Opt Out

Online or in the ISSS Office

Who is Impacted?

14,000+ Science Students

32 COSSA Groups

200+ Developing Leaders, Advocates & Mentors

Individuals like You

Faculty Comparison

Nursing: $12.50 / Fall Term

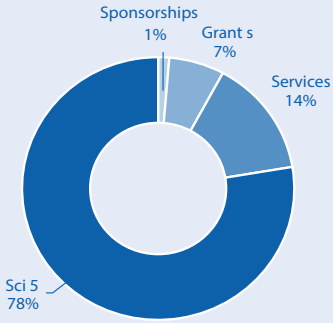
Business: $10.00 / Term

Engineering: $10.00 / Term

Law: $50.00 / Fall Term

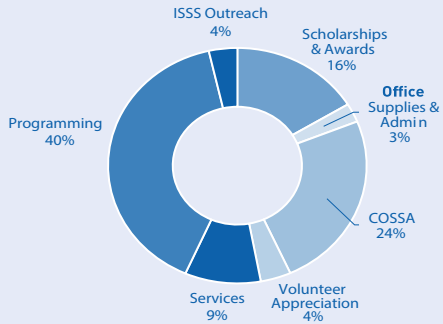
Augustana: $65.00 / Term

SCI 5 is 78% of ISSS's Income



BUDGETED REVENUE = $76,000

Where does the money go?



BUDGETED EXPENSES = $99,785

If you would like to opt out of the SCI 5 fee for this upcoming semester or if you have any questions or concerns about SCI 5, please feel free to visit us at ISSS office (CCIS 1-150) or to email vp.adminfinance@isss.ca.

UNI 10X: Intro to Sci Student Life

The following includes some hopefully useful advice and resources to help you navigate your science degree. Some resources may be altered due to COVID - 19. For more comprehensive information please visit:

Campus Life

Please note the advice expressed here is that of the people involved in the making of this handbook, and does not necessarily represent that of the Faculty of Science.

TIPS & TRICKS FOR NEW STUDENTS

- Bring your lab manual and wear your personal protective equipment (PPE) to chemistry and biology labs. Meaning: closed-toed shoes, safety glasses, lab coat and no skin exposed on your legs, ankles, and feet. Check out more lab tips on page 14.

- Download Microsoft 365 for FREE at ualberta.onthehub.com.

- Introductory labs do not start before your first lecture. You can check your lab room assignments and start date ahead of time:
  - Biology, Chemistry, Earth & Atmospheric Sciences and other lab courses will likely have their information listed on eclass.

- The Syllabus is the outline of your course. It defines the objectives of the class, your instructor's office hours, required texts, how the class will be graded, the due dates for assignments, and more.

- Be sure you can access online material on eclass, and stay up-to-date on class announcements via your ualberta email.

- You can wirelessly send documents to print at a OneCard printer from your personal devices. Follow the instructions at onecard.ualberta.ca/copying-and-printing.

- Do not hesitate to reach out to the instructor if you have questions or want to talk over course material. You can make an appointment or drop in during office hours, and most instructors can be contacted via email.

- Time management is a very useful skill to develop. Consider reading over the Time Management Strategies on page15.

- You are more than your grade. Health and Wellness resources on pages 16 & 30.

TEXTBOOKS

Do your research before buying textbooks:

- Check with your instructor to see if the textbook is needed routinely throughout the course or if it is a recommended resource.
- Recommendations when buying used:
    - ° Join the "U of A Used Books For SALE!", "UAlberta Textbook Exchange", "UofA Textbooks For Sale", and related Facebook groups.
    - ° ISSS's Used Book Sale takes place at the beginning of the Fall and Winter semesters in the PCL lounge.
    - ° Make sure to double-check the price of an individual online access code (often bundled with a new textbook) if it's required for the course.
- Ask the instructor if an older edition is usable and if they can provide you with page numbers or required content from the newer edition.
- Search online (Library Genesis & ZLibrary) and consider an eBook.
- UofA libraries have textbooks on reserve.
    - ° Check out library.ualberta.ca for more information.
- bookstore.ualberta.ca has your complete list of required texts.
- bebooksmart.ca has more advice for saving on textbooks from the Students Union.

CLASS STRATEGIES

Studying is a big part of the university experience as you are gonna spend a lot of time getting to know some really interesting topics. Finding out what strategies for learning and thinking critically are effective for you is a part of this process.
Below are some general approaches and tips:

Lectures

- Go prepared: Skim and develop questions, review previous lecture notes, read assigned textbook sections, and download slides onto your favourite note-taking app/print-off pre-lecture notes.
- Ask questions and think actively about the concepts and material.
- Listen to the advice that the instructor gives in the first week about how to approach their class.
- Post-lecture: Ideally review within 24hr, identify and fill gaps in understanding, and summarize/map connections between lectures.

Apps

Technology has changed the ways we can learn. The following are some popular computer/mobile applications that can be used to aid studying:

- Note-taking:
  OneNote, Evernote & Notion
- Time Management:
  Google Calendar
- To-Do Lists:
  Google Keep & Todoist
- Flash-card apps:
  Anki & Quizlet
- Staying Focused: LeechBlock, Digital Wellness & Cold Turkey
- Wellness:
  WellTrack UAlberta & Woebot

Labs

Special thanks to Hayley Wan, Kyle Foster, Mariel Hagen, Melissa Roach, Christine Williams, Carla Starchuk, Darrin Molinaro, and Yoram Apleblat for passing on their insights.

Lab tips from the lab coordinators for introductory lab courses.

- It is important to come prepared. This typically involves: reading the lab manual, visualizing what you'll be doing (How? Equipment? Time gaps?), doing pre-lab, seeing complementary material on eclass, asking for clarification, bringing Personal Protective Equipment (PPE), and taking notes during the pre-lab presentation.
- Stuff will go wrong but do not panic. Think the problem through, and discuss it with your T.A and peers. Learning to problem-solve safely is a meaningful skill to gain during labs.
- Most of the emphasis is placed on understanding and method, not the result.
- The goal of most labs, and lab assignments/reports, is to teach technical and transferable skills. Such as time management, scientific & group communication, and problem-solving skills.
- Labs are meant to be supplementary to the lectures and will not always align chronologically with, or focus on, course theory.
- Teaching Assistants (T.As) are there to foster growth and facilitate learning. Most can be reached via email for course and lecture questions. Please be understanding if they don't respond right away, they are students too. Everyone is here to learn :)
- Resources available in most labs include: lab manual, T.As, help room, Decima Robinson Support Centre, eClass, course instructor, lab coordinator, and the internet.
- Plagiarism is not tolerated and will be subject to penalties. Verbal discussions are allowed, but do ask the T.A if unsure of what constitutes plagiarism. (page 17)
- If you have accessibility and religious accommodations, please communicate with the lab coordinator within the first 2 weeks of the semester.
- Try and enjoy yourself, labs are an opportunity to learn hands-on what may or may not interest you in the future. You are more than your grade.

Exam Prep

1. Preparing for Exams

- Try and enjoy yourself, labs are an opportunity to learn hands-on what may or may not interest you in the future.
- Know what to expect from the exam and make a plan (pages 32 & 82). Ask yourself: Included content/lectures/chapters/categories? Need to bring materials? Cumulative? Format? Weight?
- Practise using old exams, or assignments.
- Do not hesitate to reach out to your instructor/ lab coordinator/ T.A for assistance, the sooner the better.
- Self-care is a necessary component of exam prep.
- Explore different study spots. Examples: UofA Libraries, ECHA, 8th-floor DICE.
- Different classes require different approaches.
  - ° Content/memorization heavy courses (e.g biology): Explaining it to someone else, flashcards, summarizing notes, re-writing notes.
  - ° Process-focused courses (e.g math): Going through practice questions and exams, making up your own, making a "cheat sheet" with all formulas or mechanisms.
  - ° Active Recall/Retrieval Practice: Write or sketch everything you know then check your class materials for accuracy and important points you missed
  - ° Spaced Repetition: Incorporate increasing intervals of time between subsequent reviews of previously learned material. More time spent on what you don't know.
  - ° Pomodoro Technique: To avoid burn-out during long sessions of studying: Work for 25 - 50 min on a single task/group of tasks, then break for 5 -10 min. Every 4 Pomodoro take a longer 15 - 30 min break.
  - ° Make a list of questions of things you don't understand, and as you proceed further in your studying go back and try to answer them.

2. Taking Tests

- Review the instructions and prioritize questions.
- Budget your time according to weight and your understanding of the question.
- Persevere: Stress can interrupt our memory recall. Don't panic if you don't immediately remember something. Just keep working as often a later question will trigger the memory you were trying to retrieve earlier.
- If something is unclear to you, ask so that you will have better information with which to determine your answer.
- An answer is better than no answer.

3. Post Exam

- Review the exam.
- Make a list of the questions you missed & identify their source or origin (unit, topic, lecture, text). and level of complexity (fact, concept)
- Identify the cause of your error. Examples:
  - ° Studied for recall when the exam required analysis and/or application.
  - ° Focused on textbook readings over lecture notes, or vice versa.
  - ° Ran out of time.
- Look for patterns in your errors, and make adjustments in your preparation based upon those patterns.

Dealing With Low Marks

- Speak to your professor for advice.
- If you cannot recover in a course, consider the pros and cons of withdrawing with a science student advisor. You would receive a "W" on your transcript, which does not have a weight in your GPA.
- Do not hesitate to connect with health and wellness resources (page 16) if stress or personal concerns are negatively impacting your grades and wellbeing.

The "Curve"

Some junior courses are graded on a rough distribution. This means that you may be graded relative to the rest of the class on a bell curve such that the average grade is set at ~B-, regardless of the percentage received on exams and assignments. Please double-check with your syllabus/instructor for the assessment and grading policy in each individual course.

Time Management Strategies

Consider building/following a student schedule in this Handbook/Google Calendar. Include everything: 1. Assignment/exam dates (with weight percentage on overall grade), 2. Personal life, 3. Lab Experiment Schedule/Lab Report Deadlines/Lab Exams, 3. Lectures, 4. Seminars, 5. Office hours, 6. Breaks, 7. Study/work blocks for specific exams/assignments (1h lecture: 2.5h+ studying), 8. Flex-time, 9. Work, 10. Volunteering, 11. Exercise, 12. Meals/meal prepping, 13. Life maintenance/laundry etc.

- Monitor/adjust the schedule as needed.
- Can help reduce stress by quantifiably visualizing and setting aside adequate time for all that you need to.

L.E.N.S

List your to-dos.
Estimate time it takes to do each task.
Number or prioritize in terms of importance and urgency (i.e wieght percentage of assignement)
Schedule when task can be completed .

S.M.A.R.T Goals

Specific.
Measurable.
Actionable.
Relevant.
Time-Bound.

HEALTH AND WELLNESS

The following information is based on the Office of Alumni Relations' "A check-in on mental health" pamphlet.

Check in with yourself

To be healthy, we need to regularly check in on our physical, mental and social well-being. Mental wellness is an important part of our well-being, yet we often have trouble knowing how to achieve it.

A little practice can help. Here's how to check in with yourself:

1. Consider your mental health needs: Security, decision making, physical activity, and positive social connection.
2. Create a daily mental wellness routine: Nutrition, sleep, self-affirmation and gratitude, labelling negative thoughts, enjoyable activities, and healthy social interaction (what works for one person may be different than your needs)
3. Recognize concerning mental health. Notice:
   - How you feel: Excessive or extreme sadness, worry, apathy, etc., lasting more than two weeks.
   - How you think: Confusion, memory and concentration problems.
   - How you act: Agitation or restlessness, physical complaints with no cause, changes in eating and sleeping
4. Address mental health challenges:
   Connect with people you trust - friends, family, teachers, co-workers, campus staff or services etc (page 28) .Trust your instincts and talk to a doctor,nurse, social worker psychologist if you need to.

It takes courage to reach out and let others know you're struggling, but it enables you to get the support you need.

Check in with others

We don't need to be mental health experts to support others. Creating or being part of someone's support network is important. And it means the care the person needs comes from many people.

1. Approach a person you think may need support:
   - Share your concern about changes you've noticed in them.
   "I've noticed that you've seemed a little down lately",
   - Ask them how they're doing in a way that's compassionate to the changes
   "I'm wondering how you're doing?"
2. Invite them to talk about how they are feeling:
   - Ask open-ended questions and practice non-judgemental listening.
   "That sounds really hard." or *"it must be difficult right now"*
   - Share struggles that you've had to show they're not alone.
3. Refer a person who needs more formal support:
   - Talk with them about professional services that might be useful. *"I don't know what I'd do. What do you think about getting some experienced advice?"*

If you believe an individual is at immediate risk of harm to themselves or they need immediate formal intervention:

- Ensure that person is not left alone.
- Offer to accompany them to an emergency or crisis service.
- Call 911 if they refuse help.
- Take threats of suicide seriously.

If you have concerns or questions, consult with a professional on your helping experience.

- For a student, contact Counselling and Clinical Services (780-492-5205) or the Community Social Work Team (780-492-3342).
- For a staff member, contact the Employee and Family Assistance Program.
- For more information and resources, visit uab.ca/needhelp and page 28.

NAP SPOTS

For those days when you have a midterm in the morning, a lab in the afternoon, and an assignment due at midnight:

- Quiet room in SUB basement
- Hallway between AGFOR and second floor SUB
- Education South Lounge
- Rutherford Library Pods
- A desk

LETTER GRADING SYSTEM

Grade Point Average (GPA): All courses have been assigned a weighting factor, which along with a student's grade point values, enables the Registrar's Office or the Dean's office to compute the Grade Point Average. The GPA is a measure of a student's weighted average, obtained by dividing the total number of grade points earned by the total units of course weight attempted.

Course Grades Obtained by Undergraduate Students:

Descriptor	Letter Grade	Grade Point Value
Excellent	A+	4.0
	A	4.0
	A-	3.7
Good	B+	3.3
	B	3.0
	B-	2.7
Satisfactory	C+	2.3
	C	2.0
	C-	1.7
Poor	D+	1.3
Minimal Pass	D	1.0
Failure	F or F4 F4 denotes eligibility of a student	0.0

CODE OF STUDENT BEHAVIOUR

Students are expected to engage in the highest level of honesty in their work. The onus is on students to understand the University of Alberta's expectations regarding academic integrity. It is possible, however, to violate academic integrity even if you believed you were being honest. Not knowing is not an excuse.

The University of Alberta is committed to the highest standards of academic integrity and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of the University. Students are particularly urged to familiarize themselves with the Code of Student Behavior, and avoid any behaviour that could potentially result in suspicion of cheating, plagiarism, misrepresentation of facts and/or participation in an offence. Any offence will be reported to the Associate Dean of Science who will determine the disciplinary action to be taken. Anyone who engages in these practices will receive at minimum a grade of zero for the exam or paper in question and no opportunity will be given to replace the grade or redistribute weights. As well, in the Faculty of Science, the sanction for cheating on any examination will include a disciplinary failing grade and senior students should expect a period of suspension or expulsion from the University of Alberta.

Please visit the Uni's Academic Integrity page for more resources including instructional videos.

CALCULATOR POLICY

As of fall 2022, students will no longer be required to have a calculator sticker in Faculty of Science courses. Students in other faculties (such as Engineering and ALES) attending Science courses should check with their home faculties.

PROGRAM PLANNING ADVICE

- It is IMPORTANT to familiarize yourself with sections of the University Calendar relevant to your program and to refer to it throughout your degree: uab.ca/calendar
- Discuss your options and plan with your program advisor. Visit
- Think about what classes you would like to take in subsequent years, and plan to take the required prerequisites.
- It may be handy to make a flowchart or spreadsheet of the sequence of courses. Note that some courses are only available on a 2-year rotation.
- Weigh the benefits and shortcomings of extending your degree beyond four years with your program advisor.

SCIENCE INTERNSHIP PROGRAM (SIP)

uab.ca/scienceInternship

Are you interested in gaining relevant and valuable work experience as a Faculty of Science student? Apply now for the Science Internship Program! The Science Internship Program allows students the opportunity to gain full-time, paid work experience for 4, 8, 12 or 16 months. This program is a great way to network with potential employers, test drive your career and gain applicable work experience as an undergraduate student. Students are eligible to apply after their first year.

UNDERGRADUATE RESEARCH

Get involved in research during your undergrad through:

- Special topic and research courses starting in year 2
- Certificates
- The Undergraduate Research Initiative (URI) (Page 25)
- Working in a department research lab (during spring/summer)
- Contact professors and researchers at the University whose research interests you
- The Southern Africa Field School (SAFS)
- Bamfield Marine Science Centre
- Student Groups
- Contacting your program advisor (page 23)

CERTIFICATES

The Faculty of Science offers certificates to graduating students which formally acknowledge that students have studied particular themes. These themes can be concentrations within a discipline, or subjects that cross interdisciplinary boundaries.

Science Certificates

- Research Certificate in Science (Biological Sciences)
- Research Certificate in Science (Psychology)
- Certificate in Biomedical Research (Departments of Biochemistry, Cell Biology, Pharmacology and Physiology)

Other Certificates

- Certificate in Game Development
- Certificate in Engaged Leadership and Citizenship in Arts and Science.

CAMPUS LIFE INVOLVEMENT

At the University of Alberta, there's a wide range of opportunities to get involved with student groups and associations, volunteer opportunities, gain experiences, as well as engage with the campus community. More can be found on BearsDen or during Fall/Winter Clubs Fair.

COUNCIL OF SCIENCE STUDENT ASSOCIATIONS (COSSA)

https://isss.ca/cossa/
COSSA (Council of Science Student Associations) is a collection of science-related student groups. It includes Departmental Associations, Program Associations, and student groups that relate to science. This body is a valuable way for the ISSS to receive guidance to better represent science students and the groups of which they are a part.
Getting involved with a science student group is a great way to get more integrated with your degree.

Departmental Associations

Chemistry Students' Association

The Chemistry Students' Association (CSA) is led by a group of dedicated undergraduate students who work to connect and represent undergraduate chemistry students at the University of Alberta. The CSA hosts a variety of events throughout the year, including Meet the Prof Night, Research Night, Trivia night, and many more! Our goal is to provide undergraduate chemistry students with opportunities that will benefit them now and in their future careers. You can find us in CHEM E3-15 in the Gunning/Lemieux Chemistry Centre on Main Campus! Please email chemsa@ualberta.ca if you have any inquiries. Follow us on instagram @chemauofa

Mathematical Sciences Society (MSS)

The University of Alberta Mathematical Sciences Society aims to provide a welcoming, safe, and inclusive space for all students interested in the mathematical and statistical sciences to explore their interests, pursue their passions, and collaborate with their peers, regardless of their particular area of study. We encourage senior undergrads to act as mentors to those just beginning their post-secondary careers. Further, members of MSS are encouraged to think creatively about mathematics and explore topics outside the scope of undergraduate coursework.

Undergraduate Association of Computing Science (UACS)

We are the link between faculty and the student body, and are here to help you with all your CS (computing science) related concerns! We offer a range of services including locker rentals for the CSC (Computing Science Center), help in finding a tutor or answering questions you may have about courses, such as assignments, tests and what classes are like. Our office is located at CSC 1-40. Please come by and say hello! We're a fun and chill space to hang out between classes, get advice, and make new friends!

Undergraduate Psychology Association (UPA)

We are a student group run by Psychology students, for Psychology students. We organize social and academic events, hold volunteer and career fairs, provide mentorship through our Peer Mentorship program, provide Departmental news through our newsletter, provide student discounts to local businesses, and advocate for Psychology students' interests. Follow us on instagram @upa_ualberta.ca

Program Associations

Biochemistry Science Student Association (BSA)

We are a group of biochemistry students and enthusiasts who bond through our shared interest and provide academic and early career support for our members. We also hold information sessions about tutoring groups and lab tours to help students understand what biochemistry is all about. We provide a space to foster close friendships and opportunities to get to know the Department. We also provide access to a study and lunchroom in the Medical Sciences Building!

Geography and Planning Students' Society (GAPSS)

The Geography And Planning Students' Society (GAPSS) advocates and supports students in the Human Geography and Planning programs at the University of Alberta, or students interested in issues surrounding Human Geography and Planning. GAPSS strives to create a welcoming community for students to explore planning issues and create relationships through social events, knowledge functions, and information sessions.

Immunology and Infection Student Association (IMINSA)

The Immunology and Infection Students' Association serves develop a cohesive and effectual network of Immunology and Infection students, university professors, and the academic and business worlds in general. Our group achieves this by hosting academic and social events, awareness campaigns about current issues regarding immunology and infection, as well as facilitating interactions between faculty and undergraduate students in the Immunology and Infection program. We hope to act as a source of valuable information for prospective, continuing, and interested students.

Neuroscience Students' Association (NSA)

The Neuroscience Students' Association exists to foster the undergraduate Neuroscience community at the University of Alberta. We are your resource base for socials, research and volunteer opportunities, NSA merchandise, and academic contacts. Look out for our annual research mixer and lab tours with NMHI professors. Our members, and are striving to promote a strong and vibrant science community. Please don't hesitate to get in contact with us through email (neuro@ualberta.ca) or our instagram (@ualbertansa)

Organization of Botany Students (OBS)

The Organization of Botany Students is a University of Alberta student organization that has existed for over 40 years. We run as a Departmental Association within the Department of Biological Sciences and encourage botanical interests among undergraduate and graduate students. We run a variety of events including our biannual plant sales, plant growing workshops, herbarium Thursdays, and our Big Things Walk. We also host meetings, seminars, movie nights and a number of other events, as well as offering an undergraduate scholarship! The members of the club have a wide range of backgrounds from a variety of faculties. We welcome people to stop in at B-109 BSB.

The Molecular, Cellular, & Developmental Biology Students' Association

The Molecular Cellular & Developmental Biology (MCDB) students' association aims to provide resources for students in the MCDB program. This includes social events to connect with fellow peers, guidance/mentorship programs, study groups, and providing up-to-date genetics news. The goal of this organization is to make resources available to students.

Pharmacology Students' Association (PSA)

The PSA intends on educating undergraduate students about the field of pharmacology, and career and learning opportunities available within the area of drug research and development. The PSA aims to foster a sense of community and involvement amongst undergraduate students within the Pharmacology Department.

P.S Warren Undergraduate Geological Society (PSW)

The P.S. Warren Geological Society stands to bring the EAS community together at the U of A. We organize mixers and other fun events with the hope that students, professors, and other faculty will get to know each other better. Whether you're specializing in Geology or Environmental Earth Sciences, an EAS major or minor, or are simply interested in all things rocks, we'd love to have you as a member. Our clubroom is Tory 3-87 and we'd love to see you there sometime!

Undergraduate Astronomy Society

An organization that welcomes undergraduate and graduate students with a keen interest in astronomy. Our group allows both astrophysics and non-astrophysics students to interact at various social and educational events. These functions include observing nights, study sessions, informal talks, and other fun formal and informal gatherings. Our goal is to improve members' campus experience by connecting them with like-minded people who love space! If you have any questions send us an email at ua.uas@ualberta.ca

Undergraduate Cell Biology Students' Association (UCBSA)

As a group, we want to provide services and events that improve the experience of students, both in classes and in research, and we want to foster a strong community where students feel supported and involved, and can make connections with other students.

Undergraduate Physiology Students' Association (UPSA)

The UPSA is dedicated to promoting unity and enthusiasm among current and prospective Honors Physiology students. We provide academic support in the form of seminars and peer assisted learning, coordinate lab tours for students to learn about the research of Physiology professors, and organize social events such undergraduate student mixers. Please contact us at upsa@ualberta.ca or check out our Instagram account @ualbertaupsa for more information about us.

Interest Groups

Science Fundamentals (SF)

Science FUNdamentals is a registered charity and student group that aims to enhance elementary science education using interactive demonstrations. We have activities from buoyancy/surface tension to genetics/human physiology. Become a classroom demonstrator or join one of our fabulous committees!

TeamUP Science

TeamUP Science is run by a team of passionate University of Alberta students. From STEAM-based competitions, to workshops, to classroom talks that take place in schools all across Alberta, the executive team of TeamUP Science plans, advertises, and host events that inspire youth in the fields of STEM.

University of Alberta Chapter of the Wildlife Society (UACTWS)

The primary goals of the UofA Chapter of the Wildlife Society are to encourage communication among members in the Wildlife Society, augment educational opportunities for students in natural resource science, and prepare student members for a future in the wildlife profession.

University of Alberta Women in Science and Engineering (UA-WiSE)

UA-WiSE (University of Alberta Women in Science and Engineering) is a student group that supports all undergraduate students underrepresented in fields including science, technology, engineering and mathematics.We plan events that focus on topics such as mentorship, networking, different careers in STEM (science, technology, engineering and mathematics) and the challenges of working in a non-traditional field.
students in the wonderful world of neuroscience!

Ada's Team (ADA)

Ada's Team is a student group based in the Department of Computing Science and our goal is to promote diversity in STEAM, with an emphasis on technology. We offer various initiatives and resources such as free tutoring/mentorship, scholarships/conference funding, workshops, and industry experience. We welcome and advocate for people of all genders, races, ethnicities, religions, abilities, sexualities, social classes, and any other minority groups; we want to create a safer space here at the University of Alberta. Find out more about us at adasteam.ca!

Pre-Medical Students' Association

Founded in 2005, the PMSA was created to provide the necessary information and support to students seeking a career in medicine. Our goal is to bridge the gaps between the interdisciplinary fields within medicine and truly foster the journey of all pre-medical students regardless of their pathways to a medical career. We provide events, seminars, and information throughout the academic year relating to medical/pharmacy/dental school admissions, undergraduate research opportunities, and tips for finding success in undergraduate/graduate studies. Our group is open to all students and strives to ensure that our resources are always cost-free and easily accessible.

Google Developers Student Club (GDSC)

The purpose of DSC will be to impact and empower students through understanding, using, and reflecting on technology. The DSC will host information sessions, hands-on workshops, and student-community collaborative projects centered around the latest and greatest in technology, all with the support of Google and Google Developers. The DSC will enhance the educational, recreational, social, or cultural environment of The University of Alberta by being inclusive to all students, transferring knowledge to students, forging closer relationships between students and local businesses in the community, and promoting diversity in the tech community.

Help Young Minds

Often, students may be required to be absent from school due to health-related issues. Others may not be able to access the resources they need to succeed due to socioeconomic reasons. Our mission is to help assist those in our community who do not have access to the resources they require for their education. We want to support all children who cannot attend school for some time or need extra help but are having difficulties finding the right resources or finances for that help. The resources we currently offer include free tutoring, educational videos to help facilitate learning, and weekly blog posts to guide all students on their academic journeys providing the support they may require.

NeuroReach

NeuroReach is a student-led organization dedicated to fostering the development of the next generation of neuroscientists by exposing high school students to neuroscience and empowering them to pursue the field further. We aim to achieve this mission through a combination of inclusive outreach, neuroscience events, and competitions aimed at high school youth with a specific focus on high school youth from underrepresented groups. For instance, we aim to partner with youth centers and high schools in order to provide volunteers with speaking opportunities that will allow our group to engage youth within our communities, create accessible neuroscience events for high school students, and more. Join us as we work to immerse high school students in the wonderful world of neuroscience!

Journal

Eureka Undergraduate Science Journal

Eureka Undergraduate Science Journal is a student-led journal based out of the University of Alberta, funded primarily by ISSS. This journal offers undergraduate scientists across Canada the unique opportunity to share their discoveries with the scientific world. Our mission is to support and promote quality, peer-reviewed research and editorial/review pieces by undergraduate scientists, and inspire young researchers to continue in their field. Eureka hosts an annual research symposium where students can showcase their work, as well as cover photo contests, student researcher spotlights, and other opportunities to engage with the journal. Questions can be directed to eureka@isss.ca.

SOURCES FOR

Information and Advice

THE UNIVERSITY OF ALBERTA CALENDAR

uab.ca/calendar

The University of Alberta Calendar is the university's official source of information about academic regulations, programs of study, academic standards, degree requirements and University policies.

- It's actually a website, not a physical calendar with cute pictures of the month.
- It is IMPORTANT to familiarize yourself with sections relevant to your program and to refer to it throughout your degree.

THE UNIVERSITY OF ALBERTA CURRENT STUDENTS WEBSITE

ualberta.ca/current-students

A comprehensive all-purpose directory for student services. From feeling financially secure to managing your time, your experiences — positive and negative — impact other areas of your life. Student services, resources, and support help you find balance, create growth, and build your success as a student.

UNIVERSITY OF ALBERTA INTERNATIONAL STUDENT & VISITOR SERVICES

142 Telus Centre I 780-492-2692

ualberta.ca/international-student-services I 8:30 am - 4:30 p.m. (Fall/Winter Hours)

The International Service Centre (ISC) is the inter-cultural heartbeat of the University; a place where the University connects with the world. The Centre provides a range of services and programs for international and Canadian students, university staff, and the broader community. We are the first stop for international students seeking assistance, and a great resource for anyone interested in exploring global issues.

FACULTY OF SCIENCE STUDENT SERVICES

1-001 CCIS I 780-492-7033 I advisor.science@ualberta.ca

ualberta.ca/science/student-services I 8:15 am - 12:00 pm and 1:00 pm - 4:15 pm

Faculty advisors are here to provide you with information on degree planning, your academics, participating in the Science Internship Program (SIP), connecting you with science study abroad opportunities, and more.

THE STUDENTS' UNION

2-900 SUB I 780-492-4241 I uasu.ca

The Students' Union is a multifaceted, student-run organization whose mission is to serve and engage students. As an automatic member of the SU, you get access to a variety of student-centric events, businesses, and services. Including everything from financial assistance for students in need, to mental health support, and social activities.

DEPARTMENT STUDENT SERVICES OFFICES OR GENERAL OFFICES

Department	Location	Email	Phone Number
Biochemistry	5-81 Med Sci	undergrad@biochem.ualberta.ca	780-492-5006
Biological Science	CW 405 Bio Sci	biougrad@ualberta.ca	780-492-3484
Cell Biology	5-14 Med Sci	cellbio@ualberta.ca	780-492-3355
Chemistry	W4-39 Chemistry Centre	undergrad@chem.ualberta.ca	780-492-3254
Computing Science	2-32 Athabasca Hall	csugrad@ualberta.ca	780-492-2285
Earth & Atmospheric Sciences	1-26 ESB	eas@ualberta.ca	780-492-3265
Mathematical & Statistical Sciences	632 CAB	mssugrd@ualberta.ca	780-492-3396
Neuroscience	2-132 Li Ka Shing	nmhiedu@ualberta.ca	780-248-2018
Pharmacology	9-70 Med Sci	pharmacology@ualberta.ca	780-492-3575
Physics	4-181 CCIS	physugrd@ualberta.ca	780-492-5287
Physiology	7-55 Med Sci	physiology@ualberta.ca	780-492-1238
Planning	1-26 ESB	nlamonta@ualberta.ca	780-492-3265
Psychology	P-217 Bio Sci	psyscience@ualberta.ca	780-492-5216

SPECIALIZATION AND HONORS ADVISORS

Department	Location	Advisor	Email	Phone Number
Biochemistry	5-81C Med Sci	Dr. A. Wright (Surname A-M)	awright@ualberta.ca	
	5-79 Med Sci	Dr. J. Parrish (Surname N-Z)	jparrish@ualberta.ca	
Biological Science	For information on advisors for each BioSci program please see the website: https://www.ualberta.ca/biological-sciences/undergraduate-studies/contact/advisors.			
Cell Biology	5-14 Med Sci	Ms. McCormack	smccorma@ualberta.ca	780-492-8207
	5-23 Med Sci	Dr. Eitzen	geitzen@ualberta.ca	780-492-6062
Chemistry	W4-39 Chemistry Building	Dr. McDermott	undergrad@chem.ualberta.ca	780-492-4969
Computing Science	232 Athabasca Hall	Ms. Gannon	csugrad@ualberta.ca	780-492-3708
Earth & Atmospheric Sciences	3-273 CCIS	Dr. Myers (ATSC)	pmyers@ualberta.ca	780-492-6706
	3-009 CCIS	Dr. Kavanaugh (ENES)	jeff.kavanaugh@ualberta.ca	780-492-1740
	1-26 ESB	Dr. Steele-MacInnis (GEOL)	steelema@ualberta.ca	780-492-7906
	3-115 Tory	Dr. LaMontagne (PLAN)	nlamonta@ualberta.ca	780-248-5758
	Z-424 Bio Sci	Dr. Caldwell (PALE)	mikec@ualberta.ca	
	3-92 Tory Building	Dr. Collins (HGP)	damian.collins@ualberta.ca	
Mathematical and Statistical Sciences	699 CAB	Dr. Gille (Honors Math)	gille@ualberta.ca	
	663 CAB	Dr. Choulli (Honors Stat, Honors Math/ Econ)	tchoulli@ualberta.ca	
	629 CAB	Dr. McNeilly (Specializations)	dm15@ualberta.ca	780-492-3815
Neuroscience	3-020F Katz Centre	Dr. Pagliardini	honneuro@ualberta.ca	780-492-9054
Pharmacology	9-70D Med Sci	Dr. Hammond	pmcol.undergraddir @ualberta.ca	780-492-3575
Physics	4-185 CCIS	Dr. Kaminsky	kaminsky@ualberta.ca	780-492-1070
Physiology	3-020D Katz Centre	Dr. Gosgnach	gosgnach@ualberta.ca	780-492-8090
	See Department for more advisors			
Psychology	P 353 Bio Sci	Dr. Spalding (Honors)	spalding@ualberta.ca	780-492-5265
	P 217D Bio Sci	Ms. Kerry Berrisford (Specialization)	psyscience@ualberta.ca	780-492-3439

Lab Resources

CHEMISTRY STOREROOM(S)

W1-22 Chemistry Centre (Chem):Organic lab resources.
W2-32 Chemistry Centre (Chem): Chem 10X, and Analytical lab resources.
(780) 492-4781 I 8:00 am -12:00 pm & 2:00 pm - 5:00 pm
The Chemistry Storerooms are located in the west wing of the Gunning/Lemieux Chemistry center (C), colloquially known as the chem building. In the chem store, you can pay for your lab locker rental fees ($15/course), chemistry lab manuals, safety goggles, lab coat, and more. It is where you go when you break glassware in a lab, forget to pack your lab coat, or your lab runs out of a supply.

BIOLOGICAL SCIENCES STOREROOM

ualberta.ca/biological-sciences/services/storeroom
The Biological Sciences Storeroom has been permanently closed as of October 31, 2023

Academic Help

CHEM 10X HELP ROOM

E2–34A Chemistry Center I 8:00 am - 4:00 pm
The CHEM 10X Help room is the place to go if you have questions about lab reports and exam, lecture topics and homework assignments for CHEM 10X courses, and is overseen by lab teaching assistants (TAs).

DECIMA ROBINSON SUPPORT CENTER

528 CAB I mathhelp@ualberta.ca I uab.ca/decima I 9:00 am and 3:00 pm
Do you need some help with one of your 100- or 200-level mathematics or statistics courses? This is the place to go! Graduate students are available to offer one-on-one help to students with their homework on a drop-in basis. We also offer exam study sessions for select courses, a Precalculus program, weekly review seminars, and a University Mathematics Primer Course to help high school students make the transition to university.

ORGANIC CHEMISTRY HELP ROOM

E1-34 Chemistry Centre | Times posted on the door
The O-Chem Help Room hosts help sessions where you can drop by and ask a T.A for assistance on lab reports, course material, and exam prep.

CENTER FOR WRITERS (C4W)

2-703 SUB | write@ualberta.ca | uab.ca/c4w
C4W's offers free, one-on-one writing support to all students at the U of A - in any subject, discipline, program, or faculty, and at all levels of study and with any type of assignment (research papers, theses, creative writing, grant proposals, résumés,) Center for Writers is an especially useful resource for biology writing assignments as Bio T.A's often work there.

Tech & Research Help

UNDERGRADUATE RESEARCH INITIATIVE (URI)

2-701 SUB | uri@ualberta.ca | uab.ca/uri | 8:30 am - 4:30 pm
Participate in innovative research with the Undergraduate Research Initiative (URI). Get hands-on experience with fieldwork, or lead the way with self-directed summer projects. For funding opportunities, see the URI website. Then elebrate remarkable work at the Festival of Undergraduate Research and Creative Activities (FURCA).

THE SCIENCE HARDWARE HACKERSPACE (THE SHACK)

CCIS L2-136
theshack@ualberta.ca I ualberta.ca/science/the-shack I 9:00 am to 4:00 pm
The Shack offers advice on everything "maker" as a science hardware maker space where students can bring their ideas to life. Equipment including 3D printers, a laser cutter, electronics, and more are available for anyone who wants to pursue their own projects that are both scientifically useful and engaging.

Innovation + Entrepreneurship

STUDENT INNOVATION CENTRE

Intersection of CCIS and the Biological Sciences | uab.ca/innov8

Welcome to the Student Innovation Centre (SIC), a vibrant hub of creativity and entrepreneurship on our campus! As you step into this exciting space, you'll be immersed in the energy of an active interdisciplinary community of student innovators.
The SIC is a sprawling 5,000+ square feet workspace meticulously designed to foster student-led innovation and support extracurricular competitions, maker projects, and entrepreneurial ventures at every stage. It serves as a hub for students from various disciplines to come together and explore their ideas, from initial design planning to bringing their visions to life.
One of the highlights of the SIC is its modern and flexible physical layout. As you wander through the center, you'll discover a variety of bookable project rooms where teams can gather, brainstorm, and collaborate. These dedicated spaces provide the ideal environment for nurturing innovative ideas and turning them into reality. Whether you need a quiet corner to work on your project individually or prefer a dynamic environment for group discussions, you'll find the perfect spot to suit your needs.
The SIC is also equipped with conferencing capabilities, enabling students to hold meetings, presentations, and workshops within its walls. This technology ensures seamless communication and enhances the overall collaborative experience.
As an innovation center, the SIC takes pride in its growing network of equipment. From Wacom design stations and VR to advanced media production equipment and software in our Podcast Studios, students have access to a wide range of resources to bring their ideas to life. Our staff is dedicated to providing training and support, empowering students to make the most of these cutting-edge technologies.
But that's not all! The SIC offers FREE student programming and workshops throughout the academic year. These sessions cover a diverse range of topics, from entrepreneurship and design thinking to technical skills and project management. Engaging with these programs allows students to enhance their knowledge, develop new skills, and expand their networks.
Whether you're an aspiring entrepreneur, a creative maker, or simply curious about the world of innovation, the Student Innovation Centre is an invaluable resource. It's a place where ideas flourish, collaborations thrive, and student-led ventures take flight. Come and experience the vibrant atmosphere of the SIC, where innovation knows no bounds! Visit uab.ca/innov8

INNOVATION, CREATIVITY, ENTREPRENEURSHIP (ICE) ENGINEERING INCUBATORS

2-050 Engineering Teaching and Learning Complex (ETLC) | uab.ca/ICE

Whether you're curious about venturing into the dynamic world of entrepreneurship, developing a new prototype, or looking to scale an existing tech-based initiative — the ICE Engineering Incubator can help you acquire the knowledge, skills, and resources necessary to succeed in your journey. Located in the heart of the University of Alberta North Campus, our 3200 sq ft. state-of-the-art space on the 2nd floor of the Engineering Teaching & Learning Complex (ETLC) is equipped with cutting-edge facilities to support the growth of startups and ventures. Our programs & events are open to all University of Alberta students, staff, researchers, and recent alumni at no cost.
Learn more at uab.ca/ICE

EHUB ENTREPRENEURSHIP CENTER

9007 HUB Mall | uab.ca/ehub

As the University of Alberta's Entrepreneurship Centre, eHUB provides undergraduate and graduate students, and recent alumni (graduated within 1 year) with cross-disciplinary guidance, resources, and learning opportunities. eHUB also leads the undergraduate, embedded Certificate in Innovation and Entrepreneurship.

The eHUB Ideas Lab, located in HUB Mall, is a vibrant, secure, and collaborative experimental space, where students from across campus can explore entrepreneurship and innovation. It supports and houses several engaged student clubs, and offers cross-faculty and community wide expertise, networking opportunities, awards, and mentorship to help transform early stage ideas into projects, initiatives and ventures.
For more information, visit UAB.CA/EHUB.

CERTIFICATE IN INNOVATION AND ENTREPRENEURSHIP

uab.ca/ehub
The Certificate in Innovation and Entrepreneurship (CIE) is an embedded, interdisciplinary undergraduate certificate, spearheaded by the eHUB Entrepreneurship Centre. Make your degree distinctive, and cultivate skills that turn your ideas into action, setting you apart as a leader who can make change happen!

CIE Highlights:

- Credit for eligible courses enrolled in or already completed
- Enroll in any year of your degree (course completion & graduation deadlines apply)
- Professional development and mentoring opportunities
- Learn through project development and experiences
- Networking and cross-faculty collaborations
- Resume and career enhancement

Develop and enhance critical skills and knowledge, while you complete your undergraduate degree. Enroll today at UAB.CA/EHUB, and take that step towards making your mark!

Health and Wellness Support

For more information and resources, visit ualberta.ca/current-students/wellness/index.html

ON CAMPUS:

ACCESS Open Minds
780-492-4773 I 2-300 SUB
Providing ongoing assistance throughout the process of attaining appropriate mental health supports

Community Social Work Team
780-492-3342 I 209 HUB
Through preventative action we engage with partners from campus and surrounding areas to,provide bridges to resources, and advocate for inclusivity.

First Peoples' House
780-492-5677 I 2-400 SUB
Providing a supportive environment for First Nations, Métis, and Inuit students.

International Student Services
780-492-2692 I 142 Telus Centre
Support and services for students new to Canada.

Helping Individuals At Risk
780-492-4372 I 300 Campus Tower
Confidential, centralized resource for members of the campus community to report worrisome behaviours or concerns about individuals at risk of harming themselves or others.

Office of the Student Ombuds
780-492-4689 I 2-702 SUB
Receive confidential advice and support when dealing with academic, discipline, and interpersonal issues.

The Landing
780-492-4949 I 0-68A SUB
A student space for gender and sexual diversity, offering peer mentorship, resources, and referrals.

Peer Support Centre
780-492-4357 I 2-707 SUB
Free, confidential, and non-judgmental mental health support from trained student volunteers.

Counselling and Clinical Services
780-492-5205 I 2-600 SUB
Offering free, confidential services for a range of mental health concerns.

Sexual Assault Centre
780-492-9771 I 2-705 SUB
Free, confidential counselling and support for those affected by sexual assault, sexual harassment, relationship violence, or stalking.

Interfaith Chaplains Association
780-492-0339 I 3-02 SUB & 169 HUB
Find spiritual guidance, care, and support

University Health Centre and Hospital
780-492-2612 I 2-200 SUB
Providing comprehensive medical care, including assessment and treatment of mental health concerns.

Office of Safe Disclosure & Human Rights
780-492-7325 I 1-037 Li Ka Shing
Disclose concerns in a safe, neutral, and confidential space.

Healthy Campus Unit
wellness@ualberta.ca
Health promotion, health education, and student health research for the U of A community

University of Alberta Protective Services (UAPS)
780-492-5050 I 11390 -87 Avenue
We provide a positive university environment for students, staff, faculty and visitors by the prevention, intervention, and response to risks and emerging issues related to safety and security.

OFF CAMPUS:

If there is risk of immediate harm to self or others, contact 9-1-1.
Listed below are off-campus and telephone community supports available 24/7.

211 Alberta 2-1-1
Connect to the community and social services that are right for you.

Alberta Mental Health Help line 1-877-303-2642
Access confidential, anonymous crisis intervention, information about mental health programs and services, and referrals.

Trans Lifeline 1-877-330-6366
A non-profit hotline dedicated to the well-being of transgender people.

Access 24/7 780-424-2424
For access to all adult addiction and mental health services in Edmonton

Health Link Alberta 8-1-1
Access quick and easy advice from a registered nurse. They will ask questions, assess symptoms, and determine the best care for you.

Edmonton Distress Line CMHA 780-482-4357
Call the Distress Line to talk through a crisis that you or someone you know is experiencing

First Nations and Inuit Hope for Wellness Help Line 1-855-242-3310
Find crisis intervention counselling support if you are a First Nations or Inuit young person or adult

Kids Help Phone 1-800-668-6868
Bilingual and anonymous phone counselling, web counselling, and referral service for youth under the age of 22.

FAMF

Faculty Association Membership Fee

What is the Fee?

Faculty Association Membership Fee (FAMF) that undergraduate science students pay each semester. It helps fund many of the services provided by ISSS, to undergraduate science students.

This includes subsidized locker rentals, microwave services, handbooks, scholarships, grants, graduation, ISSS Rewards, Mini Study Groups (MSG), Instructor Appreciation Night, Science Week events, among others. It also helps provide funding for COSSA groups.

Every four years, students get to vote on whether they want to keep the fee.

Why is it Important?

More than 97%* of all funding collected through the fee is returned to science students through the services mentioned above. The remaining 2 to 3%* is allocated for administrative expenses such as office and website maintenance.

*These numbers may change slightly from year to year

Agenda Starts Here

FALL 2025

FALL 2025

Time	Monday	Tuesday	Wednesday
8 am			
9 am			
10 am			
~~11 am~~			
12 pm			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			

Course #			
Location			
Instructor			
Office			
Office Hours			
Teaching Assistant			

TIMETABLE

Thursday	Friday	Saturday	Sunday	Time
				8 am
				9 am
				10 am
				11 am
				12 pm
				1 pm
				2 pm
				3 pm
				4 pm
				5 pm
				6 pm
				7 pm
				8 pm

			Course #
			Location
			Instructor
			Office
			Office Hours
			Teaching Assistant

Exam Manager

Course #					
Date/ Time/ Location					
Exam Weight					
Current Mark					
Format					
Content: List as topics or themes					
Study Supplies Needed					

NOTES

SEPTEMBER

AUGUST

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

OCTOBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday
	1 Orientation for new undergraduate students. Labour Day; University Buildings Closed.	2 First Day of Fall Term.
7	8	9
14	15 Registration Deadline: Last day to add or drop Fall Term and Fall/Winter two-term courses.	16
21	22	23
28	29	30 Payment Deadline: Last day for payment of Fall Term fees. University closed in honour of National Day for Truth and Reconciliation.

2025

Wednesday	Thursday	Friday	Saturday
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27

OCTOBER

SEPTEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	14
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sunday	Monday	Tuesday
5	6	7
12	13 Thanksgiving Day; University Buildings closed.	14
19	20	21
26	27	28

2025

Wednesday	Thursday	Friday	Saturday
1	2 Fall Term Refund Deadline: Students withdrawing after this date will be assesed full fees.	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

NOVEMBER

OCTOBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

DECEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday
2	3	4
9	10 Fall Reading Week	11 Remembrance Day; University Buildings Closed.
16	17	18
23	24	25

2025

Wednesday	Thursday	Friday	Saturday
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

DECEMBER

NOVEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JANUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sunday	Monday	Tuesday
30	1	2 Withdrawal Deadline: Last day for withdrawal from Fall Term courses
7	8 Last Day of Fall Term	9
14	15	16
21	22	23
28	29	30

2025

Wednesday	Thursday	Friday	Saturday
3	4	5	6
10 Fall Term Examintations	11	12	13
17	18	19	20
24 Winter holiday period; University buildings closed	25	26	27
31			

September 2025

Monday
1

- Labour Day; University buildings closed
- Orientation for new undergraduate students

Tuesday
2

- First Day of Fall Term

Wednesday
3

Thursday
4

Friday
5

Saturday
6

Sunday
7

Weekly Planning Space

September 2025

Monday
8

Tuesday
9

Wednesday
10

Thursday
11

Friday
12

Saturday
13

Sunday
14

Weekly Planning Space

September 2025

Monday
15

•Registration Deadline: Last day to add or drop Fall Term courses. (Bear Tracks web registration system available until mid-night): Students withdraw-ing after this date through October 3 will be assessed 50% fees for withdrawn courses.

Tuesday
16

• SU Health and Dental Plan Change of Cover-age Deadline. Students wishing to opt-out of this service or change their coverage must do so through www.ihaveaplan.ca

Wednesday
17

Thursday
18

Friday
19

Saturday
20

Sunday
21

Weekly Planning Space

September 2025

Monday
22

Tuesday
23

Wednesday
24

Thursday
25

Friday
26

Saturday
27

Sunday
28

Weekly Planning Space

September/October 2025

Monday
29

Tuesday
30

- Payment Deadline: Last day for payment of Fall Term fees. Students who have not paid their fees in full, or made alternate arrangements, will be assessed late penalty charges.
- Fall Grad Deadline/ National Day for Truth and Reconciliation

Wednesday
1

Thursday
2

- Fall Term Refund Deadline: Students withdrawing from courses after this date will be assessed full fees.

Friday
3

Saturday
4

Sunday
5

Weekly Planning Space

October 2025

Monday
6

Tuesday
7

Wednesday
8

Thursday
9

Friday
10

Saturday
11

Sunday
12

Weekly Planning Space

October 2025

Monday
13

- Thanksgiving Day; University buildings closed.

Tuesday
14

Wednesday
15

Thursday
16

Friday
17

Saturday
18

Sunday
19

Weekly Planning Space

October 2025

Monday
20

Tuesday
21

Wednesday
22

Thursday
23

Friday
24

Saturday
25

Sunday
26

Weekly Planning Space

Monday
27

Tuesday
28

Wednesday
29

Thursday
30

Friday
31

Saturday
1

Sunday
2

Weekly Planning Space

November 2025

Monday
3

Tuesday
4

Wednesday
5

Thursday
6

Friday
7

Saturday
8

Sunday
9

Weekly Planning Space

November 2025

Monday
10

- Fall Term Reading Week: Classes withdrawn for a full week.

Tuesday
11

- Remembrance Day; University buildings closed.
- Fall Term Reading Week: Classes withdrawn for a full week.

Wednesday
12

- Fall Term Reading Week: Classes withdrawn for a full week.

Thursday
13

- Fall Term Reading Week: Classes withdrawn for a full week.

Friday
14

- Fall Term Reading Week: Classes withdrawn for a full week.

Saturday
15

Sunday
16

Weekly Planning Space

November 2025

Monday
17

Tuesday
18

Wednesday
19

Thursday
20

Friday
21

Saturday
22

Sunday
23

Weekly Planning Space

November 2025

Monday
24

Tuesday
25

Wednesday
26

Thursday
27

Friday
28

Saturday
29

Sunday
30

Weekly Planning Space

December 2025

Monday
1

Tuesday
2

- Withdrawal Deadline; Last day for withdrawl from Fall Term courses.
- Exploration Credit Deadline; Last day to apply for Exploration Credits for courses offered in the Fall Term.

Wednesday
3

Thursday
4

Friday
5

Saturday
6

Sunday
7

Weekly Planning Space

December 2025

Monday
8

- Last Day of Fall Term classes.

*Check out page 32 for the Winter Term Exam Manager

Tuesday
9

Wednesday
10

- Fall Term Examinations

Thursday
11

- Fall Term Examinations

Friday
12
- Fall Term Examinations

Saturday
13
- Fall Term Examinations

Sunday
14
- Fall Term Examinations

Weekly Planning Space

December 2025

Monday
15

- Fall Term Examinations

Tuesday
16

- Fall Term Examinations

Wednesday
17

- Fall Term Examinations

Thursday
18

- Fall Term Examinations

Friday
19

- Fall Term Examinations

Saturday
20

- Fall Term Examinations

Sunday
21

- Fall Term Examinations

Weekly Planning Space

December 2025

Monday
22

- Fall Term Examinations

Tuesday
23

Wednesday
24

Thursday
25

- Winter Holiday Period; University Buildings closed.

Friday
26

- Winter Holiday Period; University Buildings closed.

Saturday
27

- Winter Holiday Period; University Buildings closed.

Sunday
28

- Winter Holiday Period; University Buildings closed.

Weekly Planning Space

December/January 2025

Monday
29

• Winter Holiday Period; University Buildings closed.

Tuesday
30

• Winter Holiday Period; University Buildings closed.

Wednesday
31

• Winter Holiday Period; University Buildings closed.

Thursday
1

• New Year's Day; University Buildings closed.

Friday
2

Saturday
3

Sunday
4

Weekly Planning Space

NOTES

WINTER 2026

WINTER 2026

Time	Monday	Tuesday	Wednesday
8 am			
9 am			
10 am			
11 am			
12 pm			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			

Course #			
Location			
Instructor			
Office			
Office Hours			
Teaching Assistant			

TIMETABLE

Thursday	Friday	Saturday	Sunday	Time
				8 am
				9 am
				10 am
				11 am
				12 pm
				1 pm
				2 pm
				3 pm
				4 pm
				5 pm
				6 pm
				7 pm
				8 pm

			Course #
			Location
			Instructor
			Office
			Office Hours
			Teaching Assistant

Exam Manager

Course #					
Date/ Time/ Location					
Exam Weight					
Current Mark					
Format					
Content: List as topics or themes					
Study Supplies Needed					

NOTES

JANUARY

DECEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Sunday	Monday	Tuesday
4	5 First Day of Winter Term	6
11	12 .	13
18	19	20
25	26	27

2026

Wednesday	Thursday	Friday	Saturday
	1 New Years' Day; University buildings closed	2	3
7	8	9	10
14	15	16 Registration Deadline: Last day to add or drop Winter Term courses.	17
21	22	23	24
28	29	30 Payment Deadline: Last Day for payment of Winter Term fees.	31

FEBRUARY

JANUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MARCH

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday
1	2	3
8	9	10
15	16 Satutory Provincial Holiday; University buildings closed.	17 Winter Reading Week.
22	23	24

2026

Wednesday	Thursday	Friday	Saturday
			Spring Convocation Application Deadline
4 Winter Term Refund Deadline: Students with-drawing from courses after this date will be assessed full fees.	5	6	7
11	12 Registration system opens for Spring/ Summer 2026.	13	14
18	19	20	21
25	26	27	28

MARCH

FEBRUARY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

APRIL

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Sunday	Monday	Tuesday
1	2 Students' Union Election Forum (12:00-1:00 pm) Classes withdrawn for this period.	3
8	9	10
15	16	17
22	22	22
29	30	31

2026

Wednesday	Thursday	Friday	Saturday
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

APRIL

MARCH

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MAY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday
5	6 Easter Monday; University buildings closed.	7
12	13 Winter Term Examinations	14
19	20	21
26	27	28

2026

Wednesday	Thursday	Friday	Saturday
1 Withdrawal Deadline: Last day for withdrawal from Winter Term courses.	2	3 Good Friday; University buildings closed.	4
8	9	10 Last day of Winter Term classes.	11
15	16	17	18
22	23	24	25
29	30		

January 2026

Monday
5

- First Day of Winter Term

Tuesday
6

Wednesday
7

Thursday
8

Friday
9

Saturday
10

Sunday
11

Weekly Planning Space

January 2026

Monday
12

Tuesday
13

Wednesday
14

Thursday
15

Friday
16

- Registration Deadline: Last day to add or drop Winter Term courses (Bear Tracks web registration available until midnight): Students withdrawing after this date through February 5 will be assessed 50% fees for withdrawn classes.

Saturday
17

Sunday
18

Weekly Planning Space

January 2026

Monday
19

Tuesday
20

Wednesday
21

Thursday
22

Friday
23

Saturday
24

Sunday
25

Weekly Planning Space

Monday
26

Tuesday
27

Wednesday
28

Thursday
29

Friday
30

- Payment Deadline; Last day for payment of Winter Term. Students who have not paid their fees in full, or made satisfactory alternate arrangements, will be assessed late payment penalty charges.

Saturday
31

Sunday
1

- Spring Convocation Application Deadline; Last day for undergraduate students to apply through Bear Tracks for permission to graduate at Spring Convocation.

Weekly Planning Space

February 2026

Monday
2

- Reappraisal Deadline for Fall Term Finals

Tuesday
3

Wednesday
4

- Winter Term Refund Deadline: Students withdrawing from courses after this date will be assessed full fees..

Thursday
5

Friday
6

Saturday
7

Sunday
8

Weekly Planning Space

February 2026

Monday
9

Tuesday
10

Wednesday
11

Thursday
12

• Registraion system opens for Spring/Summer 2025.

Friday
13

Saturday
14

Sunday
15

Weekly Planning Space

Monday
16

• Statutory Provincial Holiday; University Buildings closed.

Tuesday
17

• Winter Term Reading Week. Classes withdrawn for a full week.

Wednesday
18

• Winter Term Reading Week. Classes withdrawn for a full week.

Thursday
19

• Winter Term Reading Week. Classes withdrawn for a full week.

Friday
20

- Winter Term Reading Week. Classes withdrawn for a full week.

Saturday
21

Sunday
22

Weekly Planning Space

February/March 2026

Monday
23

Tuesday
24

Wednesday
25

Thursday
26

Friday
27

Saturday
28

Sunday
1

Weekly Planning Space

March 2026

Monday
2

• Students' Union Election Forum (12:00 - 1:00 pm) in the Myer Horowitz Theatre (SUB). Classes withdrawn for this time period.

Tuesday
3

Wednesday
4

Thursday
5

Friday
6

Saturday
7

Sunday
8

Weekly Planning Space

March 2026

Monday
9

Tuesday
10

Wednesday
11

Thursday
12

Friday
13

Saturday
14

Sunday
15

Weekly Planning Space

March 2026

Monday
16

Tuesday
17

Wednesday
18

Thursday
19

Friday
20

Saturday
21

Sunday
22

Weekly Planning Space

March 2026

Monday
23

Tuesday
24

Wednesday
25

Thursday
26

Friday
27

Saturday
28

Sunday
29

Weekly Planning Space

March/April 2026

Monday
30

Tuesday
31

Wednesday
1

Thursday
2

Friday
3

- Withdrawal Deadline; Last day for withdrawal from Winter Term courses.
- Good Friday; University buildings closed

Saturday
4

Sunday
5

Weekly Planning Space

April 2026

Monday
6

- Easter Monday; University buildings closed.

Tuesday
7

Wednesday
8

Thursday
9

Friday
10

- Last day of Winter Term Classes

Saturday
11

Sunday
12

Weekly Planning Space

Monday
13

• Winter Term Examinations

* Check out page 82 or the Winter Term Exam Manager.

Tuesday
14

• Winter Term Examinations

Wednesday
15

• Winter Term Examinations

Thursday
16

• Winter Term Examinations

Friday
17

- Winter Term Examinations

Saturday
18

- Winter Term Examinations

Sunday
19

- Winter Term Examinations

Weekly Planning Space

April 2026

Monday
20
- Winter Term Examinations

Tuesday
21
- Winter Term Examinations

Wednesday
22
- Winter Term Examinations

Thursday
23
- Winter Term Examinations

Friday
24

• Winter Term Examinations

Saturday
25

• Winter Term Examinations

Sunday
26

Weekly Planning Space

April/May 2026

Monday
27

Tuesday
28

Wednesday
29

Thursday
30

Friday
1

Saturday
2

Sunday
3

Weekly Planning Space

May 2026

Monday
4

• First Day of Spring Term: Classes beging for six-week courses and courses taught in the first th ee weeks of Spring Term

Tuesday
5

Wednesday
6

Thursday
7

• Registration Deadline; Last day to add/drop six-week courses and courses taught in the first 3 week of the term

• Payment Deadline: Last day for payment of Spring Term fees

Friday
8

Saturday
9

Sunday
10

Weekly Planning Space

NOTES

SPRING & SUMMER 2026

SPRING 2026 TIME TABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8 am					
9 am					
10 am					
11 am					
12 am					
1 pm					
2 pm					
3 pm					
4 pm					
5 pm					
6 pm					
7 pm					
8 pm					

Course #		
Location		
Instructor		
Office		
Office Hours		
Teaching Assistant		

SUMMER 2026 TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Time
					8 am
					9 am
					10 am
					11 am
					12 am
					1 pm
					2 pm
					3 pm
					4 pm
					5 pm
					6 pm
					7 pm
					8 pm

		Course #
		Location
		Instructor
		Office
		Office Hours
		Teaching Assistant

SPRING 2026 - Exam Manager

Course #		
Date/ Time/ Location		
Exam Weight		
Current Mark		
Format		
Content: List as topics or themes		
Study Supplies Needed		

SUMMER 2026 - Exam Manager

		Course #
		Date/ Time/ Location
		Exam Weight
		Current Mark
		Format
		Content: List as topics or themes
		Study Supplies Needed

MAY

APRIL

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JUNE

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sunday	Monday	Tuesday
3	4 First Day of Spring Term (6 Week and First 3 Weeks)	5
10	11 Refund Deadline (First 3 Weeks): Students with-drawing from courses taught in the first three weeks of Spring Term will be assessed full fees after this date.	12
17	18 Victoria Day; University buildings closed.	19 Refund Deadline (6 Week): Students with-drawing after this date will be assessed full fees.
24	25 First Day (Last 3 Weeks)	26

2026

Wednesday	Thursday	Friday	Saturday
		1	2
6	7 Registration Deadline: Last day to add or drop 6 Week courses and courses offered in the first 3 weeks of Spring term Payment Deadline: Last day for payment of Spring Term fees.	8	9
13	14	15 Withdrawal Deadline (First 3 Weeks): Last day for withdrawal from courses taught in the first 3 weeks of Spring Term. Exploration Credit Deadline (First 3 weeks): Last day to apply for Exploration Credits.	16
20	21	22 Last Day of Classes (First 3 Weeks)	23
27	28 Registration Deadline: Last day to add or drop courses offered in the last 3 weeks of Spring term	29	30

JUNE

MAY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JULY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday
31		
	1 Refund Deadline (Last 3 Weeks): Students withdrawing from courses taught in the last three weeks of Spring Term will be assessed full fees after this date.	2
7	8 Withdrawal Deadline (6 Weeks and Last 3 Weeks) Exploration Credit Deadline (6 weeks and Last 3 weeks)	9
14	15	16
21	22	23

Wednesday	Thursday	Friday	Saturday
	4	5	6
10 Last Day of Spring Term classes.	11 Spring Term Examinations	12	13
17	18	19	20
24	25	26	27

JULY

JUNE

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

AUGUST

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday
28	29	30
5	6 First Day of Summer Term (6 Week and First 3 Weeks): Classes begin for 6 week courses and courses taught in the first 3 weeks of Summer Term.	7
12	13 Refund Deadline (First 3 Weeks): Students with-drawing from courses taught in the first three weeks of Summer Term will be assessed full fees after this date.	14
19	20 Withdrawal Deadline (First 3 Weeks) Refund Deadline (6 Week) Exploration Credit Dead-line (First 3 weeks)	21
26	27 First Day (Last 3 Weeks)	28

2026

Wednesday	Thursday	Friday	Saturday
1 Canada Day; University buildings closed.	2	3	4
8	9 Registration Deadline: Last day to add or drop 6-week courses and courses offered in the first 3 weeks of the term Payment Deadline: Last day for payment of Summer Term fees.	10	11
15	16	17	18
22	23	24 Last Day of Classes (First 3 Weeks)	25
29	30 Registration Deadline: Last day to add or drop courses offered in the last 3 weeks of Summer term	31	

AUGUST

JULY

S	M	T	W	T	F	S
		1	2	3	4	35
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sunday	Monday	Tuesday
2	3 Heritage Day; University buildings closed.	4 Refund Deadline (Last 3 Weeks): Students withdrawing from courses taught in the last three weeks of Summer Term will be assessed full fees after this date.
9	10 Withdrawal Deadline (6 Weeks and Last 3 Weeks) Exploration Credit Deadline (6 weeks and Last 3 weeks)	11
16	17	18
23	24	25

2026

Wednesday	Thursday	Friday	Saturday
			1
5	6	7	8
12 Last Day of Summer Term classes.	13 Summer Term Examinations	14	15
19	20	21	22
26	27	28 29	30 31

Monday 11

• Refund Deadline; Students withdrawing from courses taught in the firs three weeks of Spring Term will be assessed full fees after this date.

Tuesday 12

Wednesday 13

Thursday 14

Friday 15

Saturday 16

Sunday 17

Week Planning Space

Monday
18

• Victoria Day; University buildings closed.

Tuesday
19

Wednesday
20

• Withdrawal Deadline; Last day for withdrawal from courses taught in the first weeks of Spring Term

• Exploration Creadit Deadline; Last day to apply for Exploration Credit for 3-week courses offered in the first half of the Sp ing Term

Thursday
21

Friday
22

• Last day for classes taught in the first 3 weeks of Spring Term

Saturday
23

Sunday
24

Week Planning Space

Monday
25

- Classes begin for courses taught in the last 3 weeks of Spring Term

Tuesday
26

Wednesday
27

Thursday
28

Friday
29

Saturday
30

Sunday
31

Week Planning Space

Monday
1

• Refund Deadline; Students withdrawing from courses taught in the last three weeks of Spring Term will be assessed full fees after this date.

Tuesday
2

Wednesday
3

Thursday
4

Friday
5

Saturday
6

Sunday
7

Week Planning Space

Monday
8

- Withdrawal Deadline; Last day for withdrawal from 6-week courses and courses taught in the last 3 weeks of Spring Term
- Exploration Creadit Deadline; Last day to apply for Exploration Credit for 6-week courses and 3-week courses offered in the second half of the Spring Term

Tuesday
9

Wednesday
10

- Last day of Spring Term classes

Thursday
11

- Spring Term Examinations

* Check out page 132 for the Spring Term Exam Manager

Friday
12

Saturday
13

Sunday
14

Week Planning Space

Monday
15

Tuesday
16

Wednesday
17

Thursday
18

Friday
19

Saturday
20

Sunday
21

Week Planning Space

Monday
22

Tuesday
23

Wednesday
24

Thursday
25

Friday
26

Saturday
27

Sunday
28

Week Planning Space

Monday
29

Tuesday
30

Wednesday
1
• Canada Day; University buildings closed

Thursday
2

Friday
3

Saturday
4

Sunday
5

Week Planning Space

Monday
6

First Day of Summer Term: Classes begin for 6-week courses and for courses taught in the first 3 weeks of Summer Term.

Tuesday
7

Wednesday
8

Thursday
9

• Registration Deadline; Last day to add/drop six-week courses and courses taught in the first 3 eek of the term

• Payment Deadline: Last day for payment of Summer Term fees.

Friday
10

Saturday
11

Sunday
12

Week Planning Space

Monday
13

- Refund Deadline; Students withdrawing from 3-week courses will be assessed full fees after this date

Tuesday
14

Wednesday
15

Thursday
16

Friday
17

Saturday
18

Sunday
19

Week Planning Space

Monday 20

- Refund Deadline; Students withdrawing from 6-week courses will be assessed full fees after this date
- Withdrawal Deadline; Last day for withdrawal from courses taught in the first 3 weeks of Spring Term
- Exploration Creadit Deadline; Last day to apply for Exploration Credit for 3-week courses offered in the first half of the Spring Term

Tuesday 21

Wednesday 22

Thursday 23

Friday 24

- Last day for classes taught in the first 3 weeks of Summer Tern

Saturday 25

Sunday 26

Week Planning Space

Monday
27

• Classes begin for courses taught in the last 3 weeks of Summer Term

Tuesday
28

Wednesday
29

Thursday
30

• Registration Deadline; Last day to add/drop courses offered in the last 3 weeks of Summer Term

Friday
31

Saturday
1

Sunday
2

Week Planning Space

Monday
3

• Heritage Day; University buildings closed

Tuesday
4

• Refund Deadline; Students withdrawing from courses taught in the last 3 weeks of Summer Term will be assessed full fees after this date

Wednesday
5

Thursday
6

Friday
7

Saturday
8

Sunday
9

Week Planning Space

Monday
10

- Withdrawal Deadline; Last day for withdrawal from 6-week courses and courses taught in the last 3 weeks of Summer Term
- Exploration Creadit Deadline; Last day to apply for Exploration Credit for 6-week courses and 3-week courses offered in the second half of the Summer Term

Tuesday
11

Wednesday
12

- Last day of Summer Term classes

Thursday
13

- Summer Term Examinations

* Check out page 133 for the Summer Term Exam Manager

Friday
14

Saturday
15

Sunday
16

Week Planning Space

August 2026

Week 15

Monday	Tuesday	Wednesday
17	18	19
Thursday	Friday	Saturday
20	21	22
		Sunday
		23

Week Planning Space

Monday
24

Tuesday
25

Wednesday
26

Thursday
27

Friday
28

Saturday
29

Sunday
30

Week Planning Space

August/September 2026

Week 17

Monday
31

Tuesday
1

Wednesday
2

Thursday
3

Friday
4

Saturday
5

Sunday
6

Week Planning Space

2025 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	September
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	1	2	3	4	
5	6	7	8	9	10	11	October
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31	1	
2	3	4	5	6	7	8	November
9	10	11	12	13	14	16	
16	17	18	19	20	21	22	

2025/2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
23	24	25	26	27	28	29	December
30	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31	1	2	3	January
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	
1	2	3	4	5	6	7	February
8	9	10	11	12	13	14	

CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
15	16	17	18	19	20	21	February
22	23	24	25	26	27	28	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	March
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	April
19	20	21	22	23	24	25	
26	27	28	29	30	1	2	

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	May
24	25	26	27	28	29	30	
31	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	June
21	22	23	24	25	26	27	
28	29	30	1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	July

CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

August

September

October

NOTES

NOTES

NOTES

NOTES

Miscellaneous Formula Sheet

International System of Units

Quantity Measured	Base Unit (Symbol)	Defining onstants	Value
amount of substance	mole (mol)	Avogadro's number	$N_A = 6.022\,140\,76 \times 10^{23}$ molecules/mol
length	meter (m)	speed of light in a vacuum	$c = 2.997\,924\,58 \times 10^{8}$ m/s
mass	kilogram (kg)	Planck's constant	$h = 6.626\,070\,15 \times 10^{-34}$ J s/molecule
time	second (s)	hyperfine t ansition quantity of caesium atom	$\Delta v_{Cs} = 9\,192\,631\,770$ Hz
thermodynamic temperature	kelvin (K)	Boltzmann constant	$k = 1.380\,649 \times 10^{-23}$ J/K
electric current	ampere (A)	elementary charge	$q = 1.602\,176\,634 \times 10^{-19}$ C
luminous intensity	candela (cd)	luminous effic y of monochromatic radiation of frequency 540 THz	$K_{cd} = 683$ lm/W

Miscellaneous Constants

gravity of Earth	$g = 9.80665$ m/s^2
molar gas constant	$R = 0.08206$ L atm mol^{-1} K^{-1} $= 8.314$ J mol^{-1} K^{-1}
Rydberg Constant for Hydrogen	$R_H = 2.178 \times 10^{-18}$ J
Faraday Constant	$F = 96\,487$ C mol^{-1}
Stephan - Boltzmann Constant	$\sigma = 5.670\,374\,419 \times 10^{-8}$ W m^{-2} K^{-4}

Metric Conversions

Prefi	Symbol	Value	
yotta	Y	10^{24}	Septillion
zetta	Z	10^{21}	Sextillion
exa	E	10^{18}	Quintillion
peta	P	10^{15}	Quadrillion
tera	T	10^{12}	Trillion

giga	G	10^{9}	Billion
mega	M	10^{6}	Million
kilo	k	10^{3}	Thousand
hecto	h	10^{2}	Hundred
deka	da	10^{1}	Ten
		10^{0}	One
deci	d	10^{-1}	Tenth
centi	c	10^{-2}	Hundredth
milli	m	10^{-3}	Thousandth
micro	μ	10^{-6}	Millionth
nano	n	10^{-9}	Billionth
pico	p	10^{-12}	Trillionth
femto	f	10^{-15}	Quadrillionth
atto	a	10^{-18}	Quintillionth
zepto	z	10^{-21}	Sextillionth
yocto	y	10^{-24}	Septillionth

Miscellaneous Conversions

time	1 year = 365 days = 52 weeks
length	1 inch = 2.54 cm
	1 Å = 1×10^{-10} m
	1 au = $1.495\ 978\ 707\times10^{-11}$ m
plane and phase angle	1° = (π/180) rad
area	100 ha = 1 km^2
mass	1 t = 1000 kg
	1 N = kg*m/s^{-2}
	1 Da = 1.66054×10^{-27} kg
energy	1 cal = 4.184 J
	1 eV = $1.602176634\times10^{-19}$ J
pressure	1 atm = 760 torr = 101.3 kPa
volume	1 mL = 1 cm^3
	1 L = 4.227 cups (u.s)
temperature	0 °C = 273.15 K
	T(°C) = (T(°F) - 32) × 5/9

Geologic Time Scale

Eon	Era	Period		Epoch	
Phanerzoic	Cenozoic	Quaternary		Holocene	Today
				Pleistocene	11.8 Ka
		Neogene		Pliocene	
				Miocene	
		Paleogene		Oligocene	
				Eocene	
				Paleocene	66 Ma
	Mesozoic	Cretaceous		~	
		Jurassic		~	
		Triassic		~	252 Ma
	Paleozoic	Permian		~	
		Carbon-iferous	Pennsyl-vanian	~	
			Mississip-pian	~	
		Devonian		~	
		Silurian		~	
		Ordovician		~	
		Cambrian		~	541 Ma
Proterozoic	~	~	~	~	2.5 Ga
Archean	~	~	~	~	4.0 Ga
Hadean	~	~	~	~	4.54 Ga

Miscellaneous Maths

Quadratic Equation

$ax^2+bx+c = 0$ has roots $\frac{-b\pm(b^2-4ac)^{1/2}}{2a}$

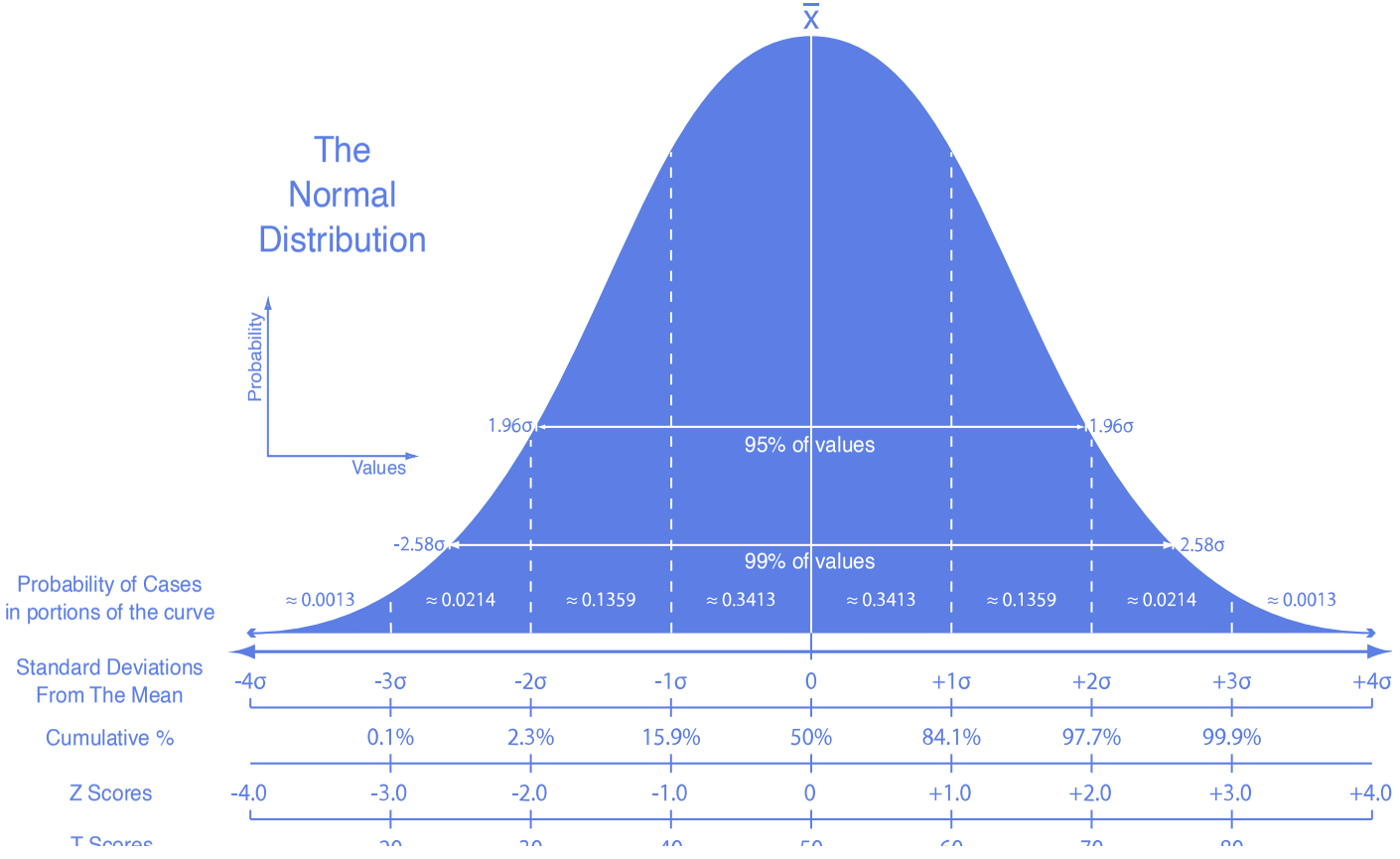
Logarithms	Derivatives	
$a^x = y \iff \log_a y = x$	*Function*	*Derivative*
$\ln e = \log_e e =$	cx^n	$n \cdot cx^{n-1}$
$\log_a y = \frac{\ln y}{\ln a}$	e^{kx}	$k \cdot e^{kx}$
$\log_a m + \log_a n = \log_a mn$	$\ln x$	$\frac{1}{x}$
$\log_a m - \log_a n = \log_a(\frac{m}{n})$	$f(x) + g(x)$	$f'(x) + g'(x)$
$\log_a 1 = 0$ $\quad \log_a x = \frac{\log_b x}{\log_b a}$	$f(x)g(x)$	$f'(x)*g(x) + f(x)*g'(x)$
$\log_a a = 1$	$f(g(x))$	$f'(g(x))g'(x)$
$a^{\log_a x} = x$		

Codon Table

Second Base in Codon

First Base in Codon	U	C	A	G	Third Base in Codon
U	UUU, UUC: Phe UUA, UUG: Leu	UCU, UCC, UCA, UCG: Ser	UAU, UAC: Tyr UAA, UAG: Stop	UGU, UGC: Cys UGA: Stop UGG: Trp	U C A G
C	CUU, CUC, CUA, CUG: Leu	CCU, CCC, CCA, CCG: Pro	CAU, CAC: His CAA, CAG: Gln	CGU, CGC, CGA, CGG: Arg	U C A G
A	AUU, AUC, AUA: Ile AUG: Met or Start	ACU, ACC, ACA, ACG: Thr	AAU, AAC: Asn AAA, AAG: Lys	AGU, AGC: Ser AGA, AGG: Arg	U C A G
G	GUU, GUC, GUA, GUG: Val	GCU, GCC, GCA, GCG: Ala	GAU, GAC: Asp GAA, GGG: Glu	GGU, GGC, GGA, GGG: Gly	U C A G

The Normal Distribution



The Periodic Table of the Elements

by Robert Compton version 1.4

group	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
period 1	1.00794 1 2.20 1312.0 H Hydrogen $1s^1$																	4.002602 2 2372.3 He Helium $1s^2$
2	6.941 3 0.98 520.2 Li Lithium $1s^2\,2s^1$	9.012182 4 1.57 899.5 Be Beryllium $1s^2\,2s^2$											10.811 5 2.04 800.6 B Boron $1s^2\,2s^2\,2p^1$	12.0107 6 2.55 1086.5 C Carbon $1s^2\,2s^2\,2p^2$	14.0067 7 3.04 1402.3 N Nitrogen $1s^2\,2s^2\,2p^3$	15.9994 8 3.44 1313.9 O Oxygen $1s^2\,2s^2\,2p^4$	18.998403 9 3.98 1681.0 F Fluorine $1s^2\,2s^2\,2p^5$	20.1797 10 2080.7 Ne Neon $1s^2\,2s^2\,2p^6$
3	22.98976 11 0.93 495.8 Na Sodium [Ne] $3s^1$	24.3050 12 1.31 737.7 Mg Magnesium [Ne] $3s^2$											26.98153 13 1.61 577.5 Al Aluminium [Ne] $3s^2\,3p^1$	28.0855 14 1.90 786.5 Si Silicon [Ne] $3s^2\,3p^2$	30.97696 15 2.19 1011.8 P Phosphorus [Ne] $3s^2\,3p^3$	32.065 16 2.58 999.6 S Sulfer [Ne] $3s^2\,3p^4$	35.453 17 3.16 1251.2 Cl Chlorine [Ne] $3s^2\,3p^5$	39.948 18 1520.6 Ar Argon [Ne] $3s^2\,3p^6$
4	39.0983 19 0.82 418.8 K Potassium [Ar] $4s^1$	40.078 20 1.00 589.8 Ca Calcium [Ar] $4s^2$	44.95591 21 1.36 633.1 Sc Scandium [Ar] $3d^1\,4s^2$	47.867 22 1.54 658.8 Ti Titanium [Ar] $3d^2\,4s^2$	50.9415 23 1.63 650.9 V Vanadium [Ar] $3d^3\,4s^2$	51.9962 24 1.66 652.9 Cr Chromium [Ar] $3d^5\,4s^1$	54.93804 25 1.55 717.3 Mn Manganese [Ar] $3d^5\,4s^2$	55.845 26 1.83 762.5 Fe Iron [Ar] $3d^6\,4s^2$	58.93319 27 1.91 760.4 Co Cobalt [Ar] $3d^7\,4s^2$	58.6934 28 1.88 737.1 Ni Nickel [Ar] $3d^8\,4s^2$	63.546 29 1.90 745.5 Cu Copper [Ar] $3d^{10}\,4s^1$	65.38 30 1.65 906.4 Zn Zinc [Ar] $3d^{10}\,4s^2$	69.723 31 1.81 578.8 Ga Gallium [Ar] $3d^{10}\,4s^2\,4p^1$	72.64 32 2.01 762.0 Ge Germanium [Ar] $3d^{10}\,4s^2\,4p^2$	74.92160 33 2.18 947.0 As Arsenic [Ar] $3d^{10}\,4s^2\,4p^3$	78.96 34 2.55 941.0 Se Selenium [Ar] $3d^{10}\,4s^2\,4p^4$	79.904 35 2.96 1139.9 Br Bromine [Ar] $3d^{10}\,4s^2\,4p^5$	83.798 36 3.00 1350.8 Kr Krypton [Ar] $3d^{10}\,4s^2\,4p^6$
5	85.4678 37 0.82 403.0 Rb Rubidium [Kr] $5s^1$	87.62 38 0.95 549.5 Sr Strontium [Kr] $5s^2$	88.90585 39 1.22 600.0 Y Yttrium [Kr] $4d^1\,5s^2$	91.224 40 1.33 640.1 Zr Zirconium [Kr] $4d^2\,5s^2$	92.90638 41 1.60 652.1 Nb Niobium [Kr] $4d^4\,5s^1$	95.96 42 2.16 684.3 Mo Molybdenum [Kr] $4d^5\,5s^1$	(98) 43 1.90 702.0 Tc Technetium [Kr] $4d^5\,5s^2$	101.07 44 2.20 710.2 Ru Ruthenium [Kr] $4d^7\,5s^1$	102.9055 45 2.28 719.7 Rh Rhodium [Kr] $4d^8\,5s^1$	106.42 46 2.20 804.4 Pd Palladium [Kr] $4d^{10}$	107.8682 47 1.93 731.0 Ag Silver [Kr] $4d^{10}\,5s^1$	112.441 48 1.69 867.8 Cd Cadmium [Kr] $4d^{10}\,5s^2$	114.818 49 1.78 558.3 In Indium [Kr] $4d^{10}\,5s^2\,5p^1$	118.710 50 1.96 708.6 Sn Tin [Kr] $4d^{10}\,5s^2\,5p^2$	121.760 51 2.05 834.0 Sb Antimony [Kr] $4d^{10}\,5s^2\,5p^3$	127.60 52 2.10 869.3 Te Tellurium [Kr] $4d^{10}\,5s^2\,5p^4$	126.9044 53 2.66 1008.4 I Iodine [Kr] $4d^{10}\,5s^2\,5p^5$	131.293 54 2.60 1170.4 Xe Xenon [Kr] $4d^{10}\,5s^2\,5p^6$
6	132.9054 55 0.79 375.7 Cs Caesium [Xe] $6s^1$	137.327 56 0.89 502.9 Ba Barium [Xe] $6s^2$	174.9668 71 1.27 523.5 Lu Lutetium [Xe] $4f^{14}\,5d^1\,6s^2$	178.49 72 1.30 658.5 Hf Hafnium [Xe] $4f^{14}\,5d^2\,6s^2$	180.9478 73 1.50 761.0 Ta Tantalum [Xe] $4f^{14}\,5d^3\,6s^2$	183.84 74 2.36 770.0 W Tungsten [Xe] $4f^{14}\,5d^4\,6s^2$	186.207 75 1.90 760.0 Re Rhenium [Xe] $4f^{14}\,5d^5\,6s^2$	190.23 76 2.20 840.0 Os Osmium [Xe] $4f^{14}\,5d^6\,6s^2$	192.217 77 2.20 880.0 Ir Iridium [Xe] $4f^{14}\,5d^7\,6s^2$	195.084 78 2.28 870.0 Pt Platinum [Xe] $4f^{14}\,5d^9\,6s^1$	196.9665 79 2.54 890.1 Au Gold [Xe] $4f^{14}\,5d^{10}\,6s^1$	200.59 80 2.00 1007.1 Hg Mercury [Xe] $4f^{14}\,5d^{10}\,6s^2$	204.3833 81 1.62 589.4 Tl Thallium [Xe] $4f^{14}\,5d^{10}\,6s^2\,6p^1$	207.2 82 2.33 715.6 Pb Lead [Xe] $4f^{14}\,5d^{10}\,6s^2\,6p^2$	208.9804 83 2.02 703.0 Bi Bismuth [Xe] $4f^{14}\,5d^{10}\,6s^2\,6p^3$	(210) 84 2.00 812.1 Po Polonium [Xe] $4f^{14}\,5d^{10}\,6s^2\,6p^4$	(210) 85 2.20 890.0 At Astatine [Xe] $4f^{14}\,5d^{10}\,6s^2\,6p^5$	(220) 86 1037.0 Rn Radon [Xe] $4f^{14}\,5d^{10}\,6s^2\,6p^6$
7	(223) 87 0.70 380.0 Fr Francium [Rn] $7s^1$	(226) 88 0.90 509.3 Ra Radium [Rn] $7s^2$	(262) 103 470.0 Lr Lawrencium [Rn] $5f^{14}\,7s^2\,7p^1$	(261) 104 Rf Rutherfordium [Rn] $5f^{14}\,6d^2\,7s^2$	(262) 105 Db Dubnium	(266) 106 Sg Seaborgium	(264) 107 Bh Bohrium	(277) 108 Hs Hassium	(268) 109 Mt Meitnerium	(271) 110 Ds Darmstadium	(272) 111 Rg Roentgenium	(285) 112 Cn Copernicium	(284) 113 Uut Ununtrium	(289) 114 Uuq Ununquadium	(288) 115 Uup Ununpentium	(292) 116 Uuh Ununhexium	117 Uus Ununseptium	(294) 118 Uuo Ununoctium

atomic mass (or most stable mass number)
1st ionization energy (in kJ/mol)
chemical symbol
name
electron configuration

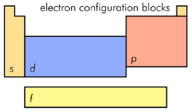
55.845 | 26 | 1.83 | 762.5
Fe
Iron
[Ar] $3d^6\,4s^2$

atomic number
electronegativity
oxidation states (most common are bold)
+6 +5 +4 **+3** **+2** +1 −1 −2

- alkali metals
- alkaline metals
- other metals
- transition metals
- lanthanoids
- actinoids
- metalloids
- nonmetalloids
- halogens
- noble gases
- unknown elements
- radioactive elements have masses in parenthesis

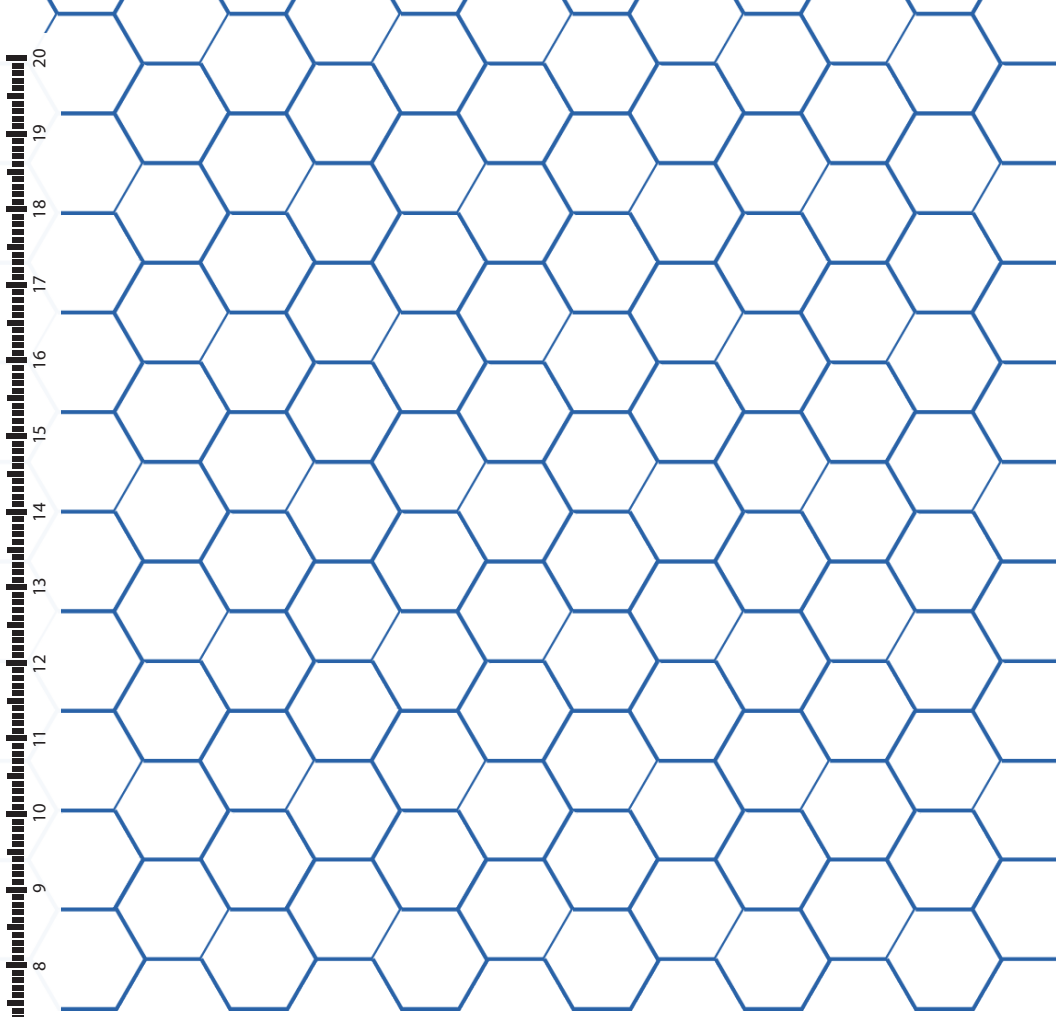
138.9054 57 1.10 538.1 La Lanthanum [Xe] $5d^1\,6s^2$	140.116 58 1.12 534.4 Ce Cerium [Xe] $4f^1\,5d^1\,6s^2$	140.9076 59 1.13 527.0 Pr Praseodymium [Xe] $4f^3\,6s^2$	144.242 60 1.14 533.1 Nd Neodymium [Xe] $4f^4\,6s^2$	(145) 61 540.0 Pm Promethium [Xe] $4f^5\,6s^2$	150.36 62 1.17 544.5 Sm Samarium [Xe] $4f^6\,6s^2$	151.964 63 547.1 Eu Europium [Xe] $4f^7\,6s^2$	157.25 64 1.20 593.4 Gd Gadolinium [Xe] $4f^7\,5d^1\,6s^2$	158.9253 65 565.8 Tb Terbium [Xe] $4f^9\,6s^2$	162.500 66 1.22 573.0 Dy Dysprosium [Xe] $4f^{10}\,6s^2$	164.9303 67 1.23 581.0 Ho Holmium [Xe] $4f^{11}\,6s^2$	167.259 68 1.24 589.3 Er Erbium [Xe] $4f^{12}\,6s^2$	168.9342 69 1.25 596.7 Tm Thulium [Xe] $4f^{13}\,6s^2$	173.054 70 603.4 Yb Ytterbium [Xe] $4f^{14}\,6s^2$
(227) 89 1.10 499.0 Ac Actinium [Rn] $6d^1\,7s^2$	232.0380 90 1.30 587.0 Th Thorium [Rn] $6d^2\,7s^2$	231.0358 91 1.50 568.0 Pa Protactinium [Rn] $5f^2\,6d^1\,7s^2$	238.0289 92 1.38 597.6 U Uranium [Rn] $5f^3\,6d^1\,7s^2$	(237) 93 1.36 604.5 Np Neptunium [Rn] $5f^4\,6d^1\,7s^2$	(244) 94 1.28 584.7 Pu Plutonium [Rn] $5f^6\,7s^2$	(243) 95 1.30 578.0 Am Americium [Rn] $5f^7\,7s^2$	(247) 96 1.30 581.0 Cm Curium [Rn] $5f^7\,6d^1\,7s^2$	(247) 97 1.30 601.0 Bk Berkelium [Rn] $5f^9\,7s^2$	(251) 98 1.30 608.0 Cf Californium [Rn] $5f^{10}\,7s^2$	(252) 99 1.30 619.0 Es Einsteinium [Rn] $5f^{11}\,6s^2$	(257) 100 1.30 627.0 Fm Fermium [Rn] $5f^{12}\,7s^2$	(258) 101 1.30 635.0 Md Mendelevium [Rn] $5f^{13}\,7s^2$	(259) 102 1.30 642.0 No Nobelium [Rn] $5f^{14}\,7s^2$

electron configuration blocks



notes

- as of yet, elements 113-118 have no official name designated by the IUPAC.
- 1 kJ/mol = 96.485 eV.
- all elements are implied to have an oxidation state of zero.



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