

Conrad Grebel University College
University of Waterloo
TS 680: Theology of Everyday Life
Winter 2024

Class Time: Wednesdays 1 – 3:50 pm

Location: CG 1301

Instructor: Assistant Professor Carol Penner

Office Hours: Wednesday 10:30 – 12:30 or by appointment

Office Location: Room 2112

Phone: 519-885-0220 x24241

Email: c2penner@uwaterloo.ca

Course Description:

This is a practical theology course, grounded in everyday life. We will explore the theological significance of the relationships and practices we value and which take up so much of our time. Topics covered will be friendship, family relationships, homemaking, possessions, animals, food, nature, sports, technology and sacred spaces. The goal of the course is to cultivate the practice of theological reflection, to equip you to think theologically about your life.

Learning Goals:

1. Students will be able to describe the theological issues that emerge out of everyday life.
2. Students will be able to reflect theologically about their own experiences, and communicate those reflections in written and oral form.
3. Students will develop listening skills, and the ability to ask insightful questions about the theological meaning of other people's experiences.
4. Students will analyze how their own contexts shape their theological work.
5. Students will be able to identify a variety of theological methods for reflecting on everyday life.

Required Reading Materials:

Ammerman, Nancy. "Finding God in Everyday Life." *Sociology of Religion* 75, no. 2 (Summer 2014): 189-207.

Ayres, Jennifer R. "A Grounded Practical Theology of Food." In *Good Food: Grounded Practical Theology*, 1-10. Waco: Baylor University Press, 2013.

Bennett, Kyle David. "What Did You Have That You Did Not Receive?" In *Practices of Love: Spiritual Disciplines for the Life of the World*, 39-57.

Carfore, Kimberly. "Doing Theology with Snakes." In *Encountering Earth: Thinking Theologically With a More-Than-Human World*, edited by Trevor George Hunsberger Bechtel, Matthew Eaton & Timothy Harvie, 137-150. Eugene, OR: Cascade Books, 2018.

Dahill, Lisa E. "Living, Local, Wild Waters." In *Encountering Earth: Thinking Theologically with a More Than Human World*, 151-165. Eugene, OR: Cascade Books, 2018.

Friesen, Ken Martens. "A Mennonite Call to Simplicity." *Vision* 49, no. 1 (Spring 2020): 42-51.

Harrison, Tish Warren. "Making the Bed: Liturgy, Ritual and What Forms a Life." In *Liturgy of the Ordinary: Sacred Practices in Everyday Life*, 25-36. Downers Grove: InterVarsity Press, 2019.

Hobgood-Oster, Laura. "What a Friend We Have: Our Animal Companions." In *The Friends We Keep: Unleashing Christianity's Compassion for Animals*, 11-45. Waco, TX: Baylor University Press, 2010.

Hoven, Matt. "Sport as a Celebrative and Worshipful Act: Taking Back Sport Through Theological Reflection." *Practical Theology* 9, no 3 (2017): 213-235.

Hunt, Mary W. "The Limits of Friendship in Loss and Celebration." In *Fierce Tenderness: A Feminist Theology of Friendship*, 115-141. New York: Crossroad, 1991.

Kao, Grace Y. "My Life with Morris: A Feminist Account of Friendship and Conversion in a Bicultural Context." In *Encountering Earth: Thinking Theologically With a More-Than-Human World*, edited by Trevor George Hunsberger Bechtel, Matthew Eaton & Timothy Harvie, 75-87. Eugene, OR: Cascade Books, 2018.

Kimmerer, Robin Wall "The Three Sisters." In *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*, 128-140.

King, Sarah Withrow. "Can You Be a Peace-loving Meat-eater?" In *Animals are Not Ours (No, Really They're Not): An Evangelical Animal Liberation Theology*, 114-120.

Laytham, D. Brent. "We Watch Them Play (Sports)." In *iPod, YouTube, Wii Play: Theological Engagements with Entertainment*, 83-98. Eugene, OR: Cascade Books, 2012.

Longacre, Doris Janzen. "Clothes and Bodies." In *Living More With Less*, 30th Anniversary Edition, revised and edited by Valerie Weaver-Zercher, 155-166. Scottdale, PA: Herald Press, 2010.

Longacre, Doris Janzen. "Nurture People." In *Living More With Less*, 61-69. Scottdale, PA: Herald Press, 2010.

McFague, Sallie. "Consider the Lilies of the Field." In *Super, Natural Christians: How We Should Love Nature*, 26-44. Minneapolis: Fortress Press, 1997.

Michel, Jen Pollock. "A Suffering Servant: The Labor of Love." In *Keeping Place: Reflections on the Meaning of Home*, 111-127. Downers Grove, ILL: Intervarsity Press, 2017.

Michel, Jen Pollock. "Love and Marriage: The Routine Work of I Do." In *Keeping Place: Reflections on the Meaning of Home*, 144-160 .

Myers, Ched. "Nature Against Empire: Exodus Plagues, Climate Crisis and Hard-heartedness." *Direction* 49, no. 1 (Spring 2020): 5-17.

Root, Andrew. "A Screen-based World: Finding the Real in the Hyper-real." *Word and World* 32, no. 3 (Summer 2012): 237-244.

Shapiro, Tim. "Homegrown Theology: Understanding God in Everyday Life." *Congregations* 30:1 (Winter 2004): 27-30.

Stafford, Tim. "God is in the Blueprints: Our Deepest Beliefs are Reflected in the Ways We Construct our Houses of Worship." *Christianity Today* 42, no. 10 (Sept 7 1998): 76-82.

Stoner, Cathy, "Tennis and the 'hood." In *All You Need is Love: Honoring the Diversity of Women's Voices in Theology*, edited by Jennifer Castro, 125-140. Elkhart: Mennonite Church USA, 2016.

Williams, Premkumar D. "Between City and Steeple: Looking at Megachurch Architecture." In *Everyday Theology: How to Read Cultural Texts and Interpret Trends*, edited by Kevin J. Vanhoozer, Charles A. Anderson, and Michael J. Sleasman, 115-131. Grand Rapids, MI: Baker Academic, 2007.

Wipf, Elizabeth Schrag. "My Time in the Wilderness: Overcoming Food Anxiety." *Vision* 22, no. 1 (Spring 2021): 35-40.

Additional Reading:

Aftandilian, Dave. "Toward a Native American Theology of Animals: Creek and Cherokee Perspectives." *Crosscurrents* 61, no. 2 (June 2011): 191-207.

Bass, Diana Butler. "Water." In *Grounded: Finding God in the World, A Spiritual Revolution*, 65-95. New York: Harper One, 2015.

Bennett, Kyle David. "This Is My Tummy That I Curb For You." In *Practices of Love: Spiritual Disciplines for the Life of the World*, 77-94. Grand Rapids: Brazos Press, 2017.

Canceran, Delfo Cortina. "Cybertechnology and Theology: An Uneasy Relationship." *Landas* 26, no. 1 (2012): 37-47.

Clapp, Rodney. "Why the Devil Takes Visa: A Christian Response to the Triumph of Consumerism." *Christianity Today* 40, no. 11 (October 7, 1996): 18-33.

Daelemans, Bert. "Healing Space: The Synaesthetic Quality of Church Architecture." *Religions* 11, no 635 (2020):1-18.

Daniels, Makenna. "A Walk Down Memory Lane: Sacred Space on the Camino de Santiago." *Journal of Theta Alpha Kappa* 41, no 2 (Fall 2017): 44-60.

DeBerg, Claire. "Choosing Love: Adultery, Adoption, Abundance." In *All you Need is Love: Honoring the Diversity of Women's Voices in Theology*, edited by Jennifer Castro, 55-63. Elkhart: Women in Leadership Project, Mennonite Church USA, 2016.

Ellis, Robert. "Sporting Space, Sacred Space: A Theology of Sporting Place." *Religions* 10, no 473 (2019): 1-16.

Forbes, Catherine. "Authentic Friendship in the Age of Social Media." *Pacifica* 29, no 2 (2016): 161-174.

Gress, Carrie and Noelle Mering. "Introduction" In *Theology of Home: Finding the Eternal in the Everyday*, 1-8. Charlotte NC: Tan Books, 2019.

Gress, Carrie and Noelle Mering. "Order" In *Theology of Home: Finding the Eternal in the Everyday*, 107-124.

Grimsrud, Ted. "Friendship as Spiritual Encouragement" from his blog "Peace Theology" <https://peacetheology.net/spirituality/13-friendship-as-spiritual-encouragement/>

Hill, Wesley. "Till Death Do Us Part." *Christianity Today* 58, no. 7 (September 2014): 38-44.

Hoffman, Shirl James. "The Church Heads for the Playground." In *Good Game: Christianity and the Culture of Sports*, 99-126. Waco, TX: Baylor University Press, 2010.

Hsu, Albert Y. "Material World: The Challenges of Consumer Culture." In *The Suburban Christian: Finding Spiritual Vitality in the Land of Plenty*, 74-97. Downers Grove, ILL: IVP Books, 2006.

Hunt, Mary W. "Fierce Tenderness in Deed." In *Fierce Tenderness: A Feminist Theology of Friendship*, 165-176.

Jacobs, Janet. "Sacred Space and Collective Memory: Memorializing Genocide at Sites of Terror." *Sociology of Religion* 72, no. 2 (2011): 154-165.

Kimmerer, Robin Wall "A Mother's Work." In *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*, 82-97. Minneapolis: Milkweed Editions, 2013.

King, David and Margo Starbuck. "Because We Owe our Children Every Opportunity, We Can't Say No to Youth Sports." In *Overplayed: A Parent's Guide to Sanity in the World of Youth Sports*, 21-44. Harrisburg, PA: Herald Press, 2016.

King, Sarah Withrow. "Do Animals Suffer? (And Does It Matter?)" In *Animals are Not Ours (No, Really They're Not): An Evangelical Animal Liberation Theology*, 61-71. Eugene, OR: Cascade Books, 2016.

Kowalsky, Nathan. "The God(s) of November," In *Encountering Earth: Thinking Theologically With a More-Than-Human World*, edited by Trevor George Hunsberger Bechtel, Matthew Eaton & Timothy Harvie, 166-177. Eugene, OR: Cascade Books, 2018.

Largen, Kristin Johnston. "Neighbours, Neighbour-Love, and our Animal Neighbours." In *Word and World* 37, no. 1 (Winter 2017): 37-45.

Maathai, Wangari. "The Power of the Tree." In *Replenishing the Earth: Spiritual Values for Healing Ourselves and the World*, 77-92. New York: Doubleday, 2018.

Newton, Richard. "Hallowed Haunts: The National African Museum as Sacred Space." *Religions* 11, no 12 (December 2020): 1-16.

Parks, Sharon Daluz. "Household Economics." In *Practicing Our Faith*, edited by Dorothy C. Bass, 43-58. San Francisco: Jossey-Bass Publishers, 1997.

Pihkala, Panu. "Ecotheology and the Theology of Eating: Convergencies and Controversies." *Religion and Food* 26 (2015), 64-81.

Reiff, Joseph T. "Mission Mississippi." *Christian Century* 128, no 5 (March 8, 2011): 30-32.

Ruud, Charlie. "Christ in Curveballs: A Reflection on Competition, Life and Cross." *Word and World* 35, no. 4 (Fall 2015): 326-332.

Sanna, Elynn. "Pregnancy and Childbirth: Transformation" & "Nourishing an Infant." In *Motherhood: A Journey*, 11-34. Mahwah, NJ: Paulist Press, 1997.

Soukup, Paul A., Francis J. Buckley, David C. Robinson. "The Influence of Information Technologies on Theology." *Theological Studies* 62 (2001): 366-377.

Turpin, Katherine. "Consuming." In *The Wiley Blackwell Companion to Practical Theology*, edited by Bonnie J. Miller-McLemore, 70-79. Oxford: Blackwell Publishing Ltd., 2012.

Wagner, Rachel. "Me, Myself and iPod: Hybrid, Wired and Plural Selves." In *Godwired: Religion, Ritual and Virtual Reality*, 99-125. London: Routledge, 2012.

Wagner, Rachel. "Xbox Apocalypse: Video Games, Interactivity and Revelatory Literature." In *Godwired: Religion, Ritual and Virtual Reality*, 187-205.

Warren, Tish Harrison. "Making the Bed: Liturgy, Ritual and What Forms a Life." In *Liturgy of the Ordinary*, 25-36. Downers Grove, ILL: Intervarsity Press, 2016.

Waters, Brent. "Is Technology the New Religion?" *Word and World* 35, no. 2 (Spring 2015): 143-150.

Wirzba, Norman. "Saying Grace." In *Food & Faith: A Theology of Eating*, 179-210. Cambridge: Cambridge University Press, 2011.

Evaluations:

Assignment	Weighting	Due Date
Critical Book Review	25%	January 31
Major Research Paper Proposal	5%	February 14
Class Presentation	30%	March 20, 27, or April 3
Major Research Paper	40%	April 10

Assignments:

#1. Critical Book Review (25%)

Goal: To develop the ability to summarize and critique a book in the field of practical everyday theology.

Due Date: January 31

Length: 500 - 600 words

Many of the readings in this course are an excerpt from a longer book, or feature an author who has written a book. In consultation with the instructor, read one of these books, and then write a critical book review. Instead of footnotes, you can use parentheses with a page number to document quotes.

A critical book review should begin with a concise summary of the book, followed by your response to the book (equal parts summary and response). Your review should be a good introduction to the book for someone who has never read it. Questions to consider are:

What method does this author use to do everyday theology?

What theological themes are uppermost in this book?

Was there something surprising or new to you in this book?

Were the reflections well-reasoned?

Did you agree or disagree with the main points?

What questions are left unanswered by this book?

Would you recommend this book? Why or why not?

#2. Major Research Paper Proposal (5%)

Goal: To demonstrate the ability to research a topic about everyday theology that has significance for you.

Due Date: Proposal February 14

Length: 250 words

The Proposal: Pick a topic that is significant to you, in consultation with the instructor (via email, with a subject heading "Proposed topic for research paper"). Possible topics could include any of the topics discussed in class, or other subjects that are relevant to your life. Examples include: gaming, clothing, money, sex, film, aging, childbirth, work, travel, popular music, art, etc. The instructor must approve the topic, since some topics may not have enough theological material to research. After the approval of your topic, write a one page proposal where in a paragraph you outline your topic, why you have chosen it and some of the themes your paper will address. Include a preliminary bibliography with at least two or three books, as well as two or three articles. Your proposal must be received before you begin work on your presentation/paper.

#3. Class Presentation (30%)

Goal: To present to the class an everyday theology on a particular topic important in your life.

Due Date: To be determined, either March 20, 27 or April 3.

Length: 10-15 minutes

This presentation is on the topic of your major research paper. It has four components.

- a) Choose a short reading about your topic (6-10 pages) for your fellow students to read. Email this as a pdf to the instructor by March 13, so that it can be posted on LEARN.
- b) A two page handout to be distributed on the day of your presentation where you outline the major theological themes in this topic, and a bibliography of pertinent books and articles or videos.
- c) A presentation where you begin by outlining why you chose this topic and why it is significant to you. Share your theological reflections, surveying the literature, and describing theological approaches and themes that emerged from your research. Conclude your presentation with a reflection on how this research impacted your own theology.
- d) Lead a 15 – 20 minute discussion on this topic. Come prepared with questions to encourage your classmates to share insights on this topic. This discussion can help you develop your theology and provide insights for your major research paper.

#4. Major Research Paper (40%)

Goal: To articulate and develop theological themes in an organized and readable paper, demonstrating your ability to think theologically about your own context in conversation with other theologians.

Length: 2500-3000 words

Due: April 10

Having read a wide variety of “everyday theology” articles in this course, consider what methods you want to use in your paper. Your paper should include at least three areas (they do not have to be in this order):

- a) Survey of the literature. What are people writing about this topic, including significant authors in the field, and their theological methods. What theological themes surface around this topic?
- b) Reflection on your own experience. How does God and faith emerge through this topic in your life?
- c) In your conclusion suggest questions that you still have, and directions for future research.

Course Schedule:

Week	Topic	Reading
1. Jan 10	Introduction	Ammerman, Nancy. “Finding Religion in Everyday Life.” Shapiro, Tim. “Homegrown Theology: Understanding God in Everyday Life.”

Week	Topic	Reading
2. Jan 17	Friendship	Hunt, Mary. "The Limits of Friendship in Loss and Celebration." Stoner, Cathy. "Tennis and the 'hood'." Additional reading: Forbes, Catherine. "Authentic Friendship in the Age of Social Media." Grimsrud, Ted. "Friendship as Spiritual Encouragement" Hill, Wesley. "'Till Death Do Us Part" Hunt, Mary. "Fierce Tenderness in Deed." Reiff, Joseph T. "Mission Mississippi."
3. Jan 24	Food	Ayres, Jennifer R. "A Grounded Practical Theology of Food." Kimmerer, Robin Wall. "The Three Sisters." King, Sarah Withrow. "Can You be a Peace-loving Meat-eater?" Wipf, Elizabeth Schrag. "My Time in the Wilderness: Overcoming Food Anxiety." Additional reading: Bennett, Kyle David. "This Is My Tummy That I Curb For You." Pihkala, Panu. "Ecotheology and the Theology of Eating." Wirzba, Norman. "Saying Grace."
4. Jan 31	Animals	Carfore, Kimberly. "Doing Theology with Snakes." Hobgood-Oster, Laura. "What a Friend We Have: Our Animal Companions." Kao, Grace. "My Life with Morris: A Feminist Account of Friendship and Conversion in a Bicultural Context." Additional reading: Aftandilian, Dave. "Toward a Native American Theology of Animals: Creek and Cherokee Perspectives." King, Sarah Withrow. "Do Animals Suffer? (And Does it Matter?)" Kowalsky, Nathan. "The God(s) of November." Largen, Kristin. "Neighbours, Neighbour-Love, and our Animal Neighbours."
5. Feb 7	Family Relationships and Homemaking	Harrison Warren, Tish. "Making the Bed: Liturgy, Ritual and What Forms a Life." Longacre, Doris Janzen. "Nurture People." Michel, Jen Pollock. "Love and Marriage: The Routine Work of I Do." Michel, Jen Pollock. "A Suffering Servant: The Labor of Love." Additional reading:

Week	Topic	Reading
		DeBerg, Claire. "Choosing Love: Adultery, Adoption, Abundance." Gress & Mering. "Introduction." Gress & Mering, "Order." Sanna, Ellyn. "Pregnancy and Childbirth: Transformation" & "Nourishing an Infant."
6. Feb 14	Sports	Hoven, Matt. "Sport as a Celebrative and Worshipful Act." Laytham, D. Brent. "We Watch them Play (Sports)." Ruud, Charlie. "Christ in Curveballs: A Reflection on Competition, Life and Cross." Additional Reading: Hoffman, Shirl James. "The Church Heads for the Playground." King, David and Margo Starbuck. "Because We Owe Our Children Every Opportunity, We Can't Say No to Youth Sports."
	READING WEEK	
7. Feb 28	Nature	Dahill, Lisa E. "Living, Local, Wild Waters." McFague, Sallie. "Consider the Lilies of the Field." Myers, Ched. "Nature Against Empire: Exodus Plagues, Climate Crisis and Hard-heartedness." Additional readings: Bass, Diana Butler. "Water." Kimmerer, Robin Wall "A Mother's Work." Maathai, Wangari. "The Power of the Tree."
8. Mar 6	Possessions	Bennett, Kyle David. "What Did You Have That You Did Not Receive?" Friesen, Ken Martens. "A Mennonite Call to Simplicity." Hsu, Albert Y. "Material World: The Challenges of Consumer Culture." Longacre, Doris Janzen. "Clothes and Bodies." Additional readings: Clapp, Rodney. "Why the Devil Takes Visa: A Christian Response to the Triumph of Consumerism." Parks, Sharon Daloz. "Household Economics." Siegrist, Anthony. "Haunted by Plain Folk: Why Simplicity Should Be a Christian Virtue." Turpin, Katherine. "Consuming."
9. Mar 13	Sacred Spaces	Stafford, Tim. "God is in the Blueprints: Our Deepest Beliefs are Reflected in the Ways We Construct our Houses of Worship." Williams, Premkumar D. "Between City and Steeple: Looking at Megachurch Architecture."

Week	Topic	Reading
		<p>And choose one other article from this list:</p> <p>Daelemans, Bert. "Healing Space: The Synaesthetic Quality of Church Architecture."</p> <p>Daniels, Makenna. "A Walk Down Memory Lane: Sacred Space on the Camino de Santiago."</p> <p>Ellis, Robert. "Sporting Place, Sacred Place: A Theology of Sporting Place."</p> <p>Jacobs, Janet. "Sacred Space and Collective Memory: Memorializing Genocide at Sites of Terror."</p> <p>Newton, Richard. "Hallowed Haunts: The National African Museum as Sacred Space."</p>
10 Mar 20	Technology	<p>Root, Andrew. "A Screen-based World: Finding the Real in the Hyper-real." & readings for student presentations</p> <p>Additional reading:</p> <p>Canceran, Delfo Cortina. "Cybertechnology and Theology: An Uneasy Relationship."</p> <p>Soukup, Paul A., Francis Buckley, David Robinson. "The Influence of Information Technologies on Theology."</p> <p>Wagner, Rachel "Me, Myself and iPod: Hybrid, Wired and Plural Selves."</p> <p>Wagner, Rachel "Xbox Apocalypse: Video Games, Interactivity and Revelatory Literature."</p> <p>Waters, Brent. "Is Technology the New Religion?"</p>
11. Mar 27	Student Presentations	Readings from student presentations
12. April 3	Student Presentations	Readings from student presentations

UWaterloo Policies

Academic Integrity: In order to maintain a culture of academic integrity, members of the University of Waterloo are expected to promote honesty, trust, fairness, respect and responsibility.

Arts: [Academic Integrity website](#) University of Waterloo: [Academic Integrity Office](#)

Notes

The Land on Which We Meet:

We acknowledge that we are located on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe, and the Haudenosaunee peoples. The University of Waterloo and Conrad Grebel University are situated on the Haldimand Tract, the land promised to the Six Nations that includes ten kilometers (six miles) on each side of the Grand River. In our words and in our actions we strive to live in right relationship with our Indigenous neighbours. Specifically, in this theological course we will keep the Truth and Reconciliation Commission Call to Action #60 in mind: *We call upon leaders of the church parties to the Settlement Agreement and all other faiths, in collaboration with Indigenous spiritual leaders, Survivors, schools of theology, seminaries, and other religious training centres, to develop and*

teach curriculum for all student clergy, and all clergy and staff who work in Aboriginal communities, on the need to respect Indigenous spirituality in its own right, the history and legacy of residential schools and the roles of the church parties in that system, the history and legacy of religious conflict in Aboriginal families and communities, and the responsibility that churches have to mitigate such conflicts and prevent spiritual violence.

Class Attendance

Being present and participating in class discussion and activities is essential for the pedagogical method of this course. Students are expected to come to class having read the required readings for the day, with readiness to discuss them. If you are unable to make the class, please let the instructor know by email if you will be absent. If you miss three classes, even for unavoidable reasons, an alternative assignment may be assigned at the discretion of the instructor to make up for the missed class time

Format, Citations, and Plagiarism

Please double-space your work and submit it as a Word Document (not a pdf). All assignments will be submitted through LEARN. Your sources must be fully documented, according to the *Chicago Manual of Style*, 16th edition (Chicago: University of Chicago Press, 2010). The latest edition is available on-line here: http://www.chicagomanualofstyle.org/16/ch14/ch14_toc.html. Please use the notes and bibliography system rather than the parenthetical author/date system. Using undocumented quotations from published sources, or submitting work that is not your own will have serious ramifications for your academic career.

Use of Artificial Intelligence

The use of Generative artificial intelligence (GenAI) like Chat GPT, DALL-E, or GitHub CoPilot to produce your work is not permitted in this class. Unauthorized use in this course, such as using GenAI to complete a course assessment is considered a violation of [Policy 71](#) (plagiarism or unauthorized aids or assistance). Work produced with the assistance of AI tools does not represent the author's original work and is therefore in violation of the fundamental values of academic integrity. If the use of GenAI is suspected, you may be asked for proof that the submitted material is your original work. You should keep your rough notes, including research notes, brainstorming, and drafting notes. You may be asked to submit these notes along with earlier drafts of their work, either through saved drafts or saved versions of a document. Through this process, if you have not sufficiently supported your work, academic misconduct allegations may be brought to the Dean.

Tardy Assignments

Punctual submission of assignments is expected. Late assignments will be accepted only if you have talked to the instructor ahead of time for an extension. A 5% deduction will be levied for every day an assignment is overdue.

Other sources of information for students:

[Mental Health Services](#) aim is to provide holistic programming and services to help you lead a healthy and balanced life. We strive to provide a secure, supportive environment for students of all orientations and backgrounds. Students suffering from problems with anxiety, depression, problems with sleep, attention, obsession or compulsions, relationship difficulties, severe winter blues, etc., may make an appointment by phone or in person. Appointments are usually available within two days of initial

contact with one of our medical doctors. All contacts are completely confidential. Phone 519-888-4567 ext. 32655.

For students with learning differences: The [AccessAbility Services \(AAS\)](#) office, located in Needles Hall Room 1132, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the ASS office at the beginning of each academic term.

[Counselling Services](#): Counselling Services provides free confidential counselling, in both individual and group sessions, with qualified professionals to help registered students, faculty and staff with personal concerns, educational career decisions, and strategies to studies and exams: www.adm.uwaterloo.ca/infocs, ext. 33528, NH Room 2080.

[The Writing Centre](#): Writing Centre staff offer one-on-one support in planning assignments and presentations, using and documenting research, organizing and structuring papers, and revising for clarity and coherence. Make an appointment or drop in at the Library for quick questions or feedback. To book a 50-minute appointment and to see drop-in hours, visit www.uwaterloo.ca/writing-centre.