

#### Political Science 3388E

#### **International Human Rights**

Intersession 2014 Instructor: Dr. David Hoogenboom

M-F: 1:30-4:00 Office Location: TBA

SSC 3026 Office Hours: Tues and Thurs: 12-1:30

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# **Course Description**

The first half of the course will provide an overview of the topic of human rights, from its origins to its 21st century reality, as well as its various conceptions, theoretical notions, and instruments. The second half of the course will look at issues of concern, abuses and potential solutions.

# **Required Texts**

Goodhart, Michael. Ed. *Human Rights: Politics and Practice* 2<sup>nd</sup> Ed. New York: Oxford University Press, 2012.

Orend, Brian. *Human Rights: Concept and Context*. Peterborough: Broadview Press, 2002.

#### Antirequisite(s)

Political Science 2219E, the former 209E offered 2001 to 2004 at Huron.

#### Prerequisite(s)

Political Science 2231E or 2245E or International Relations 2701E.

**Please Note:** You are responsible for ensuring that you have successfully completed all course prerequisites, and that you have not taken an antirequisite course. Lack of prerequisites may not be used as a basis for appeal. If you are found to be ineligible for a course, you may be removed from it at any time and you will receive no adjustment to your fees. This decision cannot be appealed. If you find that you do not have the course requisites, it is in your best interest to drop the course well before the end of the add/drop period. Your prompt attention to this matter will not only help protect your academic record, but will

ensure that spaces become available for students who require the course in question for graduation.

Office of the Dean, Faculty of Social Science

### **Course Requirements**

Participation 20%

Critical Commentary Papers 20% (2 x 10%)

Essay Proposal02%Essay33%Final Exam25%

#### **Participation**

Participation grades are based on participation in each lecture's class discussion. Students are expected to attend class having completed all of the required readings. Please consult the participation grading grid below for more information.

#### **Critical Commentary Papers**

Students are required to write two **critical** commentary papers examining at least one of the day's readings. The papers should be roughly 5 pages, in length (double-spaced). The purpose of the paper is NOT to summarize the readings. Instead, students should briefly discuss one or two major points addressed in the readings, highlight important questions or issues identified by the author(s) as well as provide their own observations, questions, and critical analysis. Papers are due at the start of the class in which the readings in question will be discussed. Late penalties do not apply to these assignments, and no extensions will be granted.

#### **Essay Proposal**

Students are required to submit a research proposal outlining a topic and preliminary thesis statement due **May 29, 2014.** 

# <u>Essay</u>

Students are required to write a research paper of 12-14 pages double-spaced in length, using 12-point font. This paper will be due at the beginning of class on **June 16, 2014.** Papers that are not submitted at the beginning of class on this date are subject to an automatic penalty of 10% per week. Students are expected to write an argumentative essay, which examines some aspect of international human rights covered in the class material. Students will be expected to make use of academic books and refereed journal articles to build up and support their arguments. The use of Internet sites is strongly discouraged.

Students are required to use Chicago Style formatting for all assignments, and marks will be deducted for improper formatting. Please consult a writer's handbook when composing your essays in order to see how to format things like bibliography and footnotes. One such excellent handbook is Kate L. Turabian, A Manual for Writers of Research Papers, Theses, and Dissertations, 7th ed. (Chicago: University of Chicago Press, 2007). A useful link may be found at the following url: <a href="http://www.wisc.edu/writing/Handbook/DocChicago.html">http://www.wisc.edu/writing/Handbook/DocChicago.html</a>.

#### Final Exam

The final exam for this course will be administered during the scheduled exam period at the end of the Term (June 23-24). Exam details will be provided in class and available through the OWL site.

# Important Information (PLEASE READ)

Registration in the course constitutes your agreement to the following terms:

#### **Late Penalties and Academic Accommodation**

- The essay is due at the beginning of class on March 06, 2014 in order to avoid disruption of the lecture. Papers handed in after that point will be considered late. The late penalty is automatically 10% per week, after which late assignments will not be accepted. You must seek academic accommodation from Social Science Academic Counselling (SSC 2105). Generally speaking, extensions will only be granted when there is proof of a severe medical or other emergency in the form of a signed medical note, etc. that explains why you are unable to complete the assignment on time.
- If you feel that you have a medical or personal problem that is interfering with your performance in the course, you should contact your instructor and Social Science Academic Counselling (SSC 2105) as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time rather than on a retroactive basis.
- For further information on academic accommodation please consult the Policy on Accommodation for Medical Illness: <a href="https://studentservices.uwo.ca/secure/index.cfm">https://studentservices.uwo.ca/secure/index.cfm</a>
- Access to the STUDENT MEDICAL CERTIFICATE (SMC) is at: http://www.uwo.ca/univsec/handbook/appeals/medicalform.pdf
- For conflicts with religious observances, the appropriate accommodation will be made. Please inform me within the first two weeks of classes whether there is a conflict, and to make appropriate arrangements with me.

- Non-medical absences: Students are expected to attend each class and attendance and participation will be documented every week. Given the limited number of classes and the total number of students in the class, missed presentations will be given a mark of zero. It is up to you to ensure that you have the correct date, however, to help facilitate this process, I will provide a schedule of the presentations on Sakai.
- Failure to complete any evaluation component may result in a failing grade in the course.

#### **Support Services**

 Students who are in emotional/mental distress should refer to Mental Health@Western <a href="http://www.uwo.ca/uwocom/mentalhealth/">http://www.uwo.ca/uwocom/mentalhealth/</a> for a complete list of options about how to obtain help.

#### Students with Disabilities

Any student with a disability is advised to contact the Coordinator for Services
for Students with Disabilities in order that arrangements can be made through
them to accommodate that student. Services for Students with Disabilities is
located in The Student Development Centre in Western Student Services
Building, Suite 4100; they can be reached by telephone at 519-661-3031, or on
the web at http://www.sdc.uwo.ca
The un iversity's po licy on the
accommodation of students with disabilities can be found at:
http://www.uwo.ca/univsec/handbook/appeals/accommodation\_disabilities.pdf

#### Other Resources

• There are many resources at UWO designed to assist you in your learning. You are strongly advised to utilize these services. The Student Development Centre offers many services, including Effective Writing Programs and Learning Skills Services. The Student Development Centre is located in Western Student Services Building, Suite 4100; they can be reached by telephone at 519-661-3031, or on the web at http://www.sdc.uwo.ca. You should also become familiar with the services offered by the University Library System. The D.B. Weldon Library may be contacted by telephone at 519-661-3162, or on the web at http://www.lib.uwo.ca/weldon

#### **Academic Offences**

- Scholastic offences are taken seriously and students are directed to read the
  appropriate policy, specifically, the definition of what constitutes a Scholastic
  Offence, at the following Web site:
  <a href="http://www.uwo.ca/univsec/handbook/appeals/scholastic discipline undergrad.pdf">http://www.uwo.ca/univsec/handbook/appeals/scholastic discipline undergrad.pdf</a>
- All required papers may be subject to submission for textual similarity review to

the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com http://www.turnitin.com.

If you object to using Turnitin.com, please see the course Instructor to set up
alternative arrangements for submission of your written assignments. Such
arrangements could include some or all of the following: submission of drafts,
rough work and notes; submission of photocopies of sources along with call
numbers and web site addresses of sources cited in the paper.

#### **Electronics**

- Electronics are increasingly an important component in learning. Therefore, laptop use is permitted as long as it does not disrupt the learning experience of other students. Disruptive behavior will be dealt with on a case-by-case basis and may result in the suspension of laptop privileges.
- Please note that all cellphones, music players and other electronic gadgets should be turned off during class.

#### **Etiquette**

Discussion and debate is an important component in a seminar setting.
 However, at times, the course deals with sensitive and controversial topics.
 Therefore, our interactions in each seminar must be guided by an ethic of respect. Healthy debates are always guided by patience (giving each other the time to articulate their thoughts) and tolerance (hearing the other side).

#### Course Outline

# May 12 - Introduction to Course

#### May 13 - Introduction to Human Rights

- Goodhart "Introduction"
- Orend chapter 1

# May 14 - Concept and History

- Orend chapter 7, 8
- Goodhart chapter 1

# May 15 - United Nations: History and Structure

- Karen Mingst and Margaret Karns, The United Nations in the Post-Cold War Era, 2<sup>nd</sup> ed. (Boulder: Westview, 2002). Please read <u>chapter 2</u>, pp. 16-45. (On reserve at Weldon Library)
- Alex J. Bellamy, "Human rights and the UN: Progress and Challenges," UN Chronicle 48, no. 4 (2011): 18-22. (Available through Western library website)

### May 16 - Human Rights and International Law

- Goodhart chapter 4
- Tomasz Iwanek, "The 2003 Invasion of Iraq: How the System Failed," Journal of Conflict & Security Law 15, no. 1 (2010): 89-116. (Available through Western library website)

#### May 20 - Universality

- Orend chapter 2, 3
- Margaret Jolly, "'Woman Ikat Raet Long Human Raet O No?' Women's Rights,
  Human Rights and Domestic Violence in Vanuatu," Feminist Review 52 (Spring,
  1996): 169-190. (Available through Western library website)

#### Additional Reading:

 Suzanne Ruggi, "Commodifying Honor in Female Sexuality: Honor Killings in Palestine," Middle East Report 206 (Spring, 1998): 12-15. (Available through Western library website)

#### May 21 - Cultural Relativism

- Jack Donnelly, Universal Human Rights in Theory and Practice, 2<sup>nd</sup> ed. (Ithaca, NY: Cornell University Press, 2003). Please read <u>chapter 6</u>, pp. 89-106. (On reserve at Weldon Library)
- Ajnesh Prasad, "Cultural Relativism in Human Rights Discourse," Peace Review: A Journal of Social Justice 19, no. 4 (2007): 589-596. (Available through Western library website)

#### May 22 - Rights vs. Duties

- Orend chapter 5
- Lawrence O. Gostin and Robert Archer, "The Duty of States to Assist other States in Need: Ethics, Human Rights, and International Law," *The Journal of Law, Medicine & Ethics* 35, no. 4 (2007): 526-533. (Available through Western library website)

# May 23 - Non-Western Conceptions of Human Rights

- Jack Donnelly Universal Human Rights: In Theory & Practice. 2<sup>nd</sup> ed. (Ithaca: Cornell University Press, 2003). Please read <u>chapter 5</u>, pp. 71-86. (On reserve at Weldon Library)
- Additional Reading TBA

#### May 26 - Critical Conceptions of Human Rights

- Duncan Ivison, *Rights* (Montreal & Kingston: McGill-Queen's University Press, 2008). Please read <u>chapter 7</u>, pp. 180-197. (On reserve at Weldon Library)
- Tony Evans, "Disciplining Global Society," Studies in Social Justice 1, no. 2 (2007): 108-121. (Available through Western library website)

### May 27 - Human Rights, International Relations, and Foreign Policy

- Goodhart chapter 3
- Nicholas Rengger, "The World Turned Upside Down? Human Rights and International Relations after 25 Years," *International Affairs* 87, no. 5 (2011): 1159-1178. (Available through Western library website)

#### May 28 - (Mis)Use of Human Rights (ESSAY PROPOSALS DUE)

- Goodhart chapter 7
- Additional Reading TBA

#### May 29 - Political Democracy

- Goodhart chapter 8 (read only 130-134)
- David Beetham, "Linking Democracy and Human Rights," Peace Review: A
   Journal of Social Justice 9, no. 3 (1997): 351-356. (Available through Western
   library website)
- "South Africa: Overcoming Apartheid, Building Democracy;" (see especially all eight "Units" but also explore additional media links and interviews throughout the site); available from: <a href="http://overcomingapartheid.msu.edu/listunits.php">http://overcomingapartheid.msu.edu/listunits.php</a>
- Osei Boateng, "Who Rules South Africa?" New African 520 (Aug/Sept 2012): 40-43. (Available through Western library website)

#### May 30 – Midterm Summary

No Required Readings

### June 02 - Global Civil Society

- Goodhart chapter 9
- Krishan Kumar, "Civil Society, Globalization, and Global Civil Society," *Journal of Civil Society* 4, no. 1 (2008): 15-30. (Available through Western library website)
- Jody Williams, "Relevance of the International Criminal Court to Other Campaigns to Strengthen Human Security," International Campaign to Ban Landmines; available from: http://www.iccnow.org/documents/JodyWilliams.pdf

#### June 03 - Economic Globalization

- Goodhart chapter 11 (read <u>only</u> 183-186)
- Pierre Bourdieu, "The Essense of Neoliberalism," *Le Monde Diplomatique* (December 1998), available from: <a href="http://mondediplo.com/1998/12/08bourdieu">http://mondediplo.com/1998/12/08bourdieu</a>

#### June 04 - Human Rights and Development

- Goodhart chapter 10
- "UN Millennium Project;" (read through the site and view the resources it lists); available from: http://www.unmillenniumproject.org/index.htm
- Paul J. Nelson, "Human Rights, the Millennium Development Goals, and the Future of Development Cooperation," World Development 35, no. 12 (2007): 2041-2055. (Available through Western library website)

#### June 05 - Children's Human Rights

- Goodhart chapter 12
- Paulo David, "Implementing the Rights of the Child Six Reasons Why the Human Rights of Children Remain a Constant Challenge, *International Review of Education* 48 no. 3/4, (July 2002): 259-263. (Available through Western library website)

#### June 06 - Human Trafficking

- Goodhart chapter 15
- David A. Feingold, "Human Trafficking," *Foreign Policy* 150 (Sept.-Oct., 2005): 26-(30. (Available through Western library website)

# June 09 - Forced Migration

- Goodhart chapter 13
- "Unwelcome Guests: Greek Police Abuses of Migrants in Athens," Human Rights Watch [Report on-line], June 12, 2013. Available from: http://www.hrw.org/reports/2013/06/12/unwelcome-guests-0

#### June 10 - Indigenous Peoples

- Goodhart chapter 14
- Peter Kulchyski, "Human Rights or Aboriginal Rights? Reflections on the UN
  Declaration on the Rights of Indigenous Peoples," Briar Patch 40, no. 4 (2011):
  33-35. (Available through Western library website)

#### June 11 - Torture

- Goodhart chapter 18
- David Luban, "Human Dignity, Humiliation, and Torture," *Kennedy Institute of Ethics* 19, no. 3 (2009): 211-230. (Available through Western library website)

#### June 12 - Genocide

- Goodhart chapter 16
- Additional Reading TBA

#### June 13 - Humanitarian Intervention

- Goodhart chapter 17
- P.D. Williams and A.J. Bellamy, "The Responsibility to Protect and the Crisis in Darfur" Security Dialogue, Vol. 36, No. 1 (2005): 27-47. (Available through Western library website)

#### June 16 - Transitional Justice (ESSAYS DUE)

- Goodhart chapter 19
- The Rule of Law and Transitional Justice in Conflict and Post-Conflict Societies: Report of the Secretary-General, (S/2004/616) United Nations Security Council, 23 August 2004, 1-24; available from: http://www.unrol.org/doc.aspx?n=2004+report.pdf

#### June 17 - Human Rights and the Environment

- Goodhart chapter 22
- Amedeo Postiglione, "Human Rights and the Environment," *The International Journal of Human Rights* 14, no. 4 (2010): 524-541. (Available through Western library website)

#### June 18 - Human Rights and Terrorism

• Required Readings TBA

#### June 19 - The Future of Human Rights

- Goodhart chapter 20
- Additional Reading TBA

#### June 20 - Course Review

#### **PARTICIPATION**

Participation may take many forms. Throughout this course, you will be asked to participate in a number of different ways, including participation in discussions, and debates. Critical to all of this, of course, is attendance—you can't participate if you're not here!! In addition, at the beginning of each class, you will submit a written assignment that demonstrates that you have done and are familiar with the readings assigned for that week. This assignment will consist of three or more comments on the readings themselves. 12 Assignments will be graded out of a possible score of 3 and will count for half your participation grade. Please note that you may not submit this assignment each week unless you are physically present throughout the class.

The balance of your participation grade will be determined according to the following criteria:

# **Participation Grading Guide**

Grade	Attendance	Discussion	Reading
10	Always	Excellent: leads debate; offers analysis and comments; always has ideas on theme of reading; takes care not to dominate; asks questions	Clearly has done and prepared questions on virtually all readings; intelligently uses this understanding and these questions in discussion
8	Almost always	Very Good: thoughtful comments and questions for the most part; willing, able and frequent contributor	Has done most readings; provides competent analysis of reading when prompted by others
6	Frequent	Good: has basic grasp of key concepts and occasional ideas on the main theme of the reading; arguments are sporadic and at times incomplete or poorly supported; unwilling to ask questions	Displays familiarity with most readings, but tends not to analyze them or to relate them to the course material
4	Occasional	Somewhat Poor: remarks in class marred by misunderstandings of key concepts; seldom contributes effectively to discussion of the main theme; often digresses in unhelpful ways; sporadic	Actual knowledge of material is outweighed by improvised comments and remarks
0-2	Rare	Poor: rarely speaks; parrots text or comments of others	Little or no apparent familiarity with assigned material

# **ESSAYS**

# **Grading Grid**

Argument	
Organization of the Essay	
Quality of evidence	
Communication Skills	
Use of quotations and footnotes	
Other Comments	
Grade	

# APPENDIX TO UNDERGRADUATE COURSE OUTLINES DEPARTMENT OF POLITICAL SCIENCE

# Prerequisite checking - the student's responsibility

"Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites."

# **Essay course requirements**

With the exception of 1000-level courses, most courses in the Department of Political Science are essay courses. Total written assignments (excluding examinations) will be at least 3,000 words in Politics 1020E, at least 5,000 words in a full course numbered 2000 or above, and at least 2,500 words in a half course numbered 2000 or above.

# **Use of Personal Response Systems ("Clickers")**

"Personal Response Systems ("clickers") may be used in some classes. If clickers are to be used in a class, it is the responsibility of the student to ensure that the device is activated and functional. Students must see their instructor if they have any concerns about whether the clicker is malfunctioning.

Students must use only their own clicker. If clicker records are used to compute a portion of the course grade:

- the use of somebody else's clicker in class constitutes a scholastic offence,
- the possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offence."

# <u>Security and Confidentiality of Student Work</u> (refer to current *Western Academic Calendar* (http://www.westerncalendar.uwo.ca/)

"Submitting or Returning Student Assignments, Tests and Exams - All student assignments, tests and exams will be handled in a secure and confidential manner. Particularly in this respect, <u>leaving student work unattended</u> in public areas for pickup is not permitted."

#### **Duplication of work**

Undergraduate students who submit similar assignments on closely related topics in two different courses must obtain the consent of both instructors prior to the submission of the assignment. If prior approval is not obtained, each instructor reserves the right not to accept the assignment.

# **Grade adjustments**

In order to ensure that comparable standards are applied in political science courses, the Department may require instructors to adjust final marks to conform to Departmental guidelines.

#### **Academic Offences**

"Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: http://www.uwo.ca/univsec/handbook/appeals/scholoff.pdf ."

# **Submission of Course Requirements**

ESSAYS, ASSIGNMENTS, TAKE-HOME EXAMS <u>MUST</u> BE SUBMITTED ACCORDING TO PROCEDURES SPECIFIED BY YOUR INSTRUCTOR (I.E., IN CLASS, DURING OFFICE HOURS, TA'S OFFICE HOURS) OR UNDER THE INSTRUCTOR'S OFFICE DOOR.

#### THE MAIN OFFICE DOES NOT DATE-STAMP OR ACCEPT ANY OF THE ABOVE.

Note: Information excerpted and quoted above are Senate regulations from the Handbook of Scholarship and Academic Policy. <a href="http://www.uwo.ca/univsec/handbook/">http://www.uwo.ca/univsec/handbook/</a>

Students registered in Social Science should refer to <a href="http://counselling.ssc.uwo.ca/">http://counselling.ssc.uwo.ca/</a>
<a href="http://counselling.ssc.uwo.ca/procedures/havingproblems.asp">http://counselling.ssc.uwo.ca/procedures/havingproblems.asp</a> for information on Medical Policy, Term
<a href="Tests">Tests</a>, Final Examinations, Late Assignments, Short Absences, Extended Absences, Documentation and other Academic Concerns. Non-Social Science students should refer to their home faculty's academic counselling office.

# **Plagiarism**

"Plagiarism: Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence." (see Scholastic Offence Policy in the Western Academic Calendar).

<u>Plagiarism Checking:</u> "All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com ( <a href="http://www.turnitin.com">http://www.turnitin.com</a> )."

<u>Multiple-choice tests/exams</u>: "Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating."

Note: Information excerpted and quoted above are Senate regulations from the Handbook of Scholarship and Academic Policy. <a href="http://www.uwo.ca/univsec/handbook/">http://www.uwo.ca/univsec/handbook/</a>

#### **PLAGIARISM\***

In writing scholarly papers, you must keep firmly in mind the need to avoid plagiarism. Plagiarism is the unacknowledged borrowing of another writer's words or ideas. Different forms of writing require different types of acknowledgement. The following rules pertain to the acknowledgements necessary in academic papers.

# A. In using another writer's words, you must both place the words in quotation marks and acknowledge that the words are those of another writer.

You are plagiarizing if you use a sequence of words, a sentence or a paragraph taken from other writers without acknowledging them to be theirs. Acknowledgement is indicated either by (1) mentioning the author and work from which the words are borrowed in the text of your paper; or by (2) placing a footnote number at the end of the quotation in your text, and including a correspondingly numbered footnote at the bottom of the page (or in a separate reference section at the end of your essay). This footnote should indicate author, title of the work, place and date of publication, and page number.

Method (2) given above is usually preferable for academic essays because it provides the reader with more information about your sources and leaves your text uncluttered with parenthetical and tangential references. In either case words taken from another author must be enclosed in quotation marks or set off from your text by single spacing and indentation in such a way that they cannot be mistaken for your own words. Note that you cannot avoid indicating quotation simply by changing a word or phrase in a sentence or paragraph which is not your own.

# B. In adopting other writers' ideas, you must acknowledge that they are theirs.

You are plagiarizing if you adopt, summarize, or paraphrase other writers' trains of argument, ideas or sequences of ideas without acknowledging their authorship according to the method of acknowledgement given in 'A' above. Since the words are your own, they need not be enclosed in quotation marks. Be certain, however, that the words you use are entirely your own; where you must use words or phrases from your source, these should be enclosed in quotation marks, as in 'A' above.

Clearly, it is possible for you to formulate arguments or ideas independently of another writer who has expounded the same ideas, and whom you have not read. Where you got your ideas is the important consideration here. Do not be afraid to present an argument or idea without acknowledgement to another writer, if you have arrived at it entirely independently. Acknowledge it if you have derived it from a source outside your own thinking on the subject.

In short, use of acknowledgements and, when necessary, quotation marks is necessary to distinguish clearly between what is yours and what is not. Since the rules have been explained to you, if you fail to make this distinction your instructor very likely will do so for you, and they will be forced to regard your omission as intentional literary theft. Plagiarism is a serious offence which may result in a student's receiving an 'F' in a course or, in extreme cases in their suspension from the University.

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August 13, 1991

**Accessibility at Western:** Please contact <a href="mailto:poliscie@uwo.ca">poliscie@uwo.ca</a> if you require any information in plain text format, or if any other accommodation can make the course material and/or physical space accessible to you.

#### **SUPPORT SERVICES**

Students who are in emotional/mental distress should refer to Mental Health@Western <a href="http://www.uwo.ca/uwocom/mentalhealth/">http://www.uwo.ca/uwocom/mentalhealth/</a> for a complete list of options about how to obtain help.