# The College of the Humanities Greek and Roman Studies Program CLCV 2903 Democracy to Alexander Winter Term



# DEMOCRACY TO ALEXANDER

Professor: Dr. L. Gagné (she/her)
Office: Paterson Hall, room 2A64

E-mail: laura.gagne@carleton.ca

Classes: Monday and Wednesday 1:05- 2:25
Office Hours: Monday 2:30-3:30 or by appointment

TA: Charlie Ham (they/them)

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#### COURSE DESCRIPTION

The history of ancient Greece from the classical period to Alexander. Also listed as HIST 2903.

Precludes additional credit for CLCV 2900 and HIST 2900. Prerequisite(s): second year standing or permission of the unit.

#### LEARNING OUTCOMES

By the end of this course students will be able to do the following:

- 1. Critique the sources of our knowledge about the Classical to Hellenistic Periods.
- 2. Summarize the strategies and tactics used by the Persians and the Greeks in the battles of Marathon, Thermopylae, Salamis, Plataea, and Mycale.
- 3. Discuss the effects of the outcome of the Persian Wars on the relationships between the various Greek city-states.
- 4. Trace the development of Athenian democracy from the time of Solon to the time of Pericles
- 5. Compare and contrast the political organizations of Athens and Sparta
- 6. Discuss the major battles of the Peloponnesian War and their outcomes for Athens and Sparta.
- 7. Discuss the rise of Thebes and the battles between the Greek citystates following the Peloponnesian War.
- 8. Discuss the rise of Macedon and its conquest of Greece.
- 9. Assess the tactics used by the Macedonian army developed by Philip II and perfected by Alexander III.

#### TEXTBOOK

Pomeroy, S.B., Burstein S.M., Donlan, W., Tolbert Roberts, J., Tandy, D.W., and Tsouvala, G. 2018. *Ancient Greece. A Political, Social, and Cultural History.* Fourth Edition. New York: Oxford University Press. ISBN 978-0-190-68691-8

Cost of textbook: \$100.25 (print); \$33.99 (digital for 180 days)

The textbook is required for the course and is available through the University Bookstore. <a href="https://www.bkstr.com/carletonstore/home">https://www.bkstr.com/carletonstore/home</a>. You can also order them through Brightspace by selecting "Jump To" from the navigation bar, then choose "find your textbooks" on the drop-down list.

Earlier editions are also acceptable, but the page numbers may be different for the readings. This is the same textbook that was used in "Origins of the Greeks". If you took that course last semester, you don't need a new book. If you did not, you might find second-hand copies available through the bookstore from those who did but are not taking this course.

Supplementary readings are mandatory and will be available as PDFs either in the module called "Supplementary Readings" on the course webpage, or in the modules for the lectures to which they pertain. Extra readings for enrichment are not mandatory. They will appear in their own folder (Extra Readings) marked "optional" and will also be included in a folder called "optional extra readings" in the folders for the lessons they apply to.

#### EVALUATION

Discussions:	10 %
CSAS workshops	10%
Quizzes	10%
Midterm	30%
Final Exam	40 %

Standing in a course is determined by the course instructor based on student assessments on course work and subject to the approval of the Faculty Dean. This means that grades submitted by the instructor may be subject to revision. No grades are final until they have been approved by the Dean.

#### COURSE FORMAT

This course is being delivered in-person. I will post the lecture slides, but there will be no recorded lectures or lecture notes available. Class attendance is mandatory. Exams will be based mainly on the lectures backed up by the readings.

#### COURSE STRUCTURE

The course is divided into 4 modules covering the period from the Persian Wars to the death of Alexander the great. The first few lectures will be a overview of the development of Athens, Persia, and Sparta in preparation for our discussion of the Persian Wars. There is no prerequisite for this course, so I feel it is necessary to ensure everyone knows who the players are and what is at stake. We will then discuss the Persian Wars and how they changed the Greek city-states, followed by an examination of Athenian politics and culture. Next, we will turn our attention to the long and bloody Peloponnesian War and consider how it changed Athens and Sparta. We will look at the post-war struggles between the Greek city-states that left the major states weakened. We will end with a look at the rise of Macedon, its epic conquest of the eastern Mediterranean world, and the life and death of Alexander the Great.

#### MIDTERM TEST

The midterm test will take place in class on Monday, March 3<sup>rd</sup>. It will cover everything up to Lesson 11 (Modules 1 and 2). Deferral of the midterm will only be granted on the grounds of serious illness or the death of a family member. You must contact me no later than 3 days after the date of the midterm and must provide supporting documentation (e.g. doctor's note, death certificate) to write a deferred test.

#### FINAL EXAM

The final exam is scheduled by the university during the exam period from April 11<sup>th</sup> – 26<sup>th</sup>. You should not make travel plans until you know the date of your exams. These dates are usually posted around the time of the reading week. If you require a deferral of the exam due to serious illness or death in your family, you must make arrangements through the registrar's office. Supporting documentation will be required as for the midterm. The final exam will cover material from Lessons 12-21 (Modules 3 and 4). It is not cumulative, although it is possible that you may be asked to compare or contrast something from the time of the Persian Wars with something from the Peloponnesian War or battles of Alexander, or perhaps to trace the

development of something through time. You will be advised of this when the exam essay question topics are published during the final week of class.

#### CSAS WORKSHOPS

This course has been registered in the Incentive Program offered through the Centre for Student Academic Support (CSAS). The Incentive Program is fully online. CSAS Learning and Writing Support Workshops are designed to help students cultivate and refine their academic skills for a university environment. To earn 10% towards CSAS Workshops, you are expected to complete 2 workshops throughout the term. You are free to choose whichever workshops you think will be most helpful to you. The workshops must be completed between January 1<sup>st</sup> and April 7<sup>th</sup>, 2025, and submitted by April 7<sup>th</sup> to receive credit for the Incentive Program.

For your attendance to be captured, you must complete all workshop components and achieve 100% on the final assessment. Once you achieve 100% on the final assessment, you will receive a Record of Completion award from Brightspace. You will need to download the Record of Completion PDF for each applicable workshop and submit them to the assignment submission box in the CSAS Workshops folder in the course. For more information about workshop attendance and submitting the Records of Completion, please visit the Incentive Program Policies on the CSAS website (<a href="https://carleton.ca/csas/learning-support/incentive-program/">https://carleton.ca/csas/learning-support/incentive-program/</a>).

To view the complete list of the workshops and their descriptions, please visit the Learning and Writing Support Workshops page on the CSAS website <a href="https://carleton.ca/csas/online-support/">https://carleton.ca/csas/online-support/</a>. Please note that CSAS inperson workshops are not eligible for the Incentive Program.

To access the online workshops, please self-enrol on the CSAS Online Resources page (<a href="https://carleton.ca/csas/online-support/">https://carleton.ca/csas/online-support/</a>). For further information on the Incentive Program, please visit the Incentive Program FAQs page (<a href="https://carleton.ca/csas/support/incentive-program/for-students/">https://carleton.ca/csas/support/incentive-program/for-students/</a>). For additional questions, please contact the Centre for Student Academic Support at <a href="mailto:csas@carleton.ca">csas@carleton.ca</a>.

You will find all links in the CSAS Workshops module on Brightspace.

#### DISCUSSIONS

There will be two online discussions over the course of the semester (see schedule below for dates). You will need to respond to a discussion question by starting a discussion thread, then you will need to respond to at least two threads started by other students. The response should be in the first person, since you are being asked your own opinion. The use of Al to generate responses is strictly forbidden. Responses to peers should not be evaluations of what other people said, but conversations in which you engage with your classmates in an intellectual discussion of the topic. There is an example of a discussion and reply in the folder for the first discussion. The discussions will be available from Monday to Sunday of the week in which they occur (see schedule below). A rubric is attached to each discussion so that you can see how you will be graded. In order to ensure there are posts for other students to respond to before the deadline, you will only receive full marks for posting (2 points maximum) by Wednesday of the week. The marks decrease by ½ a mark per ½ day until Friday (see rubric). You are expected to follow the protocols of Carleton's online netiquette: https://carleton.ca/online/online-learningresources/netiquette/. University is a place for the free exchange of ideas where we respect the views and opinions of others whether we agree or disagree with them.

#### QUIZZES

There will be 4 online quizzes through Brightspace during the semester (see schedule below for dates). These will be short quizzes with a mixture of multiple choice, True/False, and matching questions chosen at random from a question bank. You will have 15 minutes to answer 10 questions. I will drop your lowest mark.

It is highly recommended that you study for the quizzes because you will not have time to look the answers up. It is your responsibility to be aware of when the quizzes are open. I cannot reopen a closed guiz because the answers will be available when the quiz closes. Because I am dropping your lowest mark, a missed quiz will be your throw-away quiz.

#### COMMUNICATION

I will use Brightspace for the administration of this course. You will find supplemental material, as well as quizzes, discussions, and assignments posted there. You will need to have a Carleton University email account and will need to make sure you can access Brightspace. There is an "Ask Your Instructor" forum on the course webpage in the modules for each week. where you can ask me general questions about the course, assessments, or other things which other students might benefit from knowing the answer to. You should check this forum frequently to see what other people are asking and whether the answer to your question is already there. You can also send me an email anytime and I will do my best to answer within 2 business days. Please make sure you put the course code CLCV/HIST 2903 in the subject line of your email so that I will not think it is spam and delete it.

Students are expected to check their university email regularly and to visit the course website on Brightspace often. This is how I will communicate with you. In the event of a snowstorm, I may not be able to make it to Ottawa, so I would conduct the class online with Zoom during the regular class time. Notification will be sent as an announcement through Brightspace by 10:00am if this is the case. Please note that in case of bad weather, there is a small chance I may be late if traffic is unusually bad. If there is no announcement on Brightspace to state that class is changed to online, this means I am driving and will teach during the time remaining after I arrive.

Student or professor materials created for this course (including presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the author(s). They are intended for personal use and may not be reproduced or redistributed without prior written consent of the author(s). The posting of course materials on websites such as "Course Hero" may result in lecture slides and other materials no longer being made available to students.

The use of AI to generate evaluated materials for this course is forbidden and will result in zero for the assignment. This is considered an academic integrity offence and will be processed accordingly.

#### SCHEDULE

This schedule is a draft document. Changes may be made to it depending on class needs. The version that is posted on the course webpage on Brightspace will be updated and is to be taken as the most current version. Sources in *bold italics* are optional.

Date	Topic	Textbook	Other Sources (available on Brightspace)		
	Module 1 Struggle for Survival				
Monday January 6	Course Introduction Lesson 1. The story so far: Athenian Democracy	Chapter 5, pp. 186- 206			
Wednesday January 8 Monday January 13	Lesson 2. The story so far: Athens, Sparta, and Persia	Chapter 4, pp. 154- 185 Chapter 5, pp. 206- 209	Plutarch's Life of Lycurgus		
Wednesday January 15	Lesson 3. Magna Graecia and Ionia	Chapter 3, pp. 110- 116 Chapter 5, pp. 227- 229	Morris and Powell, Chapter 12, pp. 262-269		
Monday January 20	Lesson 4. The Ionian Revolt and the Battle of Marathon	Chapter 5, pp. 209- 218	Herodotus, Book 5, lines 97-107 (Ionian Revolt), Book 6, lines 94-120 (Marathon)		
Wednesday January 22	Lesson 5. Between Marathon and Thermopylae	Chapter 5, pp. 218- 223			

Monday January 27 Quiz 1	Lesson 6. Thermopylae and Salamis	Chapter 5, pp. 223- 227	Herodotus, Book 7, lines 175-238 (Thermopylae); Book 8, lines 40-109 (Salamis); Morris and Powell, Chapter 12, pp. 269-276 Plutarch's Life of Themistocles
Wednesday January 29	Lesson 7. Plataea and the aftermath of the Persian Wars		Herodotus, Book 9, lines 15-70 (Plataea) Morris and Powell, Chapter 12, pp. 277-283
	Module 2	2 Empires Ascendant	
Monday February 3 Discussion 1	Lesson 8. From the Delian League to the Athenian Empire	Chapter 6, pp. 231- 241	Plutarch's Life of Cimon
Wednesday February 5	Lesson 9. The First (undeclared) Peloponnesian War	Chapter 6, pp. 241- 243	Plutarch's Life of Pericles
Monday February 10 Quiz 2	Lesson 10. The Golden Age of Pericles: Economics, politics, daily life	Chapter 6, pp. 244- 248, pp. 257-275	
Wednesday February 12	Lesson 11. The Golden Age of Pericles: art, architecture, philosophy, and culture	Chapter 6, pp. 248- 257; Chapter 7, pp. 288-322	
February 17-21 Reading Week no classes			
Module 3 Trouble in Paradise			
Monday February 24	Lesson 12. A Crumbling Peace and the Threat of a New War	Chapter 7, pp. 277- 288	

Wednesday February 26	Lesson 13. The Archidamian War	Chapter 8, pp. 325- 338	Thucydides speeches by Archidamus and Pericles. Thucydides Pericles' Funeral Oration
Monday March 3	Midterm	Modules 1 & 2 (Lessons 1-11)	
Wednesday March 5	Lesson 14. The Rise of Comedy to the Sicilian Expedition	Chapter 8, pp. 338- 350	Plutarch Life of Alcibiades
Monday March 10	Lesson 15. The End of the Peloponnesian War	Chapter 8, pp. 350- 357	
Wednesday March 12	Lesson 16. The aftermath of the Peloponnesian War	Chapter 8, pp. 357- 367	Aristophanes Clouds
	Module 4	A New World Order	
Monday March 17 Quiz 3	Lesson 17. The Fourth Century: New ideas in philosophy and politics	Chapter 9, pp. 382- 406	
Wednesday March 19	Lesson 18. The Rise of Thebes and the End of Sparta	Chapter 9, pp. 369- 382	
Monday March 24 Discussion 2	Lesson 19. The Rise of Macedon	Chapter 10, pp. 409- 415	Plato's Republic
Wednesday March 26 Monday March 31 Quiz 4	Lesson 20. Philip II	Chapter 10, pp. 415- 432	
Wednesday April 2 Monday April 7	Lesson 21. Alexander the Great	Chapter 11, pp. 434- 468	Plutarch: Life of Alexander
April 11-26	Final exam period. Date Don't make plans until a		

# University Regulations for All College of the Humanities Courses (Updated November 22,2024)

#### Academic Dates and Deadlines

<u>This schedule</u> contains the dates prescribed by the University Senate for academic activities. Dates relating to fee payment, cancellation of course selections, late charges, and other fees or charges will be published in the Important Dates and Deadlines section of the Registration Website.

# Copies of Written Work Submitted

Always retain for yourself a copy of all essays, term papers, written assignments or take-home tests submitted in your courses.

# Online Learning Resources

On this page, you will find resources collected by Carleton Online to help you succeed in your online courses; Learning Strategies and Best Practices, Study Skills, Technology and Online Interaction and Engagement.

# **Academic Integrity Policy**

The University Academic Integrity Policy defines plagiarism as "presenting, whether intentionally or not, the ideas, expression of ideas or work of others as one's own." This includes reproducing or paraphrasing portions of someone else's published or unpublished material, regardless of the source, and presenting these as one's own without proper citation or reference to the original source. Examples of sources from which the ideas, expressions of ideas or works of others may be drawn from include but are not limited to books, articles, papers, literary compositions and phrases, performance compositions, chemical compounds, artworks, laboratory reports, research results, calculations and the results of calculations, diagrams, constructions, computer reports, computer code/software, material on the internet and/or conversations.

Examples of plagiarism include, but are not limited to:

- any submission prepared in whole or in part, by someone else, including the unauthorized use of generative AI tools (e.g., ChatGPT)
- using ideas or direct, verbatim quotations, paraphrased material, algorithms, formulae, scientific or mathematical concepts, or ideas without appropriate acknowledgment in any academic assignment
- using another's data or research findings without appropriate acknowledgement
- submitting a computer program developed in whole or in part by someone else, with or without modifications, as one's own
- failing to acknowledge sources with proper citations when using another's work and/or failing to use quotations marks."

Plagiarism is a serious offence that cannot be resolved directly by the course's instructor.

The Associate Dean of the Faculty follows a rigorous <u>process for academic integrity allegations</u>, including reviewing documents and interviewing the student, when an instructor suspects a violation has been committed. Penalties for violations may include a final grade of "F" for the course.

#### **Co-operation or Collaboration**

An important and valuable component of the learning process is the progress a student can make as a result of interacting with other students. In struggling together to master similar concepts and problems

and in being exposed to each other's views and approaches, a group of students can enhance and speed up the learning process. Carleton University encourages students to benefit from these activities which will not generally be viewed as a violation of the Policy. With the exception of tests and examinations, instructors will not normally limit these interactions.

Students shall not co-operate or collaborate on academic work when the instructor has indicated that the work is to be completed on an individual basis. Failure to follow the instructor's directions in this regard is a violation of the standards of academic integrity. Unless otherwise indicated, students shall not co-operate or collaborate in the completion of a test or examination.

**Group Work**: There are many cases where students are expected or required to work in groups to complete a course requirement. Normally, students are not responsible for violations of this policy committed by other members of a group in which they participate.

More information on the process here.

#### **Academic Accommodations**

Academic accommodation refers to educational practices, systems and support mechanisms designed to accommodate diversity and difference. The purpose of accommodation is to enable students to perform the essential requirements of their academic programs. At no time does academic accommodation undermine or compromise the learning objectives that are established by the academic authorities of the University.

Carleton is committed to providing academic accessibility for all individuals. You may need special arrangements to meet your academic obligations during the term. The accommodation request processes, including information about the *Academic Consideration Policy for Students in Medical and Other Extenuating Circumstances*, are outlined on the **Academic Accommodations website.** 

#### **Requests for Academic Accommodation**

You may need special arrangements to meet your academic obligations during the term. For an accommodation request, the processes can be **found here.** 

#### **Addressing Human Rights Concerns**

The University and all members of the University community share responsibility for ensuring that the University's educational, work and living environments are free from discrimination and harassment. Should you have concerns about harassment or discrimination relating to your age, ancestry, citizenship, colour, creed (religion), disability, ethnic origin, family status, gender expression, gender identity, marital status, place of origin, race, sex (including pregnancy), or sexual orientation, please contact the <a href="Department of Equity and Inclusive Communities at equity@carleton.ca">Department of Equity and Inclusive Communities at equity@carleton.ca</a>.

# Grading System at Carleton University

Standing in a course is determined by the course instructor subject to the approval of the Faculty Dean. This means that grades submitted by the instructor may be subject to revision. No grades are final until they have been approved by the Dean.

The system of grades used, with corresponding grade points and the percentage conversion can be found here.

# Course Sharing Websites and Copyright

Classroom teaching and learning activities, including lectures, discussions, presentations, etc., by both instructors and students, are copy protected and remain the intellectual property of their respective author(s). All course materials, including PowerPoint presentations, outlines, and other materials, are also protected by copyright and remain the intellectual property of their respective author(s).

Students registered in the course may take notes and make copies of course materials for their own

educational use only. Students are not permitted to reproduce or distribute lecture notes and course materials publicly for commercial or non-commercial purposes without express written consent from the copyright holder(s).

More information

# Student Rights and Responsibilities at Carleton

Carleton University strives to provide a safe environment conducive to personal and intellectual growth, free of injustice and characterized by understanding respect, peace, trust, and fairness.

The <u>Student Rights and Responsibilities Policy</u> governs the non-academic behaviour of students. Carleton University is committed to building a campus that promotes personal growth through the establishment and promotion of transparent and fair academic and non-academic responsibilities.

#### Deferred Term Work

In some situations, students are unable to complete term work because of extenuating circumstances beyond their control, which forces them to delay submission of the work. Requests for academic consideration are made in accordance with the <u>Academic Consideration Policy for Students in Medical or Other Extenuating</u> Circumstances.

Students who claim short-term extenuating circumstances (normally lasting up to five days) as a reason for missed term work are held responsible for immediately informing the instructor concerned and for making alternate arrangements with the instructor. If the instructor requires supporting documentation, the instructor may only request submission of the University's self-declaration form, which is available on the <a href="Registrar's Office">Registrar's Office</a> website. The alternate arrangement must be made before the last day of classes in the term as published in the academic schedule.

- 1. Normally, any deferred term work will be completed by the last day of term. In all cases, formative evaluations providing feedback to the student should be replaced with formative evaluations. In the event the altered due date must extend beyond the last day of classes in the term, the instructor will assign a grade of zero for the work not submitted and submit the student's earned grade accordingly; the instructor may submit a change of grade at a later date. Term work cannot be deferred by the Registrar.
- 2. In cases where a student is not able to complete term work due to extenuating circumstances lasting for a significant period of time/ long-term (normally more than five days), the instructor and/or student may elect to consult with the Registrar's Office (undergraduate courses) or Graduate Registrar (graduate courses) to determine appropriate action.
- 3. If a student is concerned the instructor did not respond to the request for academic consideration or did not provide reasonable accommodation, the student should follow the appeals process described in the <u>Academic Consideration Policy.</u>
- 4. If academic consideration is granted, but the student is unable to complete the accommodation according to the terms set out by the instructor as a result of further illness, injury, or extraordinary circumstances beyond their control, the student may submit a petition to the Registrar's Office (undergraduate courses)/Graduate Registrar (graduate courses). Please note, however, that the course instructor will be required to submit an earned final grade and further consideration will only be reviewed according to established precedents and deadlines. (More information: <a href="Undergraduate">Undergraduate</a> | <a href="Graduate">Graduate</a>).

## **Deferred Final Exams**

Students who are unable to write a final examination because of extenuating circumstances, as defined in the <u>Academic Consideration Policy</u>, may apply for accommodation. Normally, the accommodation for a missed final examination will be granting the student the opportunity to write a deferred examination. In

specific cases when it is not possible to offer a deferred examination, and with the approval of the Dean, an alternate accommodation may be made.

The application for a deferral must:

- 1. be made in writing to the Registrar's Office no later than three (3) working days after the original final examination or the due date of the take-home examination; and,
- 2. be fully supported by appropriate documentation. In cases of short-term extenuating circumstances normally lasting no more than five (5) days, students must include the University's self-declaration form, which can be found on <a href="mailto:the Registrar's Office website">the Registrar's Office website</a>. Additional documentation is required in cases of extenuating circumstances lasting longer than five (5) days and must be supported by a medical note specifying the date of onset of the illness, the (expected) date of recovery, and the extent to which the student was/is incapacitated during the time of the examination. The University's preferred medical form can be found at the Registrar's Office <a href="mailto:here">here</a>.

# **Academic Consideration Policy**

As per the <u>Academic Consideration Policy</u>, if students encounter extenuating circumstances that temporarily hinder their capacity to fulfil in-class academic requirements, they can request academic consideration. The Academic Consideration for Coursework is only available for accommodations regarding course work. Requests for accommodations during the formal exam period must follow the <u>official deferral process</u>.

NOTE: As per the Policy, students are to speak with/contact their instructor before submitting a request for Academic Consideration. Requests are not automatically approved. Approving and determining the accommodation remains at the discretion of the instructor. Students should consult the course syllabus about the instructor's policy or procedures for requesting academic consideration. More information here.

## Financial vs. Academic Withdrawal

Make sure that you are aware of the separate deadlines for Financial and Academic withdrawal!

Making registration decisions in Carleton Central involves making a financial and academic commitment for the courses you choose, regardless of attendance. If you do not attend, you must withdraw in Carleton Central within the published deadlines to cancel your registration. A fee adjustment is dependent on registration being canceled within the published <u>fee deadlines</u> and dependent on your course load. A course dropped after the deadline for financial withdrawal will receive a grade of Withdrawn (WDN), which appears on your official transcript.

Even if you miss the deadline for financial withdrawal, you might decide to drop a course to avoid a failure or a poor grade showing up on your student record and bringing down your CGPA. It is your responsibility to drop the course via Carleton Central within the published <u>deadlines</u> (see Academic Withdrawal).

If you are considering withdrawing from a course, you may want to talk to an advisor first. Course withdrawal may affect your student status, as well as your eligibility for student funding, immigration status, residence accommodation and participation in varsity sports, etc. Additionally, remember that once you choose your courses, you must use the "Calculate amount to pay" button to determine the correct amount of fees to pay.

Carleton Central is your one-stop shop for registration activities. If you are interested in taking a course, make sure to complete your registration. Simply attending a course does not mean you are registered in it, nor is it grounds for petition or appeal.

#### Mental Health and Wellness at Carleton

As a student you may experience a range of mental health challenges that significantly impact your academic success and overall well-being. If you need help, please speak to someone. There are numerous resources available both on- and off-campus to support you. For more information, please consult <a href="https://wellness.carleton.ca/">https://wellness.carleton.ca/</a>

#### **Emergency Resources** (on and off campus)

- Suicide Crisis Helpline: call or text 9-8-8, 24 hours a day, 7 days a week.
- For immediate danger or urgent medical support: call 9-1-1

#### **Carleton Resources**

- Mental Health and Wellbeing: https://carleton.ca/wellness/
- Health & Counselling Services: <a href="https://carleton.ca/health/">https://carleton.ca/health/</a>
- Paul Menton Centre: https://carleton.ca/pmc/
- Academic Advising Centre (AAC): <a href="https://carleton.ca/academicadvising/">https://carleton.ca/academicadvising/</a>
- Centre for Student Academic Support (CSAS): https://carleton.ca/csas/
- Equity & Inclusivity Communities: <a href="https://carleton.ca/equity/">https://carleton.ca/equity/</a>

#### **Off Campus Resources**

- Distress Centre of Ottawa and Region: call 613-238-3311, text 343-306-5550, or connect online at <a href="https://www.dcottawa.on.ca/">https://www.dcottawa.on.ca/</a>
- Mental Health Crisis Service: call 613-722-6914 or toll-free 1-866-996-0991, or connect online at http://www.crisisline.ca/
- Empower Me Counselling Service: call 1-844-741-6389 or connect online at <a href="https://students.carleton.ca/services/empower-me-counselling-services/">https://students.carleton.ca/services/empower-me-counselling-services/</a>
- Good2Talk: call 1-866-925-5454 or connect online at https://good2talk.ca/
- The Walk-In Counselling Clinic: for online or on-site service <a href="https://walkincounselling.com">https://walkincounselling.com</a>

# The Centre for Indigenous Support and Community Engagement

The Centre for Indigenous Initiatives is proud to offer culturally centered individual counselling to students who self-identify as First Nation, Metis or Inuk. Through this service, Indigenous students <u>can access confidential</u>, individual sessions for support with personal, mental health or academic challenges.

# **Department Contact Information**

Bachelor of the Humanities 300 Paterson Hall College Of Humanities @cunet.carleton.ca

Greek and Roman Studies 300 Paterson Hall Greek And Roman Studies @cunet.carleton.ca

**Religion** 2A39 Paterson Hall Religion@cunet.carleton.ca

**Digital Humanities (Graduate)** 2A39 Paterson Hall digitalhumanities@carleton.ca

**Digital Humanities (Undergraduate Minor)** 300 Paterson Hall digitalhumanities@carleton.ca

**MEMS** (Undergraduate Minor) 300 Paterson Hall CollegeOfHumanities@cunet.carleton.ca