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The Pulse

April 2023 Graduate and Professional Student Newsletter from Student Affairs

We're here to help! [Explore student services and resources](#)

Dates & Deadlines

April 1 | Summer term [Pre-authorized Payment Plan \(PPL\) self-enrolment](#) opens

April 5 | Final winter term PPL withdrawal

April 14–28 | Winter term final exam period

April 15 | Deadline to [nominate](#) faculty or staff as [Champions for Mental Health](#)

April 30 | Final deadline to [apply for spring graduation](#)

April 30 | Deadline to [change your name](#) on spring degree lists

April 30 | Personal income tax filing deadline

May 1 | Last day to self-enrol in the summer term PPL without a fee

May 31 | Last day to self-enrol in the summer term PPL

Event & Workshop Highlights

[EDII Student Events Calendar](#) – events and initiatives for equity-deserving students and/or allies. [Promote your EDII event on the calendar!](#)

April 2 & 16 | [Solidarity Swim](#), 2:30–4 pm & 2–4 pm

April 3 | [SAGE Grad Student Coffee Chat for Indigenous Students](#), 10:30–11:30 am

April 4 | [QTBIPOC Student Medicine Walk](#), 11 am–2 pm

April 4 | [QTBIPOC Student Healthy Cooking Session](#), 6:30–7:30 pm

April 6 | [Write Now: Writing Feedback Workshop with SASS](#), 11:30 am–1 pm

April 6 & 13 | [Dogs on Campus](#), noon–1 pm

April 6 | [Interfaith Prayers for Peace](#), 3–4 pm

April 6, 14, & 20 | [Queer Study Space](#), 5–8 pm

April 6 | [PSYC Night with SASS](#), 6:30–7:30 pm

April 6 | [Sometimes Life is Hard Drop-in with Chaplains](#), 7–8 pm

April 11, 18, & 25 | [Four Directions Beading Circle](#), 12–2 pm

April 11 | [Four Directions Goodbyes Feast](#), 5–7 pm

April 27 | [Ban Righ Foundation Inspiring Women & Student Spring Awards](#), 7–9 pm

April 27–30 | [Sustainable Move-out Drop-off/Pick-up](#), 11 am–5 pm, Rideau Hall

**Congratulations to the 2022–23 recipients of the
Student Affairs [Student Leadership Awards!](#)**

Registrar & Financial Aid Info

Graduating this Spring?

- [Apply to graduate](#) before April 30!
- [Convocation ceremony details](#): schedules, gowns, guest info, and more.

Graduate Student Pre-Authorized Payment Plan (PPL)

- Remember, there's [no withdrawal in May!](#)
- Want to join the Summer [PPL](#)?
 - If you're already on the 2022–23 PPL, you'll be automatically rolled into the Summer plan.
 - If you're not already on the PPL, [enrol on SOLUS](#) before May 31. Enrol before May 1 to avoid service charges!
- Email fees@queensu.ca with questions, or to be removed from the PPL.

Accessing Financial Aid

- The 2023–24 full-time OSAP application will be [available on your OSAP Account](#) starting April 12.
- Find out how to delay student loan payments, and keep [previous OSAP](#) and [out-of-province loans interest-free](#).
- Watch this [National Student Loans Service Centre \(NSLSC\) presentation](#) to learn about repaying your student loans.

Info for Filing 2022 Income Taxes

- [Access your T2202 Tuition and Enrolment Certificate in SOLUS](#) to claim tuition, education, and textbook deductions.
- [T4A tax documents](#), for reporting scholarships, bursaries, prizes, and awards have been mailed to your address in SOLUS.
- [T4 tax documents](#) for students employed at Queen's are available online.
- Questions? Email solus@queensu.ca, [book an appointment](#), or drop in to the Registrar's Office on the first floor of [Gordon Hall](#).
- The Queen's University International Centre (QUIC) is hosting [Income Tax Workshops for international students](#) on Thursdays from 3–4:30 pm!

Studying on an International Study Permit?

- Make sure you're aware of [Immigration, Refugees and Citizenship Canada \(IRCC\)'s rules and requirements](#) related to your permit status.
- Attend QUIC's [Permanent Residency Info Session](#), April 14, 1:30–3 pm.

Do you have an emergency contact?

Make sure to [list a contact in SOLUS](#)!

Health and Wellness

Support your Wellbeing

- Stay active at [the ARC!](#)
 - [Registration](#) for ARC summer programs opens April 3.
- Book a [Wellness Coaching Appointment](#).
- Find [spaces for prayer, meditation, and reflection](#), including a [new space in the School of Medicine building](#).
- Get [stress management tips](#) from Student Wellness Services (SWS).
- Drop by Faith and Spiritual Life for [conversations and cookies](#).
 - 10:30 am–2 pm, Mon.–Fri., April 14–27, Mitchell 210.
- Access [mental health](#) and [24/7 crisis resources](#), including [EmpowerMe](#), or [Console](#) for MBA students.
- If you need to miss a class, exam, or academic requirement due to illness or other extenuating circumstances, submit a request for [academic consideration](#) through your [faculty/school](#).
- SWS is holding [daily STI test clinics](#) from 9 am–12 pm and 1–3:30 pm. No appointment needed!

Sexual Violence Supports

- Queen's [Sexual Violence Prevention and Response Services \(SVPRS\)](#) is your central point of contact for resources, options, referrals, and reporting. [Contact coordinator Barb Lotan](#) for more information.
 - [The VESTA online support hub](#) allows survivors to record experiences in a trauma-informed format with the options to remain anonymous and to notify SVPRS and/or police.

Worried about food? [Click here for resources.](#)

Learn, Work, Live

Got Writer's Block?

- Register for the [Grad Writing Lab](#) and join other grad students in virtual spring and summer co-writing sessions.
- [Book an appointment](#) with a Student Academic Success Services (SASS) Writing Consultant!

Work and Study Spaces

In addition to [Queen's Libraries](#), check out these work/study spaces across campus:

- Mature women students can drop in to [the Ban Righ Centre](#), Mon.–Fri., 9 am–4 pm, for quiet study space and a free hot lunch.
- [Queen's University International Centre](#) (QUIC), Mitchell 208
 - Drop-in study space, Mon.–Fri., 8:30 am–4:30 pm.
- Join the [Student Experience Office \(SEO\)](#) for quiet study time, snacks, and beverages.
 - 11 am–3 pm, Mon.–Fri., April 11–28, LaSalle 224.
- The Yellow House is hosting [regular study halls and community building events](#) for QTBIPOC students.
- Indigenous students can [book study spaces](#) at Four Directions.

- Drop by for [Indigenous Student Study Day](#), on April 13, 8:30 am to 4:30 pm.
- Indigenous students can connect with 4D for [academic or emotional support](#) anytime.
- The [Adaptive Technology Centre](#) (ATC), Stauffer Library, first floor.
 - Lab space for independent work and [bookable study spaces](#) for students registered with [QSAS](#).
 - Computers, assistive devices, and specialized software are available.

Build Work Experience this Summer!

- Work on campus! [Apply for Summer Work Study](#) jobs before May 5.
- Check out [job search tips and videos](#) from Career Services.
- [Subscribe](#) to Career Services' newsletter and [follow](#) us for job opportunities.
- Get tips from a Career Counsellor: [drop in](#) or book an [appointment](#).
- [Log into MyCareer](#) to explore resume and cover letter advising, workshops, employer/recruiter sessions, and the MyCareer Job Board!
- Check out [Alumni Roadmaps](#) to learn how Queen's alumni developed their careers, applied their university experience, and achieved success!

Moving?

- Watch [@queensuocla](#) for info on a Sustainable Move-out Drop-off/Pick-up Event, April 27–30, 11 am–5 pm in the Rideau Hall parking lot.

- The [Off-Campus Living Advisor](#) has tips on [moving out](#) and [moving in](#)!

Community

Supports for Students Observing Ramadan

- Find [prayer spaces across campus](#).
 - Questions? [Contact Faith and Spiritual Life](#).
- [Halal offerings](#) are always available at campus retail food locations.
- Campus dining halls will serve [Ramadan menu features on Thursday evenings](#) (students not on meal plans are welcome to pay at the door).
- The Queen's University Muslim Student Association is hosting [daily Iftar meals at the QUIC](#).
- On a meal plan? [Register](#) for [supports](#), including “pick and pack” dining hall service for pre-dawn meals.
- If you have a food-related question or concern, connect with [Wellness and Sustainability Manager Theresa Couto](#).

Contribute to a Culture of Wellbeing

[Stories of Hope](#) is a student-led initiative to reduce mental health stigma and promote community on campus. [Submit your story](#) showcasing hope, resilience, and strength in the face of adversity.

Help Create a Harassment and Discrimination-Free Campus

- Be part of the shift towards a safer, more inclusive campus community with the [Queen's Shift Project](#).
- Get informed with [student-focused education and training](#).
- Learn about the university's [Harassment and Discrimination Policy's complaint and reporting procedures](#).
- If you need support, contact supportservices@queensu.ca.

Student Affairs staff are here to listen, refer, and empower you to problem solve.

Not sure who to contact?

Email studentaffairs@queensu.ca. We're here to help!

Check out our websites below!



[Student Affairs](#)

[Athletics and Recreation \(A&R\)](#)

[Ban Righ Centre](#)

[Career Services and Experiential Learning](#)

[Community Housing](#)

[Four Directions Indigenous Student Centre](#)

[Food Services](#)

[Off-Campus Living Advisor](#)

[Office of Faith and Spiritual Life](#)

[Office of the University Registrar \(OUR\)](#)

[Queen's University International Centre \(QUIC\)](#)

[Residence Life and Services](#)

[Student Academic Success Services \(SASS\)](#)

[Student Community Relations](#)

[Student Conduct Office](#)

[Student Experience Office](#)

[Student Wellness Services \(SWS\)](#)

[Yellow House Student Centre for Equity and Inclusion](#)

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