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# The Pulse

December 2022 Graduate and Professional Student Newsletter from Student Affairs

*We're here to help!*

## Dates & Deadlines

**December 1** | [Spring 2023 graduation applications](#) open on SOLUS

**December 5** | PPL withdrawal

**December 5** | Fall term classes end

**December 6** | [Commemoration Day](#)

**December 8–22** | Exam period

**December 24–January 2** | University closed for winter break

**January 9** | Winter term classes begin

**January 10** | Winter term [tuition and fees](#), or fee payment arrangements due

**January 11** | Last fall term PPL withdrawal

**January 12** | Last day to drop multi-term courses without SGSPA approval

**January 15** | Last day to self-enrol in winter term [Graduate Student Payment Plan \(PPL\)](#) without a fee

**January 31** | Last day to self-enrol in winter term PPL

## Event & Workshop Highlights

**December 2 and 9** | [Social Fires](#) at Four Directions Indigenous Student Centre (4D)

**December 6** | [Walk-in COVID-19 Bivalent Vaccine Clinic](#), 10 am–4 pm, Mitchell Hall

**December 7 & 14** | [Dogs on Campus](#), noon–1 pm, Mitchell Hall

**December 7** | [safeTALK Suicide First Aid Training](#), 1–4 pm, Gordon Hall 302

**December 7** | [Mindful Check In](#), 2:30–3:15 pm, online

**December 13** | QUIC [Holiday Open House](#), 11 am–2 pm, Mitchell 208

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

## Registrar & Financial Aid Info

### Accessing Financial Aid

- 2022-23 [Queen's General Bursary](#) decisions will be posted on SOLUS in late December.

- Bursaries will be [paid to your student account](#). Please ensure your banking information is up-to-date on SOLUS.
- Full-time students receiving 2022-23 OSAP will automatically have their winter tuition payment deadline adjusted to Jan. 31.
  - Find out [how and when funding is distributed](#).
- You can still apply for [2022-23 OSAP](#).
  - You may need to report Queen's or external agency scholarships, bursaries, or awards you are receiving on your OSAP application. Please consult the [Registrar & Financial Aid Services site](#) for the reporting requirements specific to your program.
- Learn about [other provincial/territorial](#) government student financial aid.
- Not receiving student loans, but you have in the past? Ensure you don't need to start making payments, and keep [previous OSAP loans](#) and [out-of-province loans interest-free!](#)

### **Graduate Student Pre-Authorized Payment Plan (PPL)**

- Students enrolled in the fall [PPL](#) are automatically enrolled in the winter PPL.
  - Completing your degree in the fall term? [The last fall PPL withdrawal date is Jan. 10.](#)
- [Ready to enrol in the PPL](#) for winter term?
  - Self-enrol before Jan. 15 to avoid an enrolment fee.

## Granting Permission to Release Personal Information

- Your academic and financial information is protected by Ontario law and University Senate policy.
- We won't disclose any information from your records to anyone (including parents and family members) [unless you grant specific access on SOLUS](#).

## Do It Yourself in SOLUS

- Looking for proof of enrolment? All you need is your [Online Verification of Enrolment form](#) for RESPs, Student Line of Credit, and more. Find it on SOLUS.
- You can [print your own statement of financial transactions](#) for each term.
- Keep your mailing address, phone number, and emergency contact information [updated on SOLUS](#).

## Health & Wellness

### Current Masking and Public Health Guidelines

- [The university strongly recommends that you wear a mask](#) indoors when physical distancing can't be maintained.
- Stay home if you're sick – once you have no fever and symptoms improve for 24 hours (or 48 hours if gastrointestinal) you can return to campus.
  - Please wear a mask for 10 days after your symptoms start.
- **Academic consideration will be granted** if you need to miss a class, exam, or academic requirement due to COVID-19 illness, symptoms, or self-isolation. **Medical documentation is not required.**
  - Submit a request for [academic consideration](#) through your [faculty/school](#).

## Stay Well

- [Book your COVID-19 booster](#) or [flu shot](#).
  - The last [walk-in, on-campus COVID-19 vaccine clinic](#) of the term is Dec. 6, 10 am to 4 pm, Mitchell Hall.
- Follow Student Wellness Services (SWS) on [Instagram](#) and [TikTok](#), and complete daily health challenges, Dec. 8 to 22, to win prizes!
- Drop by Faith and Spiritual Life for [conversations and cookies](#).
  - 10:30 am–2 pm every weekday, Dec. 9–21, Mitchell 210.
- Find [spaces for prayer, meditation, and reflection](#) on the [Campus Map](#).
- Stay active at the ARC! Winter term [Group Fitness passes](#) are currently on sale.

## Feeling Unwell?

- [Book an appointment](#) at SWS for care from physicians, nurse practitioners, nurses, or counsellors. SWS is open through to Dec. 23.
- Access 24/7 crisis support and mental health resources on [EmpowerMe](#).
  - MBA students can access 24/7 support through [Console](#), the new holistic mental health and wellbeing app.
- Connect with [Good2Talk](#) 24/7/365:
  - Call 1-866-925-5454.
  - Text GOOD2TALKON to 686868.

## Eating on Campus

- Find [dining hall and retail food location hours of operation](#).
- Keep cozy with a [\\$25 Bottomless Beverage sticker](#) – get unlimited coffee and tea in your reusable mug all December!
  - Stickers sold at: The Lazy Scholar, Location 21, Wally's, The Library Cafe, MC2, Student Street Express, and Jean Royce Barista.
- Worried About Food?
  - [Follow SWS on Instagram](#) for more [low-cost meal program options](#) and to keep up to date with registration.
  - Stop by the [AMS Foodbank](#), open until Dec. 16.
- Got a meal plan? Donate a meal to peers in need through [Swipe it Forward Queen's](#).

## If you have experienced sexual violence:

- Queen's [Sexual Violence Prevention and Response Service \(SVPRS\)](#) is your central point of contact for resources, options, referrals and reporting.
  - [The new VESTA online support hub](#) allows you to record your experience in a trauma-informed format. You can choose to anonymously report to the university or the police, and/or access [off-campus support](#) or [on-campus support from coordinator Barb Lotan](#).
- Follow SVPRS on [Instagram](#) and [Facebook](#), [subscribe to the SVPRS newsletter](#), and stay tuned to our [Events page](#).
- Contact [Barb Lotan](#) for information and appointment scheduling.

### **Help Create a Harassment and Discrimination-Free Campus**

- Be part of the shift towards a safer, more inclusive campus community: check out 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](mailto:supportservices@queensu.ca).

## **Learn, Work, Live**

### **Sharpen Your Writing**

Book a [writing appointment](#) with Student Academic Success Services (SASS) to meet with a professional writing consultant, in-person or online, available until Dec. 22.

## Resume-Building Opportunities

- [Log in to MyCareer](#) to explore resume and cover letter advising, career workshops, employer/recruiter sessions, and more!
- [Subscribe](#) to Career Services' weekly newsletter.
- Career Services is open until Dec. 23. [Drop in or book an appointment today!](#)
- Complete the [Action, Commitment, Transformation \(ACT\) Learning Certificate](#) and learn how to be a more inclusive leader, peer and friend.

## Living Off Campus and Housing Help

- Thinking about housing for next year? Connect with our [Off-Campus Living Advisor](#) for [resources](#), advice and tips. [Book an appointment](#) now.
- Follow [Queen's Support Services and Community Engagement \(SSCE\) on Facebook](#) and [Instagram](#) for info on the Kingston-Queen's community and how to be a good neighbour.

## Support for Student Clubs and Events!

You can apply any time for the Student Affairs [Student Initiative Fund \(SIF\)](#) and [Team Building Activity Fund \(TBAF\)](#)!



- Up to \$1,500 is available for events and activities that enhance your student experience, and help create an inclusive campus environment.

## Campus Community Support

### Reach Out Across Student Affairs

Student Affairs staff are ready to listen, refer, empower, and help you problem solve. Our centres and services are open through Dec. 23 – we're here to help!

- **For international students**
  - [Queen's University International Centre \(QUIC\)](#) offers individual [in-person and virtual drop-in advising](#), Mon. to Thurs., 10 to 11 am and 2 to 3 pm in Mitchell Hall 208, through to Dec. 22.
  - See all [QUIC events](#).
  - Travelling to Canada for the winter term? Welcome! QUIC can answer all your questions about [international student arrival](#) and Canadian entry requirements.
  - Join our online [Winter Arrival sessions](#) on Dec. 7 and 14!
- **For students who identify as Queer, Trans, Black, Indigenous, and/or People of Colour (QTBIPOC)**
  - [Follow the Yellow House on Instagram](#) for social justice, uplifting content, and events relevant to QTBIPOC student communities, and sign up for our [newsletter](#).

- Yellow House is at [140 Stuart Street](#). Check out maps of more [QTBIPOC-relevant spaces](#) across campus and Kingston.
- **For Indigenous students**
  - [Four Directions Indigenous Student Centre \(4D\)](#) offers [online academic advising, support](#) and [cultural counselling](#) for all Indigenous students.
  - Check our [Facebook page](#) and [Instagram](#) for the latest information on upcoming events, or find us at [144-146 Barrie Street!](#)
  - Our [study spaces and laundry facilities](#) are open for Indigenous students to book!
- **Faith and Spiritual Life supports**
  - Multi-faith, non-judgmental support for religious, spiritual, personal and financial problems, concerns, or crises.
  - Watch our [Events](#) page for more ways to connect.
- **For mature women students and mothers**
  - Drop in to the [Ban Righ Centre](#) at [32 Bader Lane](#), Monday to Thursday, 9 am to 4 pm, to find a comfortable study space, meet friends in our lounge, and enjoy a daily hot lunch.

Need support, but not sure who to contact?

Email [studentaffairs@queensu.ca](mailto:studentaffairs@queensu.ca) to get started. We're here to help!

Units across Student Affairs offer programming, advising, events, and more.

Check out our websites below!

Follow us on Instagram and Twitter



[Student Affairs](#)

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

[Ban Righ Centre](#)

[Career Services & Experiential Learning](#)

[Community Housing](#)

[Enrichment Studies Unit](#)

[Four Directions Indigenous Student Centre](#)

[Hospitality 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](#)

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