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# The Pulse

February 2023 Graduate and Professional Student Newsletter from Student Affairs

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

## Queen's Shift Survey

Check your email to share your experiences and perceptions of campus culture.



The Shift Survey closes **Feb. 13.**

The first 2,000 students to complete 65% of the survey can choose to receive a \$5 flex credit or direct a \$5 donation to the campus food bank.

You can also enter a draw to win 1 of 10 \$100 Skip the Dishes credits!

## Dates & Deadlines

**February 1** | Deadline for many winter term [application-based financial awards](#)

**February 3** | Deadline to change Winter term courses without SGSPA approval

**February 6** | [Pre-Authorized Payment Plan \(PPL\)](#) withdrawal

**February 15** | Deadline to [enter your banking information on SOLUS](#) to get an account refund, [if you're eligible](#)

**February 20–24** | Reading Week (no classes, except in Education and Medicine)

**February 24** | [Student Recognition Awards](#) nomination deadline

**February 24** | [Michael Condra Outstanding Student Service Award](#) nomination deadline

**February 28** | [T2022 Income Tax Certificates](#) available on SOLUS

**Late February** | [T4A tax forms](#) mailed at end of February – make sure your [address is up to date on SOLUS](#)

**February 28** | Last day to withdraw or complete [and receive a 50% refund.](#)



## Black Histories and Futures Month

Explore the [Queen's and Kingston Community Calendar](#) for events, activities, and resources.

## Event & Workshop Highlights

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

**Throughout the term** | [Off-Campus Living Advisor appointments](#) and [events](#)

**Tuesdays** | [Games Night at Faith and Spiritual Life](#), 7–9 pm, Mitchell Hall 210

**February 1** | [Grad Skills: Write Like a Scholar](#), 6–7 pm

**February 2** | [Movement and Physical Wellness Workshop](#), 10:30–11:30 am,

Four Directions Indigenous Student Centre (4D). Check out [more events at 4D!](#)

**February 2** | [Interfaith Prayers for Peace](#), 3–4 pm, Mitchell Hall 210

**February 5** | [Shoot for the Cure Women's Basketball Game](#), 1 pm,  
Athletics and Recreation Centre (ARC) Main Gym

**February 10** | [QUIC World Link Feb Fest Social](#), 5–6:30 pm, Mitchell Hall 208

**February 12** | [Shift Project Sunday Supper Series: Dialogues on Racism](#), 6–7:30 pm

**February 13** | [QTBIPOC Student Career Networking Night](#), 5–8 pm

**February 14** | [Healthy Cooking Session](#), 6:30–7:30 pm

**February 15** | [QUIC World Link Lantern Riddles Social](#), 5–6:30 pm, Mitchell Hall 208

**February 15** | [Grad Skills: Procrastination & Writers Block](#), 6–7 pm

**February 16 & 28** | [Sometimes Life is Hard drop-in sessions with Chaplains](#),  
7–8 & 3–4 pm, Mitchell Hall 210

**February 22 & 23** | [Suicide Intervention Skills training](#), 8:30 am–4:30 pm

**February 27 & 28** | [Mental Health First Aid training](#), 9 am–4 pm

## Registrar & Financial Aid Info

### Income Tax Information

- Have you [submitted your Social Insurance Number \(SIN\) on SOLUS](#)? It needs to be included on your T2202 and T4A income tax documents.
  - If your SIN is not on SOLUS, the production of your T2202 will be delayed, and this will affect your ability to claim tuition, education, and textbook deductions on your income tax return.
- [Contact SOLUS staff](#) if you need assistance.

### Accessing Financial Aid

- 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.

- Explore [other provincial/territorial](#) government student financial aid.
- Find out how to delay student loan payments, and keep [previous OSAP](#) and [out-of-province loans interest-free](#).
- Taking summer term courses? [Apply for the Queen's General Bursary](#).
- Mature women students can apply for the Ban Righ Centre's [Student Spring Awards](#). Deadline is March 7, 3 pm.
- Book a [free student financial advising](#) appointment!

### **Completing Your Degree This Term?**

- You need to [apply to graduate](#)! Find your faculty/school [application deadline](#).
- Get your [convocation ceremony details](#), including dates/times, gown rentals, and grad photos.

### **Studying on an International Study Permit?**

- Make sure you're aware of [Immigration, Refugees and Citizenship Canada \(IRCC\)](#)'s [rules and requirements](#) related to permit status.
- Interested in becoming a Permanent Resident of Canada? Learn more at the QUIC's [Permanent Residency Information Session](#) Feb. 24, 1:30–3 pm.

### **Changes Coming to Multi-Factor Authentication (MFA)**

- [MFA provides access to the university's digital services](#) after you provide two or more pieces of evidence to prove your identity, to protect your information.
- Starting Feb. 27, instead of clicking “Approve” on a notification, [you'll be prompted to enter a two-digit number to validate sign-in attempts](#).

# Winter Wellness

## Stay Well

- Stay active this winter!
  - Try out [ARC Group Fitness Classes](#).
  - Book a [Physical Activity Peer Wellness Coaching Appointment](#).
  - Join Health Promotion's [recreational run club](#).
  - Check out [new student pricing for in-person training](#) at the ARC.
- Join a [Winter Wellness Group](#).
- [Book your flu vaccine](#) with [Student Wellness Services \(SWS\)](#).

## Feeling Unwell?

- If illness or other extenuating circumstances are affecting your academics, you can [submit a request for academic consideration](#) through your [faculty/school](#).
- Access 24/7 mental health support and resources from [EmpowerMe](#).
  - MBA students can access 24/7 support through [Console](#).

## Red Flag Campaign

- Watch [@queensuniversitybewell](#) on Instagram, Feb. 11 to 18, to learn how to recognize and respond to signs of physical, emotional, sexual, and financial abuse.
- Stop by the ARC Feb. 14 from 12 to 2 pm to chat with Sexual Health [Peer Health Educators](#) and [Sexual Violence Prevention & Response Services \(SVPRS\)](#); meet Oscar the therapy dog; grab a make-your-own cookie bag, and get some info on healthy relationships!
- [Attend peer-led workshops](#) this term to help address gender-based violence:
  - Sessions include: Healthy Relationships, Building a Consent Culture, Sexual Violence Bystander Intervention, and Responding to Disclosures.

## Sexual Violence Supports

- Queen's [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.
  - Explore the SVPRS [Instagram](#), [Facebook](#), [newsletter](#), and [events calendar](#). February events include:
    - [Letters to and from Our Bodies Workshop](#) with Jungle Flower from Reclaim Your Voice, Feb. 9, 6–7:30 pm
    - [Movies for Mental Health](#), Feb. 15, 6–8 pm

## Eating on Campus

- Worried about food?
  - The pay-what-you-can [PEACH Market](#) is open Mon., Wed., Fri., 11 am to 2 pm, in the [School of Medicine Building](#), Arch St. entrance.
  - Register to pick up a [Mason Jar Meal](#) (Feb. 2) or a [Fresh Food Box](#) (Feb. 9).
  - [Follow SWS on Instagram](#) for more [low-cost meal program options](#).
  - Stop by the [AMS Foodbank](#) in Rideau Hall 105.
- Explore [campus meal plan options](#).
- You can now use a credit card for food and beverage purchases [with the Transact App](#).

## 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](mailto:supportservices@queensu.ca).

## Learn, Work, Live

### Academic Support

- [Book an appointment today](#) with a trained Peer Writing Assistant or a Student Academic Success Services (SASS) staff member for graduate-level writing support!
- Explore [workshops and skill-development opportunities](#) offered by the [School of Graduate Studies and Postdoctoral Affairs \(SGSPA\)](#).

### Need a New Study Spot?

- Cozy up and get your study on in one of [Queen's Libraries](#)!
- The [Queen's University International Centre \(QUIC\)](#) is open Mon. to Fri., 8:30 am to 4:30 pm, Mitchell Hall 208.
- Mature women students can drop by to work at the [Ban Righ Centre](#), Mon. to Fri. 9 am to 4 pm, 32 Bader Lane.
- Indigenous students can [book a study room](#) at Four Directions Indigenous Student Centre (4D) Mon. to Fri. 9 am to 4 pm, 144-146 Barrie St.
- QTBIPOC students can drop by [weekly study halls](#) at the [Yellow House](#) on Tuesdays from 5 to 8 pm.

### Summer Job Search

- Find summer or post-graduation employment on the [MyCareer Job Board](#)!

- Get tips from a Career Counsellor at [drop-in Career Advising](#), or book an [appointment](#).
- Interested in summer work on campus?
  - Join Student Affairs!
    - Check out [summer positions with SWS](#), the [Student Experience Office \(SEO\)](#), and [Athletics and Recreation](#).
    - Application deadlines are mid-February.
- [Subscribe](#) to Career Services' newsletter, and follow [@queensucareers](#) for summer job opportunity updates.

### Resume-Building Opportunities

- [Peer Programs are hiring 2023–24 volunteers](#) in mentoring, health education, learning strategies, international experience, and leadership coaching roles! Applications close Feb. 16.
- [Log in to MyCareer](#) to explore resume and cover letter advising, career workshops, employer/recruiter sessions, and more!

### Off-Campus Living and Housing Help

- Searching for housing? Connect with our [Off-Campus Living Advisor](#).
- Review the [Off-Campus Living Guide](#) for info on [tenant rights](#), [living with housemates](#), [neighbourhood relations](#), [City regulations](#), and more.
- Watch for the [Queen's Support Services and Community Engagement](#) team knocking on doors in your neighbourhood! They'll be checking in and handing out resources throughout February.

## Community



## **Recognize Exceptional Student Leaders!**

[Nominate](#) your peers for a [Student Recognition Award](#) by Feb. 24:

- The Peer Leadership Award celebrates student leaders at Queen's.
- The Brian Yealland Community Leadership Award celebrates student leaders in the local community.
- The EDII Impact Award celebrates students who demonstrate an outstanding commitment to equity, diversity, inclusivity, and Indigeneity.

## **Celebrate Faculty and Staff Who Make a Difference!**

- [Nominate a faculty or staff member](#) who goes above and beyond in providing service to students outside of a teaching role for the [Michael Condra Outstanding Student Service Award](#). Deadline is Feb. 24.

## **Student Voices Week Market – Call for Vendors**

- [The Queen's Shift Project](#) invites equity-deserving students, artists, entrepreneurs, clubs, and groups to [apply to participate](#) in the Student Voices Week Market on March 14.
- Promote your work, sell original creations, share resources, and celebrate our community!

## **Supports and Resources for Indigenous Students**

- Connect with the 4D team if you need [academic or emotional support](#).
- Check out our [Events Calendar](#) for daily academic and social groups or workshops!

## **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 the student experience and help create an inclusive campus.

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

Not sure who to contact?

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

Check out our websites below!



[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

