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# The Pulse

January 2023 Graduate and Professional Student Newsletter from Student Affairs

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

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cozy Queen's merch!



## Dates & Deadlines

**January 10** | Winter term [tuition and fees](#), or fee payment arrangements due for students without OSAP, an [Alternative Payment Arrangement \(APA\)](#), or PPL

**January 11** | Last withdrawal for fall term [Pre-Authorized Payment Plan \(PPL\)](#)

**January 12** | Fall term grades [appear on official transcripts](#)

**January 13** | Last day to drop multi-term courses without SGSPA approval

**January 31** | Winter term [tuition and fees](#) due for OSAP and APA students

**January 31** | Last day to self-enrol in the winter term [PPL](#)

**February 1** | [General Bursary appeal deadline](#)

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

**February 5** | First [withdrawal for winter 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!](#)

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

**Throughout the term** | Join [Winter Wellness Groups](#)

**Thursdays** | [Dogs on Campus](#), noon–1 pm, Mitchell Hall & the Student Life Centre

**January 9–15** | [Free Fitness Week](#) at the Athletics and Recreation Centre (ARC)

**January 10 & 13** | [QTBIPOC student career skill-building and networking](#), 12–2 pm, Gordon Hall 302

**January 10 & 24** | [Games Night at Faith and Spiritual Life](#), 7–9 pm, Mitchell 210

**January 11** | [Walk-in COVID-19 Vaccine Clinic](#), 10 am–4 pm, Mitchell Hall

**January 11** | [Winter Term Kick-Off Night](#), 5–6:30 pm, Queen's University International Centre (QUIC), Mitchell 208

**January 15** | [Shift Project Sunday Supper Series](#), 6–7:30 pm, in-person

**January 18** | [Grad Skills: Managing Time and Finding Balance](#), 6–7 pm, online

**January 19** | [Gather Together Workshop](#), 10:30–11:30 am & [Breaking Bread Workshop](#), 3–5 pm, Four Directions Indigenous Student Centre, 144–146 Barrie St.

**January 23** | [Studying More Efficiently](#), 10 am–12 pm, Drop-by booth, Stauffer Library

**January 23–27** | [Consent Action Week](#)

**January 25** | [Identifying and Responding to Students in Distress](#), 10:30–11:30 am, in-person

**January 25** | [Engineering and Technology Fair 2023](#), 10:30 am–3:30 pm, online

**January 31** | [Indigenous Student Career Networking](#), 4–6:30 pm, Gordon Hall 302

## Registrar & Financial Aid Info

### Accessing Financial Aid

- Full-time students receiving 2022–23 OSAP have their winter term tuition and fee payment deadline adjusted to Jan. 31.
  - Learn [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.
- Explore [other provincial/territorial](#) government student financial aid.

- Not receiving student loans, but you have in the past? Find out how to delay payments, and keep [previous OSAP](#) and [out-of-province loans interest-free!](#)
- 2021–22 General Bursary decisions are now posted on your SOLUS account.
  - [Receiving funds?](#) If your account is paid in full, you will get a refund in early February via electronic fund transfer.
  - Ensure your [banking information is updated on SOLUS](#).
  - If you want to be reassessed, [apply before Feb. 1](#).

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

- Students enrolled in the fall [PPL](#) are automatically enrolled in the winter PPL.
- [Ready to enrol in the PPL](#) for winter term?
  - Self-enrol before Jan. 15 to avoid an enrolment fee.
  - Final enrolment deadline is Jan. 31.

### **Finishing Your Degree?**

- You need to [apply to graduate!](#) Find your faculty/school [application deadline](#).
- Did you complete your degree in the fall term? [The last fall PPL withdrawal date is Jan. 11](#).

### **Forms and Records**

- We won't disclose any academic or personal information from your records to anyone (including parents and family members) [unless you grant specific access in SOLUS](#).
- Download your [Online Verification of Enrolment form](#) for RESPs, Student Line of Credit, and more.
- [Print your statement of financial transactions](#) for each term.

## Winter Wellness

### Move for Your Mental Health this Month!

- 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.
- Try out [ARC Group Fitness Classes](#) for free Jan. 9–15; buy a winter term pass before Jan. 15 to save with early-bird pricing!
- Ask a Student Wellness Services (SWS) healthcare provider about [Prescription Exercise at Queen's \(PE-Q\)](#). This by-referral program offers students with mild to moderate anxiety and/or depression a way to use exercise in their treatment plan.

### Feeling Unwell?

- [Book an appointment](#) at SWS for care from physicians, nurse practitioners, nurses, or counsellors.
- Access 24/7 mental health support and resources from [EmpowerMe](#).
  - MBA students can access 24/7 support through [Console](#).
- If you encounter someone who's had too much to drink this weekend, the [Campus Observation Room \(COR\)](#) is open Fri. Jan. 13 and Sat. Jan. 14, 9 pm–7 am, in Leonard Hall, where they can be monitored and sleep safely.

## Eating on Campus

- Find winter term [dining hall and retail food location hours of operation](#).
- Explore [8 campus meal plan options](#) to fuel your winter term.
- 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.
  - [Follow SWS on Instagram](#) for more [low-cost meal program options](#).
  - Register for this term's Fresh Food Boxes and Healthy Cooking Sessions:
    - [Fresh Food Box registration](#) opens Jan. 12.
    - [Healthy Cooking Session registration](#) opens Jan. 19.
  - Stop by the [AMS Foodbank](#) in Rideau Hall 105.
- Donate a meal from your meal plan to peers in need through [Swipe it Forward Queen's](#).

## Addressing Sexual Violence on Campus

- Attend the virtual [Stories Spark Change talk](#), Jan. 26, 6–7:30 pm, part of Consent Action Week.
- [Attend peer-led workshops](#) this term:
  - Sexual Violence Bystander Intervention
  - Building a Consent Culture
  - Healthy Relationships
  - Responding to Disclosures
- Queen's [Sexual Violence Prevention and Response Service \(SVPRS\)](#) 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 you to record your experience in a trauma-informed format, anonymously or to the police.
  - Explore the SVPRS [Instagram](#), [Facebook](#), [newsletter](#), and [events calendar](#).
- This term's PEGaSUS group for survivors of sexual violence runs Tuesdays, 4:30–6 pm, starting Jan. 24. [Register now](#).

## 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

### Boost Your Writing Skills!

[Book an appointment](#) or check the [Student Academic Success Services \(SASS\) events calendar](#) for workshops, and explore [resources and supports specifically for graduate students](#).

### Do You Need Academic Accommodations?

- If you have not registered with [Queen's Student Accessibility Services \(QSAS\)](#), find out [what documentation you need](#) and complete the intake form.
- Already registered? [Log in to Ventus](#) to review and apply academic accommodations for winter term.

### Resume-Building Opportunities

- Complete the [Action, Commitment, Transformation \(ACT\) Learning Certificate](#) and learn how to be a more inclusive leader, peer, and friend.
- Looking for a summer job?
  - [Apply](#) to become a [SOAR](#) Student Leader with the Student Experience Office (SEO) by Jan. 15 at 11:59 pm.



- [Subscribe](#) to Career Services' newsletter, and follow [@queensucareers](#) for summer job opportunity updates.
- [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 neighbourhood relations, City regulations, [tenant rights](#), [living with housemates](#), and more.
- 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.

## Community

### Coming Soon: 2023 Shift Survey

- Watch your Queen's email for the 2023 [Shift Survey](#), launching Jan. 23.
- Share your thoughts and experiences of diversity and inclusion on campus. Your voice matters!

### 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.
- [Nominate](#) professors, TAs, or staff who are [Champions for Mental Health!](#) Deadline is April 15.

### **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 environment.

### **Student Photo Contest**

[Submit](#) your photos to the annual [Queen's University International Centre Photo](#)

[Contest](#). Categories include culture, travel, nature, global issues, and more!

Submit by Jan. 31.

Student Affairs staff here to listen, refer, & 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](#)

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