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The Pulse

June 2023 Graduate and Professional Student Newsletter from Student Affairs

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

Dates & Deadlines

June 5 | First summer term [Pre-Authorized Payment Plan \(PPL\)](#) withdrawal

June 15 | Deadline to pay outstanding fees [in SOLUS](#)

June 18 | Fall/winter [Work Study](#) application opens

June 20-23 | [Spring convocation ceremonies](#)

July 3 | University closed



Ranked in the top 10 globally for the third year in a row, we are advancing the United Nations' Sustainable Development Goals within and beyond our local community. [Learn more.](#)

Event & Workshop Highlights

June 2 | [Kid-Friendly Gardening](#) at the Ban Righ Centre (BRC), 11 am–2 pm

June 5 | [GRADflix Drop-in Feedback Session](#), 5:30–7 pm

June 6, 13, 27 | [Drop-in Summer Beading Circle](#) at Four Directions (4D), 1–3 pm

June 7 | [Lemoine Point Hike](#), 10:45 am–2 pm (register by June 2)

June 7, 14, 27 | [Summer Drumming Circle](#) at 4D, 1–2 pm

June 7 | [Grad Skills: Procrastination and writer's block](#), 6–7 pm

June 9 | [Fabulous Friday Fibre Arts: Knit and Crochet Session](#), 2–4 pm

June 13 | [Intercultural Awareness Certificate](#) summer session starts, 1:30–3:30 pm

June 14 | [How to Spot, Speak Out, and Stand Up to Stigma](#), 10:30 am–12 pm

June 15 | Start of [Summer PEGaSUS Support Group for Sexual Violence Survivors](#) (online)

June 16 | [Dissertation Day Camp](#), 8:30 am–4 pm

June 20–23 | [Drop-in Tea for Graduating Students](#) at the BRC, 9 am–4 pm

June 21–22 | [Mental Health First Aid](#), 9 am–4 pm

June 28 | [Healthy Cooking Session](#), 11 am–12:30 pm

June 28 | [Career workshop for mature women-identified students](#), 12–1:30 pm

June 28 | [Grad Skills: Writing skills](#), 6–7 pm

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



Celebrating Pride Month!

Follow [Yellow House Student Centre for Equity and Inclusion](#) on Instagram for updates, and visit their booth at the [2023 Kingston Pride Festival](#) on June 17! The festival runs June 11–18.

Check out Queen's [Positive Space program](#), and 2SLGBTQ+ [spaces and resources](#) at Queen's and in the Kingston community.



National Indigenous History Month

[National Indigenous History Month](#) is a month dedicated to learning about the culture, languages, and contributions of First Nations, Métis, and Inuit peoples across Turtle Island.

June 21 is [National Indigenous Peoples Day](#). Follow [Queen's Office of Indigenous Initiatives](#) and [Four Directions Indigenous Student Centre \(4D\)](#) for event info.

Registrar & Financial Aid Info

Financial Aid

- [2023-24 OSAP applications](#) are now open.
 - You may need to report Queen's or external agency scholarships, bursaries, or awards you are receiving on your OSAP application. Consult the [Registrar & Financial Aid](#)

[Services](#) site for the reporting requirements specific to your program.

- Apply for [other provincial](#) student financial aid.
- [Explore financial aid options](#) for the summer and next academic year.
 - Book an in-person or online [financial advising](#) appointment.
- Learn how to [repay government student loans](#).

Congratulations Graduates!

- Confirm your graduation application status [in SOLUS](#).
- Get ready for convocation!
 - [June 20–23 ceremony details](#).
 - Indigenous students, [complete this form](#) to receive a gift and/or join one of 4D's convocation receptions.
 - [Livestream the ceremony or watch the broadcast later](#).
- If you aren't attending your ceremony, your diploma will be mailed to your address in SOLUS; [make sure it's up to date!](#)
- Order an official copy of your [transcript](#).
- New grads can continue to access [Career Services resources](#) for a full year!

Summer Services

- Find [places to eat on campus](#) this summer and [when locations are open](#).

- If you paid your 2022–23 Student Activity Fees, you can keep [riding Kingston Transit for free](#) all summer with your student ID card and [validation sticker](#).
 - Get your [student ID card and/or validation sticker](#).
- Know people visiting Kingston this summer? Queen's offers overnight summer accommodations in [Endaayaan – Tkanónsote Residence](#) and the [Donald Gordon Hotel & Conference Centre!](#)
- [Read weekly Gradifying blog](#) posts about grad life at Queen's.
- Listen to fellow grads share their research on the [Grad Chat](#) radio show!
 - Ready to showcase your program or research? [Email Colette Steer](#) in the [School of Graduate Studies and Postdoctoral Affairs](#).

Work Experience and Career Planning

- Looking for a job? [Log into MyCareer](#) to search current postings.
- [Book an appointment](#) for resume, cover letter, and career advice.
- [Follow](#) Career Services for summer workshop and event info.
- Learn about the career paths of Queen's alumni on our [Alumni Roadmaps](#).

Get Academic Support

- [Student Academic Success Services \(SASS\)](#) is delivering [Grad Skills webinars](#) and offering one-on-one writing and academic skills appointments, in-person or online, all summer!

- If you need class or exam accommodations related to a disability, register with [Queen's Student Accessibility Services](#).
- If extenuating circumstances are impacting your academics, find out how to request [academic consideration](#).
 - Need help navigating the process?
Contact supportservices@queensu.ca.

Health and Wellness

- [Student Wellness Services \(SWS\)](#) is open Mon. to Fri., 9 am–4:30 pm
- Stay active this summer at [the ARC](#)!
 - Group fitness classes are [free for members all month!](#)
- [Book an appointment](#) with a Wellness Coach and learn how to eat, sleep, or move better!
- [Spaces for prayer, meditation, and reflection](#) on campus are available all summer.
- Access [mental health](#) and [24/7 crisis resources](#), including [Empower Me](#).
 - MBA students can access 24/7 support through [Console](#), a holistic mental health and wellbeing app.
- Queen's [Sexual Violence Prevention and Response Services \(SVPRS\)](#) continues to be your point of contact for resources, options, referrals, and reporting throughout the summer.
- [Stories of Hope](#) is a student-led initiative to reduce mental health stigma and promote community on campus.
 - [Submit your story](#) of hope and resilience in the face of adversity.

[Explore food access resources.](#)

Champions for Mental Health

The [2023 Champions for Mental Health](#) were nominated by Queen's students for showing compassion, encouraging a sense of belonging, inspiring health-promoting behaviours, and promoting student mental wellbeing. Thank you for celebrating these educators who are making a difference!

Student Affairs offices, advisors, centres, study spaces, and staff are available all summer, ready to listen, refer, empower, and support you to find the answers you need.

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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