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# The Pulse

March 2023 Graduate and Professional Student Newsletter from Student Affairs

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

## Dates & Deadlines

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

**March 15** | Deadline to [report an exam conflict or religious accommodation](#) and to [register for exam accommodations](#)

## Event & Workshop Highlights

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

**Thursdays** | [Dogs on Campus](#), noon–1 pm, Mitchell Hall

**Thursdays** | *New wellness group:* [Navigating University with ADHD](#), 1–2:30 pm, online

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

**March 3 & 7** | [SAGE Coffee Chat](#), 9 am–10 am & [10 am–11 am](#), Four Directions

**March 7** | [COVID-19 Vaccine Clinic](#), 10 am–4 pm, Mitchell Hall 2nd floor

**March 7 & 23** | [Bereavement Group](#) with Faith and Spiritual Life, 3–4 pm & 6–7 pm, Mitchell Hall 210

**March 7** | [Psychedelic Therapy: A New Frontier in Mental Health](#), Speaker Seminar, 7:30–9 pm, Mac-Corry B201

**March 8** | [Identifying and Responding to Students in Distress](#), 11 am–noon, online

**March 9** | [Take Care of Yourself Drop-in Social](#), 11 am–1:30 pm, LaSalle 224

**March 9 & 21** | [Healthy Cooking Session](#), 6:30–7:30 pm

**March 13–17** | [Student Voices Week](#), celebrating equity work on campus

**March 13 & 27** | [Good Minds Study and Self-Care Nights](#), 4:30–8 pm, Four Directions

**March 14 & 28** | [Games Night at Faith and Spiritual Life](#), 7–9 pm, Mitchell Hall 210

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

**March 22** | [Making Friends with Your Body Workshop](#), 4:30–6 pm, Mitchell Hall 126

## Registrar & Financial Aid Info

**Info for Filing your 2022 Income Taxes**

- [Access your T2202 Tuition and Enrolment Certificate in SOLUS](#) to claim tuition, education, and textbook deductions.
  - To get your form, you must have submitted your [Social Insurance Number \(SIN\) on SOLUS](#).
- [T4A tax documents](#), for reporting scholarships, bursaries, prizes, and awards, are mailed to your address in SOLUS. [Make sure it's up to date!](#)
- Questions? Email [solus@queensu.ca](mailto:solus@queensu.ca), [book an appointment](#) to speak to a staff member, or drop in to the Registrar's Office on the first floor of [Gordon Hall](#).
- International students can attend [Income Tax Workshops](#) hosted by the Queen's University International Centre (QUIC), on Mondays all month!

## Finishing Your Degree This Term?

- [Apply to graduate](#); find your faculty/school [application deadline](#).
- Get your [Convocation ceremony details](#), including dates/times, gown rentals, and grad photos.
- Watch this [National Student Loans Service Centre \(NSLSC\) online presentation](#) to learn about repaying your student loans.

## Accessing Financial Aid

- Find out how to delay student loan payments, and keep [previous OSAP](#) and [out-of-province loans interest-free](#).
- Mature women students are invited to apply for the [Ban Righ Foundation's Student Spring Awards](#). Deadline is March 7.

## 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.

## Changes to Multi-Factor Authentication (MFA)

- [MFA provides access to the university's digital services.](#)
- Starting this week, instead of clicking “Approve” on a notification, [you'll now be prompted to enter a two-digit number to validate sign-in attempts.](#)

## Let's Build Community Together

We'd like to remind our community about important resources and information to [support responsible citizenship](#) and a safe, inclusive campus.

### Coming Soon to Your Neighbourhood!

Watch for the [Student Community Relations](#) team and community partners knocking on doors! They'll be on campus and in neighbourhoods to answer your questions about local bylaws and the [University District Safety Initiative \(UDSI\)](#).

The UDSI will be in effect – 12 am on **Thurs., March 9** to 11:59 pm on **Sun., March 19.**

## Supporting a Safe St. Patrick's Day

- Students at Queen's are bound by the [Queen's Code of Conduct](#). Students should be aware of the city's [Nuisance Party Bylaw](#), and [University District Safety Initiative \(UDSI\)](#).
- Use this [health resource map](#) to find medical treatment options in Kingston. Find out [how to decide where to go](#) if you or someone you know needs care, and when to use each health resource.
- The [Campus Observation Room \(COR\)](#) is a voluntary, confidential, and non-judgmental space where students who have had too much to drink can sleep in a monitored environment.
  - Open from 9 am on Fri. March 17 to 7 am on Sat. March 18, and again from 9 pm on Sat. March 18 to 7 am on Sun. March 19.
  - Students can call a free [Amey's Taxi](#) to get to COR.
- Watch [@queensuniversitybewell](#) for more info on a Safe Party-Goer Kit Giveaway Event, March 14, 2 to 4 pm, in the [Mitchell Hall Rose Innovation Hub](#).
- Follow [@queensustudentaffairs](#) on Instagram to find out about alternate activities on March 17 and 18, including [drop-in recreation at the ARC](#), [Student Voices Week events](#), and the [AMS's Queer Prom!](#)

# Health and Wellness

## Stay Active

- Sign up for the new [Learn 2 Pom](#) class at the ARC, Fridays.
- Book a [Physical Activity Peer Wellness Coaching Appointment](#).
- Trans and other gender diverse students are invited to [Solidarity Swims](#) hosted by the Yellow House, Sundays!

## Mental Health Supports

- Join a [Wellness Group](#)!
- Access [mental health](#) and [24/7 resources](#).

## Sexual Violence Supports

- Queen's [Sexual Violence Prevention and Response Services](#) 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.

## 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 Fresh Food Box ([March 9](#) and [30](#)) or [Mason Jar Meal](#) (March 23).
  - Follow [@queensuniversitybewell](#) for low-cost recipes and more.
  - Stop by the [AMS Foodbank](#) in Rideau Hall 105.
  - Explore [all Food Access resources](#) on and off campus.
- [Purchase a Block 20 Meal Plan](#) and use up to 10 as TAMs!
- You can now use a credit card for food and beverage purchases [with the Transact App](#) or buy Flex \$ with your credit card through the [Residence & Dining portal!](#)

## Learn, Work, Live

### Set Yourself Up for Academic Success

- [Book a writing appointment](#) and get expert feedback from Student Academic Success Services (SASS).
- Check out the [SASS Events Calendar](#) for grad student-specific workshops, study sessions, and drop-in events.

### Job Search Supports

- Want to work on campus this summer? [Applications for Summer Work Study positions](#) open on March 15!
- Get tips from a Career Counsellor at [drop-in Career Advising](#), book an [appointment](#), or check out our website for [job search tips and videos](#).
- [Log into MyCareer](#) to explore resume and cover letter advising, career workshops, employer/recruiter sessions, and the MyCareer Job Board!
- [Subscribe](#) to Career Services' newsletter and follow [@queensucareers](#) for job opportunity updates.
- Curious how life after Queen's could look? Check out the new [Alumni Roadmaps](#) to learn how Queen's alumni developed their careers, applied their university experience, and achieved success!

## Leadership Experience

- Complete the Student Experience Office's [Leadership Workshop Series](#). Attend four sessions throughout the year and receive a Leadership Skills Certificate!
  - [Contact the SEO](#) to learn 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.



# Community

## Celebrating Equity Work on Campus

- [Student Voices Week](#), March 13–17, is a series of opportunities to engage in conversations about equity at Queen's and to celebrate all of the equity-focused work being done by students.
- Follow [@queensushiftproject](#) or our [event page!](#)
- Unless otherwise noted, events are open to all students.

## Contribute to a Culture of Wellbeing

- Let's champion mental health! [Nominate](#) professors, TAs, or staff who are [Champions for Mental Health!](#) Deadline is April 15.
- [Stories of Hope](#) is a student-led initiative to reduce mental health stigma and promote community on campus. Apply to submit your story showcasing hope, resilience, and strength in the face of adversity this term.

## Supports and Resources for Indigenous Students

- Check out our [Events Calendar](#) for academic and social groups or workshops, like our weekly social fires on [Wednesdays](#) (1–3 pm) and [Fridays](#) (12:30–2:30 pm).
- Connect with the 4D team if you need [academic or emotional support](#).

## 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.

## 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).
- [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.

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 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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