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The Pulse

May 2023 Graduate and Professional Student Newsletter from Student Affairs

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

Dates & Deadlines

May 1 | Summer term classes begin

May 5 | [Summer Work Study](#) program application deadline

May 12 | Winter term grades [appear on official transcripts](#)

May 17 | Last day for spring term course changes without SGSPA approval

May 19 | Last day for summer term course changes without SGSPA approval

May 22 | Victoria Day (university closed)

May 31 | [Summer General Bursary](#) application deadline

May 31 | Last day to self-enrol in the [Pre-authorized Payment Plan \(PPL\)](#)

Event & Workshop Highlights

May 4 | [Red Dress Campaign Silent Auction Fundraiser](#), 12:30 pm–1:30 pm

May 5 | [National Day of Awareness for Missing and Murdered Indigenous Women and Girls: Faceless Doll Project](#) exhibits open at the [Yellow House](#) and [Student Experience Office](#), drop in anytime

May 8 | [Drop-in Summer Beading and Drumming](#) starts at Four Directions

May 9 | [PhD–Community Initiative Capstone Registration](#), 4:30–7 pm

May 10 | [Identifying and Responding to Someone in Distress](#), 1–2 pm (virtual)

May 10 | SGSPA [Financial Literacy Workshop Series](#), 4:30–5:30 pm

May 10 | [The Pathy Foundation Fellowship](#) info session, 6 pm

May 11 | [Moose Hide Campaign Day](#)

May 15 | SGSPA [Networking and Community Building Workshop](#), 6–7:30 pm

May 16 | [safeTALK](#) Suicide Alertness for Everyone training, 1–4 pm

May 17 | [3 Minute Thesis regional competition](#), 10–11:30 am ([live stream](#))

May 17 | [Self Care for Student Leaders](#), 10:30–11:30 am (virtual)

May 29–30 | [Mental Health First Aid](#) training, 9 am–4 pm

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

Registrar & Financial Aid Info

Financial Aid

- Don't forget, there's [no PPL withdrawal](#) in May.

- [Check if you qualify for summer term OSAP](#) funding.
- [Learn about financial aid options](#) for the summer and next year.
- [Book a financial advising](#) appointment in person or online.
- The [2023–24 OSAP application](#) will be available in early May.
 - 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 how to [repay government student loans](#).

Graduating? Congratulations!

- [Check SOLUS](#) to confirm your graduation application status.
- Get ready for convocation!
 - [Convocation ceremony details](#).
 - [Register to rent your cap and gown](#) by May 5 for the May 26 ceremony and by May 31 for the June 20–23 ceremonies.
 - Order your regalia in advance to get a 50% discount.
 - Indigenous students, [complete this form](#) to receive a gift and/or to wear traditional regalia at your convocation.
- Order a copy of your [transcript](#).

Summer Resources

On Campus

- New student? Get your [student ID card and/or validation sticker](#).
- Take a moment to ensure your [mailing address in SOLUS](#) is up to date.
- Find [where to eat on campus](#) this summer and [when locations are open](#).
- Paid your 2022–23 Student Activity Fees? You can keep [riding Kingston Transit for free](#) all summer with your student card and [validation sticker](#).

Academic Support

Connect with fellow graduate students and gain access to valuable academic resources this summer with the [Grad Writing Lab](#) from [Student Academic Services \(SASS\)](#).

Build Work Experience this Summer

- Looking for summer work opportunities? [Log into MyCareer](#) for resume and cover letter advice, workshops, employer/recruiter sessions, and the job board!
- Use the [Alumni Roadmaps](#) to learn about how successful Queen's alumni reached their career goals.
- [Follow](#) Career Services and [subscribe](#) to their newsletter for job updates.
- Join the Career Services team as a [Student Ambassador!](#)

Health and Wellness

- Student Wellness Services (SWS) is open through the summer, Mon. to Fri., 9 am–4:30 pm
- Stay active with summer programs at [the ARC!](#)
- Find [spaces for prayer, meditation, and reflection](#) open all summer.
- Eat, sleep, and move better with a [Wellness Coaching Appointment](#).
- HIV self-test kits are now available at SWS. Ask for an "I'm ready" kit.
- Access [mental health](#) and [24/7 crisis resources](#), including [Empower Me](#).
- Queen's [Sexual Violence Prevention and Response Services \(SVPRS\)](#) is your point of contact for resources, options, referrals, and reporting.

Community Support

- Student Affairs offices, advisors, centres, study spaces, and staff are here all summer long, ready to listen, refer, and help you find what you need.
 - Follow [@queensustudentaffairs](#) for updates.
 - If you need help navigating university services this summer, contact supportservices@queensu.ca.
 - For more information on our units, please [visit their websites](#).

[Worried about food? Click here for resources.](#)

Contribute to a Culture of Wellbeing

[Stories of Hope](#) is a student-led initiative to reduce mental health stigma and promote community on campus. [Submit your story](#) of hope, resilience, and strength in the face of adversity.

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

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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