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# The Pulse

November 2022 Graduate and Professional Student Newsletter from Student Affairs

*We're here to help!*



## Giveaway Alert!

Stay informed about dates, deadlines, events, and resources to help you thrive at Queen's!

Follow [Queen's Student Affairs on](#)

[Instagram and enter our giveaway](#) to win a

**Queen's sweatshirt!**

## Dates & Deadlines

**November 7** | [Graduate Payment Plan](#) payment withdrawal

**November 11** | Remembrance Day: classes cancelled 10:30–11:30 am, [Grant Hall](#)

[Ceremony](#), 10:50 am

- November 15** | Last day to [report an exam conflict or submit exam accommodations](#)
- November 25** | Fall term classes end for Graduate Diploma in Education (GDE) and Professional Master of Education (PME) Programs
- November 30** | Deadline to [withdraw/complete](#) for a 50% refund
- December 5** | Fall term classes end
- December 6** | [Commemoration Day](#)
- December 6–7** | Pre-exam study period
- December 8–22** | December exam period

## Event & Workshop Highlights

**Throughout November** | [Wellness, career and skill-building](#) events and workshops

**Wednesdays in November** | Drop-in [Grief Support Group](#) with Interfaith Chaplain

**October 31–November 4** | [Thrive Week](#) – students are welcome at all events!

**November 1, 8, 15** | [Substances and Safe Use](#) group for Indigenous students, 4 pm, [Four Directions Indigenous Student Centre \(4D\)](#)

**November 1, 8, 15** | [Write It Workshops](#) with Student Academic Success Services (SASS)

**November 1** | [Navigating Substance Use](#) group begins, Tuesdays, 2–3 pm, online

**November 3** | [My Restorative Rights Workshop](#), 5:30–7:30 pm, Mac-Corry B176 – for QTBIPOC students

**November 7** | [On-campus flu vaccine clinics](#) start

**November 9** | [SASS Grad Skills: Giving Conference Presentations](#), in-person and online

**November 9** | [Housing Resource Fair](#), 6–8 pm, Biosciences Atrium

**November 10 and 24** | [Gather Together Workshop](#), 10:30–11:30 am, 4D

**November 17–18** | [International Education at Queen's Conference](#)

**November 27** | [Sunday Supper Series](#), Queen's Shift Project, 6–7:30 pm

**November 30** | [SASS Grad Skills: Edit Your Writing](#), in-person and online

[EDII Student Events Calendar](#) – events and initiatives specifically for equity-deserving Queen's students and/or those wanting to be better allies.

- Promote your EDII event on the calendar using this [submission form!](#)

## Registrar & Financial Aid Info

### Accessing Financial Aid

- Missed the [Queen's General Bursary](#) Oct. 31 deadline? You can still apply! [Find out if you're eligible.](#)
- You can also 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.
  - Receiving OSAP? Find out [what you must do](#) before receiving your funding and [how and when funding is distributed.](#)
  - [Email us](#) with any questions!
- Learn about [other provincial/territorial](#) government student financial aid.
- Not receiving student loans, but you have in the past? Ensure you don't need to start making payments, and keep [previous OSAP loans](#) and [out-of-province loans interest-free!](#)

### Granting Permission to Release Personal Information

- Your academic and financial information is protected by Ontario law and University Senate policy.
- We won't disclose any information from your records to anyone (including family members) [unless you grant specific access in SOLUS](#).

## Do It Yourself in SOLUS

- Looking for proof of enrolment? All you need is your [Online Verification of Enrolment form](#) for RESPs, Student Line of Credit, and more. Find it in SOLUS.
- You can [print your own statement of financial transactions](#) for each term.
- Keep your mailing address, phone number, and emergency contact information [updated in SOLUS](#).

## Health & Wellness

### Stay Well

- [Book your COVID-19 booster](#) at a clinic on or near campus.
- Get your annual flu shot! [Find an option, on or off campus](#).
- Ask your healthcare provider at Student Wellness Services (SWS) if [Prescription Exercise at Queen's \(PE-Q\)](#) is right for you! This by-referral program offers students with mild to moderate anxiety and/or depression a way to use exercise in their treatment plan.
- Schedule a talk with a [Peer Wellness Coach](#) or a [Professional Wellness Coach](#).

- Learn how to stay focused with real-time feedback on your brain activity at a [MUSE biofeedback mindfulness appointment!](#)

## Feeling Unwell?

- [Book an appointment](#) at SWS for care from physicians, nurse practitioners, nurses, or counsellors.
- If illness or other extenuating circumstances are affecting your academics, you can [submit a request for academic consideration](#) through your [faculty/school](#).
- [If you need to miss a class, exam, or other academic requirement due to COVID-19](#) illness, symptoms, or self-isolation requirement, academic consideration will be granted. Medical documentation is not required.

## Eating on Campus

- Worried About Food?
  - The pay-what-you-can [PEACH Market](#) is open Mondays, Wednesdays, and Fridays, 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](#) and to keep up to date with registration!
  - Stop by the [AMS Foodbank](#).
- Got a meal plan? Donate a meal to peers in need through [Swipe it Forward Queen's](#).
- Live off campus? Save time with one of [8 meal plans](#).

- Read [the Scoop nutrition blog](#) for info on eating well for your body and mind!

### **If you have experienced sexual violence:**

- Queen's [Sexual Violence Prevention and Response Service \(SVPRS\)](#) is your central point of contact for resources, options, referrals and reporting.
  - [The new VESTA online support hub](#) allows students to record their experience in a trauma-informed format. You can choose to anonymously report to the police, and/or access [off-campus support](#) or [on-campus support from coordinator Barb Lotan](#).
- Follow SVPRS on [Instagram](#) and [Facebook](#), [subscribe to the SVPRS newsletter](#), and stay tuned to our [Events page](#).

### **Help Create a Harassment and Discrimination-Free Campus**

- 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**

### **End-of-Term Support**

- Hone your editing and academic skills at SASS's [Grad Skills workshops](#).
- Join Faith and Spiritual Life (FSL) around campus for [Study Breaks](#).

## International Education Week

[Celebrate international education](#) Nov. 14-18, including a conference with panels and presentations on international student success. Plus, [enter for your chance to win](#) tickets to see Cuban-Canadian jazz pianist Hilario Duran!

## Resume-Building and Leadership Opportunities

- [Log into MyCareer](#) to explore, career advising and workshops, employer information sessions, and more!
- Complete the Student Experience Office's [Leadership Workshop Series](#). Attend four sessions throughout the year and receive a Leadership Skills Certificate!
- [Apply for SOAR student lead](#) with the Student Experience Office (SEO) by Nov. 20 at 11:59 pm.
- [The Pathy Foundation Fellowship](#) provides professional leadership training, support, and \$40,000 in funding for masters grads to lead a community development project anywhere in the world.
  - Interested? [Book an initial 1-1 advising appointment with a Queen's Pathy Fellowship Advisor](#) and [apply](#) by Nov. 10.

## Living Off Campus and Housing Help

- Watch for end-of-term goodies and resources at your door from the [Student Community Relations team](#) and campus partners in late November.

- Follow [Queen's Support Services and Community Engagement \(SSCE\)](#) on [Facebook](#) and [Instagram!](#)
- Thinking about housing for next year? Connect with our [Off-Campus Living Advisor](#) for [resources](#), advice and tips. [Book an appointment](#) now or come by the [Housing Resource Fair](#) on Nov. 9!

## Community

### Cheer on Your Gaels!

- Watch [Men's](#) and [Women's](#) Hockey at the Memorial Centre!
- [Men's](#) and [Women's](#) Basketball and [Men's](#) and [Women's](#) Volleyball kick their seasons off at the ARC this month.
- Explore the [Queen's Gaels Varsity Sports Schedule](#).

### Support for Student Clubs and Events

- Applications for the Student Affairs [Student Initiative Fund \(SIF\)](#) and [Team Building Activity Fund \(TBAF\)](#) are open year-round!
  - You may be eligible for up to \$1,500 towards events that enhance your student experience, welcome new members, and foster inclusive club/team dynamics.



## Celebrate Faculty, Staff, and Community Leaders!

- Nominate a Queen's Faculty or Kingston community member for the [Inspiring Women Awards](#) by Nov. 18.
- Let's champion mental health! [Nominate](#) professors, TAs, or staff who are [Champions for Mental Health!](#)

## Campus Community Support

### Reach Out Across Student Affairs

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

- **For international students**
  - Queen's University International Centre (QUIC) offers individual [in-person and virtual drop-in advising](#), Monday to Thursday, 10 to 11 am and 2 to 3 pm in Mitchell Hall, Room 208.
  - See all [QUIC events](#).
- **For students who identify as Queer, Trans, Black, Indigenous, and/or People of Colour (QTBIPOC)**
  - [Follow the Yellow House on Instagram](#) for social justice, uplifting content, and events relevant to QTBIPOC student communities, and sign up for our [newsletter](#).

- Yellow House is at [140 Stuart Street](#). Check out maps of more [QTBIPOC-relevant spaces](#) across campus and Kingston.
- **For Indigenous students**
  - [Four Directions Indigenous Student Centre \(4D\)](#) offers [online academic advising, support](#) and [cultural counselling](#) for all Indigenous students.
  - Check our [Facebook page](#) and [Instagram](#) for the latest information on upcoming events, or find us at [144-146 Barrie Street!](#)
  - Our [study spaces and laundry facilities](#) are open for Indigenous students to book!
- **Faith and Spiritual Life supports**
  - Multi-faith, non-judgmental support for religious, spiritual, personal and financial problems, concerns, or crises.
  - Watch our [Events](#) page for more ways to connect.
  - Find some quiet in our [Interfaith Room](#), Mitchell Hall 210.
- **For mature women students and mothers**
  - Drop in to the [Ban Righ Centre](#) at [32 Bader Lane](#), Monday to Thursday, 9 am to 4 pm, to find a comfortable study space, meet friends in our lounge, and enjoy a daily hot lunch.

Need support, but not sure who to contact?

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

Units across Student Affairs offer programming, advising, events, and more.

Check out our websites below!

Follow us on Instagram and Twitter



[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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