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The Pulse

April 2023 Undergraduate Newsletter from Student Affairs

We're here to help! *Explore student services and resources*

Dates & Deadlines

April 11 | Deadline for graduating students to nominate a high school teacher for the Baillie Award for Excellence in Secondary School Teaching

April 14–28 | Winter term final exam period

April 15 | Deadline to nominate faculty or staff as Champions for Mental Health

April 30 | Final deadline to apply for spring graduation

April 30 | Deadline to change your name on spring degree lists

April 30 | Personal income tax filing deadline

Exam Supports & Resources

Academic Supports

- Get one-on-one support for exam preparation and essay writing with appointments at Student Academic Success Services (SASS).
- If you need to miss a class, exam, or academic requirement due to illness or other extenuating circumstances, submit a request for academic consideration through your faculty/school.

Exam Logistics

- Your exam schedule is posted in SOLUS.
- **Student cards required at all exams.** If you don't have yours, request a new one from the Registrar's Office.
- FAQs on exam procedures.
- Students with exam accommodations were emailed details in March. Check your junk folders!
- If you are unable to write an exam due to your disability, you can request a deferral through Queen's Student Accessibility Services (QSAS).
    - Can't attend your accommodated exam? Email the Exams Office and your instructor at least 24 hours before the exam starts.

Wellbeing Events and Resources

- Get stress and test anxiety management tips from SWS and SASS.

- Relieve some stress with Oscar, the St. John's Ambulance therapy dog.
    - Visit him in Mitchell Hall, noon–1 pm, April 6 and 13.
- Drop by Faith and Spiritual Life for conversations and cookies.
    - 10:30 am–2 pm, Mon.–Fri., April 14–27, Mitchell 210.
- Find spaces for prayer, meditation, and reflection across campus, including a new space in the School of Medicine building.
- Stay active at the ARC!
- Watch @fourdirectionsqueens for exam care packages for Indigenous students. Connect with 4D for academic or emotional support.
- Need to talk? The AMS Peer Support Centre (PSC) runs in-person and online drop-in sessions, including Queers for Peers and BIPoC Talk.
- Access mental health and 24/7 crisis resources, including Console.

Study Spaces

In addition to Queen's Libraries, check out our study spots!

- Join the Student Experience Office (SEO) for quiet study time, snacks, and beverages.
    - 11 am–3 pm, Mon.–Fri., April 11–28, LaSalle 224.
- Queen's University International Centre (QUIC), Mitchell 208
    - Drop-in study space, Mon.–Fri., 8:30 am–4:30 pm.
- The Yellow House is hosting regular study halls and community building events for QTBIPoC students.
- Indigenous students can book study spaces at 4D.
    - Drop by for Indigenous Student Study Day, on April 13, 8:30 am to 4:30 pm.
- The Adaptive Technology Centre (ATC), Stauffer Library, first floor.

    - Lab space for independent work and bookable study spaces for students registered with QSAS.
    - Computers, assistive devices, and specialized software are available.
- Mature women students can drop in to the Ban Righ Centre, Mon.–Fri., 9 am–4 pm, for quiet study space and a free hot lunch.

Event & Workshop Highlights

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

April 2 & 16 | Solidarity Swim, 2:30–4 pm & 2–4 pm

April 4 | QTBIPoC Student Medicine Walk, 11 am–2 pm

April 4 | QTBIPoC Student Healthy Cooking Session, 6:30–7:30pm

April 6 | Write Now: Writing Feedback Workshop with SASS, 11:30 am–1 pm

April 6 | Interfaith Prayers for Peace, 3–4 pm

April 6, 14, & 20 | Queer Study Space, 5–8 pm

April 6 | PSYC Night with SASS, 6:30–7:30 pm

April 6 | Sometimes Life is Hard Drop-in with Chaplains, 7–8 pm

April 11, 18, & 25 | Four Directions Beading Circle, 12–2 pm

April 11 | Four Directions Goodbyes Feast, 5–7 pm

April 27 | Ban Righ Foundation Inspiring Women & Student Spring Awards, 7–9 pm

April 27–30 | Sustainable Move-out Drop-off/Pick-up, 11 am–5 pm, Rideau Hall

Congratulations to the 2022–23 recipients of the Student Affairs Student Leadership Awards!

Registrar & Financial Aid Info

Graduating this Spring?

- Apply to graduate before April 30!
- Convocation ceremony details: schedules, gowns, guest info, and more.
- Nominate an outstanding high school educator who helped guide your path to Queen's for the Baillie Award for Excellence in Secondary School Teaching. Recipients receive $10,000 and are recognized at your convocation. Nomination deadline is April 11.

Info for Filing 2022 Income Taxes

- Access your T2202 Tuition and Enrolment Certificate in SOLUS to claim tuition, education, and textbook deductions.
- T4A tax documents, for reporting scholarships, bursaries, prizes, and awards have been mailed to your address in SOLUS.
- T4 tax documents for students employed at Queen's are available online.
- Questions? Email solus@queensu.ca, book an appointment, or drop in to the Registrar's Office on the first floor of Gordon Hall.

- The Queen's University International Centre (QUIC) is hosting Income Tax Workshops for international students on Thursdays from 3–4:30 pm!

Accessing Financial Aid

- The 2023–24 full-time OSAP application will be available on your OSAP Account starting April 12.
- Taking summer term courses? Apply for the Summer General Bursary.
- Find out how to delay student loan payments, and keep previous OSAP and out-of-province loans interest-free.
- Watch this National Student Loans Service Centre (NSLSC) presentation to learn about repaying your student loans.

Studying on an International Study Permit?

- Make sure you're aware of Immigration, Refugees and Citizenship Canada (IRCC)'s rules and requirements related to your permit status.
- Attend QUIC's Permanent Residency Info Session, April 14, 1:30–3 pm.

Do you have an emergency contact?

Make sure to list a contact in SOLUS!

Health and Wellness

Stay Well

- SWS is holding daily STI test clinics from 9 am–12 pm and 1–3:30 pm. No appointment needed!
- Registration for ARC summer programs opens April 3.
- Summer Undergrad Special Memberships at the ARC go on sale April 3.
- Book a Wellness Coaching Appointment.

Sexual Violence Supports

- Queen's Sexual Violence Prevention and Response Services (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 survivors to record experiences in a trauma-informed format with the options to remain anonymous and to notify SVPRS and/or police.

Worried about food? Click here for resources.

Work & Live

Build Work Experience this Summer!

- Work on campus! Apply for Summer Work Study jobs before May 5.
- Check out job search tips and videos from Career Services.
- Subscribe to Career Services' newsletter and follow us for job opportunities.
- Are you finishing second or third year? Explore 12–16 month paid internships starting in May or September.
- Get tips from a Career Counsellor: drop in or book an appointment.
- Log into MyCareer to explore resume and cover letter advising, workshops, employer/recruiter sessions, and the MyCareer Job Board!
- Check out Alumni Roadmaps to learn how Queen's alumni developed their careers, applied their university experience, and achieved success!

Moving?

- Watch @queensuocla for info on a Sustainable Move-out Drop-off/Pick-up Event, April 27–30, 11 am–5 pm in the Rideau Hall parking lot.
- The Off-Campus Living Advisor has tips on moving out and moving in!

Community

Supports for Students Observing Ramadan

- Find prayer spaces across campus.
    - Questions? Contact Faith and Spiritual Life.

- Halal offerings are always available at campus retail food locations.
- On a meal plan? Register for supports, including:
    - A “pick and pack” dining hall service for pre-dawn meals.
    - Decorated spaces in Leonard and Jean Royce dining halls where students can gather to break their daily fast and feast with others observing Ramadan.
    - Ramadan menu features on Thursday evenings (students not on meal plans are welcome to pay at the door).
- The Queen's University Muslim Student Association is hosting daily Iftar meals at the QUIC.
- If you have a food-related question or concern, connect with Wellness and Sustainability Manager Theresa Couto.

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 showcasing hope, resilience, and strength in the face of adversity.

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.

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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