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The Pulse

December 2022 Undergraduate Newsletter from Student Affairs

We're here to help!

Dates & Deadlines

December 1 | [Spring 2023 graduation applications](#) open on SOLUS

December 5 | Fall term classes end

December 6 | [Commemoration Day](#)

December 8–22 | Final exams in fall term classes and mid-year tests in multi-term classes

December 12 | Deadline to apply for new [Principal's Undergraduate Research Leaders](#) program

December 15 | Deadline to apply for an [Alternative Payment Arrangement \(APA\)](#)

December 24–January 2 | University closed for winter break

December 31 | Last day to [submit a request for transfer credits](#)

January 9 | Winter term classes begin

January 10 | Winter term [tuition, Student Assistance Levy \(SAL\)](#), and [residence fees](#) due

Exam Supports & Resources

Current Masking and Public Health Guidelines

- [The university strongly recommends that you wear a mask](#) indoors when physical distancing can't be maintained.
- [Book your COVID-19 booster](#) or [flu shot](#).
 - The last [walk-in, on-campus COVID-19 vaccine clinic](#) of the term is Dec. 6, 10 am to 4 pm, Mitchell Hall.
- Stay home if you're sick – once you have no fever and symptoms improve for 24 hours (or 48 hours if gastrointestinal) you can return to campus.
 - Please wear a mask for 10 days after your symptoms start.
- **Academic consideration will be granted** if you need to miss a class, exam, or academic requirement due to COVID-19 illness, symptoms, or self-isolation. **Medical documentation is not required.**
 - Submit a request for [academic consideration](#) through your [faculty/school](#).

Academic Supports and Study Spaces

- Student Academic Success Services (SASS) [writing appointments](#) are available until Dec. 22! Book to meet with a professional writing consultant, in-person or online.
- SASS Exam prep workshops:
 - PSYC100 Exam Prep, Dec. 1, [1–2 pm, Stauffer 121](#) and [6–7 pm, online](#).
 - BIOL102/CHEM112 Exam Prep, Dec. 2, [1–2 pm, Stauffer 121](#) and [6–7 pm, online](#).
- Join the [Student Experience Office \(SEO\)](#) for [quiet study time and snacks](#).
 - 11 am–3 pm, Mon–Fri until Dec. 16, LaSalle 224.
- The Yellow House has regular [study halls and community building events](#) for QTBIPOC students.
- Indigenous students can [book study spaces](#) at the Four Directions Indigenous Student Centre (4D).
- Studying in Stauffer? Wander over to SASS Dec. 2 to 7 while you fill your water bottle and check out our ["How to Study For..." posters](#) for tips on first-year exam prep!

Logistics

- **Your student card is required at all exams.** [Request a new one from the Registrar's Office](#) if you don't have yours.
- In-person exam locations are listed in your [exam schedule on SOLUS](#).
- Some online exams may be [remotely proctored](#).
- Students with [exam accommodations](#) were emailed all details in November. Check your junk folders!

Wellbeing Events and Resources

- Get [stress](#) and [test anxiety](#) management tips from SWS and SASS.
- Follow Student Wellness Services (SWS) on [Instagram](#) and [TikTok](#) and complete daily exam-time health challenges, Dec. 8 to 22, to win prizes!
- Learn self-care strategies and get some work done at SASS's [PSYC Night: Self-Care & Exams](#) session.
 - Dec. 1, 6:30 to 7:30 pm, Ellis Hall 321.
- Relieve some stress with Oscar, the St John's Ambulance therapy dog.
 - [Visit him in Mitchell Hall](#), Dec. 7 and 14, noon–1 pm.
- Drop by Faith and Spiritual Life for [conversations and cookies](#).
 - 10:30 am–2 pm every weekday, Dec. 9–21, Mitchell 210.
- Find [spaces for prayer, meditation, and reflection](#) on the [Campus Map](#).
- Stay active at [the ARC!](#)

Event & Workshop Highlights

December 2 and 9 | [Social Fires](#) at 4D

December 6 | [Walk-in COVID-19 Bivalent Vaccine Clinic](#), 10 am–4 pm, Mitchell Hall

December 7 | [safeTALK Suicide First Aid Training](#), 1–4 pm, Gordon Hall 302

December 7 | [Mindful Check In](#), 2:30–3:15 pm, online

December 13 | [Holiday Open House](#), 11 am–2 pm, QUIC, Mitchell 208

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

Registrar & Financial Aid Info

Accessing Financial Aid

- Unsure if your winter term funding will arrive before the Jan. 10 payment deadline? You may need to apply for an [Alternative Payment Arrangement \(APA\)](#) before Dec. 15.
 - Find out [if you should apply and how](#), or if you will automatically receive a deferral to Jan. 31.
- 2022-23 [Queen's General Bursary](#) decisions will be posted on SOLUS in late December.
 - Bursaries will be [paid to your student account](#). Please ensure your banking information is up-to-date on SOLUS.
- Full-time students receiving 2022-23 OSAP automatically have their winter tuition payment deadline adjusted to Jan. 31.
 - Find out [how and when funding is distributed](#).
- You can still apply for [2022-23 OSAP](#).
 - [Do not report](#) scholarships, bursaries, or awards you are receiving from Queen's on your OSAP application. [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!](#)

Got Transfer Credits from High School?

First-year students who took high school courses eligible for transfer credit must apply for credit no later than Dec. 31. [Submit a transfer credit request.](#)

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 parents and family members) [unless you grant specific access on SOLUS.](#)

Do It Yourself on 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 on SOLUS.
- You can [print your own statement of financial transactions](#) for each term.
- Keep your mailing address, phone number, and emergency contact information [updated on SOLUS.](#)

Health & Wellness

Feeling Unwell?

- [Book an appointment](#) at SWS for care from physicians, nurse practitioners, nurses, or counsellors. SWS is open through to Dec. 23.
- Need to talk? The [AMS Peer Support Centre](#) (PSC) runs in-person and online drop-in sessions until Dec. 22.
- Access mental health and 24/7 crisis resources on [Console](#), the new holistic mental health and wellbeing app.
- Connect with [Good2Talk](#) 24/7/365:
 - Call 1-866-925-5454.
 - Text GOOD2TALKON to 686868.

Eating on Campus

- Find [dining hall and retail food location hours of operation](#).
- Keep cozy with a [\\$25 Bottomless Beverage sticker](#) – get unlimited coffee and tea in your reusable mug all December!
 - Stickers sold at: The Lazy Scholar, Location 21, Wally's, The Library Cafe, MC2, Student Street Express, and Jean Royce Barista.
- Worried About Food?
 - [Follow SWS on Instagram](#) for more [low-cost meal program options](#) and to keep up to date with registration!
 - Stop by the [AMS Foodbank](#), open until Dec. 16.

- Got a meal plan? Donate a meal to peers in need through [Swipe it Forward Queen's](#).

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 you to record your experience in a trauma-informed format. You can choose to anonymously report to the university or 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](#).
- Contact [Barb Lotan](#) for information and appointment scheduling.

Help Create a Harassment and Discrimination-Free Campus

- Be part of the shift towards a safer, more inclusive campus community: check out 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.

Learn, Work, Live

NEW Undergraduate Research Mentorship Opportunity!

- The [Principal's Undergraduate Research Leaders \(PURL\)](#) program facilitates research and leadership experiences for current students in undergraduate or professional programs, and includes a \$2,000 stipend.
 - Apply by Dec. 12 at noon!

Resume-Building Opportunities

- Test-drive a career and build the job-ready skills you need to enter the workforce after graduation with 12–16 month paid positions through the [Queen's Undergraduate Internship Program \(QUIP\)](#).
 - Start planning now for January or May 2023 start dates.
 - Current postings include Student Affairs' Marketing and Communications Intern! Apply on [MyCareer](#).
- [Log in to MyCareer](#) to explore resume and cover letter advising, career workshops, employer/recruiter sessions, and more!
- [Subscribe](#) to Career Services' weekly newsletter.
- Career Services is open until Dec. 23. [Drop in or book an appointment today!](#)
- Thinking about a UK adventure with the [Bader College Castle Summer+](#) program?

- Drop in for snacks at the [Bader College Study Break](#), Gordon Hall Welcome Centre, Dec. 6, 1 to 3 pm, and learn all about it!
- Complete the [Action, Commitment, Transformation \(ACT\) Learning Certificate](#) and learn how to be a more inclusive leader, peer and friend.

Living Off Campus and Housing Help

- [Sign up for the AMS Holiday House Check Program!](#)
 - AMS student staff will check houses in the University District for signs of break in, walk through snow, and collect mail to make the house look lived in over the winter break.
- Thinking about housing for next year? Connect with our [Off-Campus Living Advisor](#) for [resources](#), advice and tips. [Book an appointment](#) now.
- Follow [Queen's Support Services and Community Engagement \(SSCE\) on Facebook](#) and [Instagram](#) for info on the Kingston-Queen's community and how to be a good neighbour.

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 your student experience, and help create an inclusive campus environment.

Campus Community Support

Reach Out Across Student Affairs

Student Affairs staff are ready to listen, refer, empower, and help you problem solve. Our centres and services are open through Dec. 23 – we're here to help!

- **For international students**
 - [Queen's University International Centre \(QUIC\)](#) offers individual [in-person and virtual drop-in advising](#), Mon. to Thurs., 10 to 11 am and 2 to 3 pm in Mitchell Hall 208, through to Dec. 22.
 - See all [QUIC events](#).
 - Travelling to Canada for the winter term? Welcome! QUIC can answer all your questions about [international student arrival](#) and Canadian entry requirements.
 - Join our online [Winter Arrival sessions](#) on Dec. 7 and 14!
- **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 [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.
- **For mature women students and mothers**
 - Drop in to the [Ban Righ Centre](#) at [32 Bader Lane](#), Mon. to Thurs., 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 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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