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The Pulse

January 2023 Undergraduate Newsletter from Student Affairs

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Dates & Deadlines

January 10 | Winter term [tuition, Student Assistance Levy \(SAL\)](#), and [residence fees](#) due (except for OSAP and [Alternative Payment Arrangement \(APA\)](#) students)

January 12 | Fall term grades [appear on official transcripts](#)

January 15 | [Queen's Exchange Bursary](#) application deadline

January 20 | Last day to [add a winter term course](#)

January 20 | Last day to [drop a winter term course](#) without financial penalty

January 31 | Winter term [tuition, SAL](#) and [residence fees](#) due for OSAP and APA students

February 1 | [General Bursary appeal deadline](#)

February 1 | Deadline for many winter term [application-based financial awards](#)

Event & Workshop Highlights

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

Throughout the term | [Off-Campus Living Advisor appointments](#) and [events](#)

Throughout the term | Join [Winter Wellness Groups](#)

Tuesdays | [Write It: Academic Writing Workshops](#), 6–7:30 pm, online

Thursdays | [Dogs on Campus](#), noon–1 pm, Mitchell Hall & the Student Life Centre

January 9–15 | [Free Fitness Week](#) at the Athletics and Recreation Centre (ARC)

January 10 & 13 | [QTBIPOC student career skill-building and networking](#), 12–2 pm, Gordon Hall 302

January 10 & 24 | [Games Night at Faith and Spiritual Life](#), 7–9 pm, Mitchell 210

January 11 | [Walk-in COVID-19 Vaccine Clinic](#), 10 am–4 pm, Mitchell Hall

January 11 | [Winter Term Kick-Off Night](#), 5–6:30 pm, Queen's University International Centre (QUIC), Mitchell 208

January 15 | [Shift Project Sunday Supper Series](#), 6–7:30 pm, in-person

January 19 | [Gather Together Workshop](#), 10:30–11:30 am & [Breaking Bread Workshop](#), 3–5 pm, Four Directions Indigenous Student Centre, 144–146 Barrie St.

January 23 | [Studying More Efficiently](#), 10 am–12 pm, Drop-by booth, Stauffer Library

January 23–27 | [Consent Action Week](#)

January 25 | [Identifying and Responding to Students in Distress](#), 10:30–11:30 am

January 25 | [Engineering & Technology Fair 2023](#), 10:30 am–3:30 pm, online

January 31 | [Indigenous Student Career Networking](#), 4–6:30 pm, Gordon Hall 302

Registrar & Financial Aid Info

Accessing Financial Aid

- Full-time students receiving 2022–23 OSAP have their winter term tuition and fee payment deadline adjusted to Jan. 31.
 - Learn [how and when funding is distributed](#).
- You can still apply for [2022–23 OSAP](#).
 - [Don't report](#) scholarships, bursaries, or awards you are receiving from Queen's on your application.
- Explore [other provincial/territorial](#) government student financial aid.
- Not receiving student loans, but you have in the past? Find out how to delay payments, and keep [previous OSAP](#) and [out-of-province loans interest-free!](#)
- 2021–22 General Bursary decisions are now posted on your SOLUS account.

- [Receiving funds?](#) If your account is paid in full, you will get a refund in early February via electronic fund transfer.
- Ensure your [banking information is updated on SOLUS](#).
- If you want to be reassessed, [apply before Feb. 1](#).

Finishing Your Degree This Term?

- You need to [apply to graduate](#)! Find your faculty [application deadline](#).
- [Nominate an outstanding high school educator](#) who influenced your path to Queen's for the Bailie Award for Excellence in Secondary School Teaching. Recipients receive \$10,000 and are recognized at your convocation. Deadline is April 3.

Forms and Records

- We won't disclose any academic or personal information from your records to anyone (including parents and family members) [unless you grant specific access in SOLUS](#).
- Download your [Online Verification of Enrolment form](#) for RESPs, Student Line of Credit, and more.
- [Print your statement of financial transactions](#) for each term.

Winter Wellness

Move for Your Mental Health this Month!

- Book a [physical activity peer wellness coaching appointment](#).
- Join Health Promotion's [recreational run club](#).
- Check out [new student pricing for in-person training](#) at the ARC.
- Try out [ARC Group Fitness Classes](#) for free Jan. 9–15; buy a winter term pass before Jan. 15 to save with early-bird pricing!
- Ask a Student Wellness Services (SWS) healthcare provider about [Prescription Exercise at Queen's \(PE-Q\)](#). This by-referral program offers students with mild to moderate anxiety and/or depression a way to use exercise in their treatment plan.

Feeling Unwell?

- [Book an appointment](#) at SWS for care from physicians, nurse practitioners, nurses, or counsellors.
- 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 on [Console](#), the holistic mental health and wellbeing app.
- If you or a friend have too much to drink this weekend, the [Campus Observation Room \(COR\)](#) is open Fri. Jan. 13 and Sat. Jan. 14, 9 pm–7 am, in Leonard Hall, where you can be monitored and sleep safely.

Eating on Campus

- Find winter term [dining hall and retail food location hours of operation](#).
- Explore [8 campus meal plan options](#) to fuel your winter term.
- 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.
 - [Follow SWS on Instagram](#) for more [low-cost meal program options](#).
 - Register for this term's Fresh Food Boxes and Healthy Cooking Sessions:
 - [Fresh Food Box registration](#) opens Jan. 12.
 - [Healthy Cooking Session registration](#) opens Jan. 19.
 - Stop by the [AMS Foodbank](#) in Rideau Hall 105.
- Donate a meal from your meal plan to peers in need through [Swipe it Forward Queen's](#).

Addressing Sexual Violence on Campus

- Attend the virtual [Stories Spark Change talk](#), Jan. 26, 6–7:30 pm, part of Consent Action Week.
- [Attend peer-led workshops](#) this term:
 - Sexual Violence Bystander Intervention
 - Building a Consent Culture
 - Healthy Relationships
 - Responding to Disclosures
- Queen's [Sexual Violence Prevention and Response Service \(SVPRS\)](#) 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 you to record your experience in a trauma-informed format, anonymously or to the police.
- Explore the SVPRS [Instagram](#), [Facebook](#), [newsletter](#), and [events calendar](#).
- This term's PEGaSUS group for survivors of sexual violence runs Tuesdays, 4:30–6 pm, starting Jan. 24. [Register now](#).

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.

Learn, Work, Live

Refresh Your Study Skills!

[Book an appointment](#) or check the Student Academic Success Services (SASS) [events calendar](#) for study tips, writing workshops, and assignment planning resources.

Do You Need Academic Accommodations?

- If you have not registered with [Queen's Student Accessibility Services \(QSAS\)](#), find out [what documentation you need](#) and complete the intake form.
- Already registered? [Log in to Ventus](#) to review and apply academic accommodations for winter term.

Peer Mentorship Opportunity

Students in second-year or above can register for the Student Experience Office's [Upper-Year Peer Mentor Program](#). Mentors provide meaningful support, while modelling university skills and mental health coping strategies.

Resume-Building Opportunities

- Complete the [Action, Commitment, Transformation \(ACT\) Learning Certificate](#) and learn how to be a more inclusive leader, peer, and friend.
- 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 \(QUIP\)](#).
 - Apply now for May 2023 start dates.
 - Current postings include [Student Affairs' Marketing and Communications Intern!](#) Apply on [MyCareer](#).
- Looking for a summer job?
 - [Apply](#) to become a [SOAR](#) Student Leader with the Student Experience Office (SEO) by Jan. 15 at 11:59 pm.

- Applications for the [Summer Work Experience Program \(SWEP\)](#) are open!
- [Subscribe](#) to Career Services' newsletter, and follow [@queensucareers](#) for summer job opportunity updates.
- [Log in to MyCareer](#) to explore resume and cover letter advising, career workshops, employer/recruiter sessions, and 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 neighbourhood relations, City regulations, [tenant rights](#), [living with housemates](#), and more.
- 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.

Community

Coming Soon: 2023 Shift Survey

- Watch your Queen's email for the 2023 [Shift Survey](#), launching Jan. 23.
- Share your thoughts and experiences of diversity and inclusion on campus. Your voice matters!

Recognize Exceptional Student Leaders!

[Nominate your peers for a Student Recognition Award](#) by Feb. 24:

- The Peer Leadership Award celebrates student leaders at Queen's.
- The Brian Yealland Community Leadership Award celebrates student leaders in the local community.
- The EDII Impact Award celebrates students who demonstrate an outstanding commitment to equity, diversity, inclusivity, and Indigeneity.

Celebrate Faculty and Staff Who Make a Difference!

- [Nominate a faculty or staff member](#) who goes above and beyond in providing service to students outside of a teaching role for the Michael Condra Outstanding Student Service Award. Deadline is Feb. 24.
- [Nominate](#) professors, TAs, or staff who are [Champions for Mental Health!](#) Deadline is April 15.

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 environment.

Student Photo Contest

[Submit](#) your photos to the annual [Queen's University International Centre Photo Contest](#). Categories include culture, travel, nature, global issues, and more!
Submit by Jan. 31.

Student Affairs staff are here to listen, refer, & 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 & 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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