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The Pulse

March 2023 Undergraduate Newsletter from Student Affairs

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

Dates & Deadlines

March 3 | Last day to drop a winter or multi-term course [and receive a 25% refund](#). For academic penalty deadlines, check your [faculty/school calendar](#)

Mid-March | [Summer General Bursary Application](#) opens

March 15 | Deadline to [report an exam conflict or religious accommodation](#) and to [register for exam accommodations](#)

March 15 | Deadline to apply for [Bader College Upper-Year Programs](#)

Event & Workshop Highlights

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

Thursdays | [Dogs on Campus](#), noon–1 pm, Mitchell Hall

Thursdays | *New wellness group:* [Navigating University with ADHD](#), 1–2:30 pm, online

March 2 | [Interfaith Prayers for Peace](#), 3–4 pm, Mitchell Hall Interfaith Room

March 7 | [COVID-19 Vaccine Clinic](#), 10 am–4 pm, Mitchell Hall 2nd floor

March 7 & 23 | [Bereavement Group](#) with Faith and Spiritual Life, 3–4 pm & 6–7 pm, Mitchell Hall 210

March 7 | [Psychedelic Therapy: A New Frontier in Mental Health](#), Speaker Seminar, 7:30–9 pm, Mac-Corry B201

March 8 | [Identifying and Responding to Students in Distress](#), 11 am–noon, online

March 8 | [Bader College Drop-in Social](#), 1:30–3:30 pm, Gordon Hall Welcome Centre

March 9 | [Take Care of Yourself Drop-in Social](#), 11 am–1:30 pm, LaSalle 224

March 9 & 21 | [Healthy Cooking Session](#), 6:30–7:30 pm

March 13–17 | [Student Voices Week](#), celebrating equity work on campus

March 13 & 27 | [Good Minds Study and Self-Care Nights](#), 4:30–8 pm, Four Directions

March 14 & 28 | [Games Night at Faith and Spiritual Life](#), 7–9 pm, Mitchell Hall 210

March 16 & 28 | [Sometimes Life is Hard Drop-in Session with Chaplains](#), 7–8 (March 16) & 3–4 pm (March 28), Mitchell Hall 210

March 22 | [Making Friends with Your Body Workshop](#), 4:30–6 pm, Mitchell Hall 126

March 28 | [Build your own Care Package](#) with 4D staff, 5:30–7 pm, Ban Righ Hall Private Dining Room

Registrar & Financial Aid Info

Info for Filing your 2022 Income Taxes

- [Access your T2202 Tuition and Enrolment Certificate in SOLUS](#) to claim tuition, education, and textbook deductions.
 - To get your form, you must have submitted your [Social Insurance Number \(SIN\) on SOLUS](#).
- [T4A tax documents](#), for reporting scholarships, bursaries, prizes, and awards, are mailed to your address in SOLUS. [Make sure it's up to date!](#)
- Questions? Email solus@queensu.ca, [book an appointment](#) to speak to a staff member, or drop in to the Registrar's Office on the first floor of [Gordon Hall](#).
- International students can attend [Income Tax Workshops](#) hosted by the Queen's University International Centre (QUIC), on Mondays all month!

Finishing Your Degree This Term?

- [Apply to graduate](#); find your faculty/school [application deadline](#).
- Get your [Convocation ceremony details](#), including dates/times, gown rentals, and grad photos.
- Watch this [National Student Loans Service Centre \(NSLSC\) online presentation](#) to learn about repaying your student loans.
- [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 3.

Accessing Financial Aid

- 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](#).
- Mature women students are invited to apply for the [Ban Righ Foundation's Student Spring Awards](#). Deadline is March 7.

Studying on an International Study Permit?

- Make sure you're aware of [Immigration, Refugees and Citizenship Canada \(IRCC\)](#)'s [rules and requirements](#) related to permit status.

Changes to Multi-Factor Authentication (MFA)

- [MFA provides access to the university's digital services](#).
- Starting this week, instead of clicking "Approve" on a notification, [you'll now be prompted to enter a two-digit number to validate sign-in attempts](#).

Let's Build Community Together

Part of [being a responsible Kingston citizen](#) is gathering safely, respectfully, and without breaking the law.

Coming Soon to Your Neighbourhood!

Watch for the [Student Community Relations](#) team and community partners knocking on doors! They'll be on campus and in neighbourhoods to answer your questions about local bylaws and the [University District Safety Initiative \(UDSI\)](#).

The UDSI will be in effect – 12 am on **Thurs., March 9** to 11:59 pm on **Sun., March 19**.

Have a Safe St. Patrick's Day

Avoid fines, court, and/or non-academic sanctions under the [Queen's Code of Conduct](#) by being aware of the [UDSI](#) and the [Nuisance Party Bylaw](#).

If you have too much to drink or need medical assistance:

- The [Campus Observation Room \(COR\)](#) is a voluntary, confidential, and non-judgmental space for you or your friends to sleep if needed.
 - Open from 9 am on Fri. March 17 to 7 am on Sat. March 18, and again from 9 pm on Sat. March 18 to 7 am on Sun. March 19.
 - You can call a free [Amey's Taxi](#) to get to COR.

- Use this [health resource map](#) to find options available to you in Kingston. Find out [how to decide where to go](#) if you need care, and when to use each health resource.
- Watch [@queensuniversitybewell](#) for more info on a Safe Party-Goer Kit Giveaway Event, March 14, 2 to 4 pm, in the [Mitchell Hall Rose Innovation Hub](#).
- Follow [@queensustudentaffairs](#) on Instagram to find out about alternate activities on March 17 and 18, including [drop-in recreation at the ARC](#), [Student Voices Week events](#), and the [AMS's Queer Prom!](#)

Health and Wellness

Stay Active

- Sign up for the new [Learn 2 Pom](#) class at the ARC, Fridays.
- Book a [Physical Activity Peer Wellness Coaching Appointment](#).
- Trans and other gender diverse students are invited to [Solidarity Swims](#) hosted by the Yellow House, Sundays!

Mental Health Supports

- Join a [Wellness Group!](#)
- 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 resources](#).

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.

Eating on Campus

- [Donate a meal](#) from your meal plan to peers in need.
- 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.
 - Register to pick up a Fresh Food Box ([March 9](#) and [30](#)) or [Mason Jar Meal](#) (March 23).
 - Follow [@queensuniversitybewell](#) for low-cost recipes and more.
 - Stop by the [AMS Foodbank](#) in Rideau Hall 105.
 - Explore [all Food Access resources](#) on and off campus.
- [Purchase a Block 20 Meal Plan](#) and use up to 10 as TAMs!

- You can now use a credit card for food and beverage purchases [with the Transact App](#) or buy Flex \$ with your credit card through the [Residence & Dining portal](#)!

Learn, Work, Live

Set Yourself Up for Academic Success

- Not sure where to start on your midterm assignment or project? [Book an appointment](#) and get expert feedback from Student Academic Success Services (SASS).
- Check out the [SASS Events Calendar](#) for workshops, study sessions, and drop-in events.

Job Search Supports

- Want to work on campus this summer? [Applications for Summer Work Study positions](#) open on March 15!
- Get tips from a Career Counsellor at [drop-in Career Advising](#), book an [appointment](#), or check out our website for [job search tips and videos](#).
- [Log into MyCareer](#) to explore resume and cover letter advising, career workshops, employer/recruiter sessions, and the MyCareer Job Board!
- [Subscribe](#) to Career Services' newsletter and follow [@queensucareers](#) for job opportunity updates.

- Curious how life after Queen's could look? Check out the new [Alumni Roadmaps](#) to learn how Queen's alumni developed their careers, applied their university experience, and achieved success!

Leadership and Work Experience

- Are you in second or third year? Explore 12–16 month paid internships through the [Queen's Undergraduate Internship Program \(QUIP\)](#).
 - QUIP is hosting a variety of [workshops in March](#).
 - Apply now on [MyCareer](#) for May 2023 start dates!
- Complete the Student Experience Office's [Leadership Workshop Series](#). Attend four sessions throughout the year and receive a Leadership Skills Certificate!
 - [Contact the SEO](#) to learn 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 [tenant rights](#), [living with housemates](#), [neighbourhood relations](#), [City regulations](#), and more.

Community

Celebrating Equity Work on Campus

- [Student Voices Week](#), March 13–17, is a series of opportunities to engage in conversations about equity at Queen's and to celebrate all of the equity-focused work being done by students.
- Follow [@queensushiftproject](#) or our [event page!](#)
- Unless otherwise noted, events are open to all students.

Contribute to a Culture of Wellbeing

- Let's champion mental health! [Nominate](#) professors, TAs, or staff who are [Champions for Mental Health!](#) Deadline is April 15.
- [Stories of Hope](#) is a student-led initiative to reduce mental health stigma and promote community on campus. Apply to submit your story showcasing hope, resilience, and strength in the face of adversity this term.

Supports and Resources for Indigenous Students

- Drop into [Arts and Science Academic Advising](#) every Monday from noon–3 pm at 4D.
- Check out our [Events Calendar](#) for academic and social groups or workshops, like our weekly social fires on [Wednesdays](#) (1–3 pm) and [Fridays](#) (12:30–2:30 pm).
- Connect with the 4D team if you need [academic or emotional support](#).

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.

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.
- [Attend peer-led workshops](#) this term to help address gender-based violence:
 - Sessions include Healthy Relationships, Building a Consent Culture, Sexual Violence Bystander Intervention, and Responding to Disclosures.

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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