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# The Pulse

November 2022 Undergraduate 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 1** | Last day to drop a fall or multi-term course without academic penalty and [for a 25% refund](#)

**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](#)

**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

**Throughout November** | Explore [Grad Studies at Queen's](#)

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

**October 31–November 4** | [Thrive Week](#)

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

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

**November 15** | [Considering Culture Workshop](#), 1:30–2:30 pm, QUIC

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

**November 27** | [Get it Done](#), Student Academic Success Services (SASS), 11 am–7 pm, Ban Righ Dining Hall

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

[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.](#)
  - [Do not report](#) scholarships, bursaries, or awards you are receiving from Queen's on your OSAP application, or your funding will be impacted.
  - 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 parents and 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.
- Need to talk? The [AMS Peer Support Centre](#) (PSC) runs in-person and online drop-in sessions.

## 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**

**Finish the Term Strong!**

- End-of-term and exam prep workshops start this month at [Student Academic Success Services \(SASS\)](#).
- Read SASS's [Academic Journeys blog](#) to learn about other students' experiences and get their tips for boosting your studies!
- Join Faith and Spiritual Life (FSL) around campus for [Study Breaks](#).

## Thinking about Grad School?

Consider staying at Queen's with the School of Graduate Studies and Postdoctoral Affairs' [Grad Days](#) throughout November! Grab some pizza, listen to faculty presentations on graduate studies, and hear what current students have to say about their graduate school experiences. Most events will be held in the Rose Event Commons, Mitchell Hall, 11:30 am–1 pm.

- [Engineering and Applied Science](#)
- [Health Sciences and Diploma in Immigration and Citizenship Law](#)
- [Professional and Research Programs at Smith School of Business](#)
- [Arts and Science](#)
- [Education](#), 4–5:30 pm, Duncan McArthur Hall A115

## 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 Opportunities

- [Log into MyCareer](#) to explore internship opportunities, career advising and workshops, employer information sessions, and more!
- Attend a [virtual](#) or [in-person](#) info session on the [Bader College Castle Summer+](#) program. Explore England, design a research project course, and experience a summer like no other!
- Participate in a five-part workshop series on intercultural awareness, navigating new cultural environments, and cultural dimensions to earn an [Intercultural Awareness Certificate](#). November series starts this week!

## Sharpen your Leadership Skills

- Complete the Student Experience Office's [Leadership Workshop Series](#). Attend four sessions throughout the school year and receive a Leadership Skills Certificate!
- [Apply](#) for student leader positions 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 graduating students 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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