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**Building  
community  
together**



# The Pulse

September 2023 Graduate and Professional Student Newsletter from Student Affairs

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

Hello to all new and returning students,

Welcome to the start of the 2023–24 year!

Staff across Student Affairs are here to support you and connect you to [programs, services, and spaces on campus](#). We're here to help as you build your community and develop your academic, and leadership skills to support your success!

To stay well informed all year long, I encourage you to scan The Pulse each month for upcoming dates and deadlines, event highlights, and need-to-know information. You can also access programs and resources through the [School](#)

[of Graduate Studies and Postdoctoral Fellows \(SGSPA\)](#) and the [Society of Graduate and Professional Students](#).

Let's Build Community Together! Check out our [online hub](#) for information about safe off-campus gatherings, [the city's University District Safety Initiative](#), good citizenship, and university services that can provide support, including the [Campus Observation Room](#), as well as [sexual violence prevention and response](#).

If you need something and don't know where to start, [please reach out](#). We are here to help!

-Ann Tierney, Vice-Provost and Dean of Student Affairs

## Dates & Deadlines

**August 28–September 14** | Student ID card [validation sticker pick up](#) for returning students – new SGSPA students can [pick up](#) their cards on Sept. 6

**September 1** | Application for the [Queen's General Bursary](#) opens

**September 1–October 3** | [Ancillary Fee and Health/Dental Fee](#) opt-out period

**September 4** | University closed

**September 5** | Most fall term classes begin

**September 15** | Last day to apply for the 2023-24 [Work Study](#) program

**September 30** | Fall term [tuition, Student Assistance Levy \(SAL\)](#), and [fees](#) due

**September 30** | Last day to [enrol in the 2023–24 Pre-Authorized Payment Plan \(PPL\)](#)

# GIVEAWAY ALERT!

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## Win a Hoodie!

All you have to do is [like this post on Instagram](#) and follow @queensstudentaffairs for the chance to win a Queen's hoodie from the [Athletics & Recreation Q-Shop](#)

## Event & Workshop Highlights

September 5–15 | [Outdoor Peace and Quiet Time](#), 2–3 pm weekdays

September 5–8 | Sprinkle week at Four Directions (4D): [Medicine Bags with Jenna](#), [Bingo Night](#), [Gardening with Jade](#), [Friday Social](#)

September 6, 13, 20, 27 | [Dogs on Campus](#), 12–1 pm

September 6 | [Grad Skills: Reading Workshop](#), 6–7 pm, Zoom

September 7 | [Tricolour Open House](#), 5–8 pm - Get involved in clubs and recreation!

September 11 | [Tri-Council Funding Workshop \(Session 1 of 3\)](#), 5:30–8:30 pm

September 12 | [SGPS Trivia & Friends](#), 7–10 pm

September 13 | [Grad Skills: Writing Workshop](#), 6–7 pm, Zoom

September 14 | [Doors Open Equity-Deserving Student Event](#), booth at University Ave. & Union St. and various campus locations

September 15 | [Yellow House Welcome BBQ](#), 11 am–3 pm

September 16 | [Nature Walk Talk](#), 1–3 pm

September 19 | [SGPS x Yellow House Board Games Night](#), 5–6:30 pm

September 19 | [We Believe You Day](#), part of [Consent Awareness Week](#)

**September 20** | [Online Career Fair](#), 11 am–2 pm

**September 21** | [Identifying and Responding to Someone in Distress](#), 11 am–12 pm

**September 25** | [SGPS Movie Night](#), 8–10:30 pm

**September 25–October 2** | [National Truth and Reconciliation \(TRC\) Week](#)

**September 26** | [PEGaSUS Group for Survivors of Sexual Violence](#) starts, 4–5:30 pm

**September 26** | [New Grad Student Welcome Reception](#), 5–6:30 pm (Social Sciences, Humanities, Arts, Law, Business, Psychology and Education)

**September 26** | [New Grad Student Welcome Reception](#), 7–8:30 pm (Sciences, Engineering, and Health Sciences)

**September 28** | [Managing Powerful Emotions](#) wellness group starts, 1:30–3 pm

**September 28** | [Navigating University with Autism](#) wellness group starts, 3–4 pm

**September 28** | [Healthy Cooking Session](#), 6:30–8 pm

**October 2** | Classes suspended to mark TRC Day

**October 3 & 4** | [Fall Career Expo](#), 10:30 am–4 pm

Check out the [Allyship & Belonging Student Calendar \(ABC calendar\)](#) for equity-deserving students and/or allies. [Promote your event on the ABC calendar!](#)

## Registrar & Financial Aid Info

### Get Ready for 2023–24

- Check that your SOLUS "To-Do" list and [registration steps](#) are complete.
- Learn where to get your [student ID card and/or validation sticker](#).

- You need your card/sticker to [ride Kingston Transit for free](#), access your ARC gym membership, get your student discounts, and more!
- Download your [Verification of Enrolment form](#) to withdraw RESP funds, access Student Lines of Credit, or confirm student status.
- Make sure your [contact information is up to date](#) in SOLUS.

## Financial Aid

- You can still apply for [2023–24 OSAP](#).
  - You will need to report Queen's or external agency scholarships, bursaries, or awards you are receiving on your OSAP application. Consult the [Registrar & Financial Aid Services](#) site for the reporting requirements specific to your program.
  - **Receiving OSAP?** Find out what [you must do before receiving your funding](#) and [how and when funding is distributed](#).
- Apply for [other provincial/territorial](#) student financial aid.
- [Learn about all your financial aid options](#), including [Queen's General Bursary](#) and the [Marty, Royce, and Bader Fellowship for Women](#).

## Graduating this Fall?

- Apply by Oct. 15. Find your [faculty/school application deadline](#).
- [Fall 2023 convocation](#) takes place Nov. 13–17.
  - Your application must be approved to graduate.

# We All Have a Role to Play to Keep Our Community Safe

## Sexual Violence Prevention and Supports

- **September 18–22 is [Consent Awareness Week](#).**
- Queen's [Sexual Violence Prevention and Response Services \(SVPRS\)](#) is your central point of contact.
  - Follow [@qusvprs](#), and [subscribe to our newsletter](#).
  - Complete [It Takes All of Us](#), an online program about sexual violence, healthy relationships, and consent.
  - Participate in the [Gender-Based Violence, Awareness, and Bystander Intervention](#) program.
  - [Review the university's policies](#) addressing support, disclosures, and complaints.
  - For information about options, resources, referrals, and reporting, email coordinator [Barb Lotan](#).

## Help Create a Harassment and Discrimination-Free Campus

- Learn about the university's [Harassment and Discrimination Policy's complaint and reporting procedures](#), including:
  - The [In-Sight Harassment, Discrimination, and Bias/Hate Incident Anonymous Submission Form](#).
  - [Consultations with a human rights advisor](#) on campus.

- Get informed with [student-focused education and training](#), including an online module for [Identifying and Responding to Microaggressions in Our Community](#).

[Download the SeQure app](#) for one-stop access to all the university's safety and security information. Be sure to enable "push notifications" to get alerts about campus emergencies.

## Health and Wellness

### Health Insurance and Coverage

- You are automatically enrolled in a supplementary health insurance plan through the [SGPS Health & Dental plan](#) that provides additional coverage for health, counselling, vision, and dental expenses. Learn about the [SGPS Studentcare Plan](#) benefits.
- You may choose to opt-out if you have proof of coverage under a parent/supporters' plan (not including basic Canadian provincial/territorial Health Insurance or [UHIP](#)).
- The optional [opt-out deadline](#) is Oct. 3.
- If you opt-out, **you can still access medical services covered through primary health insurance** on campus at Student Wellness Services (SWS).

### Health Supports and Services

- [Student Wellness Services \(SWS\)](#) is open Mon. to Fri., 9 am–4:30 pm.
  - [Book an appointment](#) for medical care, mental health services, accessibility support and/or wellness coaching.
  - Extended evening clinics: Monday–Thursday, 4:30–7:30 pm, medical appointments only.
  - *New this fall:* [Walk-in Counselling Clinic](#) offers brief psychotherapy with SWS mental health professionals. Open daily 1–4 pm.
- Access [mental health](#) and [24/7 crisis resources](#), including [Empower Me Plus](#).
- Register for a [wellness workshop](#) or a [weekly wellness group](#).
  - Explore [student-led wellness programs](#).
    - [Book an online or in-person appointment](#) with a Peer Wellness Coach who can help you move and sleep better!
    - Drop by the Health Promotion Hub in Mitchell Hall for events, including [Dogs on Campus](#) with Oscar, the friendly golden retriever.
- Stay active at [the ARC](#), this fall!
  - Registration for Intramurals, Group Fitness, and more. Opens Sept. 5.
  - You also have free admission to [Queen's Gaels regular season games!](#)

## Academic Supports



- If you need class or exam accommodations related to a disability, register now with [Queen's Student Accessibility Services \(QSAS\)](#).
  - [Find info about dates and the documents](#) you need.
- Request [academic consideration](#) if extenuating circumstances come up that affect your academics.
  - Contact [supportservices@queensu.ca](mailto:supportservices@queensu.ca) for help with this process.
- Step up your [study game](#) with [Queen's Student Academic Success Services \(SASS\)](#)!

## Work Opportunities

- Looking for a job? [Log into MyCareer](#) to search for current postings.
  - Check eligibility for the [Work Study program](#). Apply by Sept. 15.
  - [Register for the in-person Fall Career Expo](#), on Oct. 3 and 4.
  - [Book an appointment](#) for resume, cover letter, and career advice.
- Get tips and updates from Career Services on [LinkedIn](#).
- In a master's program? Apply to receive up to \$40,000 for a community-based project after you graduate through the [Pathy Fellowship](#).

## Food on Campus

- Have [food allergies and/or dietary needs](#)?
- Try the new [Zapies' naan bread pizzas](#), now open in the Queen's Centre!
- Tim Horton's in the Biosciences Complex reopens Sept. 5.

- All Hospitality Services' retail food locations are [now accepting credit cards, Debit, TAMs, and Flex \\$](#).
  - Use the [Transact Mobile App](#) to order food for pick up and pay with a credit card or your meal plan!
  - Students living on or off campus can purchase a [TAM Plan and Flex \\$](#) to help budget food spending on campus.

## Off-Campus Housing Support

- Looking for a place to live? [Book an appointment](#) with the [Off-Campus Living Advisor](#). You can also get tips and resources to help navigate landlords, roommate conflicts, and more.
- Explore the [Off-Campus Living Guide](#).
- The [Student Community Relations](#) team will be going door-to-door in near campus neighbourhoods Sept. 3–4 to say hi with campus and community resource packages. [Follow for more info](#).

[Sept. 2 is move-in day for incoming students](#) living in Residence – expect traffic pattern changes and busy roads this weekend.

## Build Your Community

### Learn and Connect

- If your research impacts local, national, and global communities, check out the [Queen's Public Scholarship Program \(QPSP\)](#).

- Listen to fellow grads share their research on the [Grad Chat](#) radio show!
  - Ready to showcase your program or research? [Email Colette Steer](#) in the [SGSPA](#) office.
- Read [Gradifying blog posts](#) about grad life at Queen's.
  - Want to write for the blog? Email a short article to [Colette Steer](#).

## **International Students**

- Come by the [Queen's University International Centre \(QUIC\)](#) in Mitchell Hall 208 to study, hang out, play ping pong, meet peers, and use the kitchen.
- Get one-to-one advising, or join info sessions, workshops, and [events](#).

## **Students Who Identify As Queer, Trans, Black, Indigenous, and/or People of Colour (QTBIPOC)**

- The [Yellow House team](#) is committed to creating a comfortable space for QTBIPOC students to feel safe, create community, feel empowered, celebrate their identity, and flourish!
  - Drop by Rideau Building, floor 3, or follow [@queensuyellowhouse](#) for [upcoming events!](#)
- This [online toolkit](#) provides many great resources!

## **Indigenous Students**

- [Four Directions \(4D\) Indigenous Student Centre](#) is your home away from home. Drop in! We are at 144-146 Barrie St.
- Connect with [staff advisors](#) and check out [upcoming events](#).

## Spiritual and Religious Needs

- [Faith and Spiritual Life \(FSL\)](#) in Mitchell Hall offers multi-faith, non-judgmental support for religious, spiritual, personal, and existential problems, concerns, or crises.
  - Watch our [events page](#) for study breaks and drop-in times.
  - Find [spaces for prayer, meditation, and reflection](#) across campus.

## Mature Women-Identifying Students and Mothers

- The [Ban Righ Centre \(BRC\)](#) offers in-person and online advising sessions and referrals to on- and off-campus resources.
- Drop in to 32 Bader Lane to find a quiet study space, meet friends in our lounge, and enjoy a free hot soup lunch Mon–Fri.
- Follow [@banrighcentre](#) on Instagram for updates.

[Explore food access resources.](#)

Student Affairs staff are here to listen, refer, and empower you to  
problem solve.

Not sure who to contact?

Email [studentaffairs@queensu.ca](mailto: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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