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The Pulse

October 2023 Undergraduate Student Newsletter from Student Affairs

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

Dates & Deadlines

October 2 | Classes suspended to observe National Day for Truth and Reconciliation

October 2 | Last day to drop a fall or fall/winter course [for a 50% refund](#)

October 3 | Last day to opt out of [Ancillary Fees and Health/Dental Fee](#)

October 6 | Fall term [exam schedules](#) posted to SOLUS

[Report an exam conflict](#) and [register for exam accommodations](#) until Nov. 15

October 6-10 | [Winter term fees](#) posted to SOLUS accounts

October 9-14 | Fall Term Break (no classes)

October 15 | Last day to [apply for fall graduation](#)

October 15 | [Service charges on late tuition fees](#) applied to SOLUS accounts

October 30 | Last day to drop a fall or fall/winter term course without academic penalty and [for a 25% refund](#)

October 31 | Deadline to apply for the 2023–24 [Queen's General Bursary](#)

Event & Workshop Highlights

October 3 | Weekly [PEGaSUS Group for Survivors of Sexual Violence](#), 4–5:30 pm
(Last day to register)

October 3, 4 | [Fall Career Expo](#), 10:30 am–3:30 pm, ARC Main Gym

October 4 | [Go with the Fro](#) community building for Black students, staff, and faculty, Yellow House, 12–1 pm

October 4 | [Weaving Our Lives](#) for 2SLGBTQ+ students, Yellow House, 2–4 pm

October 4 | [Academic Excellence: Preparing for Midterms](#), 5–6 pm

October 4, 11, 18, 25 | [Dogs on Campus](#), 12–1 pm

October 4, 11, 18, 25 | [Getting Through Together](#) for first-year students, 2:30–4 pm

October 5 | [Gather Together: Improving Study Habits Workshop](#) for Indigenous students, 3–4 pm

October 8 | [Solidarity Swim](#) for 2SLGBTQ+ students, 2–4 pm

October 10 | [safeTALK \(Suicide Alertness for Everyone\) Training](#), 1–4 pm

October 11, 12 | [Applied Suicide Intervention Skills Training \(ASIST\)](#), 8:30 am–4:30 pm

October 12, 26 | [Identity Sharing Circles for Indigenous students](#), 2–3:30 pm

October 16, 23, 30 | [Grief Support Group](#), 6–7:30 pm

October 17, 24, 31 | [Managing the Blues & Reds: Turning the Dial Down on Signs of Anxiety and Depression](#) group, 3:30 pm–5 pm

October 18, 25 | [Managing Overwhelm, Stress, and Anxiety](#) workshop, 4–5:30 pm

October 19 | [Gather Together: Meal Prep and Healthy Eating Workshop](#) for Indigenous students, 3–4 pm

October 20 | [Homecoming Tote Bag Painting](#) for Residence students, 6:30–8:30 pm

October 20 | [YGK Safe Shop Night](#) for 2SLGBTQ+ students, 6–9 pm

October 20, 27 | [Far from Home: New to Canada](#) weekly wellness group, 1:30–3 pm

October 23, 24 | [Housing Resource Fair](#), 6–8 pm, Biosciences Atrium

October 24 | [Healthy Cooking Session](#), 6–7:30 pm

October 24–November 28 | Weekly [Slumber Camp – Sleep Therapy Group](#), 1:30–3 pm (Registration required; full attendance required)

October 27 | [Halloween Movie Night](#) for Residence students, 6:30–9 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

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](#).

In SOLUS

- Download your [Verification of Enrolment form](#) to withdraw RESP funds, Student Line of Credit, and more.

- You can [print your own statement of financial transactions](#) for each term.
- Make sure your [contact information is up to date](#).

Financial Aid

- [Learn about all financial aid options](#), including the [Queen's General Bursary](#).
- You can still apply for [2023–24 OSAP](#).
 - [Do not report](#) scholarships, bursaries, or awards you are receiving from Queen's on your application.
 - 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.
- Not receiving student loans, but you have in the past? Keep [previous OSAP loans](#) and [out-of-province loans interest-free!](#)

Graduating this Fall?

- Apply by Oct. 15. Find your [faculty/school application deadline](#).
 - Your application must be approved to graduate.
 - You have until Oct. 15 to [change your name on your diploma](#).

[Fall 2023 convocation](#) ceremonies take place Nov. 13–17.

Be Part of the Shift

The Queen's Shift Survey was sent to students this past January, and gathered information about your lived experiences, perceptions of campus safety, and incidents of exclusion, harassment, and racism.

- [Read the report](#), and help enhance the campus culture and climate. We all have a role to play.
- Explore the [Allyship and Belonging Student Calendar](#) for fall term events for equity-deserving students and/or allies!

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.



Health Supports and Services

- [Book an appointment](#) for medical care, mental health services, accessibility support and/or wellness coaching at [Student Wellness Services \(SWS\)](#).
- Daily [walk-in counselling clinics](#) offer brief psychotherapy with mental health professionals. Weekdays 1–4 pm.
- Access [mental health](#) and [24/7 crisis resources](#), including [Empower Me](#).
 - The [AMS Peer Support Centre \(PSC\)](#) runs in-person and online, with weekly drop-in sessions at Rideau and Mitchell Hall.
- Register for a [wellness workshop](#) or a [weekly therapy/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 regular [events](#), including [Dogs on Campus](#) with Oscar, the golden retriever.
- Find [spaces for prayer, meditation, and reflection](#) across campus.

Staying Active

- Check out [ARC intramurals](#), gym and pool schedules, and fitness classes.
 - [Active Living Workshops](#) are a great way to learn the fundamentals of popular activities, like yoga and weightlifting.

- Drop in to an [Open Recreation](#) session for sports, including basketball, volleyball, and swimming!
- Join Peer Health Educators on a weekly run with [Run Club](#).
- [Enjoy Kingston in the fall](#) on outdoor trails around the city.

Building Community Together

Part of [being a responsible citizen](#) of Kingston is gathering safely and respectfully while taking care of ourselves and each other.

- Watch for the [Student Community Relations](#) team on campus! They'll be walking around campus neighbourhoods with Kingston Police and bylaw officers over the next few weeks to answer questions and share resources. [Follow for more info](#).

How to Party Safely

- Avoid fines, court, and/or non-academic sanctions under the [Queen's Code of Conduct](#) by being aware of the [University District Safety Initiative \(UDSI\)](#) in effect Oct. 14–Nov. 1, the city's [Nuisance Party Bylaw](#), and [alcohol related offences](#).
- Had too much to drink? The [Campus Observation Room \(COR\)](#) is an on-campus, confidential, non-judgmental, and voluntary space for you or your friends.
 - Leonard Hall, 9 pm to 7 am, Fridays and Saturdays, and extended hours Oct. 21-22, 12 pm–7 am.

- Stay hydrated, eat before you drink, and follow [@queensustudentwellness](#) for more safe drinking tips.
- Use this [health resource map](#) to find medical treatment options in Kingston. [How to decide where to go](#) if you need care.
- Party-Goer Kits will be distributed Oct. 19, from 1-4 pm, Rose Event Commons in Mitchell Hall.

Creating a Campus of Consent

- Participate in the [Gender-Based Violence, Awareness, and Bystander Intervention program, or attend peer-led trainings](#) this fall.
- Queen's [Sexual Violence Prevention and Response Services \(SVPRS\)](#) is the central point of contact for students who have experienced sexual violence. Get support and information about options, academic considerations, and next steps. Email coordinator [Barb Lotan](#).
 - Follow [@qusvprs](#), and [subscribe to our newsletter](#).

[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 in a campus emergency.

Academic Supports

- Step up your [study game](#) with [Queen's Student Academic Success Services \(SASS\)](#)!

- In your first year? Join SASS's [Academic Excellence Group](#) to advance your study and writing skills.
- 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 for help with this process.
- Get accommodations if [religious observances](#) conflict with your academic schedule.

Work Opportunities

- Are you in second or third year? Consider an internship!
 - Build job-ready skills with 12–16 month paid internships through the [Queen's Undergraduate Internship Program \(QUIP\)](#). Register for [an info session](#).
- Looking for a job? [Log into MyCareer](#) and search for current postings.
 - [Register for the in-person Fall Career Expo](#), on Oct. 3 and 4.
 - Meet with employers on campus or online. [Register on MyCareer](#).
 - [Book an appointment](#) for resume, cover letter, and career advice.
 - Get tips and updates from Career Services on [LinkedIn](#).
- *New!* Check out [Career Prep Modules on onQ](#).
- Is this your final year? Apply for the [Pathy Fellowship](#) – up to \$40,000 to run a community-based project after you graduate.

Food on Campus

- [Check what food locations are open now!](#)
 - Hours will be modified during Fall Term Break.
- [Help reduce food and container waste.](#) Visit [Sustainable U @ Queen's](#) and follow [@queensfood](#) on Instagram for events and programs!
- **Worried about food?** Explore all [food access resources](#), on and off campus.
 - [PEACH Market](#) is open 11 am–2 pm Mon., Wed., Fri., at the Arch St. entrance of the School of Medicine Building.
 - Find the [AMS Food Bank fall term hours](#).
 - [Register to get a FREE Mason Jar](#) with ingredients to prepare a quick and healthy meal on Oct. 12. [Pick up](#) is on Oct. 19.

Off-Campus Housing Support

- Get tips and resources to help you navigate landlords, roommate conflicts, and more. [Book an appointment](#) with the [Off-Campus Living Advisor](#). Also offering support for students still looking for a place to live.
- Explore the [Off-Campus Living Guide](#) for tips on keeping your property and bike safe, neighbourhood relations, City of Kingston regulations, and more.

Make Connections

- [Yellow House Student Centre for Equity and Inclusion](#) is a safe space for students who identify as Queer, Trans, Black, Indigenous, and/or People of Colour (QTBIPOC).
 - Visit YH@Rideau Building for drop-in meetings for:
 - Black students with Tianna, Tues. 1–3 pm.
 - 2SLGTBQ+ students with Kel, Tues. 12–3 pm.
 - Check out our [new interactive map of QTBIPOC-relevant spaces in Kingston](#), including community centres, grocery stores, restaurants, and more!
- [Indigenous students are invited to come by 4D](#) to access laundry services, a full kitchen, TV with streaming, and study spaces.
 - Connect with [cultural counsellors](#), get matched with an upper-year [Indigenous Peer Mentor](#), join [weekly beading and drumming circles](#), and more! Need a tutor? [Email Jessica Parks](#).
- All students are welcome at the [Queen's University International Centre \(QUIC\)](#) – a quiet space to study, lounge, or use the kitchen!
 - Listen to student stories on the [International Voices at Queen's podcast](#).
 - Register for the next [Intercultural Awareness Certificate \(IAC\)](#) training series starting Oct. 30.
 - Check out all [upcoming workshops and social events](#).
- [The Ban Righ Centre \(BRC\)](#) offers mature, female-identifying students a space to study, meet friends or lounge, and enjoy a free hot soup lunch Mon.–Fri. Follow [@banrighcentre](#) on Instagram for updates.

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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