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**Building
community
together**



The Pulse

September 2023 Undergraduate 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 can help you build your community, promote your well-being, and develop your academic, leadership, and career-ready skills so you are well-prepared to make a positive impact on the world!

I encourage you to scan The Pulse each month for upcoming dates and deadlines, event highlights, and need-to-know information to help your year go

smoothly!

As we start the academic year, let's Build Community Together by being respectful, responsible, and prioritizing well-being. Check out our [online hub](#) for information about safe off-campus gatherings, [the city's University District Safety Initiative](#) (in effect until Sept. 10), bylaws and fines (up to \$2000!), good citizenship, the university's [Student Code of Conduct](#), which can apply to off-campus behaviours, and campus services that can provide support, including COR, [a safe space to sleep if you have had too much to drink](#), 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 and/or validation sticker](#) pick up

September 1 | Fall term [tuition, Student Assistance Levy \(SAL\)](#), and [residence fees](#) due *If you receive OSAP, you have until Sept. 30 to pay*

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 18 | Last day to [add fall/winter term classes](#)

September 18 | Last day to [drop fall/winter term classes](#) without financial penalty

September 30 | Last day to [pay remaining fall term fees](#)

A graphic for a giveaway alert. On the left, there's a yellow background with the text 'GIVEAWAY ALERT!' in large, bold, blue letters. Below this, there are two icons: a red heart and a person icon with a plus sign. To the right of these icons are the instructions 'Like this post' and 'Follow @queensustudentaffairs'. On the right side of the graphic, there's a dark blue background with white text that says 'Win a Hoodie!' followed by instructions to like a post on Instagram and follow @queensustudentaffairs to win a Queen's hoodie from the Athletics & Recreation Q-Shop. At the bottom of the graphic, there are three hoodies (black, red, and grey) with large yellow 'Q' logos on the front.

**GIVEAWAY
ALERT!**

♥ Like this post
+ Follow @queensustudentaffairs

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

Event & Workshop Highlights

September 2 | [Residence move-in day](#)

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

September 5 | [Meet and Mingles Equity-Deserving First-Year Student Event](#), 5-7 pm

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 | [Planning & Studying Effectively](#) - first-year student workshop, 5-6 pm

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

September 13 | [Getting Through Together](#) for first-year students, 3-4:15 pm

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

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

September 20 | [Writing Great University Papers](#) for first-year students, 5–6 pm

September 21 | [Identifying and Responding to Someone in Distress](#), 11 am–12 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 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.
- Make sure your [contact information is up to date](#) in SOLUS.

Financial Aid

- 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.
- [Learn about all your financial aid options](#), including [Queen's General Bursary](#).

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 this fall.
 - [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 [Alma Mater Society \(AMS\)](#) that provides additional coverage for health, counselling, vision, and dental expenses. Learn about the [AMS 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 for help with this process.
- Step up your [study game](#) with [Queen's Student Academic Success Services \(SASS\)](#)!
 - Starting first year? Join SASS's [Academic Excellence Group](#) to advance your study and writing skills.

Work Opportunities

- Starting 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](#) 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.
- Learn from the career paths of [Queen's Alumni](#).
- Get tips and updates from Career Services on [LinkedIn](#).

- Starting your final year? Apply to receive up to \$40,000 for a community-based project after you graduate through the [Pathy Fellowship](#).

Food on Campus

- Students living on or off campus can purchase a [TAM Plan and Flex \\$](#) to help budget food spending 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!

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](#).

Build Your Community

Enhance Your Student Experience

- In first year? Request to be matched in [QSuccess, a First-Year Peer Mentorship Program](#) at any time throughout the year.
- In second year and above? Get matched with a [graduate or upper-year peer mentor](#).
- Starting your second year? [Here are some helpful resources and tools](#).

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. 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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