We are here for your success

While a career in medicine is exciting, challenging and rewarding, there are times of exhaustion, disillusionment and stress. Our Student Affairs team is there to support the personal and professional growth of medical students throughout the four years of medical school at Queen's University by providing advocacy and advice in the areas of Academics, Careers and Wellness.

We want to get to know you and support you. We will have many opportunities to meet through our wellness curriculum but know you can contact us at anytime. If you find yourself wondering about whether to contact us – please do!

Wellness Advising
The Wellness Advisors are available at any time to meet with students in a confidential environment. They provide assistance with any physical, personal or emotional struggles and facilitate access to resources needed. They also advocate for students who are having difficulty, and they promote wellness and resilience throughout the medical school curriculum.

Academic Advising - Academic Advisors can help you with:
- recognizing your strengths and weaknesses
- setting academic goals
- seeking help when needed
- completing academic responsibilities in a healthy way (ie managing anxiety before exams/major projects)
- maintaining a school/ life balance
- maintaining positive study habits and time management skills
- exploring options and opportunities available to support your academic career

Career Advising - Career Advisors can help with:
- Having a well-developed sense of self and goals to work toward
- Recognizing personal preferences and strengths and utilizing this knowledge in education and career decisions
- Identifying and balancing personal and educational priorities to foster future balance between personal health and a sustainable practice.
- Finding resources to help you meet those goals in a healthy way

For appointments, please contact learnerwellness@queensu.ca, stop by our office in the MD Program Office or call our Learner Wellness Assistant at 613-533-6000 x78451. We look forward to meeting with you!

Our confidential fax # is (613) 533-6389.

queensu.ca/academic-calendar