WELCOME BACK!

Dear students –

We are excited to welcome you back and look forward to learn with you during this new academic year!

This newsletter is filled with resources and information! Check out the posting for EDI Committee members, paid student positions, course options and academic and wellness support!

Please know we are here if you have any questions – please reach out via email to ug.psyc@queensu.ca!

Sending good energy for a smooth term start!

Important Dates: September

- **Tuesday, September 7:** First day of Classes for Fall 2021 term
- **Wednesday, September 15:** Last day to submit completed directed lab/reading paperwork to the UG Office by email for Fall term directed lab registration
- **Monday, September 20:** Last day to add Fall term and multi-term classes and last day to drop Fall term and multi-term classes without financial penalty

Calls for Undergrad members for the PSYC EDI committee

The Psychology Equity, Diversity, and Inclusion (EDI) Committee includes two undergraduate members, and we are soliciting names of those who might be interested in...
sitting on the committee. The commitment include a 1.5 hour meeting once/month from September-April plus 1-2 hours committee work/week (though often/usually less); we hope undergraduate members could sit on the committee from July-June but understand that summer months can pose a barrier for undergrads so these are optional.

If you are interested, please email Suzanne DeSousa at psyc.office@queensu.ca who will send you the committee’s goals, policies, and group rules. In that email, or after you get that information, please email the following to the same (Suzanne DeSousa at psyc.office@queensu.ca):

a. One paragraph or so indicating your:
   i. Interest in the EDI committee;
   ii. Expertise and experience with EDI topics/issues/communities including research, coursework, community involvement, activism, and/or lived experience;
   iii. Availability to attend meetings (at least 1.5 hours a month) and current/planned schedule of classes and extra-curricular activities;
   iv. Ability to put in 1-2 hours of work per week on committee work (though usually less);

b. Your resume.

Deadline is Wednesday, Sept 8. Thank you for your interest!

---

**PAID STUDENT POSITIONS**

Dr. Norris is hiring for 2 paid student positions to help with the development of an open access activity bank for psychology. This role will involve programming interactive activities into open access software. Students should have some experience in programming “click-based” softwares. This specific project will be using H5P, Rise, and Powtoon, but any experience with a click-based software is an asset (e.g., Qualtrics). Students must have completed PSYC100 for consideration, be able to work well on a team, and be able to manage multiple small tasks.

Students interested in applying for this project are asked to send a resume and unofficial transcript to meghan.norris@queensu.ca with the subject line of “Student application for Psychology Commons”. The application deadline is **Friday, Sept 10 at 4pm**.

Thank you for your interest!

---

**Your DSC - Department Student Council**

Hello everyone!

Our names are Clara and Ashley and we are the co-presidents for the Psychology Department Student Council (DSC) this year. For those who do not know what the role of the DSC entails, we are a group of students who act as a liaison between the department and the psychology student body. We are also a resource for students to ask us about anything related to the psychology program, or even Queen’s in general. Additionally, we plan and run both academic and social events for students throughout the year, so make sure to keep an eye out for ways to be involved and meet other students in our program!

The start of a new school year is an exciting time and we want to support you in any way that we can! Feel free to reach out to us at any point on our social media or via email. We wish you all a fantastic semester.
SASS - Student Academic Success Services

SASS is running a full range of academic skills and writing workshops. Topics include reading and notetaking skills, catching up and motivation, writing lab reports and essays, editing skills, and exam preparation techniques. Students can choose to attend the workshops in-person or online. We're also running a series of course-specific drop-ins along with writing and study groups across campus.

Students can book with our academic skills specialists, writing specialists, or science peer writing assistants to work on their papers. As always, they are welcome to bring drafts, outlines, or almost-complete work to receive advice on writing style, flow, editing, and structure. All our appointments are free and running virtually this semester.

Students can book at [http://queensu.mywconline.com](http://queensu.mywconline.com)

Spots still available Fall 2021 BIOL350 online course

*Evolution and Human Affairs - Online biology courses | Arts and Science ONLINE (queensu.ca)*

The 'project' of civilization is failing. If we want to know where we are headed, we need to understand how the past brought us to where we are now. In BIOL350, we examine the evolutionary roots of human motivations, culture, social life, and civilization, the evolutionary roots of the challenges that currently face our species, and hence the evolutionary roots of our future. Specifically, lecture topics explore how biological and cultural evolution interact in affecting how we think and behave, and hence how this interaction affects our understanding of a wide range of human affairs, including why we have arrived at our present predicament – the 'human condition'. An appreciation of this historical human journey is essential for guiding a new and improved Project of Civilization to replace the old one. Students in BIOL350 have an opportunity to be among the architects of this new project.

NOTE: This course counts as PSYC_Subs_A and can be used toward your PSYC plan (check that you have not taken more than the allowable max for Subs courses though)

QUIP - Queen's Undergraduate Internship Program

Want to spend a year getting paid professional experience? Would you like to "test drive a career?" Attend a QUIP information session to find out everything you need to know about doing a 12- or 16-month, professional, paid internship after your second or third year of undergraduate studies.

Information Sessions:
**Thursday, September 9** from 5:30-6:30 pm EDT. [Register now](http://queensu.mywconline.com).
**Tuesday, September 22** from 5:30-6:30 pm EDT. [Register now](http://queensu.mywconline.com).

If you have questions about internships or how they can enhance your experience, please contact the Experiential Learning Team at [asc.el@queensu.ca](mailto:asc.el@queensu.ca).
**BISC - Experience Queen’s Castle**

**PSYCHOLOGY AT THE CASTLE**

Winter 2022 / January 10 - April 13

Application Deadline: Nov. 15, 2021

Take your Psychology degree beyond borders with a winter term at the Bader International Study Centre. Take three psychology courses and two electives in an inquiry-based learning environment you won't find anywhere else. Truly immerse yourself in your studies and get all the advantages our international campus has to offer.

- Enjoy personalized academic experience with small class sizes
- The BISC’s graduate-style learning environment fosters relationships between you and your instructors.
- Extend beyond the classroom on experiential learning opportunities built into your curriculum and experience your course material first-hand.

**LONDON ON BISC**

**BISC 100 Thinking Locally (F) & BISC 101 Acting Globally (W)** make the perfect electives to round out your Fall and Winter terms whether you’re in first year or upper year. Get a taste of the Castle in these interdisciplinary courses and take advantage of the BISC’s small class sizes, close contact with professors, primary research opportunities, and virtual experiential learning!

Want to join our online Castle Community? Make sure to change the course career to “Undergraduate Online” and select “BISC First Year Program” as the course subject when searching online BISC courses on SOLUS.

If you’re ready for a change of scenery without leaving the Queen’s community, the BISC’s in person 2022 Winter or Summer programming is just what you need! Earn credits in a variety of courses or join one of our many specialized programs at Herstmonceux Castle in the UK!

If you have any questions about courses, registration, even the campus sheep, send us your questions! castle@queensu.ca

**RESOURCES FROM STUDENT AFFAIRS - Student Wellness and Engagement**
STUDENT MENTAL HEALTH RESOURCES

Student Wellness Services
613.533.2506, Mitchell Hall
queensu.ca/studentwellness

Empower Me
24/7 crisis line 1-844-741-6389

Queen’s 24 hr Emergency Report Centre 613.533.6111 or 911

24 hr Community Crisis Line
613.544.4229

TAO - Self-directed online mental health support 24/7. Sign up at
ThePath.ca.TaoConnect.org

AMS Peer Support Centre
613.533.6000 ext. 75111
peersupport@queensu.ca

Graduate Peer Support Centre
613.533.2233
sgps.ca/graduate-peer-support-centre

HOW TO HELP A FRIEND
- Express concern and say what you see
- Listen attentively and be patient
- Offer support and understanding
- Connect with resources

EMERGENCY/SERIOUS SITUATIONS
- Any reference to wanting to die/suicide
- Expressed feelings of worthlessness, hopelessness
- Threats, disruptive or violent behaviour
- Extreme distress

WHAT TO DO:

Call Student Wellness Services
or Queen’s 24 hr Emergency Report Centre or 911

UPDATE YOUR SOLUS TODAY
WE’RE HERE TO HELP

During the Safe Return to Campus process, some offices will be operating with a hybrid model and will have both remote and in-person services.

EMERGENCY SERVICES 24/7/365

Fire-Police-Ambulance .............................................. 911
Queen’s Emergency Report Centre ................................ 613-533-6111

QUEEN’S CAMPUS SUPPORTS

Campus Security (non-emergency or general inquiries) 24hrs. 613-533-6733
Student Wellness Services ........................................... 613-533-2506
- Health and Counselling Services: Mon-Fri: queensu.ca/studentwellness
- TAO: 24/7 Online Self-Help Mental Health Resources: queensu.ca/studentwellness/TAO
- Empower Me: 24/7/365 support for students in crisis: 1-833-626-5589

Need help and not sure where to start? supportservices@queensu.ca
AMS Peer Support Centre ............................................. peersupport@ams.queensu.ca
SGPS Graduate Peer Support Centre .............................. sgps.ca/gpsc
Faith and Spiritual Life .................................................. chaplain@queensu.ca
Walkhome .............................................................. 613-533-9255
- Student-run safety service

COMMUNITY-BASED SUPPORTS

Addiction and Mental Health Services Kingston: Crisis Line 24hrs ................................................. 613-534-4229
Good2Talk: Post-Secondary Student Mental Health Helpline 24hrs ....................................................... 1-866-925-5454
Telehealth Ontario: Medical Advice 24hrs ........................................ 1-866-797-0000
Lesbian, Gay, Bisexual, & Transgender Youth Line Sun-Fri 4 pm–9:30 pm ................................................. 1-800-268-9688

Telephone Aid Line Kingston (TALK) 6 pm–2 am ........................................ 613-544-1771
telephoneaidlinekingston.ca

IF YOU EXPERIENCE SEXUAL VIOLENCE

Queen’s Sexual Violence Prevention and Response Coordinator ........................................... bjl7@queensu.ca
Barb Lotan ............................................................. 613-533-6330

- For support, information, and to review your options Mon-Fri
  - Go to a safe place. Call Queen’s Emergency Report Centre or 911 ................. 613-533-6111
    for safety assessment and planning
  - Seek medical care, STI and pregnancy prevention, and evidence ................. 613-549-6666
    at the Kingston Health Sciences Centre Emergency Dept., KGH Site ext. 4880
    - Ask for the Sexual Assault/Domestic Violence (SA/DV) Nurse
    - Mon-Fri 8 am–4 pm: 613-549-6666 ext. 4880
    - After hours: 613-548-3232 press 0
  - Contact Sexual Assault Centre Kingston for 24/7 crisis support .................. 613-544-6424
  - Call Student Wellness Services for counselling support and assistance .......... 613-533-2506

2021/2022
**SEXUAL CONSENT?**

### WHAT CONSENT IS NOT

- Consent is NEVER implied. 
- Saying yes one occasion does not mean someone is willing every time.
- People who are significantly impaired by alcohol use.
- People who are asleep, unconscious, or otherwise unable to communicate, consent.

### PUTTING IT IN PERSPECTIVE

1 in 4 girls experience sexual assault before age 18.

- 80% of these cases will not be reported by survivors.
1 in 2 transgender people are sexually abused or assaulted.

**67%** don’t understand what consent means.

**16.6%** don’t think they deserve sexual contact without consent.

### STEPS FOR STUDENTS TO TAKE AFTER A RECENT SEXUAL ASSAULT

1. **GO TO THE HOSPITAL**
   - To check for injuries and possible sexual transmitted infections.
   - To gather evidence.

2. **MEDICAL ATTENTION**
   - To check for injuries.
   - To prevent further infection.
   - To gather evidence.

3. **GET SUPPORT**
   - To help you feel safe and supported.
   - To assist you in handling the legal and medical aspects.

4. **EXPLORE OPTIONS**
   - To discuss other options available.
   - To support you in making the right choices.

---

**Book your academic advising appointment here**

For questions on careers/grad school, please email ug.pycl@queensu.ca to set up a meeting with Dr Norris.