Department of Psychology
Weekly eNewsletter

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ACADEMIC ADVISING

We are working remotely. Please reach out via email – we are here to help!

ug.psyc@queensu.ca

You can book an appointment with Anja via

http://ugpsychology.queens.youcanbook.me/
SOLUS registration for Winter term suspended

As you may be aware, following the announcement of remote Winter term classes, access to your Winter Term course enrolments is suspended during the period of September 23 through November 8, 2020.

Access to SOLUS will re-open on Monday, November 9, 2020, to allow you to view time and room changes to Winter Term classes and make academic adjustments to your Winter Term class schedule.

Note that you can still drop Fall or multi-term classes until the deadline (Nov 2).

Are you wondering about graduate school in Psychology?

This is your chance to hear from Dr. Tara MacDonald, Graduate Chair in Psychology at Queen’s.

Date: Wednesday, October 7, 2020, 2pm
Location: Virtual—link will be sent closer to the date via this newsletter

This presentation is specifically for *you*! Please let us know your questions by submitting them to THIS LINK

We look forward to seeing you there!

The Arts & Sciences Faculty Office is offering Degree Quick Check

Do you want to know if you are on the right path to graduate? Having an advisor run a degree audit is an important part of making sure that you are on track to complete your degree. We highly recommend that students complete a degree audit with an advisor or run an Academic Advisement Report once a year.

Fill out this form and the Faculty Office will get back to you with degree audit reports by email. Note that you can also run an Academic Advisement Report to see what you have completed and still need to complete in order to meet your degree requirements.

### IMPORTANT DATES AND DEADLINES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>Sept 23 –  Nov 8</td>
<td>SOLUS registration suspended (drops for Fall or multi-term courses possible but no adding or dropping for Winter term courses)</td>
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<tr>
<td>Sept 30</td>
<td>Tuition fees due in full for Fall term classes; Residence, UHIP and Student Activity fees due</td>
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<td>Date</td>
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<tr>
<td>Oct 7</td>
<td>Grad School Session</td>
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<tr>
<td>Oct 12</td>
<td>Thanksgiving Day (classes will not be held)</td>
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<tr>
<td>Oct 15</td>
<td>Last date to apply in SOLUS to graduate in Fall 2020</td>
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<td>Oct 26 – 30</td>
<td>Fall mid-term Break</td>
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**STUDENT RESOURCES**

We hope you are settling into your classes well this term. In addition to academic support, please remember that there are many non-academic support resources available:

- Mental health appointments are available remotely via Therapy Assistance Online (TAO) for students who need to speak to a counsellor. “TAO” is Therapy Assistance Online. This is an interactive tool for Queen’s students. You can access it here: [https://queensu.ca/studentwellness/TAO](https://queensu.ca/studentwellness/TAO)
- For general counselling inquiries, email counselling.services@queensu.ca
- Medical appointments are available remotely (phone and online) for some requests. For general health inquiries, email health.services@queensu.ca
- Health lifestyle appointments are available remotely for students who want help changing a health behaviour. For general inquiries, email healthed@queensu.ca
- **Empower Me** is a 24/7 phone service for crisis situations and scheduled sessions that allows students to connect with qualified counsellors, consultants, and life coaches for a variety of issues. 1-844-741-6389 You can also log in to the Empower Me website and use "Studentcare" as the password or download additional Empower Me student assistance tools on the iAspiria mobile app. Enter "Studentcare" as the Login ID and select "Student" in the drop-down menu.
- **Good2Talk** for post-secondary mental health support – call 1-866-925-5454, available 24/7 or text GOOD2TALKON/ALLOJEOUTEDON to 686868
- If you require academic accommodation, you can find information to how to register through Student Accessibility Services: [https://www.queensu.ca/studentwellness/accessibility-services/](https://www.queensu.ca/studentwellness/accessibility-services/)

**Health and Wellbeing:**
Student Wellness Services are operating with remote and in-person appointments and workshops: [https://www.queensu.ca/studentwellness/home](https://www.queensu.ca/studentwellness/home)

**Four Directions Indigenous Student Centre**
[https://www.queensu.ca/fourdirections/home](https://www.queensu.ca/fourdirections/home)

**Career Services:**

Not sure where to start your career questions?
**Drop-in Career Advising**

**Monday to Thursday from 1:30 to 3:30 pm EST:** to access visit the Events Calendar in MyCareer.

Obtain immediate help with career or further education-related questions from a career advisor. No appointment required. Link available on MyCareer.

**QUIP Advising**

Tuesday, Wednesday, Thursday, from 11:00 am to 12:00 pm EST

To access visit the Events Calendar in MyCareer.

Learn more about QUIP, the Queen's Undergraduate Internship Program.

**Student Academic Success Services** - https://sass.queensu.ca/
Student Academic Success Service's (SASS) popular peer workshops are back this academic year to help you be successful at Queen's and offer you strategies to navigate and thrive while you study online. Join our workshops and learn the basic skills needed to get started in your courses, how to write at the university level, and how to conquer the challenges of working from home. Learn more and register for any of our workshops [here](https://banrighcentre.queensu.ca/).

**Ban Righ Centre:**
[https://banrighcentre.queensu.ca/](https://banrighcentre.queensu.ca/)

**International Programs Office (IPO)**
IPO Zoom Rooms

Our International Programs Office (IPO) Zoom Room is up and running for Fall 2020!

We are admitting students individually for 1:1 advising. Once you join the waiting room, please note that there may be a short wait (5-10 minutes) as we answer other questions. We appreciate your patience and look forward to meeting with you.

Click here to access the IPO Zoom Room during the scheduled hours. (Meeting ID: 979 0300 9222 // Passcode: ipo206zoom)

QUEEN’S SEXUAL VIOLENCE PREVENTION AND RESPONSE OFFICE

You can now find us on Instagram @qusvpro here (*new*), and Facebook @qusvpr here where we share education, resources, and information about upcoming events.
We Have a Newsletter!

Sign up for resources, education, and information about upcoming events!

Queen's Sexual Violence Prevention and Response Office

Link to subscribe to the newsletter: https://tinyletter.com/SVPROqueensu
UPCOMING EVENTS

Art and Wellness Speaker Series
ONLINE, Fridays 2–23 October, 1–3 pm

Presented virtually as part of Culture Days Canada, this speaker series welcomes those working in art and wellness, and those looking to learn more, to a supportive and safe environment for learning about the transformative potential of the arts within communities. Experts in the fields of community building, social prescriptions, creativity, museum wellness, crafts and Indigenous practice will address innovative art and wellness programs and engagements in practice across museums, hospitals, art studios and community gathering spaces.

The talks in this series are free, and the events will take place on Zoom. Register to save your spot. This event is made possible through the generous support of the Community Foundation for Kingston and Area.

Virtual Art Hive @Agnes
ONLINE, Thursdays 10 September–12 November, 4–5:30 pm

Artmaking is innately therapeutic. Join us weekly to watch your worries fall away as you recharge and get creative. Adults (18+) are invited to explore the artistic process through experimentation and play. This accessible program is free; no artistic experience is necessary. Registration required.

OPPORTUNITIES OF INTEREST

STUDENT EXPERIENCE OFFICE

Leadership Workshop Series

Discuss leadership, develop new skills and connect with other students. Attend four workshops to receive a Student Leadership Certificate from the SEO!
Find out more here: https://www.queensu.ca/studentexperience/student-development-leadership/leadership-workshop-series

Leadership Workshop Series

Workshops Include:
- Queen’s Resources & Making Referrals
- Exploring Leadership
- Engaging Students Online
- Facilitation Skills
- Event & Project Management
- Group Dynamics
- Online Debriefing

... and more!

VISIT: queensu.ca/studentexperience/student-development-leadership/leadership-workshop-series
Design Thinking & Innovation Opportunities for student groups

The AMS Clubs Office and the Student Experience Office have partnered with the Dunin-Deshpande Queen’s Innovation Centre to support student clubs/groups and offer Design Thinking and Innovation opportunities!

There are two tiered opportunities that clubs can take advantage of:

- **Stage 1:** Access an online asynchronous Design Thinking Module that will walk you and your club/group members through the design thinking process. Learn how to adapt and strategize so that your club stays active and maintains impact this year.

- **Stage 2:** After completing stage one, register to attend a live Design Thinking Workshop with the DDQIC Team! This will be a chance to share your ideas for the year, consult with design thinking & innovation experts, and create an action plan for your club/group.

Interested student groups can find out more about these opportunities here: https://www.queensu.ca/studentexperience/student-development-leadership/club-hub/training-opportunities/design-thinking-innovation-offerings

UPPER-YEAR PEER MENTOR PROGRAM

We are announcing some new opportunities for mentorship available for upper-year Science Students through the Upper Year Peer Mentor Program. The UYPM Program is designed to match upper-year peer mentors with Queen’s students who are second year and above who believe that they would benefit from the support of a Mentor. The goal of the program is to help students develop the skills they will need to be successful at university. Mentors form meaningful relationships with their mentees to provide support and model university skills and mental health-coping strategies. The program aims to build confidence, encourage healthy lifestyles, and contribute to a satisfying university experience.

Two Mentors are currently available to support up to 6 upper-year Science students. Both Mentors are currently pursuing their PhD in Psychology (Cognitive Neuroscience) and Biomedical and Molecular Sciences. Our Mentors have personal experience or experience supporting students from a variety of backgrounds, including international students, LGBTQ2S+ students, first-generation students. Mentorship meetings are offered remotely via Zoom on a 1-on-1 weekly basis throughout the duration of the academic year.

Please keep this information handy and share with your upper-year students who might benefit from forming mentoring relationships.

Also, please share with other professional staff with connections to upper-year students: advisors, counsellors, etc.

To read more and apply, visit https://www.queensu.ca/studentexperience/peer-mentor-program
PATHY FOUNDATION FELLOWSHIP

Pathy Foundation Fellowship provides an opportunity to develop leadership skills while engaging in community development for graduating students with a $40,000 Pathy Fellowship. Pathy Fellowship online application is due on November 12th, 2020. Check out Pathy Foundation Fellowship website to learn more.

TRI-AWARDS NOMINATION FORM - NOW OPEN!

It’s that time of year again, the nomination form for our annual Tri-awards is officially open.

Each year, the Human Rights and Equity Office acknowledges the efforts and progress of faculty, staff and students who create a positive impact on the University community in the areas of Human Rights, Employment Equity and Accessibility. Any member of the Queen’s community including students, staff, faculty or alumni as well as members of the general Kingston community who have an interest in Queen’s University may submit nominations.

We know great things are happening at Queen’s and here is your chance to have an individual, group or initiative recognized for their outstanding contributions to the University.

Please follow the link below to submit a nomination, learn more about the awards and to see our past winners:
https://www.queensu.ca/hreo/tri-awards

Deadline to nominate is January 11, 2021.
A Supportive Group for People who have Experienced Sexual Violence

4:00—5:30 PM ONLINE format
Fall Term: Tuesdays, September 29—November 24 (excluding October 27)
Winter: Tuesdays, January 26—March 23 (excluding Feb 16)

This group offers:
- A supportive safe space for students who have experienced sexual violence
- An opportunity to connect with others through mutual support & education
- The chance to build strengths, skills, increased self-empowerment and resiliency

Session Topics include:
- Understanding the impact of sexual violence
- Developing effective coping skills to deal with the emotional aftermath
- Exploring issues such as trust, intimacy, setting boundaries, assertiveness and positive body image

How to Join
Send an email to pegasus.group@queensu.ca with your name and preference for fall or winter and you will be contacted by one of the group facilitators. A secure ZOOM link will be provided once registration is confirmed.

Please note that due to the nature of the group, it is NOT a drop in program.

If you are self-referring after registration closes for a specific series, you will be provided with additional resources and options while waiting for the next session to begin.
The Club Hub is a resource page developed in partnership between the AMS Clubs Office and the Student Experience Office! Despite the coming year presenting new challenges, student clubs are an essential part of the student experience, and our goal is to help your club adapt and thrive for 2020-21. Check out the page to find upcoming events, training opportunities, a toolkit and more: queensu.ca/studentexperience/student-development-leadership/club-hub

Are you a Club Leader? Check out The Club Hub!
queensu.ca/studentexperience

Access new resources to help you lead your club through the transition to remote/online activities

STARTS WITH YOUTH – QUEEN’S CHAPTER

Still looking to join a fun, meaningful, community-based club at Queen’s? Applications to join the Queen’s Starts With Youth Chapter are now open! Starts With Youth aims to raise awareness about childhood abuse and intergenerational trauma, and to foster a community for abuse survivors and allies here at Queen’s. We will be hiring for the following positions: General Operations Directors, Events and Initiatives Managers, Marketing Manager, Community Outreach Coordinator, and Treasurer.

Please refer to this Google Doc for more information about each position: https://docs.google.com/document/d/1J38XT_2DYVo5ldYE1y_s24Rq5l1crrqWezwtQdHSEkA/edit

If you are interested in joining our team for this year, please fill out the following application: https://forms.gle/g8b3Li2AlX23dSx78

Applications close on Sunday, September 27th at 11:59 pm. Once applications close, we will be in contact with all applicants to arrange interview dates and times.

Please don’t hesitate to reach out if you have any questions or concerns on our Instagram (@startswyouth), Facebook (Starts With Youth), and our website, www.startswithyouth.com. We’re looking forward to working together to build a community that no longer shies away from conversations about abuse!
Positions Available:
General Operations Directors
Events and Initiatives Managers
Marketing Manager
Community Outreach Coordinator
Treasurer

QUEEN'S STARTS WITH YOUTH CHAPTER