# Highlights

- Get It Done - week
- Academic Considerations support
- Funding & Awards
- Career Advising
- SWS Events and Resources
- Support Groups
- Beyond Queen's

## IMPORTANT DATES & DEADLINES

<table>
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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td><strong>DEC 01</strong></td>
<td>Last date for Queen’s students to apply for admission to a Dual or Second Degree Program for Winter Term.</td>
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<tr>
<td><strong>DEC 01</strong></td>
<td>First date to apply in SOLUS to graduate in Spring 2021.</td>
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<td><strong>DEC 07</strong></td>
<td>Fall Term classes end.</td>
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Click [HERE](#) to book an appointment with Anja!

For advising on careers and grad school, please email ug.psyc@queensu.ca so we can book you with Dr Norris.
From November 23-27, we will be hosting our annual Get it Done events via Zoom. Get it Done is a full week of supported studying and fun to help students finish the term successfully. During this week, we will be hosting study group sessions and a Q&A session with Queen’s professors and learning experts, and giving away $300 worth of prizes for those who attend. These events are great opportunities for students to persist in their work, increase their accountability, and receive academic support.

LEARN MORE ABOUT EACH EVENT HERE!
Instances and ongoing systems of social injustice on campus and elsewhere can and do disrupt students' lives, including meeting class deadlines.

These events can also make it difficult to navigate Queen's academic consideration and/or accommodations process. Accordingly, the Psychology Equity, Diversity, and Inclusion (EDI) committee has collated information about the process of requesting academic consideration from the Academic Consideration Portal and/or obtaining supporting documentation for accommodations of disability from Queen's Student Accommodations Services.

Please see the attachment to our email for a comprehensive document containing links to resources available to support students' academic success and psychological well-being.

As we approach a busy exam period, the Academic Consideration team has set-up office hours to support students.

Students can contact the Faculty of Arts & Sciences office at 613-533-2470 and select option 4 to speak with a staff member about accessing the Academic Consideration Team.

**Office hours will occur at the following times:**
- Mondays from 2:30 - 3:30pm
- Wednesdays from 1:30 - 2:30pm
- Fridays from 9:00 - 10:00am

This service will begin on Monday, November 23rd, 2020. Our team can also be reached at asc.consideration@queensu.ca
Writing support at SASS

At Student Academic Success Services (SASS), we offer free and confidential professional writing and peer writing appointments that support all undergraduate and graduate students in any year and program. Our writing services are designed to guide you in your academics and help you develop your writing skills so you're successful at Queen's and beyond. Read on to see our appointments can support you!

Professional writing appointments

Our professional writing consultants support all undergraduate and graduate students at Queen's. Appointments can be used to receive help with any writing project including essays, lab reports, literature reviews, case reports, and much more. Consultants can help you:

- Understand an assignment, brainstorm ideas, develop an argument, revise a draft, improve grammar and style, discuss and analyze sources, and more.

You can bring your writing at any stage; you don't have to wait to until your work is complete!

Peer writing appointments

Our Peer Writing Assistants (PWAs) are upper-year Queen’s undergrad and graduate students who specialize in assisting with various areas of writing for 1st & 2nd-year courses. We have 3 kinds of PWAs:

- **General Peer Writing Assistants** can help with any paper from any subject.
- **Science Peer Writing Assistants** can assist with written assignments from any science discipline, including lab reports, design projects, technical projects, and literature reviews.
- **EAL Peer Writing Assistants** can help with English writing skills to improve grammar, structure, style, and more.

You can book up to 2 peer writing appointments per week, so you can get as much help as you need!

Book today at sass.queensu.ca
EXPANSION OF LIBRARY SERVICES!

We are pleased to announce that, in response to user demand, we will be increasing the hours that our bookable seats are available, effective immediately.

Stauffer Library will be open **8 am-10 pm Monday to Friday** and remain closed Saturdays, Sundays and holidays. Individual study seats will be available for advanced booking by students in three blocks per day: 8 am-12 pm, 1-5 pm and 6-10 pm. We will also be increasing the booking limit to 40 hours per month per person. Users are encouraged to use the check in feature prior to entering the library to help reduce wait times. Check in is accomplished through the confirmation email and is available 30 minutes prior to the start of your booking.

The Archives and W. D. Jordan Rare Books and Special Collections will be moving individual access by appointment to Wednesdays and Thursdays, effective immediately. Researchers can consult collections by appointment on **Wednesdays and Thursdays between 9 am-noon, and 1-4 pm**.

We are also pleased to offer a controlled reserve reading room service only for courses that have been approved for on-campus delivery. This service will be provided in the **1966 Reading Room in Douglas Library**.
NON-ACADEMIC SUPPORT

- 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

- 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/ALLOJECOUTEON to 686868

If you require academic accommodation, you can find information on how to register through Student 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

Four Directions Indigenous Student Centre:
https://www.queensu.ca/fourdirections/home
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

Student Academic Success Services

Workshops

Learn more and register for any of our workshops HERE.
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.

ACADEMIC SKILLS WORKSHOPS
Via Zoom

Free workshops for Queen's students
Remember to stay physically active!

As a member of the Queen’s community, you are familiar with the Queen’s ARC (Athletics & Recreation Center). But do you know that every week there are over a dozen virtual fitness classes offered for FREE?!

Peer Support Centre

The Peer Support Centre is NOW OPEN for our Fall Hours! From 10 am to 10 pm EST, 7 days a week, one of our volunteers will be available to talk with you about whatever is on your mind. By inputting one of these Zoom Meeting IDs, students can speak with one of our trained and kind volunteers and access confidential and non-judgmental support.

PSC X CARED, our dedicated service for self-identified BIPOC students, will also be available on Mondays, Wednesdays, and Fridays from 2 to 4 pm EST.

PSC Zoom sessions can also be accessed via these links:

PSC #1: https://zoom.us/j/2721240355
PSC #2: https://us02web.zoom.us/j/2297354331
PSC X CARED: https://zoom.us/j/8539970915
FUNDING & AWARD OPPORTUNITIES

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.

The UA 2021 Programme is now accepting submissions!

Click HERE for more information!

We are delighted to announce that The Global Undergraduate Awards 2021 Programme is now open and we are accepting submissions to our 25 categories.

We are inviting undergraduate students or recent graduates from Queen's University to submit up to three pieces of undergraduate coursework to The Global Undergraduate Awards 2021 Programme.

The UA Programme is a great opportunity for:
- Students to have their work recognised internationally and to win a free ticket to present their research at our Global Summit in Dublin, Ireland.
- It is also a great opportunity for Queen's University to demonstrate the quality of its education.
You want to explore entrepreneurship or social innovation as a career path, and the Dunin-Deshpande Queen’s Innovation Centre (DDQIC) wants to help. Every year, DDQIC selects around 50 ambitious candidates to be a part of the Queen’s Innovation Centre Summer Initiative (QICSI) program. QICSI is for pre-formed teams and individuals with a capacity for creativity, a tolerance for risk, and a desire to build a venture that creates an impact.

Program Dates
May 10 – August 27, 2021

Deadline
Team applications due January 11th, 2021

Click here for How to Apply

Please direct any inquiries to innovation.centre@queensu.ca
Mitacs and the German Academic Exchange Service (DAAD) have partnered to offer the RISE-Globalink Research Internship (RISE-GRI), which offers undergraduate students at Canadian universities the opportunity to undertake summer research internships at eligible German institutions.

RISE-GRI pairs Canadian students with three-month projects supervised by PhD students in Germany. Open to full-time undergraduates in biology, chemistry, computer science, physics, earth sciences, or engineering (or a closely related field) who have completed at least two years of a four- or five-year program. Students in Quebec enrolled in a three-year undergraduate degree must have completed at least one year of their university program.

Applications accepted until December 15, 2020.

Students must apply through the RISE application portal HERE.

Competitive opportunity — only top-ranked students are matched with projects. Projects must start between May 15 and July 12, 2021. Approved recipients receive $6,000 toward travel and accommodations.

For questions about the application procedure, matching process, and internship placements, please contact rise-germany@daad.de. For any questions regarding the funding, please contact Mitacs International at international@mitacs.ca.
The CPA is now accepting applications for its annual student research grants competition. Deadline for applications is **Friday November 27th at 4pm EST**.

Funding up to $1,500.00 is available per project; a maximum of 10 awards will be dispersed. Please direct any questions about this competition to science@cpa.ca.
CAREER SERVICES

Drop-in Career Advising:
Monday, Tuesday, Wednesday, Thursday, 1:30 to 3:30 pm EST
To access visit the Events Calendar in MyCareer.

Career Workshops:
Register HERE!

Tuesday Nov 24th
QUIC Drop-In Career Advising (QUIC International Student Fair), 10:00am - 4:00pm

Wednesday Nov 25th
QUIP Interview Workshop, 1:30 - 3:00pm

Get to Know Employers:
Register HERE.

Thursday Nov 26th
QUIP Intern Panel Discussion hosted by EngSoc with Corporate Relations, 6:00 - 7:00pm
WALK WITH QUEEN'S

Mondays and Wednesdays from noon-1pm, Nov. 16th to Dec. 9th
Join a different campus special guest each walk who will share a little a bit about their work/selves and provide participants with a conversation starter. A group facilitator will plan the route and guide the walk which will be done on an accessible route at a light to moderate pace (i.e., approximately 1.5-2km in 30 minutes). Find out more and register for Walk/Roll with Queen’s HERE!

OUTDOOR DOGS ON CAMPUS

Tuesdays from noon-1pm, Nov. 17th to Dec. 8th
Join our St. John’s Ambulance (SJA) Therapy Dog Oscar and his handler John for a walk around campus. A group facilitator will plan the route and guide the walk which will be done on an accessible route at a light to moderate pace (i.e., approximately 1.5-2km in 30 minutes). Find out more and register for Outdoor Dogs on Campus HERE!
RECREATIONAL RUN CLUB

Mondays and Thursdays at 5:30pm
Join our Peer Health Educator Volunteers for Weekly Beginner/Intermediate runs if you want to start running, increase your distance, improve your time, and/or simply find some running buddies. Students need to register for this club and sign-up for each run they want to attend.

Find out more and register for Recreational Run Club HERE!

HOW TO PREP HEALTHY SNACKS!

Thursdays from Noon-12:30pm, Nov. 19th to Dec. 10th

Join our Health Promotion Staff and/or Peer Health Educator (PHE) Volunteers for an interactive sessions to learn how to prepare a healthy snack while connecting with other students. All students are welcome, regardless of your skill level in the kitchen! Each session will have a different recipe - students will receive the ingredient list and Zoom link upon registration.

Find out more and register for a How to Prep Healthy Snacks session HERE!
CREATING A CUSTOMIZED SELF-CARE PLAN

Dec 10th from 1-2:30pm

Changing healthy behaviors can be hard, especially during physical distancing, but engaging in positive coping strategies is one of the more effective ways to manage stress. This online session will give you a chance to look at what you are currently doing and allow you to create (or enhance) your own self-care plan.

Find out more and register for Creating a Customized Self-Care Plan HERE!
ACCESSIBILITY QUEEN'S

Accessibility Queen’s is hosting an online social event (for both allies and people with disabilities) on Zoom.

It will be held on December 3rd at 7 pm.

The link to the Facebook event can be found [HERE](https://forms.gle/5xsktp4DzdazkqB86).

**ACCESSIBILITY QUEEN’S**

**AQ SOCIAL**

**FOR ALLIES AND PEOPLE WITH DISABILITIES**

Come for a fun night of socializing and learning about disability history, culture, and resources!

[https://forms.gle/5xsktp4DzdazkqB86](https://forms.gle/5xsktp4DzdazkqB86)

**THURSDAY, DECEMBER 3RD, 2020, 7PM**
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.

Queens University
Interested in overseas community development and animal conservation projects?

VESA’s humanitarian and conservation projects aim to provide direct action support to communities in parts of the world overlooked by traditional charities and aid organisations.

For more info, see HERE!

If you would like to be a part of something incredible when it is safe to travel again, or would simply like more information please check out our website www.vesabroad.org for videos explaining each country in detail, as well with videos on cost information, fundraising, how to get accepted onto a VESA program and details regarding VESA and Covid-19. We normally hold these information sessions at your university each year, but due to the pandemic this is the safest way to find out how you can make a difference next year! (And they are pretty awesome videos!)

We will be hosting Instagram live information sessions on our Instagram page for more info and to answer all your questions: Vesabroad

When: Every Wednesday & Thursday Until Dec 16th/17th 2020

Where: https://www.instagram.com/vesabroad/

Time: The ‘Question Sticker’ will appear on our story as of 10am PST on Wednesdays for 24 hours.

All replies will be uploaded to our story via video answers on the next day Thursday from 9am PST and will be uploaded to our Highlights afterwards😊