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# The Pulse

December

## Commemoration Day

**December 8–22** | Final exams in fall term classes and mid -year tests in multi -term classes

**December 12** | Deadline to apply for new \_\_\_\_\_  
\_\_\_\_\_ program

**December 15** | Deadline to apply for an \_\_\_\_\_

**December 24–January 2** | University closed for winter break

**December 31** | Last day to \_\_\_\_\_

**January 9** | Winter term classes begin

- x Student Academic Success Services (SASS) \_\_\_\_\_ are available until Dec. 22! Book to meet with a professional writing consultant, in- person or online.
- x SASS Exam prep workshops:
  - o PSYC100 Exam Prep, Dec. 1, \_\_\_\_\_ and \_\_\_\_\_.
  - o BIOL102/CHEM112 Exam Prep, Dec. 2, \_\_\_\_\_ and \_\_\_\_\_.
- x Join the \_\_\_\_\_ for \_\_\_\_\_.
  - o 11 am–3 pm, Mon–Fri until Dec. 16, LaSalle 224.
- x The Yellow House has regular \_\_\_\_\_ for QTBIPOC students.
- x Indigenous students can \_\_\_\_\_ at the Four Directions Indigenous Student Centre (4D).
- x Studying in Stauffer? Wander over to SASS Dec. 2 to 7 while you fill your water bottle and check out our \_\_\_\_\_ for tips on first-year exam prep!

## Logistics

- x **Your student card is required at all exams.** \_\_\_\_\_ if you don't have yours.
- x In-person exam locations are listed in your \_\_\_\_\_.
- x Some online exams may be \_\_\_\_\_.
- x Students with \_\_\_\_\_ were emailed all details in November. Check your junk folders!



# Registrar & Financial Aid Info

## Accessing Financial Aid

- x Unsure if your winter term funding will arrive before the Jan. 10 payment deadline? You may need to apply for an \_\_\_\_\_ before Dec. 15.
  - o Find out \_\_\_\_\_, or if you will automatically receive a deferral to Jan. 31.
- x 2022-23 \_\_\_\_\_ decisions will be posted on SOLUS in late December.
  - o Bursaries will be \_\_\_\_\_. Please ensure your banking information is up -to-date on SOLUS.
- x Full-time students receiving 2022- 23 OSAP automatically have their winter tuition payment deadg 111.36 g /C3.3 Tw 5.08 .d heir

## Got Transfer Credits from High School?

First-year students who took high school courses eligible for transfer credit must apply for credit no later than Dec. 31. \_\_\_\_\_.

## Granting Permission to Release Personal Information

- x Your academic and financial information is protected by Ontario law and University Senate policy.
- x We won't disclose any information from your records to anyone (including parents and family members) \_\_\_\_\_.

## Do It Yourself on SOLUS

- x Looking for proof of enrolment? All you need is your \_\_\_\_\_ for RESPs, Student Line of Credit, and more. Find it on SOLUS.
- x You can \_\_\_\_\_ for each term.
- x Keep your mailing address, phone number, and emergency contact information \_\_\_\_\_.

## Health & Wellness

## Feeling Unwell?

- x \_\_\_\_\_ at SWS for care from physicians, nurse practitioners, nurses, or counsellors. SWS is open through to Dec. 23.
- x Need to talk? The \_\_\_\_\_ (PSC) runs in-person and online drop-in sessions until Dec. 22.
- x Access mental health and 24/7 crisis resources on \_\_\_\_\_, the new holistic mental health and wellbeing app.
- x Connect with \_\_\_\_\_ 24/7/365:
  - o Call 1-866-925-5454.
  - o Text GOOD2TALKON to 686868.

## Eating on Campus

- x Find \_\_\_\_\_.
- x Keep cozy with a \_\_\_\_\_ – get unlimited coffee and tea in your reusable mug all December!
  - o Stickers sold at: The Lazy Scholar, Location 21, Wally's, The Library Cafe, MC2, Student Street Express, and Jean Royce Barista.
- x Worried About Food?
  - o \_\_\_\_\_ for more \_\_\_\_\_ and to keep up to date with registration!
  - o Stop by the \_\_\_\_\_, open until Dec. 16.

- x Got a meal plan? Donate a meal to peers in need through \_\_\_\_\_  
\_\_\_\_\_.

### **If You Have Experienced Sexual Violence:**

- x Queen's \_\_\_\_\_ is your central point of contact for resources, options, referrals and reporting.
  - o \_\_\_\_\_ allows you to record your experience in a trauma-informed format. You can choose to anonymously report to the university or the police, and/or access \_\_\_\_\_ or \_\_\_\_\_.
- x Follow SVPRS on \_\_\_\_\_ and \_\_\_\_\_, \_\_\_\_\_, and stay tuned to our \_\_\_\_\_.
- x Contact \_\_\_\_\_ for information and appointment scheduling.

### **Help Create a Harassment and Discrimination-Free Campus**

- x Be part of the shift towards a safer, more inclusive campus community: check out the \_\_\_\_\_.
- x Get informed with \_\_\_\_\_.
- x Learn about the university's \_\_\_\_\_  
\_\_\_\_\_.
- x If you need support, contact \_\_\_\_\_.



**Learn, Work, Live**

**NEW Undergraduate Research Mentorship Opportunity!**

x

- o Drop in for snacks at the \_\_\_\_\_, Gordon Hall Welcome Centre, Dec. 6, 1 to 3 pm, and learn all about it!
- x Complete the \_\_\_\_\_ and learn how to be a more inclusive leader, peer and friend.

## Living Off Campus and Housing Help

- x \_\_\_\_\_!
  - o AMS student staff will check houses in the University District for signs of break in, walk through snow, and collect mail to make the house look lived in over the winter break.
- x Thinking about housing for next year? Connect with our \_\_\_\_\_ for \_\_\_\_\_, advice and tips. \_\_\_\_\_ now.
- x Follow \_\_\_\_\_ and \_\_\_\_\_ for info on the Kingston- Queen's community and how to be a good neighbour.

## Support for Student Clubs and Events!

You can apply any time for the Student Affairs \_\_\_\_\_ and \_\_\_\_\_!

- x Up to \$1,500 is available for events and activities that enhance your student experience, and help create an inclusive campus environment.

# Campus Community Support

## Reach Out Across Student Affairs

Student Affairs staff are ready to listen, refer, empower, and help you problem solve. Our centres and services are open through Dec. 23 – we're here to help!

### x For international students

- o \_\_\_\_\_ offers individual \_\_\_\_\_, Mon. to Thurs., 10 to 11 am and 2 to 3 pm in Mitchell Hall 208, through to Dec. 22.
- o See all \_\_\_\_\_.
- o Travelling to Canada for the winter term? Welcome! QUIC can answer all your questions about \_\_\_\_\_ and Canadian entry requirements.
- o Join our online \_\_\_\_\_ on Dec. 7 and 14!

### x For students who identify as Queer, Trans, Black, Indigenous, and/or People of Colour (QTBIPOC)

- o \_\_\_\_\_ for social justice, uplifting content, and events relevant to QTBIPOC student communities, and sign up for our

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