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The Pulse

July 2023 Undergraduate Newsletter from Student Affairs

We're here to help!_____

July 10 | Last day to <u>drop</u> July–August courses for a <u>full refund</u>

July 10 | Deadline to apply for July-August exam accommodations

July 17 | You can start adding 2023–24 courses to your

Event & Workshop Highlights

July 5, 12, 19, 26 | Summer Drumming Circle at Four Directions (4D), 1–2 pm July 6 | 2SLGBTQ+ Community Gathering at Yellow House, 2:30–5 pm July 7, 14, 21, 28 | Gathering of Remembrance with Imam Abdullah El-Asmar, 7–9 pm July 10, 11, 18, 24, 25 | Intercultural Awareness Certificate sessions, 2:30–4:30 pm July 18 & 25 | Drop-in Summer Beading Circle at 4D, 1–3 pm July 27 | Student Academic Success Services (SASS) <u>Summer Exam Prep Online</u> Workshop, 1–2 pm

Check out the <u>EDII Student Events Calendar</u> for equity-deserving students and/or allies. <u>Promote your EDII event on the calendar</u>!

Registrar & Financial Aid Info

2023–24 Course Enrolment

- Make sure to pay any remaining balance in your SOLUS account. You
 will not be able to enrol in courses until outstanding payments to
 the university have been made.
- Review the <u>2023–24 Student Registration Guide</u> for details about course enrolment, tuition/fee payments, key dates, and more!

Financial Aid

Apply for financial aid early this summer so your funding is in place for fall!

- Apply for <u>2023–24 OSAP</u>.
 - <u>Do not report</u> scholarships, bursaries, or awards you are receiving from Queen's on your application.
- Apply for other provincial/territorial student financial aid.
- Learn about all your financial aid options:
 - The 2023–24 General Bursary application opens in September.
 - o Book an in-person or online <u>financial advising</u> appointment.

In SOLUS

- Start checking your SOLUS "To-Do" list (top right of the screen)
- Learn how to get your summer term <u>student ID card and/</u>
 <u>or validation sticker</u>.
- Download your Verification of Enrolment in ising

- You have access up to one year after graduation.
- <u>Book an appointment</u> for resume, cover letter, and career advice.
- Finished second or third year? Build job-ready skills with 12–16 month paid positions through the <u>Queen's Undergraduate Internship Program</u> (QUIP).
 - Register now for September 2023, or January and May 2024 start dates.
- Learn from the career paths of Queen's alumni with <u>Alumni Roadmaps</u>.
- <u>Follow</u> Career Services for summer workshop and event info.
- Starting your last year? Apply this fall to receive up to \$40,000 for a community-based project after you graduate through the <u>Pathy</u>
 <u>Fellowship</u>. The next online info session is July 12!

Health and Wellness

- <u>Student Wellness Services (SWS)</u> is open Mon. to Fri., 9 am–4:30 pm
 - Follow SWS on Instagram and Facebook at their new handle
 @queensustudentwellness for wellness-related info and updates.
 - <u>Book an online or in-person appointment</u> with a Peer Wellness
 Coach who can help you move, eat, and sleep better!
- Stay active at the ARC!
 - o Find our <u>summer hours</u>!
 - The pool is scheduled to reopen on July 8 with an <u>upgraded look</u> and layout!
- <u>Spaces for prayer, meditation, and reflection</u> on campus are available all summer.

- Access mental health and <u>24/7 crisis resources</u>, including <u>Console</u>.
- <u>Stories of Hope</u> is a student-led initiative to reduce mental health stigma and promote community on campus.
 - o Submit your story.
- Queen's <u>Sexual Violence Prevention and Response Services</u> (<u>SVPRS</u>) continues to be your point of contact for resources, options, referrals, and reporting throughout the summer.

This Summer

- Find places to eat on campus and when locations are open.
- If you paid your 2022–23 Student Activity Fees, you can keep riding Kingston Transit for free with your student ID card and validation sticker.
- Queen's offers overnight summer accommodations in <u>Endaayaan –</u> <u>Tkanónsote Residence</u>, and the <u>Donald Gordon Hotel & Conference</u> <u>Centre</u> for visitors!
- Living off-campus in September? Check out these <u>housing resources</u>
 <u>and supports</u> from the <u>Off-Campus Living Advisor</u>.

Explore food access resources.

answers you need.

Not sure who to contact?

Email studentaffairs@queensu.ca. We're here to help!

Check out our websites below!

Student Affairs

Athletics and Recreation (A&R) Ban Righ Centre Career Services and Experiential Learning Community Housing Four Directions Indigenous Student Centre Food Services Off-Campus Living Advisor Office of Faith and Spiritual Life Office of the University Registrar (OUR) Queen's University International Centre (QUIC) Residence Life and Services Want to change how you receive these emails? You can <u>update your preferences</u> or <u>unsubscribe from this list</u>.

