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The Pulse

March 2023 Undergraduate Newsletter from Student Affairs

We're here to help! [Explore student services and resources](#)

Dates & Deadlines

March 3 | Last day to drop a winter or multi-term course [and receive a 25% refund](#). For academic penalty deadlines, check your [faculty/school calendar](#)

Mid-March | [Summer General Bursary Application](#) opens

March 15 | Deadline to [report an exam conflict or religious accommodation](#) and to [register for exam accommodations](#)

March 15 |

Event & Workshop Highlights

[EDII Student Events Calendar](#) – events and initiatives for equity-deserving students and/or allies. [Promote your EDII event on the calendar!](#)

Thursdays | [Dogs on Campus](#), noon–1 pm, Mitchell Hall

Thursdays | *New wellness group:* [Navigating University with ADHD](#), 1–2:30 pm, online

March 2 | [Interfaith Prayers for Peace](#), 3–4 pm, Mitchell Hall Interfaith Room

March 7 | [COVID-19 Vaccine Clinic](#), 10 am–4 pm, Mitchell Hall 2nd floor

March 7 & 23 | [Bereavement Group](#) with Faith and Spiritual Life, 3–4 pm & 6–7 pm, Mitchell Hall 210

March 7 | [Psychedelic Therapy: A New Frontier in Mental Health](#), Speaker Seminar, 7:30–9 pm, Mac-Corry B201

March 8 | [Identifying and Responding to Students in Distress](#), 11 am–noon, online

March 8 | [Bader College Drop-in Social](#), 1:30–3:30 pm, Gordon Hall Welcome Centre

March 9 | [Take Care of Yourself Drop-in Social](#), 11 am–1:30 pm, LaSalle 224

March 9 & 21 | [Healthy Cooking Session](#), 6:30–7:30 pm

March 13–17 | [Student Voices Week](#), celebrating equity work on campus

March 13 & 27 | [Good Minds Study and Self-Care Nights](#), 4:30–8 pm, GTc 0.009 Tw 9.96u2 2.482 0 Td(M)-0.10

Registrar & Financial Aid Info

Info for Filing your 2022 Income Taxes

- x [Access your T2202 Tuition and Enrolment Certificate in SOLUS](#) to claim

Teaching. Recipients receive \$10,000 and are recognized at your convocation. Nomination deadline is April 3.

Accessing Financial Aid

- x Taking summer term courses? [Apply for the Summer General Bursary](#).
- x Find out how to delay student loan payments, and keep [previous OSAP](#) and [out-of-province loans interest-free](#).

Let's Build Community Together

Part of [being a responsible Kingston citizen](#) is gathering safely, respectfully, and without breaking the law.

Coming Soon to Your Neighbourhood!

Watch for the [Student Community Relations](#) team and community partners knocking on doors! They'll be on campus and in neighbourhoods to answer your questions about local bylaws and the [University District Safety Initiative \(UDSI\)](#).

The UDSI will be in effect – 12 am on **Thurs., March 9** to 11:59 pm on **Sun., March 19**.

Have a Safe St. Patrick's Day

Avoid fines, court, and/or non-academic sanctions under the [Queen's Code of Conduct](#) by being aware of the [UDSI](#) and the [Nuisance Party Bylaw](#).

If you have too much to drink or need medical assistance:

- x The [Campus Observation Room \(COR\)](#) is a voluntary, confidential, and non-judgmental space for you or your friends to sleep if needed.
 - o Open from 9 am on Fri. March 17 to 7 am on Sat. March 18, and again from 9 pm on Sat. March 18 to 7 am on Sun. March 19.
 - o You can call a free [Amey's Taxi](#) to get to COR.

Use this [health resource map](#) to find options available to you in Kingston. Find out [how to decide where to go](#) if you need care, and when to use each health resource.

- x Watch [@queensuniversitybewell](#) for more info on a Safe Party-Goer Kit Giveaway Event, March 14, 2 to 4 pm, in the [Mitchell Hall Rose Innovation Hub](#).
- x Follow [@queensustudentaffairs](#) on Instagram to find out about alternate activities on March 17 and 18, including [drop-in recreation at the ARC](#), [Student Voices Week events](#), and the [AMS's Queer Prom!](#)

Health and Wellness

Stay Active

- x Sign up for the new [Learn 2 Pom](#) class at the ARC, Fridays.
- x Book a [Physical Activity Peer Wellness Coaching Appointment](#).
- x Trans and other gender diverse students are invited to [Solidarity Swims](#) hosted by the Yellow House, Sundays!

Mental Health Supports

- x Join a [Wellness Group!](#)
- x Need to talk? The [AMS Peer Support Centre](#) (PSC) runs in-person and online drop-in sessions, including [Queers for Peers](#) and [BIPoC Talk](#).

You can now use a credit card for food and beverage purchases [with the Transact App](#) or buy Flex \$ with your credit card t5 0 Td8645.367()0.6 (c)1crchepp

Curious how life after Queen's could look? Check out the new [Alumni Roadmaps](#) to learn how Queen's alumni developed their careers, applied their university experience, and achieved success!

Leadership and Work Experience

- x Are you in second or third year? Explore 12–16 month paid internships through the [Queen's Undergraduate Internship Program \(QUIP\)](#).
 - o QUIP is hosting a variety of [workshops in March](#).

Student Support Center | 315-446-7331 | www.unc.edu | 440 South Main Street, Suite 206B | Durham, NC 27709

You can apply any time for the Student Affairs [Student Initiative Fund \(SIF\)](#) and [Team Building Activity Fund \(TBAF\)](#)!

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

Help Create a Harassment and Discrimination-Free Campus

- x Be part of the shift towards a safer, more inclusive campus community with the [Queen's Shift Project](#).
- x Get informed with [student-focused education and training](#).
- x Learn about the university's [Harassment and Discrimination Policy's complaint and reporting procedures](#).
- x If you need support, contact supportservices@queensu.ca.
- x [Attend peer-led workshops](#) this term to help address gender-based

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](#)

[Student Academic Success Services \(SASS\)](#)

[Student Community Relations](#)

[Student Conduct Office](#)

[Student Experience Office](#)

[Student Wellness Services \(SWS\)](#)

[Yellow House Student Centre for Equity and Inclusion](#)

