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The Pulse

November 2022 Undergraduate Newsletter from Student Affairs

We're here to help!

Giveaway Alert!

Stay informed about dates, deadlines, events, and resources to help you thrive at Queen's!

Follow [_____](#)

[_____](#) to win a Queen's sweatshirt!

Dates & Deadlines

November 1 |

_____ – events and initiatives specifically for equity-deserving Queen's students and/or those wanting to be better allies.

We won't disclose any information from your records to anyone (including parents and family members) _____.

Do It Yourself in SOLUS

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

Health & Wellness

Stay Well

_____ at a clinic on or near campus.
Get your annual flu shot! _____.
Ask your healthcare provider at Student Wellness Services (SWS)
if _____ is right for you! This by-referral
program offers students with mild to moderate anxiety and/or
depression a way to use exercise in their treatment plan.
Schedule a talk with a _____ or a _____.
Learn how to stay focused with real-time feedback on your brain activity
at a _____!

Feeling Unwell?

_____ at SWS for care from physicians, nurse practitioners, nurses, or counsellors.

If illness or other extenuating circumstances are affecting your academics, you can _____ through your _____.

_____ illness, symptoms, or self-isolation requirement, academic consideration will be granted. Medical documentation is not required.

Need to talk? The _____ (PSC) runs in-person and online drop-in sessions.

Eating on Campus

Worried About Food?

- o The pay-what-you-can _____ is open Monday-W*09 7W* 84486 (_____ Wednesdays, and Fridays, 11 am to 2 pm, in the _____)

End-of-

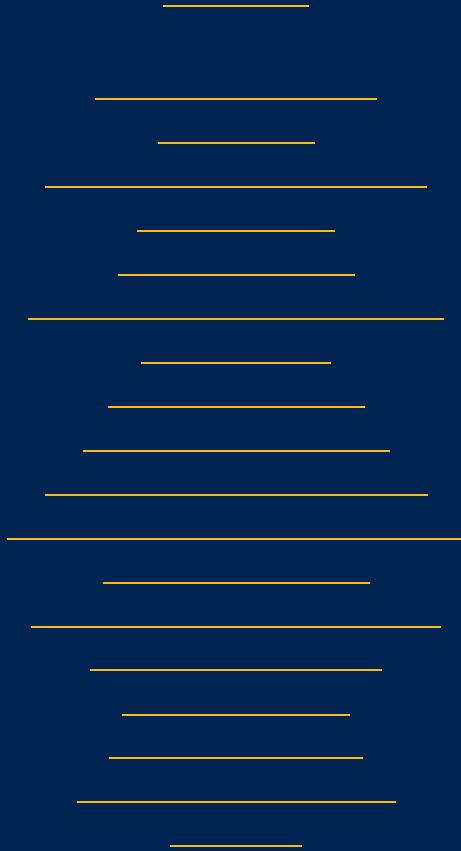
Nominate a Queen's Faculty or Kingston community member for
the _____ by Nov. 18.

Let's champion mental health! _____ professors, TAs, or staff who
are _____!

- o _____ offers _____
_____ and _____ for all Indigenous students.
- o Check our _____ and _____ for the latest information on upcoming events, or find us at _____!
- o Our _____ are open for Indigenous students to book!

Faith and Spiritual Life supports

- o Multi-faith, non-judgmental support for religious, spiritual, personal and financial problems, concerns, or crises.
- o Watch our _____ page for more ways to connect.
- o Find some quiet in our



Want to change how you receive these emails?

You can _____ or _____.