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# The Pulse

February 2023 Graduate and Professional Student Newsletter from Student Affairs

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

The Shift Survey closes **Feb. 13.**

**February 1** | Deadline for many winter term [application-based financial awards](#)

**February 3** | Deadline to change Winter term courses without SGSPA approval

**February 6** | [Pre-Authorized Payment Plan \(PPL\)](#) withdrawal

**February 15** | Deadline to [enter your banking information on SOLUS](#) to get an account refund, [if you're eligible](#)

**February 20–24** | Reading Week (no classes, except in Education and Medicine)

**February 24** | [Student Recognition Awards](#) nomination deadline

**February 24** | [Michael Condra Outstanding Student Service Award](#) nomination deadline

**February 28** | [T2022 Income Tax Certificates](#) available on SOLUS

**Late February** | [T4A tax forms](#) mailed at end of February – make sure

Four Directions Indigenous Student Centre (4D). Check out [more events at 4D!](#)

**February 2** | [Interfaith Prayers for Peace](#), 3–4 pm, Mitchell Hall 210

**February 5** | [Shoot for the Cure Women's Basketball Game](#), 1 pm,  
Athletics and Recreation Centre (ARC) Main Gym

**February 10** | [QUIC World Link Feb Fest Social](#), 5–6:30 pm, Mitchell Hall 208

**February 12** | [Sift Project Sunday Supper Series: Dialogues On Racism](#), 6–7 pm, Mitchell Hall 210

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[Services site](#) for the reporting requirements specific to your program.

- Explore [other provincial/territorial](#) government student financial aid.
- Find out how to delay student loan payments, and keep [previous OSAP](#) and [out-of-province loans interest-free](#).
- Taking summer term courses? [Apply for the Queen's General Bursary](#).
- Mature women students can apply for the Ban Righ Centre's [Student Spring Awards](#). Deadline is March 7, 3 pm.
- Book a [free student financial advising](#) appointment!

### **Completing Your Degree This Term?**

- You need to [apply to graduate](#)! Find your faculty/school [application deadline](#).
- Get your [convocation ceremony details](#), including dates/times, gown rentals, and grad photos.

### **Studying on an International Study Permit?**

- Make sure you're aware of [Immigration, Refugees and Citizenship Canada \(IRCC\)](#)'s [rules and requirements](#) related to permit status.
- Interested in becoming a Permanent Resident of Canada?MC ET( o4pjEMC /L37a)-0.9 (tm)-0.rmoa

# Winter Wellness

## Stay Well

- Stay active this winter!
  - Try out [ARC Group Fitness Classes](#).
  - Book a [Physical Activity Peer Wellness Coaching Appointment](#).
  - Join Health Promotion's [recreational run club](#).
  - Check out [new student pricing for in-person training](#) at the ARC.
- Join a [Winter Wellness Group](#).
- [Book your flu vaccine](#) with [Student Wellness Services \(SWS\)](#).

## Feeling Unwell?

- If illness or other extenuating circumstances are affecting your academics, you can [submit a request for academic consideration](#) through your

## Sexual Violence Supports

- Queen's [SVPRS](#) is your central point of contact for

- Learn about the university's [Harassment and Discrimination Policy's complaint and reporting procedures](#).
- If you need support, contact [supportservices@queensu.ca](mailto:supportservices@queensu.ca).

**Learn, Work, Live**

- Get tips from a Career Counsellor at [drop-in Career Advising](#), or book an [appointment](#).
- Interested in summer work on campus?
  - Join Student Affairs!
    - Check out [summer positions with SWS](#), the [Student Experience Office \(SEO\)](#), and [Athletics and Recreation](#).
    - 
    - Application deadlines are mid-February.
- [Subscribe](#) to Career Services' newsletter, and follow [@queensucareers](#) for summer job opportunity updates.

### **Resume-Building Opportunities**

- [Peer Programs are hiring 2023–24 volunteers](#) in mentoring, health education, learning strategies, international experience, and leadership coaching roles! Applications close Feb. 16.
- [Log in to MyCareer](#) to explore resume and cover letter advising, career workshops, employer/recruiter sessions, and more!

### **Off-Campus Living and Housing Help**

- Searching for housing? Connect with our [Off-Campus Living](#)



## Recognize Exceptional Student Leaders!

[Nominate](#) your peers for a [Student Recognition Award](#) by Feb. 24:

- The Peer Leadership Award celebrates student leaders at Queen's.
- The Brian Yealland Community Leadership Award celebrates student leaders in the local community.
- The EDII Impact Award celebrates students who demonstrate an outstanding commitment to equity, diversity, inclusivity, and Indigeneity.

## Celebrate Faculty and Staff Who Make a Difference!

- [Nominate a faculty or staff member](#) who goes above and beyond in providing service to students outside of a teaching role for the [Michael Condra Outstanding Student Service Award](#). Deadline is Feb. 24.

## Student Voices Week Market – Call for Vendors

- [The Queen's Shift Project](#) invites equity-deserving students, artists, entrepreneurs, clubs, and groups to [apply to participate](#) in the Student Voices Week Market on March 14.
- Promote your work, sell original creations, share resources, and celebrate our community!

## Supports and Resources for Indigenous Students

- Connect with the 4D team if you need [academic or emotional support](#).
- Check out our [Events Calendar](#) for daily academic and social groups or workshops!

## Support for Student Clubs and Events!

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

- Up to \$1,500 is available

