

[View this email in your browser](#)



The Pulse

January 2023 Graduate and Professional Student Newsletter from Student Affairs

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

Enter our [Instagram](#) giveaway
for a chance to win some
cozy Queen's merch!



Dates & Deadlines

January 10 | Winter term [tuition and fees](#) or fee payment arrangements due for students without OSAP, an

January 18 | [Grad Skills: Managing Time and Finding Balance](#), 6-7 pm, online

January 19 | [Gather Together Workshop](#) 10:30–11:30 am & [Breaking Bread Workshop](#) 8–5 pm, Four Directions Indigenous Student Centre, 144 –146 Barrie St.

January 23 | [Studying More Efficiently](#) 10 am–12 pm, Drop -by booth, Stauffer Library

January 23 –27 | [Consent Action Week](#)

January 25 | [Identifying and Responding to Students in Distress](#) 10:30–11:30 am, in-person

January 25 | [Engineering and Technology Fair 2023](#) 10:30 am–3:30 pm, online

January 31 | [Indigenous Student Career Networking](#) 4:30–6:30 pm, Gordon Hall 3 02

Registrar & Financial Aid Info

Accessing Financial Aid

- Full-time students receiving 2022–23 OSAP have their winter term tuition and fee payment deadline adjusted to Jan. 31.
 - Learn [how and when funding is distributed](#)
- You can still apply for [2022-23 OSAP](#)
 - You may need to report Queen's or external agency

–

- We won't disclose any academic or personal information from your records to anyone (including parents and family members) [unless you grant specific access in SOLUS](#)
- Download your [Online Verification of Enrolment form](#) for RESPs, Student Line of Credit, and more.

- [Book an appointment](#) at SWS for care from physicians, nurse practitioners, nurses, or counsellors.
- Access 24/7 mental health support and resources from [EmpowerMe](#)
 - MBA students can access 24/7 support through [Console](#)
- If you encounter someone who's had too much to drink this weekend, the [Campus Observation Room \(COR\)](#) is open Fri. Jan. 13 and Sat. Jan. 14, 9 pm–7 am, in Leonard Hall, where they can be monitored and sleep safely.

Eating on Campus

- Find winter term [dining hall and retail food location hours of operation](#)
- Explore [8 campus meal plan options](#) to fuel your winter term.
- Worried about food?
 - The pay-what-you-can [PEACH Market](#) is open Mon., Wed., Fri., 11 am to 2 pm, in the [School of Medicine Building](#) Arch St. entrance.
 - [Follow SWS on Instagram](#) for more [low-cost meal program options](#)
 - Register for this term's Fresh Food Boxes and Healthy Cooking Sessions:
 - [Fresh Food Box registration](#) opens Jan. 12.
 - [Healthy Cooking Session registration](#) opens Jan. 19.
 - Stop by the [AMS Foodbank](#) in Rideau Hall 105.
- Donate a meal from your meal plan to peers in need through [Swipe it Forward Queen's](#)

Addressing Sexual Violence on Campus

- Attend the virtual [Stories Spark Change talk](#) Jan. 26, 6–7:30 pm, 6

- [Subscribe](#) to Career Services' newsletter, and follow [@queensucareer](#) for summer job opportunity updates.
- [Log in to MyCareer](#) to explore resume and cover letter advising, career workshops, employer/recruiter sessions, and more!

Off-Campus Living and Housing Help

-

- 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, inclusion, 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.
- [Nominate](#) professors, TAs, or staff who are [Champions for Mental Health](#). Deadline is April 15.

Support for Student Clubs and Events!

You can apply any time for the Student Affairs [Student Initiative Fund \(SIF\)](#) and

ao56 111.36 297.84 Tm [(T)-4.7 (50 Tw 1.773 0 Td 0.007 Tw 5.900374944914 311)-1 (nQ-115)]TJ E BT //64

[Yellow House](#)

Want to change how you receive these emails?
You can update your preferences