

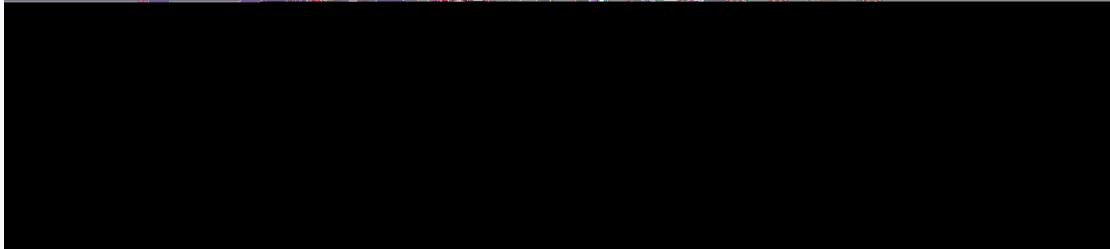
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# The Pulse

February 2023 Undergraduate Newsletter from Student Affairs

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



The Shift Survey closes Feb. 13.

The first 2,000 students to complete 65% of the survey can choose to receive a \$5 flex credit or direct a \$5 donation to the campus food bank.

You can also enter a draw to win 1 of 10 \$100 Skip the Dishes credits!

## Dates & Deadlines

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

February 3 | Last day to [drop](#) a winter term course [and receive a 50% refund](#)

February 4 | Deadline to [enter your banking information on SOLUS](#) to get an account refund, [if you're eligible](#)

February 18 | April [exam schedules posted on SOLUS](#)

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 your [address is up to date on SOLUS](#)

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

## Black Histories and Futures Month

Explore the

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 6 | [SASSWriting Lab Reports and Essays booth](#) , 10 am–12 pm, Mitchell Hall

February 9 | [QUIC Speak Up: Organizing Ideas Workshop](#) , 1:30–3 pm

February 9 | [Arts and Science Majors Night](#) , 4–7 pm, BioSciences Atrium

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

February 12 | [Shift Project Sunday Supper Series: Dialogues on Racism](#) , 6–7:30 pm

February 13 | [QTBIPOC Student Career Networking Night](#) , 5–8 pm

February 14 | [Healthy Cooking Session](#) , 6:30–7:30 pm

February 15 | [QUIC World Link Lantern Riddles Social](#) , 5–6:30 pm, Mitchell Hall 208

February 16 & 28 | [Sometimes Life is Hard drop -in session with Chaplains](#)  
7–8 & 3–4 pm, Mitchell Hall 210

February 22 & 23 | [Suicide Intervention Skills training](#) , 8:30 am–4:30 pm

February 27 & 28 | [Mental Health First Aid training](#) , 9 am–4 pm

February 27 | [SASS Catching Up on Academics booth](#) , 10 am–12 pm, ARC

## Registrar & Financial Aid Info

### Income Tax Information

- Have you [submitted your Social Insurance Number \(SIN\) on SOLUS](#) ? It needs to be included on your T2202 and T4A income tax documents.
  - If your SIN is not on SOLUS, the production of your T2202 will be delayed, and this will affect your ability to claim tuition, education, and texts90.7 (T)lt. 8eW.7 ( )-11.3 (tHY(l)4 EMC ET /ArTJ -L36.26d486 0.[ 0 1T)0

- Don't report

- Starting Feb. 27, instead of clicking “Approve” on a notification, [you'll be prompted to enter a two -digit number to validate sign -in attempts](#) .

## 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 [faculty/school](#) .
- Need to talk? The [AMS Peer Support Centre](#) (PSC) runs in-person and online drop -in sessions, including [Queers for Peers](#) and [BIPoC Talk](#).
- Access mental health and 24/7 crisis resources on [Console](#), the holistic mental health and wellbeing app.

### Red Flag Campaign

- Watch [@queensuniversitybewell](#) on Instagram, Feb. 11 to 18, to learn how to recognize and respond to signs of physical, emotional, sexual, and financial abuse.
- Stop by the ARC Feb. 14 from 12 to 2 pm to chat with Sexual Health [Peer Health Educators](#) and [Sexual Violence Prevention & Response Services](#).

[\(SVPRS\)](#) meet Oscar the therapy dog; grab a make-your-own cookie bag, and get some info on healthy relationships!

- [Attend peer-led workshops](#) this term to help address gender-based violence:
  - Ses

- You can now use a credit card for food and beverage purchases [with the Transact App](#).

## Help Create a Harassment and Discrimination -Free Campus

- Be part of the shift towards a safer, more inclusive campus community with the [Queen's Shift Project](#).
- Get informed with [student- focused education and training](#).
- Learn about the universi1dP <</MCI-1717(t)1.7 ( )0.7 (t)13.1 (o)2 0.0025.2 (d)MC d.48 545 0.3 (o)-1.3

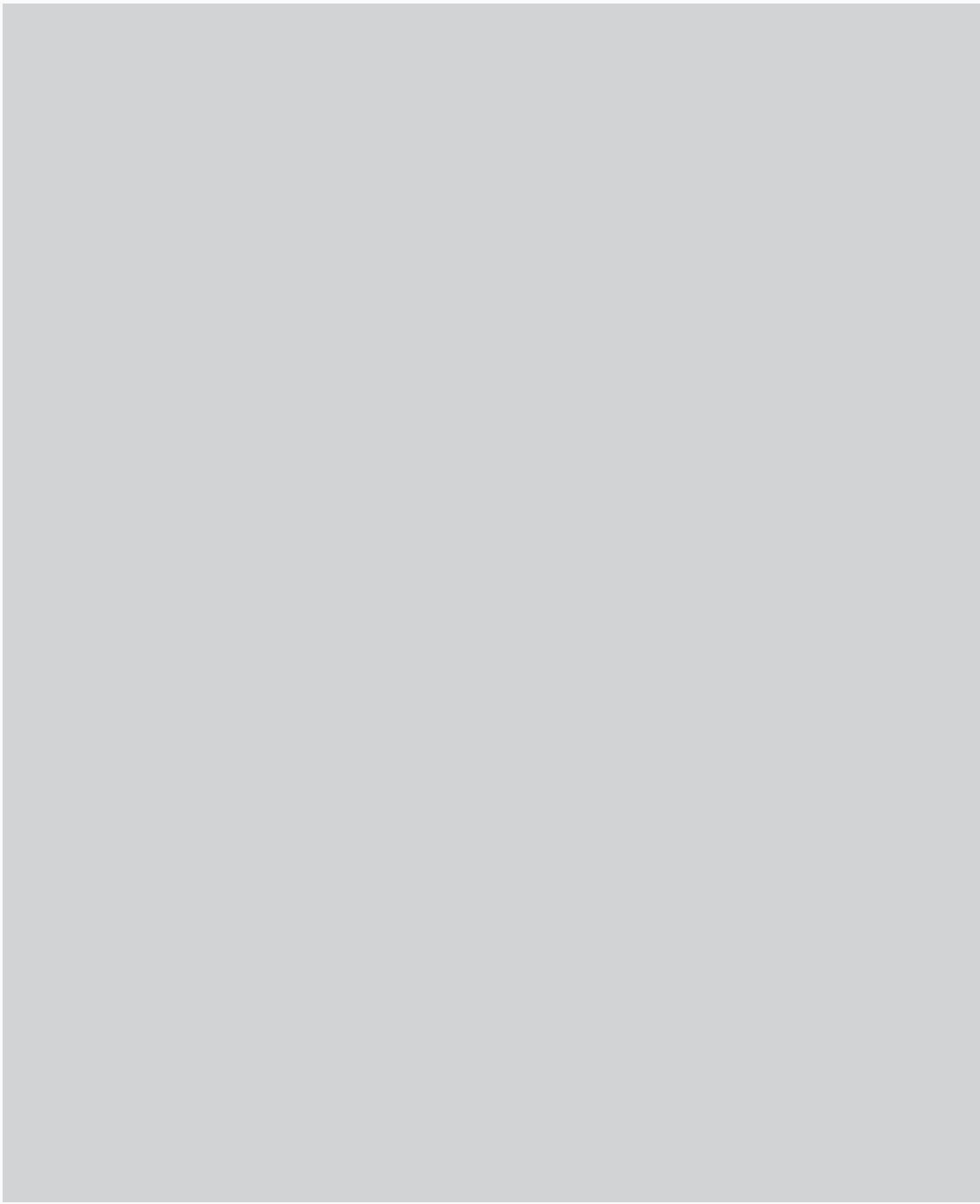




- Apply now on [MyCareer](#) for May 2023 internship start dates.

#### Resume -Building Opportunities

- [Peer Programs are hiring 2023–24 volunteers](#) in mentoring, health



Email [studentaffairs@queensu.ca](mailto:studentaffairs@queensu.ca) . We're here to help!

Check out our websites below!

[Student Affairs](#)

[Athletics & Recreation \(A&R\)](#)

[Ban Righ Centre](#)

[Career Services & Experiential Learning](#)

[Community Housing](#)

[Enrichment Studies Unit](#)

[Four Directions Indigenous Student Centre](#)

[Hospitality Services](#)

[Off-Campus Living Advisor](#)

[Office of Faith and Spiritual Life](#)

[Office of the University Registrar \(OUR\)](#)

[Queen's University International Centre \(QUIC\)](#)