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The Pulse

October 2023 Graduate and Professional Student Newsletter from Student Affairs

We're here to help! _____

Dates & Deadlines

October 2 | Classes suspended to observe National Day for Truth and Reconciliation

October 3 | Last day to opt out of [Ancillary Fees and Health/Dental Fee](#)

October 5 | First [Pre-Authorized Payment Plan \(PPL\)](#) withdrawal

October 6 | Fall term [exam schedules](#) posted to SOLUS

October 6–10 | [Winter term fees](#) posted to SOLUS accounts

October 9–14 | Fall Term Break (no classes)

October 15 | Last day to [apply for fall graduation](#)

October 15 | [Service charges on late tuition fees](#) applied to SOLUS accounts **October 31** | **2023–24**

[Queen's General Bursary](#)

Event & Workshop Highlights

October 3 | Weekly

- Make sure your [contact information is up to date](#).

Financial Aid

- [Learn about all financial aid options](#), including the [Qthe](#)

Be Part of the Shift

The Queen's Shift Survey was sent to students this past January, and gathered information about your lived experiences, perceptions of campus safety, and incidents of exclusion, harassment, and racism.

- [Read the report](#), and help enhance the campus culture and climate. We all have a role to play.
- Explore the [Allyship and Belonging Student Calendar](#) for fall term events for equity-deserving students and/or allies!

Help Create a Harassment and Discrimination-Free Campus

- Learn about the university's [Harassment and Discrimination Policy's complaint and reporting procedures](#), including:
 - The [In-Sight Harassment, Discrimination, and Bias/Hate Incident Anonymous Submiss\(i\)3 \(\)}3.4 nJ\]0 Tw \(\)TjE-.005 Tc -.005 Tw 1.1.4156 0.48 r2smss\(i\)3 \(\)}3.4](#)

Health Supports and Services

- [Book an appointment](#) for medical care, mental health services, accessibility support and/or wellness coaching at [Student Wellness Services \(SWS\)](#).

- o [Enjoy Kingston in the fall](#) on outdoor trails around the city.

Building Community Together

Watch for the [Student Community Relations](#) team on campus! They'll be walking around campus neighbourhoods with Kingston Police and bylaw officers over the next few weeks to answer questions and share resources to [support responsible citizenship](#).

Supporting Safe Gatherings

- Use the [health resource map](#) to find medical treatment options in Kingston. [How to decide where to go](#) if you or someone you know needs care.



- Get accommodations if [religious observances](#) conflict with your academic schedule.

Work Opportunities

- Want to learn about the university administration job field? Consider an internship!
 - Join a [Queen's Doctoral Internship in University Administration \(ODIUA\)](#) info session. [Register on MyCareer.](#)
- Looking for a job? [Log into MyCareer](#) and search for current postings.
 - [Register for the in-person Fall Career Expo](#), on Oct. 3 and 4.
 - Meet with employers on campus or online. [Register on MyCareer.](#)
 - [Book an appointment](#) for resume, cover letter, and career advice.
 - Get tips and updates from Career Services on [LinkedIn](#).
- Check out [Career Prep Modules on onQ](#).
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- **Worried about food?** Explore all [food access resources](#), on and off campus.
 - [PEACH Market](#) is open 11 am–2 pm Mon., Wed., Fri., at the Arch St. entrance of the School of Medicine Building.
 - Find the [AMS Food Bank fall term hours](#).
 - [Register to get a FREE Mason Jar](#) with ingredients to prepare a quick and healthy meal on Oct. 12. [Pick up](#) is on Oct. 19.

- Check out our [new interactive map of QTBIPOC-relevant spaces in Kingston](#), including community centres, grocery stores, restaurants, and more!
- [Indigenous students are invited to come by 4D](#) to access laundry services, a full kitchen, TV with streaming, and study spaces.
 - Connect with [cultural counsellors](#), get matched with an upper-year [Indigenous Peer Mentor](#), join [weekly beading and drumming circles](#), and more! Need a tutor? [Email Jessica Parks](#).
- All students are welcome at the [Queen's University International Centre \(QUIC\)](#) – a quiet space to study, lounge, or use the kitchen!
 - Listen to student stories on the [International Voices at Queen's podcast](#).
 - Register for the next [Intercultural Awareness Certificate \(IAC\)](#) training series starting Oct(s)-11.3 (j.)0.7 ()0.7 (s)11 po(s)-.48(po.58ct BMC 0 0.4865.1)0.7

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