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# The Pulse

September 2023 Graduate and Professional Student Newsletter from Student Affairs

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

Hello to all new and returning students,

Welcome to the start of the 2023–24 year!

Staff across Student Affairs are here to support you and connect you to [programs, services, and spaces on campus](#). We're here to help as you build your community and develop your academic, and leadership skills to support your success!

To stay well informed all year long, I encourage you to scan The Pulse each month for upcoming dates and deadlines, event highlights, and need-to-know information. You can also access programs and resources through the



## Win a Hoodie!

All you have to do is [like this post on Instagram](#) and follow @queensustudentaffairs for the chance to win a Queen's hoodie from the [Athletics & Recreation Q-Shop](#)

## Event & Workshop Highlights

September 5 –15 | [Outdoor Peace and Quiet Time](#), 2–3 pm weekdays

September 5 –8 | Sprinkle week at Four Directions (4D): [Medicine Bags with Jenna](#), [Bingo Night](#), [Gardening with Jade](#), [Friday Social](#)

September 6, 13, 20, 27 | [Dogs on Campus](#), 12–1 pm

September 6 | [Grad Skills: Reading Workshop](#), 6–7 pm, Zoom

September 7 | [Tricolour Open House](#), 5–8 pm - Get involved in clubs and recreation!

September 11 | [Tri-Council Funding Workshop \(Session 1 of 3\)](#), 5:30–8:30 pm

September 12 | [SGPS Trivia & Friends](#), 7–10 pm

September 13 | [Grad Skills: Writing Workshop](#), 6–7 pm, Zoom

September 14 | [Doors Open Equity -Deserving Student Event](#), booth at University Ave. & Union St. and various campus locations

September 15 | [Yellow House Welcome BBQ](#), 11 am–3 pm

September 16 | [Nature Walk Talk](#), 1–3 pm

September 19 | [SGPS x Yellow House Board Games Night](#), 5–6:30 pm

September 20 | [Online Career Fair](#), 11 am–2 pm

September 21 | [Identifying and Responding to Someone in Distress](#), 11 am–12 pm

September 25 | [SGPS Movie Night](#), 8–10:30 pm

September 25 –October 2 | [National Truth and Reconciliation \(TRC\) Week](#)

September 26 | [PEGaSUS Group for Survivors of Sexual Violence](#) starts, 4–5:30 pm

September 26 | [New Grad Student Welcome Reception](#), 5–6:30 pm (Social Sciences, Humanities, Arts, Law, Business, Psychology and Education)

September 26 | [New Grad Student Welcome Reception](#), 7–8:30 pm (Sciences, Engineering, and Health Sciences)

September 28 | [Managing Powerful Emotions](#) wellness group starts, 1:30 –3 pm

September 28 | [Navigating University with Autism](#) wellness group starts, 3 –4 pm

September 28 | [Healthy Cooking Session](#), 6:30-8 pm

October 2 | Classes suspended to mark TRC Day

October 3 & 4 | [Fall Career Expo](#), 10:30 am–4 pm

Check out the [Allyship & Belonging Student Calendar \(ABC calendar\)](#) for equity - deserving students and/or allies. [Promote your event on the ABC calendar](#) !

## Registrar & Financial Aid Info

Get Ready for 2023– 24

- Check that your SOLUS "To-Do" list and [registration sr</MCID 60 >>BmCmCmC80 >>BT /Span <</](#)

- You need your card/sticker to [ride Kingston Transit for free](#), access your ARC gym membership, get your student discounts, and more!

## We All Have a Role to Play to Keep Our Community Safe

### Sexual Violence Prevention and Supports

- September 18 –22 is Consent Awareness Week.
- Queen's Sexual Violence Prevention and Response Services (SVPRS) is your central point of contact.
  - Follow @qusvprs, and subscribe to our newsletter.
  - Complete It Takes All of Us an online program about sexual violence, healthy relationships, and consent.
  - Participate in the Gender-Based Violence, Awareness, and Bystander Intervention program.
  - Review the university's policies addressing support, disclosures, and complaints.
  - For information about options, resources, referrals, and rep ( )0.7 s

- Get informed with [student -focused education and training](#), including an online module for [Identifying and Responding to Microaggressions in Our Community](#) .





- If you need class or exam accommodations related to a disability, register now with [Queen's Student Accessibility Services \(QSAS\)](#).
  - [Find info about dates and the documents](#) you need.
- Request [academic consideration](#) if extenuating circumstances come up that affect your academics.
  - Contact [supportservices@queensu.ca](mailto:supportservices@queensu.ca) for help with this process.
- Step up your [study game](#) with [Queen's Student Academic Success Services \(SASS\)](#)!

## Work Opportunities

- Looking for a job? [Log into MyCareer](#) to search for current postings.
  - Check eligibility for the [Work Study program](#). Apply by Sept. 15.
  - [Register for the in-person Fall Career Expo](#), on Oct. 3 and 4.
  - [Book an appointment](#) for resume, cover letter, and career advice.
- Get tips and updates from Career Services on [LinkedIn](#).
- In a master's program? Apply to receive up to \$40,000 for a community-based project after you graduate through the [Pathy Fellowship](#).

## Food on Campus

- Have [food allergies and/or dietary needs](#)?
- Try the new [Zapien's naan bread pizzas](#), now open in the Queen's Centre!
- Tim Horton's in the Biosciences Complex reopens Sept. 5.



- Listen to fellow grads share their research on the [Grad Chat](#)

- [Four Directions \(4D\) Indigenous Student Centre](#) is your home away from home. Drop in! We are at 144- 146 Barrie St.
- Connect with [staff advisors](#) and check out [upcoming events](#) .

## Spiritual and Religious Needs

- [Faith and Spiritual Life \(FSL\)](#) in Mitchell Hall offers multi- faith, non-judgmental support for religious, spiritual, personal, and existential problems, concerns, or crises.
  - Watch our [events page](#) for study breaks and drop- in times.
  - Find [spaces for prayer, meditation, and reflection](#) across campus.

## Mature Women -Identifying Students and Mothers

- The [Ban Righ Centre \(BRC\)](#) offers in-person and online advising sessions and referrals to on -

Student Affairs staff are here to listen, refer, and empower you to  
problem solve.

[Yellow House Student Centre for Equity and Inclusion](#)

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