

The Pulse

July 2023 Undergraduate Newsletter from Student Affairs

We're here to help!_____

July 10 | Last day to <u>drop</u> July–August courses for a <u>full refund</u>

July 10 | Deadline to apply for July-August exam accommodations

July 17 | You can start adding 2023–24 courses to your

Event & Workshop Highlights

July 5, 12, 19, 26 | Summer Drumming Circle at Four Directions (4D), 1–2 pm

July 6 | 2SLGBTQ+ Community Gathering at Yellow House, 2:30–5 pm

July 7, 14, 21, 28 | Gathering of Remembrance with Imam Abdullah El-Asmar, 7–9

pm

July 10, 11, 18, 24, 25 | Intercultural Awareness Certificate sessions, 2:30–4:30 pm

July 18 & 25 | Drop-in Summer Beading Circle at 4D, 1–3 pm
 July 27 | Student Academic Success Services (SASS) Summer Exam Prep Online
 Workshop, 1–2 pm

Check out the <u>EDII Student Events Calendar</u> for equity-deserving students and/or allies. <u>Promote your EDII event on the calendar!</u>

Registrar & Financial Aid Info

2023-24 Course Enrolment

- Make sure to pay any remaining balance in your SOLUS account. You
 will not be able to enrol in courses until outstanding payments to
 the university have been made.
- Review the <u>2023–24 Student Registration Guide</u> for details about course enrolment, tuition/fee payments, key dates, and more!

Financial Aid

Apply for financial aid early this summer so your funding is in place for fall!

- Apply for <u>2023–24 OSAP</u>.
 - <u>Do not report</u> scholarships, bursaries, or awards you are receiving from Queen's on your application.
- Apply for <u>other provincial/territorial</u> student financial aid.
- <u>Learn about all your financial aid options</u>:
 - o The 2023–24 General Bursary application opens in September.
 - o Book an in-person or online <u>financial advising</u> appointment.

In SOLUS

- Start checking your SOLUS "To-Do" list (top right of the screen)
- Learn how to get your summer term <u>student ID card and/</u> or validation sticker.
- Download your Verification of Enrolment in ising

- o You have access up to one year after graduation.
- Book an appointment for resume, cover letter, and career advice.
- Finished second or third year? Build job-ready skills with 12–16 month paid positions through the <u>Queen's Undergraduate Internship Program</u> (QUIP).
 - Register now for September 2023, or January and May 2024 start dates.
- Learn from the career paths of Queen's alumni with <u>Alumni Roadmaps</u>.
- Follow Career Services for summer workshop and event info.
- Starting your last year? Apply this fall to receive up to \$40,000 for a community-based project after you graduate through the <u>Pathy</u>
 <u>Fellowship</u>. The next online info session is July 12!

Health and Wellness

- Student Wellness Services (SWS) is open Mon. to Fri., 9 am-4:30 pm
 - Follow SWS on Instagram and Facebook at their new handle
 <u>@queensustudentwellness</u> for wellness-related info
 and updates.
 - Book an online or in-person appointment with a Peer Wellness
 Coach who can help you move, eat, and sleep better!
- Stay active at the ARC!
 - o Find our <u>summer hours!</u>
 - The pool is scheduled to reopen on July 8 with an <u>upgraded look</u>
 and layout!
- Spaces for prayer, meditation, and reflection on campus are available all summer.

- Access mental health and 24/7 crisis resources, including Console.
- <u>Stories of Hope</u> is a student-led initiative to reduce mental health stigma and promote community on campus.
 - o Submit your story.
- Queen's <u>Sexual Violence Prevention and Response Services</u>
 (<u>SVPRS</u>) continues to be your point of contact for resources, options, referrals, and reporting throughout the summer.

This Summer

- Find places to eat on campus and when locations are open.
- If you paid your 2022–23 Student Activity Fees, you can keep riding Kingston Transit for free with your student ID card and validation sticker.
- Queen's offers overnight summer accommodations in <u>Endaayaan</u> <u>Tkanónsote Residence</u>, and the <u>Donald Gordon Hotel & Conference</u>
 <u>Centre</u> for visitors!
- Living off-campus in September? Check out these <u>housing resources</u>
 and <u>supports</u> from the <u>Off-Campus Living Advisor</u>.

Explore food access resources.

answers you need.

Not sure who to contact?

Email studentaffairs@queensu.ca. We're here to help!

Check out our websites below!

Student Affairs

Athletics and Recreation (A&R)

Ban Righ Centre

Career Services and Experiential Learning

Community Housing

Four Directions Indigenous Student Centre

Food Services

Off-Campus Living Advisor

Office of Faith and Spiritual Life

Office of the University Registrar (OUR)

Queen's University International Centre (QUIC)

Residence Life and Services

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