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# The Pulse

November 2022 Undergraduate Newsletter from Student Affairs

***We're here to help!***

## Giveaway Alert!

Stay informed about dates, deadlines, events, and resources to help you thrive at Queen's!

Follow \_\_\_\_\_

\_\_\_\_\_ to win a

Queen's sweatshirt!

## Dates & Deadlines

November 1 |



\_\_\_\_\_ - events and initiatives specifically for equity-deserving Queen's students and/or those wanting to be better allies.

We won't disclose any information from your records to anyone (including parents and family members) \_\_\_\_\_.

## Do It Yourself in SOLUS

Looking for proof of enrolment? All you need is your \_\_\_\_\_  
\_\_\_\_\_ for RESPs, Student Line of Credit, and more. Find it in SOLUS.  
You can \_\_\_\_\_ for each term.  
Keep your mailing address, phone number, and emergency contact  
information \_\_\_\_\_.

## Health & Wellness

### Stay Well

\_\_\_\_\_ at a clinic on or near campus.

Get your annual flu shot! \_\_\_\_\_.

Ask your healthcare provider at Student Wellness Services (SWS)  
if \_\_\_\_\_ is right for you! This by-referral  
program offers students with mild to moderate anxiety and/or  
depression a way to use exercise in their treatment plan.

Schedule a talk with a \_\_\_\_\_ or a \_\_\_\_\_.

Learn how to stay focused with real-time feedback on your brain activity  
at a \_\_\_\_\_!

## Feeling Unwell?

\_\_\_\_\_ at SWS for care from physicians, nurse practitioners, nurses, or counsellors.

If illness or other extenuating circumstances are affecting your academics, you can \_\_\_\_\_ through your \_\_\_\_\_.

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illness, symptoms, or self-isolation requirement, academic consideration will be granted. Medical documentation is not required.

Need to talk? The \_\_\_\_\_ (PSC) runs in-person and online drop-in sessions.

## Eating on Campus

### Worried About Food?

- o The pay-what-you-can \_\_\_\_\_ is open ~~Monday~~ ~~09 7W\* 84486~~ Wednesdays, and Fridays, 11 am to 2 pm, in the



End-of-







Nominate a Queen's Faculty or Kingston community member for  
the \_\_\_\_\_ by Nov. 18.

Let's champion mental health! \_\_\_\_\_ professors, TAs, or staff who  
are \_\_\_\_\_ !

- \_\_\_\_\_ offers \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_ for all Indigenous students.
- Check our \_\_\_\_\_ and \_\_\_\_\_ for the latest information on upcoming events, or find us at \_\_\_\_\_!
- Our \_\_\_\_\_ are open for Indigenous students to book!

#### Faith and Spiritual Life supports

- Multi-faith, non-judgmental support for religious, spiritual, personal and financial problems, concerns, or crises.
- Watch our \_\_\_\_\_ page for more ways to connect.
- Find some quiet in our \_\_\_\_\_



Want to change how you receive these emails?

You can \_\_\_\_\_ or \_\_\_\_\_.