ARTS & SCIENCE
ORIENTATION HANDBOOK
CLASS OF 2024
Brief History of Queen’s University

Back in 1841, Queen Victoria founded “Queen’s College” by decree by Royal Charter, modelling the school after the University of Edinburgh in Scotland. This connection still remains in our traditions today, as seen in our Gaelic roots, the Oil Thigh, and being the only college pipe in Canada. After moving through several locations, the university finally settled on Summerhill, which is still one of the most beautiful places on campus today. After almost joining with the University of Toronto in 1912, the school finally became established independently as “Queen’s University.” From 1901 to 1970, the school grew from 300 undergrads to 1000 undergrads. Today, we have over 20 000 students! We are so excited to welcome you to this family!

The Queen’s Crest

The coat of arms was originally created along with the University. It was based off the coat of arms for Edinburgh University, and it was registered with the College of Arms in England in 1953. In the center of the coat of arms lies an open book upon St. Andrew’s cross. The book represents a place of learning. The relationship between Queen’s and Scottish University is shown by the cross. The four emblems in the four compartments all represent a part of our heritage. The rose represents England, the pine tree represents Canada, the thistle represents Scotland, and the shamrock represents Ireland. The Latin phrase at the bottom of the crest is the school’s motto, meaning “wisdom and knowledge shall be the stability of the times.” This embodies our university’s fundamental mission.
Hello Class of 2024!

My name is Anika Chowdhury and I have the absolute pleasure of being your Head Gael for Arts and Science Orientation Week 2020! I would first like to sincerely congratulate you on accepting your offer to Queen’s University and taking the first step in starting your undergraduate journey! I’m sure you must be feeling a mix of emotions as September approaches. You are definitely not alone in your journey. A whole Queen’s family is waiting for you with open arms!

Orientation is filled with long-standing traditions and carries a rich history of Queen’s. It’s organized and facilitated annually by a passionate group of 36 dedicated Orientation Coordinators, 4 inexplicably incredible Orientation Chairs, and myself. We spend all year evaluating and planning to provide you with a fantastic start at Queen’s! Alongside our team of 41, hundreds of Orientation Leaders, whom we call Gaels, undergo extensive training to be prepared for your arrival. It is truly spectacular how many leaders at Queen’s come together every Fall to welcome the incoming students. We absolutely cannot wait to meet you Class of 2024!

I would like to touch on how difficult our current circumstances might be during this pandemic that we are facing. Everyone’s situation is unique to them. While we may take an untraditional route to Orientation this year, our team will do our absolute best to continue to fulfill the goals of Orientation. We are aiming to provide you with as many resources and support systems as we can make available. As well, we continue to be dedicated to offering you a wide range of opportunities. I want to emphasize that each of you remain our utmost priority and we hope to make your Orientation special!

Orientation is an amazing way to make new connections, engage with the student body, and learn all about university academics! There are so many opportunities to make long-lasting memories, and meaningful bonds that you will carry with you throughout your undergrad and beyond. Orientation Week is also a wonderful chance to get acclimated to the Queen’s campus and the Kingston community. Everyone has a place during Orientation, whether it’s getting silly participating in at-home challenges, connecting with resources at ArtSci 101, or fundraising for the Canadian Cancer Society. If you don’t find something exactly for you, we hope that Orientation sets up the platform to seek your place in this community. The most important thing is to be yourself and have a good time, no matter what that looks like to you!

Personally, Orientation has inexplicably changed my life and allowed me to grow as an individual. There remain countless opportunities to get involved. Your undergrad experience is absolutely what you make of it! I, alongside this team, am set out to ensure that you all have the wonderful experience that you deserve. But it definitely is not possible without YOU! Orientation is not a mandatory part of your first year, but it is definitely one of the most memorable ones! I encourage you to step outside of your comfort zone and participate at your capacity in what Queen’s has to offer. You can take your very first steps by browsing through the rest of this handbook as it explores the many aspects of Orientation and student life at Queen’s. I become increasingly excited to welcome you and look forward to immersing myself in the unique energy that you will all bring to Queen’s. It all awaits you.

Until then,

Anika Chowdhury (she/her), ArtSci ’21
Dear Class of 2024,

Congratulations on choosing Queen’s University, and welcome to your new home in the Faculty of Arts and Science! We hope you’re getting excited for the incredible week and University experience that awaits you, even under the difficult circumstances. The ArtSci Class of 2024 holds a special place at Queen’s as a class that has already overcome significant adversity, and will continue to do so successfully in the coming months. At ASUS, we’re here to support you in this non-traditional start to your University Career.

Our names are David Niddam-Dent (he/him) and Matt D’Alessandro (he/him) and we are the President and Vice President of the Arts and Science Undergraduate Society (ASUS). ASUS is the student government of Arts and Science, and it is our job to provide you with the resources, events, and opportunities to make your time at Queen’s as special as it can be. Now more than ever, ASUS will seek to help you begin the experiences, friendships, and academic success that will define your University Career.

Orientation is one of the most treasured parts of Arts and Science, and it truly makes the Queen’s experience a unique one. One of the most important parts of Orientation Week is that it’s different for everyone, but however yours looks, it will help define your time at Queen’s. At the end of your undergraduate experience, when you’ve made lifelong friends, incredible memories, and your own distinct imprint on this school, Orientation will still stand out as the moment it all began. So try new things, meet people, be yourself, and get outside of your comfort zone. It may be difficult to experience this online, but you won’t regret it.

This is also a time to immerse yourself in the deep traditions of Queen’s. This is ASUS’ 130th year, and Queen’s 179th. The songs and spirit of Orientation are traditions handed down from generations of Gaels, who have all gone on to make a mark in the world, just as you will. But don’t get too intimidated by the tradition - it’s here to help you have fun, and you’ll get to experience what makes Queen’s so special with thousands of other incoming students. In fact, those thousands of incoming students you haven’t met yet will define your Queen’s experience.

One of the things that makes the student experience at Queens so unique is the number of opportunities to get involved outside the classroom. Here at ASUS, we offer over a thousand volunteer opportunities, which will be available to you online this semester, and the minute you step on campus. Whether it’s getting involved with the Kingston Humane Society, selling ArtSci jackets, having your research or artwork published in an Academic Journal, getting involved as a first-year intern (as we did!), or helping bring Orientation Week to the Class of 2025, you will always have a home in ASUS. ASUS is also a place to go if you need help while at Queen’s, because we are your representatives to the Faculty and the University. To learn more about the unique opportunities available here at ASUS, and what we can do for you this year, visit www.queensasus.com.

More information about the ASUS Experience can be found in the Sidewalk Sale brochure, in the following pages, and through many of the other events this Fall. ASUS is here to help you build a community, get the most out of your remote semester, and kickstart your university career. Enjoy the remainder of your summer, cherish every moment, and we look forward to meeting you.

Cha Gheili!

David Niddam-Dent
he/him
president@asus.queensu.ca

Matt D’Alessandro
he/him
vp@asus.queensu.ca
Commission & Office Breakdown:
At ASUS, the opportunities and experiences we offer students are as varied as their disciplines. We seek to offer opportunities that span beyond the depth and breadth offered in the classroom. With over 2,000 volunteer positions, ranging from academics to services, we have got you covered.

Academics
The Academics Commission works towards fostering a positive academic environment, inside and outside the classroom. Opportunities available include Department Student Councils, academic journals, exam review sessions, student advocacy, and much more!

Alyth Roos
academics@asus.queensu.ca

Community Outreach
The Community Outreach Commission connects students with volunteer opportunities that lend a helping hand to others in the Kingston area. It provides an impactful experience for students, and works with local organizations to build a strong, collaborative, and mutually supportive community!

Narges Jamalij
community@asus.queensu.ca

Equity
The Equity Commission strives to engage the Queen's community with topics of social justice including but not limited to gender, sexual orientation, race, disability and mental health. Through events, outreach campaigns and resources, the commission provides support and advocates for students who identify with marginalized communities while also offering numerous opportunities for student involvement!

Ashanthi Francis
equity@asus.queensu.ca

Governance
The Governance Office oversees all Arts and Science elected operations, as well as the policy which governs the Society. It offers students opportunities to get involved where they can make a real difference to the student experience, from year representatives to ASUS' Advisory Board.

Callum Robertson
governance@asus.queensu.ca
Commission & Office Breakdown:
At ASUS, the opportunities and experiences we offer students are as varied as their disciplines. We seek to offer opportunities that span beyond the depth and breadth offered in the classroom. With over 2,000 volunteer positions, ranging from academics to services, we have got you covered.

Human Resources
The Human Resources Office manages a broad portfolio that includes conflict resolution, hiring and interview oversight, training, and volunteer appreciation. The HRO exercises strict confidentiality with any matter brought to their attention, and strives to optimize the ASUS volunteer experience.

Maya Fillion
hro@asus.queensu.ca

Marketing
The Marketing Office is responsible for the photos, videos, promotions, and advertising of the Society. The Office works with other teams in ASUS to provide creative and effective marketing material, and is always seeking creative talents.

Kayla Melbourne
marketing@asus.queensu.ca

Services
The Services Commission is responsible for the student services that are provided by the Society. Queen's Arts and Science Jackets, one of our greatest traditions, are sold and distributed through the Commission. It is also responsible for Good Times Diner, a student-run meal service, and ASUS Exchange Buddies.

Tiana Wong
services@asus.queensu.ca

Get Involved!
queensasus.com/apply
To the newest members of the Queen’s community,

The Academic Orientation Committee wishes you the warmest of welcomes to Queen’s! We are delighted that you have joined our dynamic learning community. Queen’s values and promotes scholarly achievements and personal qualities that will set you up for success both here and beyond. We are confident that your time here will be rich and rewarding.

Your Queen’s journey has a different starting point to what we had all expected. But exceptional times call for exceptional people, and those people are your orientation leaders! Queen’s spirit of caring and togetherness will transcend our physical distance as your leaders bring you into our community. Orientation events will be a great opportunity to connect with fellow students, learn about our resources and become familiar with the academic environment.

Traditions are an integral part of the Queen’s experience. We are proud to have been the first university in North America to offer distance education way back in 1889. Our faculty have drawn on this deep knowledge base to bring you a high-quality, interactive remote learning experience. Professors will use regular check-ins to ensure you feel engaged, and enable you to interact with your peers. Once the academic year starts, take time to reach out to your professors. Talk to your teaching assistants, and be ready to engage in all your classes and tutorials. You will get the most out of your first year when you are an active partner in the learning experience.

Adapting to university life can bring with it some challenges in any year. Queen’s has some amazing resources to help you, and these are all available remotely. You’ll learn more about these during orientation week. We want you to know that it’s not uncommon for grades to fall in the early part of first year. While marks are an important gauge of students’ engagement and understanding of the material, remember to focus on the bigger picture if you find your marks drop a little. This means developing effective study skills for the university level, connecting with the resources that are there to help you, and maintaining a growth mindset.

University life is both a privilege and a responsibility. The Queen’s community expects that its members will respect the rights, dignity and differences of others. We wish you every success in your journey at Queen’s. Your orientation leaders, fellow students and the wider Queen’s community are with you every step of the way.

Academic Orientation Committee
2020
WHAT IS ORIENTATION?

THE ORIENTATION PERIOD
MONDAY, AUGUST 24TH TO FRIDAY, SEPTEMBER 4TH

RESIDENCE & FIRST-YEAR-NOT-IN-RESIDENCE

Residence and First-Year-Not-In-Residence (FYNIR) Orientation are run by either your Don in residence or your FYNIR Landlord. A Don is an upper year student that will oversee your floor if you are in residence for the year. A FYNIR Landlord is an upper year student that will virtually guide you through off-campus living in First Year if you are residing in Kingston. These Orientation days are intended to be your first virtual introduction to Queen’s and Kingston alongside students in similar living accommodations. It will help you form relationships with individuals in the same shoes as you!

FACULTY ORIENTATION WEEK

As an Arts and Science student, you will be participating in a Remote Arts & Science (ArtSci) Faculty Orientation Week. We hope that some of your fondest memories will be from this time, filled with laughter, spirit, and meaningful bonds. Upon registering for Orientation Week, you will be placed in an Orientation Group with 15 to 20 students who most likely will have the same or a similar projected major as you. Led by 2 or 3 Orientation Leaders called Gaels, your group will participate in a variety of exciting virtual events throughout the Orientation period. Your Gaels will be a welcoming and enthusiastic presence to support you and your group throughout Orientation and even beyond! Your Orientation Group will likely be some of the first individuals you meet at Queen’s! Not only will they be enjoying these incredible remote events with you, but they could become a core group of peers to experience undergrad with. Orientation creates bonds that are once in a lifetime and can help you feel more comfortable in this new chapter of your life. We have fully embraced remote Orientation and have created exciting, interactive, and informative events for you all! We can’t wait to welcome you with open arms!
**Substance-Free**

Queen's University Orientation Period is entirely alcohol & substance free to ensure that all students feel comfortable participating in all the activities without the pressure to consume any substances. We ask that you attend and participate completely substance-free. Your Gaels, OCs, and Chairs will have pledged to a substance-free period and will continue to be a positive presence at all events.

**Hazing-Free**

Additionally, any form of hazing, oppression, blatant humiliation, or degradation is not tolerated and strictly prohibited during the Orientation Period. Your Gaels will have undergone extensive anti-hazing and anti-oppression training. They will make every effort to ensure a safe and welcoming Orientation experience for every individual in the group.

**What Can I Do?**

We ask that you be respectful of yourself and your peers in all private and public online chats and forums. Everyone is beginning a new chapter of their lives. Respect that every student has the freedom of positively and appropriately expressing themselves how they choose.

If you experience an instance of cyber-bullying, online harassment, trolling, or anything else, there will be direct and anonymous avenues to report what you have experienced. Each case will be reviewed by the Orientation Chairs, and the appropriate measures will be taken. Additionally, Gaels and Orientation Coordinators will regularly monitor all behaviour in live events as well as chats and forums.

Registration for the Orientation Period is optional and it remains your choice at which level you choose to participate in every event if you choose to register. You choose how you experience Orientation and we hope that you choose to share your first few days at Queen’s with us!
Online registration opens Monday, July 27th & closes Sunday, August 23rd 2020

1. Google “queensasus.com”. Under the Orientation menu, click “Incoming Student Registration”.

2. If you are interested in Financial Aid, click “Financial Aid” under the same menu. Additional details on Financial Aid is on page 3 of this handbook.

3. Otherwise, press “Register Now”. Select if you will be purchasing coveralls with your registration. If you are, you can choose your coverall size here.

4. Complete your registration by providing more details about yourself! Get pumped for Orientation Week 2020!

Remote ASUS Orientation Registration 2020

$77.00

Would you like coveralls? With Coveralls - Small □ Quantity □

ADD TO CART

Purchasing this registration pass allows you to participate in two weeks of exciting ASUS Orientation events that will welcome you home to the Queen’s & Kingston community!

You can also purchase your Class of 2024 coveralls with your registration! Coveralls are a longstanding tradition at Queen’s, and are worn during many ASUS Orientation events. See your Orientation handbook for more information about coveralls! Please note that if you purchase coveralls online, you will receive them on campus during Orientation Week.

Arts and Science Orientation Week 2020
September 7th-9th, & 12th 2020

Name *
First
Last

Phone Number *

# # # # # # # #

Queen’s Email *

Degree *

CLubs
ASUS Orientation ensures that every student who wishes to participate in the Orientation Period is able to do so. We strive to address any barriers so that incoming students may make the most of their Orientation experience. Financial assistance is available to students who feel the cost of Orientation is a barrier to their participation no matter the extent to which they wish they choose to participate. All inquiries regarding financial assistance will remain confidential. All reviewed applications for financial assistance will remain confidential. If you have any questions or concerns, please reach out to headgael@asus.queensu.ca.

Please note that all ASUS Orientation academic-based events are free to attend for all students. These events will be posted on onQ for all students to view.

HOW TO APPLY FOR FINANCIAL ASSISTANCE:

Step 1: Go to https://www.queensasus.com/financial-assistance. Fill out the financial assistance application with your name, amount of financial assistance you are requesting, and the reason for your request. The amount offered is in tiers of 25%, 50%, 75%, and 100% (for example, if you receive a 25% bursary, you will pay 75% of the ASUS Orientation fee). All information in these applications will remain confidential. Applications are due by Monday, August 10th, 2020.

Step 2: Once all applications are reviewed, Head Gael will contact you regarding the status of your application by Friday, August 14th 2020.

Step 3: Complete your registration and payment by Sunday, August 23rd 2020.

Step 4: Get excited for Orientation Period 2020!
ORIENTATION TEAM

Orientation Chairs
The Orientation Chairs are a team of five individuals that are most likely going into their FOURTH round of Orientation Week! They are the heads of each Orientation sub-committee and are responsible for ensuring that each event you experience during Orientation Week is impactful and fun! They have been working since October 2019 to ensure that your Orientation is the best it possibly can be!

Orientation Committee
The Orientation Committee is a group of 36 students who are responsible for planning and executing Orientation Week 2020! Each member of the committee is responsible for one or two aspects of the week whether it be creating an event or contributing to the behind-the-scenes work! They also lead and train a group 10-15 Gaels as they prepare to meet you!

Gaels
You will have 2 to 3 Gaels guiding you throughout Orientation Week. These are approachable, knowledgeable, and unique individuals who are beyond excited to meet you. They love answering questions, conversing, showing their school spirit, and having fun! Take the time to get to know them, as they are here to show you how incredible Queen's really is, and to help you find your place here. They will be a source of support and encouragement for you not only in Orientation Week, but also throughout your Queen’s experience.
<table>
<thead>
<tr>
<th>MON AUG 24</th>
<th>WED AUG 26</th>
<th>FRI AUG 28</th>
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</thead>
<tbody>
<tr>
<td>Virtual Frosh Parade (pre-recorded)</td>
<td>Frosh Match Launch (Form)</td>
<td>Virtual Tour of the Town (pre-recorded)</td>
</tr>
<tr>
<td>Welcome Forum (pre-recorded)</td>
<td>CCS Celebration Giveaway Launch (pre-recorded)</td>
<td>Ultimate Virtual Scavenger Hunt Race - Heritage Edition (Poly Google)</td>
</tr>
<tr>
<td>C.A.R.E Rally (pre-recorded)</td>
<td>Tri-DIY (Video Series)</td>
<td>Frosh Olympic Games Challenge Launch</td>
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<tr>
<td>Virtual Queen's in the Park (interactive club guide)</td>
<td>How Do You Feel? (pre-recorded) + Live Q &amp; A 11:00 AM EST (Zoom)</td>
<td>Frosh Night In (pre-recorded) + Interactive</td>
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<tr>
<td>ArtSci Cup Launch (pre-recorded)</td>
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## Virtual Orientation Period

### Week 2

<table>
<thead>
<tr>
<th>MON AUG 31</th>
<th>WED SEPT 2</th>
<th>FRI SEPT 4</th>
</tr>
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<tbody>
<tr>
<td>Sidewalk Sale (interactive business guide)</td>
<td>CCS Celebration Concert (pre-recorded) + CCS Celebration Giveaway Winners Reveal Live 11:00 AM EST (Zoom)</td>
<td>Traditions (pre-recorded)</td>
</tr>
<tr>
<td>ArtSci 101 (pre-recorded) + Live Q &amp; A 11:00 AM EST (Zoom)</td>
<td>How Do You Deal? (pre-recorded)</td>
<td>Virtual Daffodil Day for CCS (pre-recorded) + Live Fundraising Reveal 11:00 AM EST (Zoom)</td>
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<tr>
<td>Frosh Olympic Games Challenge Launch</td>
<td>ArtSci Cup Mad Dash Challenges Launch</td>
<td>ASUS and Beyond at Queen's (pre-recorded)</td>
</tr>
<tr>
<td>Frosh Match Results Launch</td>
<td></td>
<td>Frosh Night Out ArtSci Cup Winner Reveal Live 4:00 PM EST (Zoom)</td>
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Welcome Forum
Welcome Forum is the opening event for Arts and Science Orientation Week and serves to facilitate the introduction of first year students to their Orientation Group and Orientation Leaders, introduces students to Orientation Week as a whole, and welcomes you into the social, academic and local community at Kingston. Make sure to check out this virtual welcome from Queen's Arts & Science.

C.A.R.E Rally
This virtual introduction will orient you to the charity that ASUS Orientation supports, the Canadian Cancer Society. The event will include pre-recorded keynote speakers from the Canadian Cancer Society, a tour of the local Wig Room, as well as students in the Queen's community who have battled cancer. We hope that you are inspired in your community outreach activities, and in helping us reach our fundraising goal!

Virtual Queen’s in the Park
Virtual Queen's in the Park is an interactive, online catalogue showcasing the various clubs, organizations, services and extra-curricular activities available for you! The catalogue features opportunities to get involved, contact information, as well as an introduction from club leaders. Clubs focused on various sectors of the student community will introduce you to countless diverse and fascinating opportunities. New this year will be an academic resource feature. Queen's in the Park is a go-to resource for the many ways to get involved during your time at Queen's.
**Virtual Tour of the Town**
Virtual Tour of the Town entails an engaging and informative video tour. This video tour will allow you to virtually experience walking through downtown Kingston. The business storefronts along with pictures of their food/services and quotes from owners will be featured in the tour, acclimating you with the services available in your future home!

**How Do You Feel**
How Do You Feel? will be a composition of various online activities structured around the three pillars of health; sexual, mental and physical. This event will include a live-stream panel, featuring a keynote speaker, and discussions with student-led resources. This includes an interactive case-study session addressing student concerns regarding health and wellness while at Queen’s University! In conjunction with this event will be an interactive guide highlighting various wellness resources. You will be able to navigate the guide and learn about ways to promote wellness using physical activity, art, music, dance and more!

**Frosh Olympic Games**
The Frosh Olympic Games is a fun social event that provides Orientation Groups with the perfect opportunity to bond. The Frosh Olympics games will give Orientation Groups the opportunity to participate as a team in a variety of online games and activities in which they can earn ArtSci Cup Points.

**Frosh Night In**
Cozy up and get ready for a movie and crafts event - Frosh Night In! Different crafts will be released throughout the week ranging from a Queen’s keychain to origami with materials that can be found at home. Your Orientation Group and Leaders can watch a movie one night and do crafts throughout the week to create some fun keepsakes. There will be movie trivia as a chance to win points for the ArtSci cup and an opportunity to engage with the CCS community by sending out “Wishes of Hope” to people whose lives have been affected by cancer.
Virtual Sidewalk Sale
Virtual Sidewalk Sale will give you the chance to connect with the greater Kingston community and learn about local businesses and non-profit organizations around the city, as well as the businesses & services on campus. You will have access to a fun and exciting interactive PDF filled with business information, locations, photos, videos, social media handles, and more. Learn all about the wide range of attractions, shops, restaurants, organizations, and services that make Kingston so special!

How Do You Deal?
How Do You Deal? will be a pre-recorded event geared towards celebrating and highlighting students of all identities and backgrounds at Queen’s University. Through a variety of engaging speakers with different lived-experiences, How Do You Deal aims to educate you on equity, diversity and inclusion. The event strives to provide you with tools to become active allies of marginalized communities and create a safe and welcoming environment on the Queen’s University Campus.

ArtSci 101
Artsci 101 will provide you with all of the information that you need for academic success and integrity in the Faculty of Arts & Science at Queen’s. It will include a live streamed Q&A where the panel of 2 professors and 2 teaching assistants from various Arts and Science disciplines, and the ASUS Academics Commissioner will answer questions you submit! There will also be pre-recorded presentations available covering topics ranging from tips and strategies to succeed academically in university, to academic integrity and how to adjust to remote learning.

Frosh Night Out
Frosh Night Out is a combination of online challenges to complete alongside your peers. A Mad Dash, where you can film yourself completing challenges and submit it through an online platform to collect ArtSci Cup points. You can participate in some Queen’s and pop-culture based trivia again to collect some last minute points towards the ArtSci Cup. On the last day, tune in for the ArtSci Cup Champion Reveal after your adventure-filled Orientation!

Get ready for a virtual scavenger hunt of the Queen’s campus! Through an interactive Google platform, you will get to participate in various activities, solve clues, and navigate campus virtually while earning Artsci cup points. You will also have the opportunity to hear from Queen’s Alumni and learn more about Queen's heritage. Don't forget to tune into the Queen's Heritage Facebook page for weekly facts!
Traditions
Here, you will be sworn in as an official member of the Queen’s family. The event will feature recordings of speakers from the Queen’s community, with appearances by Queen’s Bands, as well as an introduction to the many cultural clubs Queen’s has to offer. These traditions have lasted for generations and will connect you to other Queen’s students, past and present. Don't forget to pick up your Tam when you finally arrive to Queen's to wear for years to come!

CCS Celebration Concert
The CCS Celebration Concert will be a virtual concert to commemorate the end of Orientation! Incoming Students will have the opportunity to watch some amazing bands from Queen's and around Ontario perform. This event will also be hosting a CCS merch giveaway in which incoming students can enter in the draw online. Lastly, this event will share the meaningful impact ASUS Orientation has made through fundraising for the Canadian Cancer Society.

Tri-DIY
Prepare to show off your Queen's spirit by creating a some tricolour for your collection. You will have the chance to follow along a video series with Orientation Coordinators as they decorate a variety of clothing items and accessories with tie-dye, paint, markers, glitter, really anything! You can then upload your creation to win ArtSci Cup points for your Orientation Group. Red, Blue, and Gold truly go with any ensemble!

Daffodil Day
Daffodil Day is a wrap up for ASUS Orientation CCS fundraising. Through video, you will hear from representatives a part of the Kingston chapter of CCS, Doug and Kelly. You will be able to explore various resources provided by CCS, many of which are supported by ASUS fundraising directly. There will also be various activities to try at home for last-minute fundraising, as well as a fundraising update for this year.

This or That: Frosh Match
This or That: Frosh Match will provide you the opportunity to create friendships with your classmates on a one-on-one basis. You will be asked to participate in a This or That quiz. The data from the quiz will be analyzed by Orientation Coordinators to create friendship matches. You will be notified of your friend matches and have the opportunity to meet either through a video call or messaging board. The goal of this event is to create a platform where you can expand your social circles and meet new friends and fellow classmates!
The ArtSci Cup is a new tradition in Orientation Week. Orientation groups, which are divided by projected major, will be split into two teams: “Arts” or “Science.” By participating or competing in Orientation events, you will win points alongside over 1000 other students on your team. You can earn points by participating in online challenges, fundraising for the Canadian Cancer Society, asking great questions at our academic events, and much more! Tuning in online will only be the first step! On the last day of the Orientation Period, the winner of the competition, either Arts '24 or Science '24, will be revealed and commemorated on the ArtSci Cup. The ArtSci Cup provides a space for more engaging ways to participate in our Orientation for those who want to, while providing an opportunity to talk about the strengths and importance of both Arts & Science as programs of study within our Faculty!
Cebrating 179 years of Queen's

**Jackets**
The first jackets are Queen's were requested by students coming back from World War Two. Every faculty has its own colour jacket. For Arts and Science students, our jacket is red, but more of a cherry brown in recent years. Your year appears on the left sleeve, and your year crest is worn on the left breast of your jacket. Each year, students from the incoming class have the opportunity to design their year crest (see page 25 for more details). After you have successfully completed one year at Queen's, you can sew your program of study on the left sleeve, and the Arts and Science pass crest. Make sure to order one when they go on sale!

**Tams**
Queen's tams are a unique part of our traditions that reflect the University's Scottish heritage. You will receive your tam during Orientation Week's Tradition ceremony. Each faculty has their own coloured pom pom on the top – ours is red! In 1920, tams were worn as formal attire at Queen's, and first year students were required to wear their tams over their ears or risk getting their pom-pom removed. Although they are no longer worn every day, first year students must still cover their ears with their tam when wearing them to football games, Homecoming, or other Queen’s events!

**Tricolour**
In 1884, the President of the Alma Mater Society and the captains of the football and soccer teams came together to decide that blue, gold, and red ought to be the colours of Queen’s. The individual colours represented the three original faculties: red for Arts and Science, gold for Applied Science, and blue for Medicine. These three colours can be found on almost everything Queen’s-related. Across faculties, these colours unite us as a community and as a school!

**Year Dance**
Every year, the Orientation Committee creates a dance for the incoming class! This tradition dates back to at least 2007. Previous songs have included:

- 2007 – “I Don't Feel Like Dancing” – Scissor Sisters
- 2008 – “Jerk It Out” – The Caesars
- 2009 – “Here It Goes Again” – OK Go!
- 2010 – “She's Got Me Dancing” – Tommy Sparks
- 2011 – “Animal” – Neon Trees
- 2012 – “Everybody Talks” – Neon Trees
- 2013 – “Tightrope” – Walk the Moon
- 2014 – “I'm Alive” – Michael Franti & Spearhead
- 2015 – “Avalanche” – Walk the Moon
- 2016 – “Something New” – The Score
- 2017 – “Keep Me Crazy” – Sheppard
- 2018 – “Oh My Love” – The Score
- 2020 - ??????????????????????????????
COVERALLS

Ground Rules

Get your coveralls as messy as possible!
Paint your coveralls in a way that represents YOU!

NEVER WASH THEM!

Coveralls have been a longstanding tradition at Queen’s University, dating back years. You’ll have the chance to participate in this tradition by purchasing a pair of coveralls online for $32. Coveralls include your class year and slogan and are customized by you with Tri-Colour paint. Coveralls are not only for Orientation, as you will be able to wear them to homecoming and other school activities. They make a great keepsake and memento for years to come! Once you receive your coveralls, it is completely up to you how you wish to decorate them (or not!). Tune in to the videos a part of the Tri-DIY series to get some inspiration for how you can glam up your coveralls.

How to Buy Coveralls

When you register online for ASUS Orientation Week on the ASUS Website, you can purchase your coveralls and reserve your desired size.

Financial Aid

Financial Aid for coveralls is available. See page 3 for details. You can get up to 100% of the cost covered. We don’t want the cost of coveralls to be a barrier in your participation in this well-loved Queen’s tradition.
DYNAMITE
Artsci is what? Dynamite!
Artsci is what? Dynamite!
Artsci is... Tick Tick Tick Tick Tick Tick Tick Tick... Boom Dynamite!
Boom Boom Boom Dynamite!

SCIENCE
We will rock you down, blow your mind
We do science all the time!
Sci Sci, what is pi?
3.14159!

JUNGLE
Deep in the heart of the tricolour jungle
You can hear the Artscisrumble
Hoo-Ha Artsci!
Hoo-Ha Artsci

ARTS
Who puts the art in smart?
We do!
Who puts the art in heart?
We do!
Who puts the art in Artsci?
We do! We do! We do!

CCS
CCS! Can we fight, yes!
CCS! Will we win, yes!
CCS! CCS! CCS! CCS!

CHEERS
ARTS & SCIENCE ORIENTATION WEEK 2020 - 23
CHEERS

OIL THIGH

Chorus: Oil thigh na Banrighinn a'Banrighinn gu brath!
Oil thigh na Banrighinn a'Banrighinn gu brath!
Oil thigh na Banrighinn a'Banrighinn gu brath!
Cha-gheill! Cha-gheill! Cha-gheill!
Main Verse: Queen's College colours we are wearing once again,
Soiled as they are by the battle and the rain,
Yet another victory to wipe away the stain!
So, Gaels, go in and win!
Chant: Oil thigh na Banrighinn Cha-gheill! Cha-gheill! Cha-gheill!
Oil thigh na Banrighinn Cha-gheill! Cha-gheill! Cha-gheill!
Go Queen's!

SPIRIT

We got SPIRIT! Ya, ya we got spirit! Ya, Ya, we got awesome spirit, let me hear it, cheer, cheer, cheer, cheer, cheer, cheer, cheer, cheer!
We got FROSH! Ya, ya we got frosh! Ya, Ya, we got cool frosh, totally lost, cheer, cheer, cheer, cheer, cheer, cheer, cheer, cheer!
We got GAELS! Ya, ya we got gaels! Ya, Ya, we got great gaels, shaking their tails, cheer, cheer, cheer, cheer, cheer, cheer, cheer, cheer!
We got OCs! Ya, ya we got OCs! Ya, Ya, we got hot OCs, totally toasty, cheer, cheer, cheer, cheer, cheer, cheer, cheer, cheer!
We got Chairs! Ya, ya we got Chairs! Ya, Ya, we got sweet chairs, people who care, cheer, cheer, cheer, cheer, cheer, cheer, cheer, cheer!
We got Anika! Ya, ya we got Anika! Ya, Ya, we got Head Gael Anika, wants to meet ya, cheer, cheer, cheer, cheer, cheer, cheer, cheer, cheer!
Every year, it is tradition that Queen’s Arts & Science Orientation Week partners with a charitable organization to raise funds and awareness in both the Queen’s and the Kingston community. This year, we have again chosen to partner with the Canadian Cancer Society to raise money for programs, research, and care for cancer patients in the Kingston community. Throughout previous fundraising campaigns, we have been able to find Kingston’s Wheels of Hope program driving patients to their cancer treatments. As well, past efforts have helped establish a Wig Lending Library in Kingston for cancer patients who have lost their hair. Lastly, we have also been able to fund cancer research on a variety of projects, ranging from childhood leukemia to brain cancer. With 1 in 2 Canadians expected to develop cancer in their lifetime, everyone has a connection to cancer. Through our efforts, we hope to improve the quality of life for people living with cancer, both locally, and around the world.

While survival rates for cancer continue to improve alongside the fantastic research that is being done, there is still so much work left to do! As cancer is not a singular disease, but rather, an umbrella term for over 200 types of different cancer, there is still so much left to be understood about how each cancer works.

With your help, in both fundraising for the Canadian Cancer Society, and in spreading awareness about cancer and the work being done to treat it, you will be a part of getting one step closer to the eradication of cancer. Whether you contribute to our campaign for a classmate, a friend, a family member, or a stranger, we know you will be instrumental in reaching our fundraising goal of $100 000 for the Canadian Cancer Society, and in making a difference for those that have cancer! You can support our campaign by helping out with our fundraising events during and after Orientation Week, or by purchasing some of our Queen’s X Canadian Cancer Society merchandise!
The Canadian Cancer Society is the largest national charitable fundraising campaign in Canada. It is a national community-based organization of volunteers and staff members with the mission of eradicating cancer and enhancing the quality of life of those living with cancer. They also focus on informing the public, fundraising and advocating for public policies to improve the health of Canadians. The organization was founded as a national body in 1938 and has since then had a great impact in improving the lives of those living with cancer. Since 1947, the organization has supported the cancer research community and funded many research projects across all scientific disciplines.

Follow this link for 75 success stories of CCS over the past 75 years. http://www.75years.cancer.ca/

Canadian Statistics
Cancer is currently the leading cause of death in Canada (accounting for 30% of all deaths) with an estimated 206,200 new cases in Canada each year. It is predicted that the number of cancers diagnosed in 2030 will be almost 80% greater than the number of diagnoses that were given in 2005. Unfortunately, the incident rate of cancer is increasing every year. However, with the help of new research and treatment, survival rates are starting to increase also. From 1988 - 2017, cancer death rates decreased in males by 32% and females by 17%.

Cancer Research
Cancer Research is a very diverse field since there are approximately 200 different types of cancer and every case is different. However, research is very important for understanding the disease, how it develops, metastasizes and for finding treatment plans for those affected by cancer. Cancer research has allowed many effective treatments to be developed. However there is still much more work and discovery ahead. Research and treatments can be costly. Donations to cancer initiatives allow researchers to have the means to be able to discover and develop treatments. We have made great progress but there is still so much work to be done!
All submissions for the Arts and Science Class of 2024 Year Crest must include:

- Queen’s tricolour
- A maple leaf
- A crown
- The number 24
- The letter Q

Email submissions to services@asus.queensu.ca no later than Wednesday, August 12th, at 4:00pm EST.

Be a part of a Queen’s tradition!
Hey there! Email us at amp@asus.queensu.ca or DM us on FB or IC @asusmentorship with questions.

DON'T MISS OUT!
AMP's got the scoop...

Welcome home, Class of 2024!

Join the ASUS Mentorship Program (AMP)

- easy to join
- personalized advice
- get connected to opportunities
- enhance your Queen's experience

First-year registration closes September 31st, 11:59 PM. Registration link found at @asusmentorship on FB and IG
A Virtual Orientation Help Centre will be available during your Remote Orientation Period to assist you in any way we can during your experience when navigating our various online platforms. We are here as a support system should you run into any technical difficulties using our platforms and are here to guide you towards finding a solution. We will be using three main resources for you to contact us so please read the information below for further details.

**ASUS Orientation Help Centre**

**Live Facebook Page:** Our main resource for the Orientation Help Centre will be our Live Facebook page where incoming students will be able to receive technical assistance from Orientation Coordinators. Tutorial troubleshooting videos will be the first step if a technical issue does arise, but if the issue persists please feel free to post a question to the page!

**orientationhelpcentre@gmail.com**

**Email specific to VOHC:** This is an email that will be monitored by Orientation Coordinators for you to reach out to us if you are unable to reach us via social media platforms.

**@asusohc**

**Instagram Account:** We will also have an Orientation Help Centre Instagram account where we will post quick and easy solutions to resolve technical issues that are frequently arising. If your issue is not solved after following the tips and tricks posted to the account, please feel free to send a direct message to our Instagram account for further assistance.

The Virtual Orientation Help Centre will be run from 9:00AM to 9:00PM EST throughout the Orientation Period. Orientation Coordinators will be monitoring all three platforms of the Virtual Orientation Help Centre at all times and will be more than happy to help troubleshoot any issues that may arise during your experience.
Need some information about resources on campus? Want a more detailed description of our events and what you can expect upon arrival at Queen’s? Curious about traditions, how to get involved, or academics at Queen’s? Look no further than our ASUS Orientation Website, your go-to for all things Orientation!

www.queensasus.com/orientation
A Few Tips & Tricks

Remember to use Orientation as an opportunity to step outside your comfort zone to make new friends, learn about important resources, and have fun!

Be yourself! If you feel a little awkward, be awkward. If you feel like dancing, dance! If you have a story to tell, tell it! Everyone is welcome here!

Queen’s spirit never dies, no matter how old you are or how far you go. Use Orientation as an opportunity to spark the flame of Queen’s spirit inside you!

Friendship is much more than partying together. Take some time during the year to chat with your professors and TA’s. They love helping and getting to know you!

Although some people make it look easy, university is full of successes & challenging times. Never be afraid to reach out for help and use the resources you learn about during Orientation!

Extracurriculars can help you find out things about yourself you never knew. Challenge yourself to join a few!

FINALLY, Orientation is what you make of it. Go in with an open mind!
THANK YOU TO OUR SPONSORS!

Interested in Healthcare?
Altitude can provide you with:
- One-on-one mentorship from a medical student
- Group mentorship about study skills, interview preparation, test-taking and essay writing
- Opportunities to connect with students, healthcare trainees, and professionals to explore your future career

Questions? altitudehc@kingston@gmail.com

APPLY BY OCTOBER 1 at: https://www.altitudementoring.com/students

SCORE PIZZA

12 Inch Pizza, Unlimited Toppings for ONLY $12.95!
Student Sundays at Score. Show your Student Card to score 10% off every Sunday!

91 Princess Street, Downtown Kingston
IG: @scorenpizza
ORIENTATION 2020

Wize is excited to be the platform partner to bring you ASUS Orientation 2020.

GETTING STARTED

Expect an email in the coming days outlining the step-by-step process for getting registered and started on the Wize platform.
Meet Wize

The Online Learning Platform powering ASUS Orientation 2020.
While we’ve partnered with them to take ASUS Orientation Online, where the Wize team excels is helping students like you learn your university courses and improve your grades.

Wize showcases top online educators delivering short, bite-sized video lessons simplifying difficult concepts and providing exam-like practice to help you succeed in each of your Queen’s courses. It’s fully curated to your specific course curriculum so that means you get to focus on learning just what you need, and nothing you don’t.

**Smart Prep**
Exam Prep made up entirely of past exam questions and video solutions.

**Live Exam Prep**
An intensive live Bootcamp that’ll have you walking confidently into your next exam.

**Class Pass**
Video Lessons that’ll simplify any and every concept in your course.
93% of students improved by a full letter grade using Wize.

2,000+ Queen’s 1st Years Helped Last Year
Try Wize Free This Semester

WIZEDEMY.COM
The Alma Mater Society Welcomes the Class of 2024!

3 Commissions
10 Faculty Societies
13 Student-run Services
60+ Full-time Student Staff
250+ Student Clubs
450+ Paid Student Staff
1,500+ Student Volunteers
6,000 Job Applications

18,500 Student Members (including you!)

www.myams.org/amsapply
Twitter: @QueensAMS
Instagram: queens_ams
613.533.3001
feedback@ams.queensu.ca

Welcome to Queen's!
Alma Mater Society Executive

Congratulations, class of 2024! You have made it! Queen’s University is known for its unparalleled school spirit. Orientation Week at Queen’s will introduce you to some of your closest friends and foster some of your favourite memories of your time here. There are such fun and unique traditions that have passed down from year to year. I encourage you to take part this September and make the most of it. Although you are navigating something no incoming class has seen before, I can promise you one thing. Your Queen’s Experience will be something that you remember for a lifetime. The AMS will always be around to help you succeed during your time at Queen’s. Welcome home!

Orientation Week at Queen’s is unlike any other University. We are all so thankful to be able to welcome you to our community and are so excited to introduce you to all of the incredible opportunities and experiences that our school has to offer. My first year at Queen’s was a whirlwind, as I am sure yours will be too. As a member of the Class of 2024, you are now a part of a family of students that are going through the most challenging and unique transition ever. While your start at Queen’s might look somewhat different than you were expecting, the uniqueness and spirit that sets us apart will remain unchanged. Your experience here will be shaped by your willingness to get involved and discover all of the resources and services that are offered by your peers, so I challenge you to explore all that Queen’s has to offer. Welcome home, Class of 2024!

Regardless of the faculty you are in, Orientation Week at Queen’s will connect you to so many people going through the same experiences that you are. I wish you luck and welcome you warmly to the Queen’s community. This week will make you aware about all the possible avenues of student involvement you can take during your undergrad. Your experience will be shaped by your involvement and I strongly encourage you to figure out where your passions are and pursue them. Although this time is difficult to navigate, remember that the AMS and Queen’s will provide you with many opportunities and supports during your time here. Cha gheill!

Jared den Otter
President

Alexia Henriques
Vice President of University Affairs

Alexandra Samoyloff
Vice President of Operations

Mission Statement:
To serve and represent the diversity of students at Queen’s University.

Welcome to Queen’s!
Welcome Class of 2024!

Three summers ago, I received my Orientation Week handbook in the mail. I was nervous, excited, and unsure of what this experience would bring. What should I pack? What is a tam? What does Cha Gheill even mean? As I read my handbook from front to back to answer these questions, researched residences and cafeterias, and stocked up on all things tri-colour (Queen’s school colours – red, yellow, and blue!), I began to realize I wasn’t just going to school – I was joining a new community and a new family.

Although COVID-19 has impacted our traditional Orientation we hope to have created an orientation period that gives students from all different backgrounds a place to grow and become comfortable in their new University, in a safe and supportive environment. University can seem overwhelming at first, but always remember that everyone at Queen’s wants to see you succeed - you can do anything you dream of and more! We are a community of over 30,000 students and staff, so no matter what challenges you may face in your time here, you will never be alone.

Moving away from home (whether it be for the first time or not) can be a scary and nerve-racking experience – and all of these emotions are totally okay! Missing your family, friends, and home can be tough – but Orientation Week is here to welcome you home. As a completely student run week, over 1,200 upper year students have been working incredibly hard over this past year to welcome you – yes, YOU!

On a final note, you may be wondering, “What the HECK is the Orientation Roundtable?” That’s a great question! We are a team of five students who make up the core logistical body of Orientation Week. We have been working alongside the nine Orientation Committees here at Queen’s, to help ensure that everything is all ready for you this fall. The TEN Orientation Committees include the Arts and Science, Commerce, Computer Science, Concurrent Education, Engineering, Nursing, Health Sciences, Kinesiology, NEWTS (New Exchange Worldly Transfer Students), and FYNIRS (First Years Not In Residence Students) Orientation Weeks. The five of us will be online throughout the week – feel free to send a message and say hello, we would LOVE to e-meet you!

That’s all for now – we cannot wait to meet you in September, but for now relax, enjoy your summer and get ready for Queen’s Orientation Week 2020!

For more information, be sure to check out our Orientation Website at: http://queensu.ca/orientation. As well, for updates throughout the summer, like us on Facebook at: Queen’s Orientation Roundtable and Instagram: @queensu.ort

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Mitchell Sanders (he/him)
Orientation Roundtable Coordinator

Mackenzie Pierce(she/her/hers)
Systems and Support Director

Darcey Pearson (she/her)
Leadership Development Director

Julian Mattachione (he/him/)
Concert Director

Leigh Wells (she/her)
Logistics Director

Welcome to Queen’s!
Welcome to Queen's

As your Principal, I want to take this opportunity to welcome you to Queen's University. Queen's will be your home for the next several years and I hope you will embrace it and cherish it for all it has to offer. You have chosen to be a part of a vibrant community that will provide you with many opportunities to challenge yourselves while you learn and grow as students and as individuals. Your hard work has brought you here, and that drive and ambition will continue to serve you well as you begin this next chapter of your life.

I realize that your Queen's experience is beginning differently from what you might have expected. Many of you will not yet be on campus. But rest assured that day will come, and in the meantime we are doing all we can to provide you with the Queen’s experience even if you are not in Kingston. We are committed to giving you a warm welcome as you embark upon your journey at Queen's and we encourage you to take advantage of all the creative ways our students, staff and faculty will be helping you foster connections and equip yourself with the information and tools you need to achieve success.

This may be an unconventional beginning, but the circumstances are temporary and there will be plenty of time for you to experience life on campus. Do not let these limitations stand in the way of your creativity or curiosity and be open to the possibility of making meaningful connections even if they must begin remotely. While we may meet each other virtually, I am confident that our relationships will be made only stronger by the unique circumstances in which they arise, and in time will grow as physical restrictions on gatherings are relaxed.

If I can offer some advice over the coming weeks, it is to be patient with yourself as you adjust to your new life as a university student. This is a significant transition and it is natural during this time to feel a bit untethered, especially right now when there is still so much uncertainty in the world. Let Queen's and our community help you find your way. You are not alone as there are other students learning alongside you who are likely experiencing similar highs and lows. Your peers are a great resource and there are other sources of help available through different services should you ever need emotional or academic support. We want you to succeed and achieve your dreams—and it all begins now.

I wish you all the best as you begin your journey here at Queen's and I look forward to the day when I can see all of you back on campus.

Stay safe. Stay well.

Patrick Deane
Principal and Vice-Chancellor
Dear Students,

On behalf of the City of Kingston I’m thrilled to welcome you to our community! Congratulations on selecting Queen’s for your post-secondary education and Kingston as your new home.

As you begin this new chapter, I hope you take time to familiarize yourself with your new city. You will learn that Kingston is a wonderful place to live and home to the region’s best cultural attractions: our beautiful waterfront, museums, galleries and historic sites. Take time to discover a favorite exhibit in one of our museums, take a stroll and explore our charming shops, and find a favorite meal in one of our many esteemed restaurants.

Please know my door is always open and I would love to hear from you. Connect with me on Twitter or Instagram @MayorPaterson, by e-mail at mayor@cityofkingston.ca and be sure to check out my website at www.MayorPaterson.com for city updates.

Wishing you a great orientation week!

Sincerely,

Bryan Paterson
Mayor of Kingston
Dear Class of 2024,

It is with overwhelming joy that I welcome you to Queen's University! On behalf of everyone both remote and close to campus I would like to offer you a most heartfelt congratulations and warmest welcome. I cannot wait to see and hear of all the wonderful things you accomplish as we navigate this difficult time as students and as an institution.

As many of you are well aware, Queen's University is one of the oldest Canadian institutions for post-secondary education; going beyond confederation and colonization of Canada itself. With more than 175 years worth of history and traditions to its name, this is a university with context that defines our student experience in a way that is entirely unique. The events of Orientation week are ones that traditionally introduce you to our lovely campus, facilities, and resources to help you succeed through your time here. While it may look a little different or feel strange at times, remember to slow down and take it all in. Be open to new people and opportunities. Indulge in the wisdom and guidance of your peers and student leaders, take pride in The Queen's Oil Thigh, and take the time to learn why we love Queen's.

Queen's University has always been marked by an incredible “student experience,” and it looks different to everyone who joins our family. There is no other school in Canada, and perhaps North America, where students are provided with as many opportunities both inside and outside of the classroom. We hold a lot of value in our actions and how they serve both the Queen's and greater Kingston community.

As Rector, I am the third highest officer of the University and an equal to the Chancellor, Principal, and Vice-Principals. As a student holding the position, I represent a unique opportunity to represent students and guide them on decisions and policies of the administration. Whenever it is possible, I encourage you to get involved in what you are passionate about, and work to create an inclusive campus for all people. We are an institution where diversity makes us stronger, and the support of our family makes us better and stronger. It is a privilege to attend Queen's and I hope you make the most of every minute you spend here.

I am here in my position to represent and support all Queen's students. The Rector serves on the Board of Trustees, sits on AMS and SGPS assemblies, and is an observer of the University Senate. In addition, the Rector sits on various planning and advisory committees on campus. The Rector also serves some ceremonial duties by speaking at Convocation ceremonies, and conferring the Agnes Benedickson Tricolour Award on an annual basis. Lastly and certainly not least, I am here to support you. If you are struggling with anything and don't know where to turn – my virtual door is always open. Nothing I might be working on is more important than making time for students. Connect with me at my email rector@queensu.ca or on social media @queensurector.

Princeps Servusque Es (Be a Leader and a Servant)
Sam Hiemstra (37th Rector of Queen's University)

Welcome to Queen's!
Welcome to Queen’s Orientation Week 2020! We hope you enjoy your first week here in Kingston and invite you to take advantage of the many opportunities Orientation Week provides. During the Week, you can learn about the many resources, services, and extracurricular activities offered, meet new people, and have fun!

Remember that this week is organized with every intention of making you feel safe and settled here at the University. We want you to get excited about calling Queen’s “home”!

The Senate Orientation Activities Review Board (SOARB) is a Queen’s Senate committee that exists to ensure your first week here is a good one. Our Board is comprised of students, faculty, staff, and alumni from the Queen’s community, and together we’re responsible for setting the general policies for Orientation Week. The Orientation Roundtable (ORT) and Faculty Societies are responsible for executing these policies. We’ll be attending activities throughout the week to observe events and then will report our observations and make policy recommendations to the University Senate.

If you have any concerns or comments about Orientation Week 2020, you can reach us through the secretary of the committee, Joan Jones. Her office is located in the John Deutsch University Centre (JDUC), room 135. She can also be reached by phone at 613-533-6745, or by email at jj7@queensu.ca.

Have a great week!
Cha Gheill!

The goals of Queen’s Orientation Week are:

- To make all new students feel welcome;
- To facilitate a smooth transition to university;
- To build a strong and inclusive community of students;
- To make new students comfortable in their academic, social, and environmental contexts;
- To provide a solid foundation for a successful university experience.

The broad approaches we take in order to achieve these goals are:

- Foster a climate that:
  - is positive, respectful, inclusive and discrimination-free;
  - prepares students for academic and intellectual pursuits;
  - promotes individual and community health, wellness and safety.
- Familiarize students with:
  - personal support services and social opportunities;
  - expectations for non-academic conduct;
  - the academic culture, expectations and resources.
- Facilitate:
  - the development of social networks and interpersonal relationships;
  - student engagement with faculty members;
  - student utilization of personal and academic resources.

In achieving these goals and taking these approaches, the utmost respect for the individual and the community will be shown.

Welcome to Queen’s!
To kick off the school year, the Student Experience Office hosts University Orientation - open and free to all incoming students! University Orientation provides an opportunity to participate in many programs to acquaint yourself with all the supports and resources at Queen’s University!

**WHAT TO EXPECT**

University Orientation will take place over 2 weeks delivered through OnQ, and is made up of 4 modules designed to make you feel welcome, and prepared for the year ahead!

During University Orientation, you will have the opportunity to explore what Queen’s has to offer and participate in events with the entire incoming class. You will:

- Learn about the resources and clubs available at Queen’s and how to access them
- Engage with interactive content that will help you feel a sense of belonging and school spirit
- Learn how to prioritize wellness in an online learning environment
- Participate in class-wide events

**IMPORTANT DATES**

Mark sure to check the University Orientation OnQ course for these live events and module launches!

- **Aug 24** – University Orientation Launches & Welcome Event
- **Aug 25** – Module 1 launches & Academic Webinar
- **Aug 28** – Module 2 launches & EDII Open House
- **Sept 1** – Module 3 launches & Wellness Webinar
- **Sept 4** – Module 4 launches & Fall Orientation ends!

**FIRST YEARS NOT IN RESIDENCE (FYNIR)**

Are you living in Kingston or the surrounding area during first year, but not in Residence? Join the FYNIR community!

They will be hosting events just for you during Orientation including a welcome event, FYNIRS Olympics and a closing event.

For more information: www.queensu.ca/orientation/FYNIR

Get more information: www.queensu.ca/orientation
Four Directions Indigenous Student Centre (FDISC)

To help start a new adventure and academic career at Queen’s University, the Four Directions Indigenous Student Centre (FDISC), offers a Welcome Day for Indigenous Students on **August 27th, 2020 at 1:00 pm**. This event this year will strictly be online, and the registration will be emailed to Indigenous students. Welcome day allows incoming first year and transfer Indigenous students to:

- Meet one another
- Learn about 4D and our services
- Have a chance to meet faculty specific supports
- and more!

For more information on Welcome Day for Indigenous Students and how to register please visit the Four Directions Indigenous Student Centre website under Welcome Day or email us at 4direct@queensu.ca.

Queen’s University International Centre (QUIC)

Are you an International Student?

Access online orientation webinars, Q&A sessions with advisors, and arrival information through SOAR at [https://www.queensu.ca/nextsteps/soar](https://www.queensu.ca/nextsteps/soar).

To learn more about arrival information and international topics' dates, access and other details visit the QUIC website at [https://quic.queensu.ca/arrival/orientation/](https://quic.queensu.ca/arrival/orientation/).
The core components of the AMS are the three Commissions that advocate on behalf of Queen’s students to the University, the City of Kingston, and to the provincial government on student issues. There are a wide range of work and volunteer opportunities available within each of the Commissions. Visit myams.org to learn more!

The **Campus Affairs Commissions (CAC)** strives for the betterment of student life through social, inclusive, and entertaining extracurricular activities. They run events and conferences each year that enrich the Queen’s experience for undergraduates in unique and memorable ways. Contact the Commissioner of Campus Activities, Charlotte Galvani, at cac@ams.queensu.ca.

The **Commission of External Advocacy (CEA)** advocates on behalf of students on the Municipal, Provincial, and Federal levels. In this pursuit, the Commission lobbies and advocates internally within the university administration while also lobbying externally to raise awareness about government policies regarding post-secondary education, as well as municipal issues pertaining to student life. Contact the Commissioner of External Advocacy, Matthew Mellon, at cea@ams.queensu.ca.

The **Social Issues Commission (SIC)** aims to speak to issues of equity while engaging with oppression at Queen’s. They seek to provide students with resources and education as well as offer an open, safe space for those who face oppression and their allies. By fostering close ties with various groups and the Queen’s administration as well as facilitating student learning about oppression, we aim to eliminate marginalization on campus. Contact the Commissioner of Social Issues, Angela Sahi, at sic@ams.queensu.ca.
The five AMS Offices support the activities of all students presently involved with the AMS as well as those looking to get involved. They also work toward strengthening the organizational and reputational standing of student leadership. Check out myams.org to see the opportunities in each Office.

The Alumni and Sponsorship Office (ADO) is responsible for ensuring that the AMS has a cohesive strategy for fundraising, sponsorship, and meaningful engagement with alumni. This Office works to build and maintain relationships with donors, sponsors, and the alumni community, and works closely with the Queen’s Office of Advancement on these goals. The ADO supports the functions of the AMS by securing financial contributions and mentorship opportunities that will enhance the programming and services provided by the Society. Contact the Director of Alumni and Sponsorship, Emma Solecki, at advancement@ams.queensu.ca

The Human Resources (HR) Office is here to make sure that your experience within the AMS is rewarding, productive and welcoming. Whether you volunteer on a committee, work as an AMS intern, or are employed by one of the many AMS services, the HR Office is your resource. Don’t know where to start? We can help with that too because recruitment is one of the primary roles of the HR Office. Contact the Director of HR, Eve Garrison, at hr@ams.queensu.ca

The Information Technology (IT) Office works to provide and maintain the IT infrastructure on which the AMS depends. The IT Office operates internally on both the government and corporate sides of the AMS to ensure the continued support and maintenance of all IT equipment and services. The IT Office works to develop applications, databases, and websites for the various AMS Services. Working as a part-time student staff member in the IT Office is a great way to develop your passion for Information Technology. Contact the Director of IT, Nathaniel Gerchikov, at ito@ams.queensu.ca

The Marketing & Communications Offices serve as the public relations channel for the AMS and facilitates the two-way flow of information between the AMS and students. They accomplish this by conducting marketing research to gauge the opinions of the Queen’s student body while monitoring the AMS’s media relations with both local and national media. They also responsible for the supervision and creation of AMS publications, web content, and interacting with students and the city through social media. Contact the Director of Marketing, Kassandra Greenhalgh at marketing@ams.queensu.ca or the Director of Communications, Patrice Oliveira, at communications@ams.queensu.ca
Welcome to Queen's!
The Clubs Office is comprised of over 275 unique organizations, ranging from cultural groups to health outreach initiatives, among others. For many students, one of the most important experiences outside of the classroom is participating in clubs on campus. The Clubs Office works to provide resources and support to AMS affiliated groups through financial means (grants, bursaries, fundraising, etc.), providing club space, insurance, and resources for event planning and marketing. There are also various workshops held throughout the year, along with the annual Tricolour Open House which allow clubs to showcase their organization to the entire student body.

The Director of Clubs is responsible for the day to day operations of the office which includes connecting with club members, students, and stakeholders (on and off campus) as well as overseeing the Deputy Director of Clubs, the HR Coordinator and the Marketing Coordinator. Additionally, they act as the main liaison between the AMS and the clubs community with regular office hours 10-12 and 1-3 Monday to Friday. A complete list of clubs and organizations can be found on the AMS website with other useful club information. Feel free to contact the Director of Clubs, Olivia Stanton, at clubs.manager@ams.queensu.ca with any questions about this fun and exciting office.

The Office of Internal Affairs is responsible for ensuring that internal functions of the AMS are running smoothly. This includes elections and referendum, AMS Assembly (the AMS legislative body), AMS Board of Directors, the judicial branches, and keeping policy up to date. The office is managed by the Secretary of Internal Affairs and works to provide students with open access to the electoral processes and assembly. Contact the Secretary of Internal Affairs, Caroline Hart, at secretariat@ams.queensu.ca
AMS SERVICES

All AMS services are entirely student-run. We have thousands of student employees and volunteers who work hard to bring on-campus resources to those who need them, whether that’s a cup of coffee at Common Ground, weekly campus news from the Queen’s Journal, or academic support from the Academic Grievance Centre. Want to be a part of an AMS service? Check out www.myAMS.org for information about which services will be hiring this fall!

The Common Ground Coffeehouse (CoGro) is a student run coffeehouse found at the heart of the Queen’s Campus in the Athletics & Recreation Centre. They offer a large variety of espresso based drinks, iced drinks, bagels, delicious sandwiches, and local baked goods. The CoGro lounge space can be used for studying, hanging out with friends, grabbing lunch, or can even be booked for events! And be sure to drop by The Brew, Common Ground’s second location in the Upper JDUC (by Tricolour Outlet) to pick up a coffee, tea, or baked good on your way to class!

Located on the lower level of the JDUC, the Printing & Copy Centre offers a wide variety of products and services to suit all of your printing needs. Offering black & white and colour printing, scanning, business cards, booklets, conference cards and handouts, binding, poster printing and more, if you ask a P&CC staff they’ll tell you that, “Yeah, we do that”! The staff at the P&CC work hard to help you complete your publishing projects efficiently, effectively, and affordably – all while in a fun and welcoming environment. We can’t wait to help bring your projects to life during your time at Queen’s!

Walkhome is a student-run service that provides all members of the Queen’s Community with a safe and comfortable way to travel Kingston at night. It is a completely anonymous and confidential service, so our staff members do not wear any clothes identifying them as a Walkhome team. Whether you feel unsafe or just want company on your night walk please call (613) 533-WALK or visit the kiosk in the lower ceilidh of the JDUC.

Since 1977, the Queen’s Pub (QP) has been a tradition here at Queen’s University. The relaxed atmosphere and great tunes will always keep you coming back. Come try the delicious menu with vegan and vegetarian options, a multitude of beers, fine wines, and cocktails. Whether you’re using the Pub to meet a study group or watch sports on the HD flat screen TVs, QP staff will always make your visit the best it can be. Come in and get acquainted with the only pub you’ll ever need. Cheers! The AMS Pub Services (TAPS) constitutes the only student-run bars in Canada, including the Queen’s Pub (QP) and The Underground Nightclub. You can reach them at (613) 533-2740 or taps@ams.queensu.ca

Welcome to Queen’s!
The Housing Resource Centre (HRC) is a confidential space where students can talk freely about their concerns with any current or potential housing situation. The HRC also offers tips on finding housemates and house hunting. You can visit them in room 040 of the JDUC or email hrc@ams.queensu.ca.

The Peer Support Centre (PSC) is comprised of 100+ dedicated staff and volunteers. The PSC provides all undergraduate students with confidential, empathetic, peer-to-peer support, including resource referrals and practical guidance. Students are welcome to come in to talk about homesickness, personal grievances, mental health, instances of oppression and/or discrimination, sexual violence, academic challenges, and more! No problem is too big or too small, we care about them all. Visit the PSC in JDUC rooms 34 & 26 or contact Head Manager Peter Mondolia at peersupport@ams.queensu.ca

Tricolour Outlet is your one-stop shop that serves students, alumni, and the Queen’s community. They provide high-quality options for Queen’s clothing and merchandise, a means for students to save money on used textbooks, inexpensive school supplies, event tickets, and a safe and convenient bus service. Come visit them on the upper ceilidh of the JDUC or check out their website: www.tricolouroutlet.ca

Versed in years of tradition since opening its doors in 1976, the Underground has served generations of students and alumni. Administered along with the QP by The AMS Pub Services (TAPS), the Underground is the only student-operated club in the country and offers a level of acceptance and warmth that is unparalleled in the Kingston community. It doesn’t matter what faculty you are from, The Underground welcomes all students who are invested in making each night special. The Underground is available for booking to all students for club events, team socials, or even birthday parties. You can reach them at (613) 533-2740 or taps@ams.queensu.ca

Studio Q is a student-run creative agency, providing professional design, photography, video, and broadcasting services. As well, they produce the Tricolour Yearbook & Agenda and livestream the Queen’s Gaels home games. Contact Studio Q at (613) 533-2738 or studioq@ams.queensu.ca

The AMS Food Bank provides confidential and non-judgmental food options to members of the Queen’s community in the most comfortable environment possible. The Food Bank (JDUC 343) helps to ensure that Queen’s students can be healthy and productive as they pursue academic achievement and alleviates poverty amongst Queen’s community members. You can reach them at (613) 533-6972 or foodbank@ams.queensu.ca. Learn more at www.AMSfoodbank.com

With a staff of almost 30 students, the Queen’s Journal (QJ) puts out issues every Friday and releases online content throughout each week at www.queensjournal.ca. They welcome all students as writers and photographers as well as letters or opinion pieces from all members of the Queen’s community. Feel free to drop by the Journal House (190 University Ave.) or contact the Editor In-Chief, Raechel Huizinga at journal_editors@ams.queensu.ca or (613) 533-2800 for more information about services and opportunities.

Welcome to Queen’s!
The Academic Grievance Centre (AGC) is the place to go if you have any questions or concerns about academic grievances, discipline, or regulations. The volunteers that work in the centre (JDUC 040), are very knowledgeable about the academic policies of the University and can be a resource and support if you have a problem or simply need someone to listen. You can reach them at (613) 533-6434 or agc@ams.queensu.ca.

The Queen’s Student Constables (StuCons) are the only peer to peer security service in North America. StuCons have been around since 1936, and ever since have been working to keep students safe by upholding the AMS and University’s rules and regulations. With a staff of over 100 students, you can find us at some of your favorite on-campus establishments, such as QP, The Underground, Clark Hall Pub, as well as any sanctioned events and venues for the over 260+ student run clubs. You can reach them at QSC@ams.queensu.ca.

You can apply to work at any of these AMS services. No experience necessary!

Check opportunities and deadlines to apply here: www.myams.org/apply
The **Student Life Centre (SLC)** is a collaboration of facilities, services, and resources dedicated to enhancing the quality of student life at Queen’s. Encompassing the John Deutsch University Centre (JDUC), the Queen’s Centre (QC), the Mackintosh-Corry Student Street (MC), the Grey House, the SLC provides space for societies and clubs, bookable spaces for meetings, performances, events, and public spaces for a wide range of student and community use. The SLC Information Desk is located beside the Union St. entrance of the JDUC, where friendly SLC staff can provide you with information about space bookings, equipment and locker rentals, opportunities to advertise through posters and TV screens around the SLC or booths, and conference or event set-up. In the long term, the JDUC revitalization project will create transformative new opportunities for student life and engagement.

Contact the SLC at slc@ams.queensu.ca or www.studentlifecentre.ca.
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ON-CAMPUS SERVICES

These University and community services encompass a wide range of support available to Queen’s students.

The **Four Directions Aboriginal Students Centre** strives to be a home away from home for Indigenous students during their time at Queen’s. Come by to take part in some of our programming, cultural counselling and academic advising services, or just to study and meet new friends.

The Four Directions Indigenous Student Centre is located at 144-146 Barrie St. We look forward to meeting you at the centre soon!

**Career Services** is available to assist you with everything you need to know, and do, to make your next career move a success. Wondering how to make the most of your first year, get involved, and build skills and experience? Check out our popular Major Maps (there’s a specialized one for each major) to help you map out your journey at Queen’s!

Learn about potential careers and future employers by visiting our website and joining us for virtual career fairs. Career Services website: careers.queensu.ca/

The **Human Rights and Equity Office** offers a variety of services including Human Rights Advisory Services (HRAS) and Sexual Violence Prevention and Response (SVPR). HRAS is a confidential service that assists individuals or groups at Queen’s by providing information, advice, support, and resources as well as assistance to those who wish to pursue informal or formal routes of complaint resolution following an incident of harassment or discrimination. The HRAS also advocates for human rights practices and policies that respond to the needs of Queen’s equity-seeking communities. The SVPR Office will assist any student who has been impacted by sexual violence. Students can contact the Sexual Violence Prevention & Response Coordinator, Barb Lotan, at bjl7@queensu.ca. The SVPRC can provide information about and assistance to access supports, services, academic accommodations and reporting processes. Visit online at www.queensu.ca/hreo/home & www.queensu.ca/sexualviolencesupport for more information.

**Queen’s Athletics & Recreation** - A healthy body supports a healthy mind - over 81% of our student population is active in sports or recreational activities on campus. Join an intramural team, workout or participate in one of our many fitness and wellness offerings to keep in shape. If you’re interested in competitive or high performance sport—why not try out for one of our varsity sports? At Queen’s, students have a multitude of athletic activities to choose from and enjoy while taking a break from their studies. For more information visit www.gogaelsgo.com.

**Queen’s First Aid** is on call 24 hours a day, 7 days a week during the academic school year and provides confidential, professional First Aid Response. You can request QFA to attend a situation by calling the Campus Security Emergency Report Centre at (613) 533-6111, or by activating the closest Emergency Blue Light. QFA is also available to provide First Aid Coverage at your event. For more information, visit www.queensfirstaid.com.

Welcome to Queen’s!
ON-CAMPUS SERVICES

Chaplain’s Office - Queen’s has a University Chaplain, appointed by the University, as well as a number of Christian Chaplains who, with the University Chaplain, form the Queen’s Chaplaincy Team. There is also a Muslim Chaplain in one day a week, as well as contacts with most faith groups. These chaplains are here to help students in any way they can, from deeply spiritual or personal problems to the very practical aspects of living and adjusting to University life. The Chaplains are committed to fostering a climate of respect for the variety of faith traditions at Queen’s. Students are encouraged to drop by the University Chaplain’s Office, room 142B in the JDUC anytime!

The Positive Space Program brings visibility and support to lesbian, gay, bi, trans, and queer communities at Queen’s. Positive Space stickers posted at the entrance to work, living, or study areas encourage the Queen’s community to celebrate the gender and sexual diversity that exists on campus and to work to overcome subtle and overt forms of heterosexism, homophobia, and transphobia. This program is a reflection of Queen’s commitment to welcome and include all members of the community and to create a campus that is free of discrimination based on gender and sexual identity. Information can be found at http://www.queensu.ca/positivespace or posspace@queensu.ca.

Queen’s Legal Aid (QLA) offers free legal services to students with certain tenancy, criminal, civil, employment and government benefits problems. Law students provide these services under the supervision of staff lawyers. QLA is located in Macdonald Hall, room 406 and can be contacted at (613) 533-2102. Alternatively, visit their website at http://law.queensu.ca/students/legalAid.html.

Queen’s University International Centre (QUIC) supports Queen’s students, staff and faculty in the building of diverse and inclusive communities. Along with campus partners, QUIC provides transition services that lead to a successful student experience. QUIC provides confidential 1:1 advising provided by the QUIC International Student Advisors, Write Nights and academic writing support (with SASS), an English Conversation Program, Intercultural Training and the Intercultural Awareness Certificate Program, social activities with the World Link Program, and volunteer and work opportunities. Did you know? QUIC is here for all students!

The Ban Righ Women’s Centre is a meeting place and a resource that offers its services without charge or membership. The Centre has informed and helpful staff to assist women of all ages continue formal or informal education, especially those who are returning to study after a time away from formal education or starting university for the first time later in life. Students find help with academic, financial, social or technical issues; share experiences, network with peers, give and receive support. They can be found at 32 Bader Lane and their website is http://banrighcentre.queensu.ca.

Welcome to Queen’s!
ON-CAMPUS SERVICES

The Interfaith Council is a council of people representing various faith traditions at Queen’s whose goal is to assist the University in promoting and enhancing the environment of religious tolerance, diversity and freedom of expression. Members of the Council represent faith traditions such as Christianity, Judaism, Hinduism, Aboriginal, Islam, Bahai and Buddhism and Wicca. Students are encouraged to exercise their own judgement as to the extent to which they participate in Orientation Week and are reminded that all activities are voluntary. To contact a member of the Interfaith Council, call (613) 533-2186.

CFRC is Queen’s campus and community radio station, broadcasting at 101.9FM, channel 282 on cable, and CFRC.ca online. CFRC is your gateway to diverse Kingston communities and to underground music from around town or across the globe. CFRC offers free broadcast and journalism training. To get involved, contact cfrcprogram@ams.queensu.ca, call (613) 533-2121, or drop by the station in Lower Carruthers Hall.

Queen’s University Libraries have the information resources you need to complete assignments, write research papers, find class readings and explore any subject. The Queen’s Library also consists of the Queen’s Learning Commons (QLC), the Writing Centre, and the Learning Strategies Development Program. The QLC offers an inviting, collaborative learning space where students can pursue and share ideas and also unites staff from several service units who assist students through individual consultation, workshops, peer mentoring, and collaboration. The Writing Centre offers one-on-one tutorials, workshops, and credit courses for students from all subject areas. The Learning Strategies Development Program supports academic success through enhancing the skills and self-confidence of students through workshops, individual sessions, and the peer mentor program. These three services are all located in Stauffer Library.

Telephone Aid Line Kingston (TALK) is a crisis, distress, befriending and information line that is open from 7pm until 3am every night of the year. The telephone lines are staffed by well-trained, caring volunteers who are there to provide confidential, anonymous, and nonjudgmental listening. Don’t hesitate to call (613) 544-1771 if you need to talk. For more information visit us at www.telephoneaidlinekingston.ca

Telephone Aid Line Kingston
We’re here to listen

The office of Town-Gown Relations can help navigate through problems in the Queen’s/Kingston equation while respecting confidentiality at all times. This office can educate you on your responsibilities and advocate for your rights as a student-resident of Kingston. For bylaw questions, assistance with rental situations or tips for making yourself truly “at home” in Kingston, Town-Gown Relations is your starting point. We are located in the JDUC in room 315 or you can contact us at (613) 533-6745 or towngown@queensu.ca. Our website is http://towngown.sa.queensu.ca

Welcome to Queen’s!
CAMPUS SECURITY

Campus Security is a service department with the main objective being to promote a safe and welcoming environment that recognizes and is respectful of the diverse nature of the Queen's Community. The Campus Security staff is available 24/7, 365 days of the year.

CAMPUS PATROL PROGRAM - Teams of uniformed security patrols walk the entire campus every night of the year, providing a visible deterrent to crime as well as a safe resource for staff, students and visitors who require assistance. The patrols act on the direction of the on-duty Security Supervisor who coordinates all responses to emergencies on campus.

BLUE LIGHT PROGRAM - The phones are there for you to use anytime you feel unsafe, afraid or concerned. All the phones have a direct line to the Emergency Report Centre. Blue lights are an important safety feature for the university community. Any malicious or irresponsible behaviour in activating an emergency phone is a violation of the Student Code of Conduct and may result in disciplinary action by the University. Any tampering, damage, or theft of an emergency phone or associated equipment is considered an offense under the Criminal Code of Canada.

EMERGENCY NOTIFICATION SYSTEM - a public address system using a siren signal followed by voice instructions will alert the campus community to take shelter and if safe to do so, check one of the current Emergency Notification platforms (Queen’s Web site, University Status Line--613-533-3333, Queen's email account) for information & instructions.

LONE WORKER PROGRAM - Students, Staff & Faculty who work/study alone outside of the regular working hours can call Campus Security and request to be checked on, either by phone or in person.

ALERT-L LIST - The purpose of the Alert-L list is to provide students, staff and faculty with notices about serious incidents on or around the campus. To subscribe to the Alert-L list, click on the “Alerts” web link at Security’s main web page.

RAD (RAPE AGGRESSION DEFENCE) - Free for students and staff, the Rape Aggression Defence Systems teaches women practical defensive techniques through basic information on personal safety, awareness, risk reduction and avoidance.

PREPARE TRAINING - PREPARE is a certification course offered by the Security department at no cost to University members. Upon completion of the course, participants will be able to:

- Recognize early warning signs of anger or hostility
- Effectively utilize personal space, body language and paraverbal communication to relieve tension and defuse hostility.
- Employ verbal intervention strategies to de-escalate situations before they become more disruptive or potentially dangerous.
- Maintain an objective and professional attitude when responding to an agitated individual
- Invoke four priorities essential to your organization’s Violence Response Procedures.
- Effectively debrief once Tension Reduction occurs

To learn more about these and other services provided by Campus Security, please visit our web page at: www.queensu.ca/security

Welcome to Queen's!
Student Academic Success Services (SASS) is your go-to for writing and learning needs at Queen’s. We support students by offering individual writing and academic skills appointments, support for students with English as an additional language, workshops, events, and online resources. We welcome all Queen’s students at all stages of program completion and all levels of ability to enhance their capacity to fulfill their learning goals and academic potential. Learn more about us on our website at sass.queensu.ca or contact us at 613-533-6315 or by email at academic.success@queensu.ca if you have any questions.

The Yellow House, Centre for Student Equity and Inclusion is dedicated to enhancing the development and wellbeing of the Queen’s equity seeking community and supporting initiatives to recruit and retain racialized and equity seeking students at Queen’s. The Yellow House, located at 140 Stuart Street, provides dedicated on campus space for Queen’s undergraduate and graduate student clubs. For more information please contact yellowhouse@queensu.ca

Student Wellness Services (SWS) aims to provide a welcoming, confidential, and integrated service responsive to the needs of students. We offer a range of programs and services including medical care and mental health, accessibility, and health promotion services. Learn more about SWS on their website at https://www.queensu.ca/studentwellness/home.

Welcome to Queen’s!
Queen’s First Aid (QFA) is a student-based first aid response group offering 24/7 on-call services during the fall/winter school terms, exclusive of holiday periods.

Need a Band-Aid? Rolled an ankle? Drink a bit too much? In a crisis? Call us! Or come walk into the Grey House!

For more information about us and what we do, visit: QueensFirstAid.com, message us on Facebook or Instagram, or email us at: qfa@clubs.queensu.ca
Welcome Home,
Class of 2024!

Welcome to Queen's!
Building student success one home at a time.
It’s never too early to start.
Beat the rush and contact us today to find your home for the coming year.

- Specialized in student rental housing
- Housing situated within 0.5km of Queen’s University Campus
- Updated and newly renovated units
- Emergency repair staff available 24/7
- Rapid response to issues to ensure tenant safety and comfort
- Queen’s University Landlord Contract Program Approved
- Cleaning services available

Phone: 613-547-3030 • Email: info@highpointproperties.ca • 177 Division St., Kingston, ON

www.highpointproperties.ca

Welcome to Queen’s!
WELCOME HOME
ARTSCI CLASS OF '24