

Check In With Queen's

Information for First-Year Parents and Families

October 2024

Supporting the First-Year Transition

Supporting the First-Year Transition



Factors that influence
academic success



Academics



Wellbeing, Community,
and Growth



The Next Transitions
Second Semester and Second Year



How to Connect

Supporting First-Year Success

First-Year Foundation program

- Q Success peer mentoring
- Academic skills workshops
- Weekly first-year wellness group
- Access to online resources in onQ
- Residence Communities
Dons/Programming/Supports
- Off-Campus Community
Peer Leaders/Programming/Supports

93.2%

Retention Rate

U15 average is 89.2

86.3%

Graduation Rate

U15 average is 78.6

Academic Factors that Influence Student Success



Entry Average



Academic preparedness



New Expectations and Resilience



Sense of Direction and Engagement with Academics

Academic Skills Development & Support

Academic Skills Development and Support - SASS

What: One-on-one coaching appointments, workshops, online resources, peer support

Get Help With: Critical thinking, writing, problem-solving, time management, and learning strategies

Additionally: Exam preparation, course-specific workshops; general prep drop-in sessions, dealing with stress, efficient revision strategies, multiple-choice exam techniques

Faculty-based: subject-specific supports; academic advising



Student
Academic
Success
Services
website



Upcoming
SASS
Events

Academic Accommodations

What: Accommodation plans, advocacy, faculty/program-specific advisors, short-term accommodations

Get Help With: VENTUS accommodation system, any needed adjustments to accommodations, referrals to Adaptive Technology Centre, in-class accommodation implementation issues

Additionally: Deadline to register for December exam accommodations is November 15; if your student is already registered with QSAS, everything is automatic

Faculty-based: Accommodation processes are specific; support is available



Queen's Student Accessibility Services
Côté Sharp Wellness Centre, Mitchell Hall, first floor



Queen's Student Accessibility Services
website

Academic Support: Key advice for Students

Go to class

Go to professor's office hours

Go to academic advising

Explore subject-specific resources

Explore your interests. It's OK to change direction

Permission to speak about grades with families must be granted by students

Academic Services are not remedial

Make use of the Bounce Back Program

Involved Parenting

Providing Mid-First-Term Support

Academics

Supporting Students – How to Help

- Pay attention to course assignment weighting
- Hand in everything
- Degree requirements, prerequisites, GPA requirements
- Reinforce positive steps to take
- Dropping a course going badly is ok
 - check in first with Financial Aid and Awards

December Exam Preparation Strategies

- Don't leave everything to the end
- Prep sessions/old exams are part, not all of prep
- Read the exam carefully – adjust your time



Student Wellbeing

Wellbeing Factors that Influence Student Success



Good Physical and
Mental Health



Social Integration



Extra-curricular
Involvement



Sense of Belonging



Persistence
and Resiliency

Student Wellbeing – Building Community

Options for finding connection include:

- Residence-based programming
- Off-Campus Community
- The Student Experience Office
- Yellow House Student Centre for Equity and Inclusion for QTBIPOC students
- International Centre (QUIC)
- Four Directions Indigenous Student Centre
- Faith and Spiritual Life
- Student Clubs - see AMS Clubs Directory
- Faculty Societies
- Part-time Job
- Community-based volunteerism



A sense of belonging is critical for wellbeing and success

Student Wellbeing at Queen's

- While **80%** of student-respondents reported moderate or high stress, **47%** said they have a good or very good ability to manage that stress.
- **83%** said their overall health is good, very good, or excellent
- **66%** indicated average or high mental wellbeing
- **74%** felt close to people at Queen's

Compared to students at other Canadian institutions, Queen's students report:

- Better overall physical health
- Greater likelihood of good or excellent mental health
- Greater likelihood of meeting national sleep guidelines (7-9 hours/night)

2022 Health and Wellbeing Survey



Physical and mental wellness are preconditions of academic success

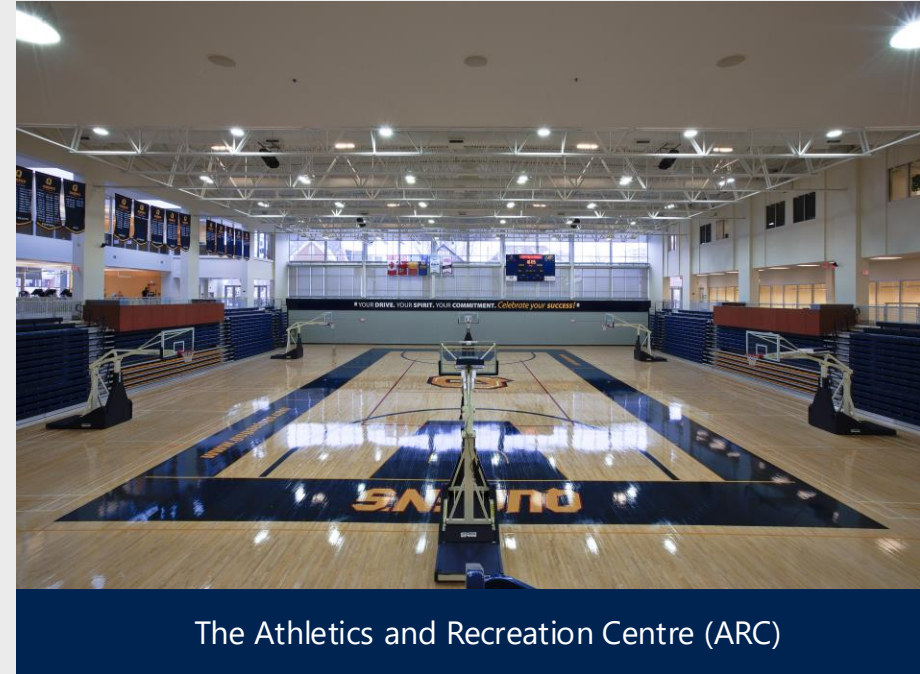
Student Wellbeing – Movement for Healthy Living

What: Drop-in Recreation, Intramurals, Winter term programs, Fitness classes, Pool, Squash Courts, Turf Fields, Recreation Sport Clubs, and more!

Additionally:
Peer Wellness
Coaching



GoGaelsGo.com



The Athletics and Recreation Centre (ARC)

Student Wellbeing – Food on Campus

Hospitality Services is dedicated to ensuring there is a wide range of fresh produce and culturally-inspired options at every meal in the dining halls and at retail food locations.

3 dining halls

22 retail food outlets - hours span 7:30 am – 1 am

In-House registered dietitian



[Hospitality Services](#)



[Meal Plan Hacks](#)



[Hours of Operation](#)



[Dining Hall Menus](#)



Healthy eating is part of a productive lifestyle

Student Wellbeing – Safer Substance Use

- Harm reduction initiatives – Alcohol and/or other substances
- Promoting safe and responsible choices, respect for others, good citizenship
- City of Kingston's University District Safety Initiative – Increased fines, bylaw enforcement
- Campus Observation Room, Leonard Hall
- Expansion of Naloxone availability in residence, on campus

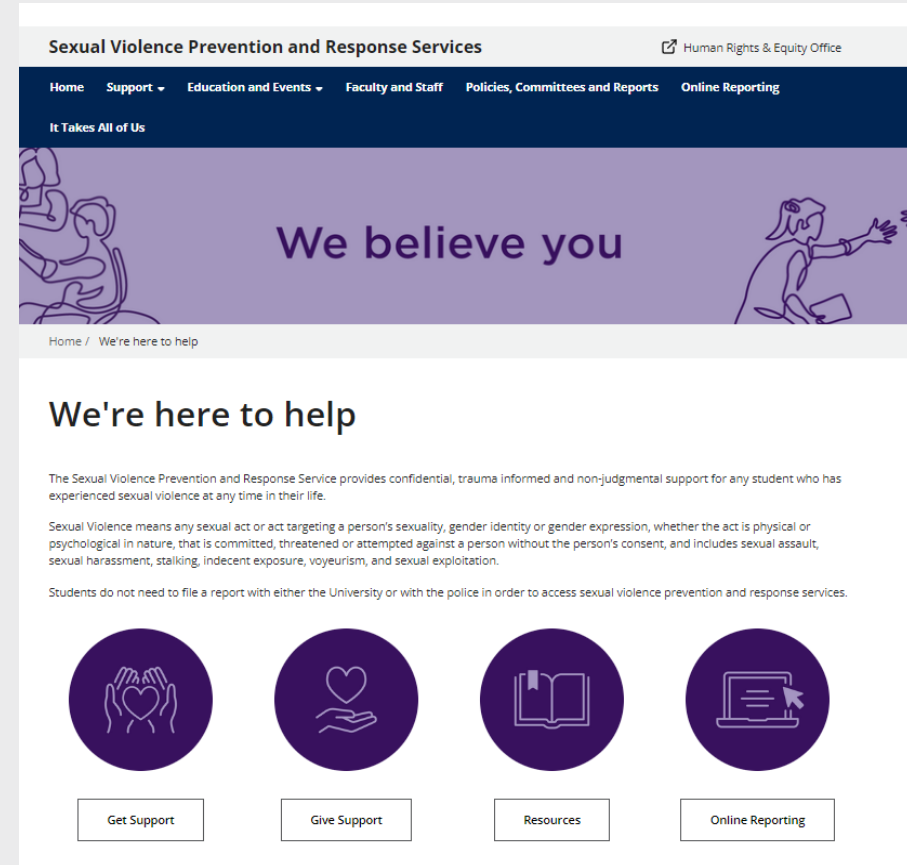


Creating a Culture of Consent

What: prevention initiatives and services, resources, and support for students impacted by sexual violence

Get Help With: On and off campus supports and services, assistance accessing academic considerations and accommodations, safety planning, reporting, and prevention education, training and workshops

[Sexual Violence Prevention and Response Services website](#)



The screenshot shows the homepage of the Sexual Violence Prevention and Response Services website. The header includes the title "Sexual Violence Prevention and Response Services" and the "Human Rights & Equity Office" logo. A navigation menu lists "Home", "Support", "Education and Events", "Faculty and Staff", "Policies, Committees and Reports", and "Online Reporting". Below the menu is a purple banner with the text "We believe you" and line art illustrations of people. The main content area features the heading "We're here to help" and a paragraph explaining the service's mission. Below this, there are four circular icons representing "Get Support", "Give Support", "Resources", and "Online Reporting", each with a corresponding button.

Student Wellbeing – Wellness Services

What: Health Services, Mental Health Services (central and embedded in Faculties/Schools, Residence, student centres), wellness and therapy groups, workshops, Health Promotion (peer and professional-led), new peer wellness space in JDUC shared with AMS Peer Support Centre

Get Help With: medical issues, mental health, wellness coaching, after hours and 24/7 resources and supports

[Student Wellness Services website](#)



Student Wellness Services
Côté Sharp Wellness Centre, Mitchell Hall, first floor

Student Wellbeing – Finances

Queen's is committed to helping reduce barriers related to financial need or personal circumstances so students can focus on their studies, achieve their goals, and prepare to make their positive impact on the world.

- Students can still apply for BC student assistance programs.
- Queen's has funding and financial aid opportunities
- Queen's General Bursary application **deadline is October 31** however, applications will be accepted until mid-February.
- Upper-year academic awards

[Apply for Alberta Student Aid](#)



[Apply for BC Student Aid](#)



Financial Aid and Awards, Gordon Hall



Financial Aid and Awards



Upper-year Academic Awards

The Term Ahead

Academic Paths, Summer Jobs

The Term Ahead – Academic Paths: Arts and Science

Arts and Science

Majors Night: March 13, 2025

- Academic fair
- Explore all degree plan options, combinations and majors
- Talk to upper-year students, professors and staff

Plan Requests: submitted via SOLUS in late May



[Plan Selection Website](#)



Questions? All programs offer Academic Advising

The Term Ahead – Academic Paths – Smith Engineering

Smith Engineering

Discipline Nights: January 2025

- Each engineering discipline hosts a presentation night with appearances by alumni, current students, and professors who discuss courses, projects, career opportunities, student community, and more in their respective disciplines.

Discipline application deadline: February

- Choice is guaranteed provided students pass all courses and apply by the deadline.

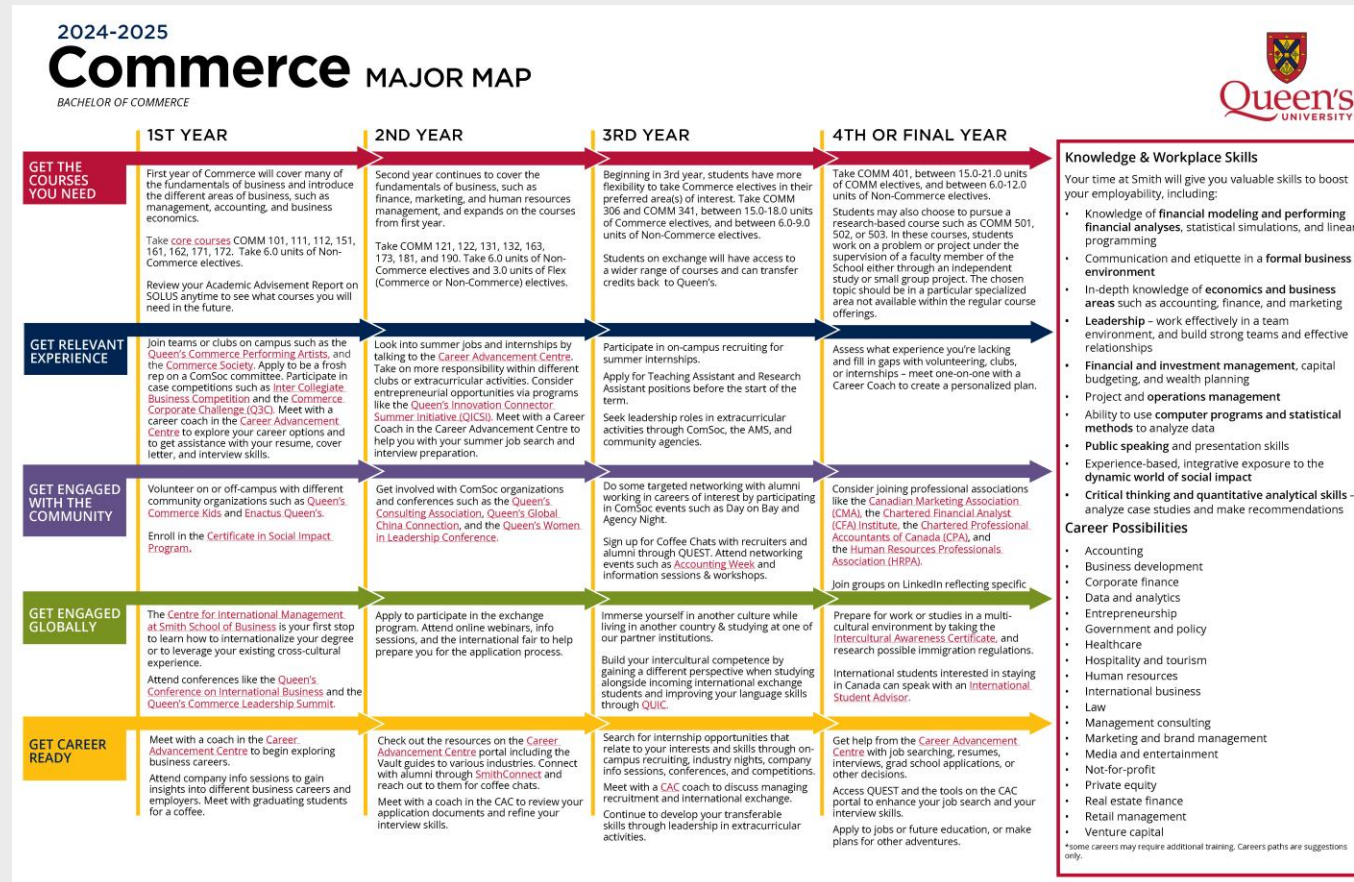


[Engineering First-Year Guide](#)

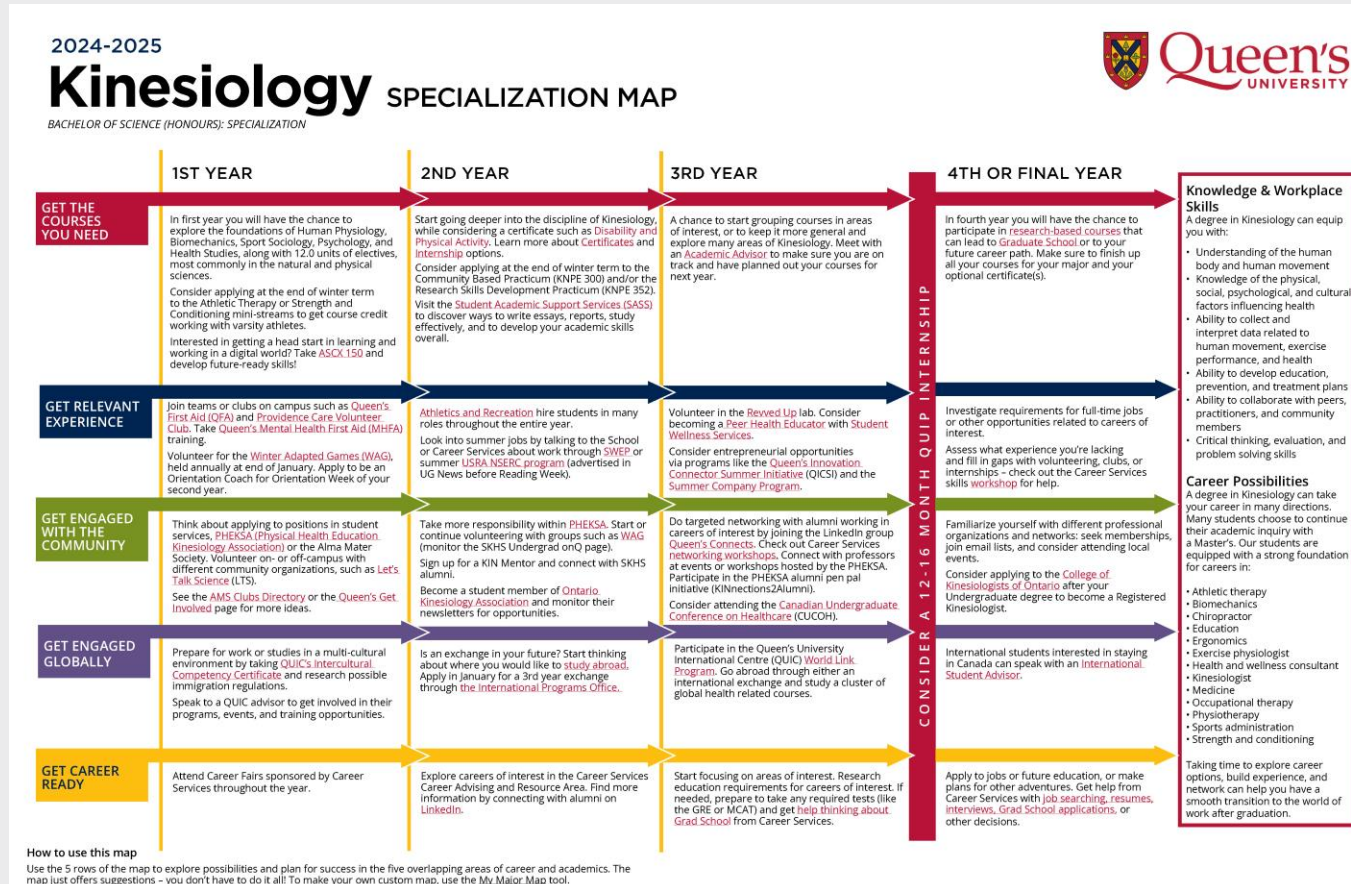


Questions? All programs offer Academic Advising

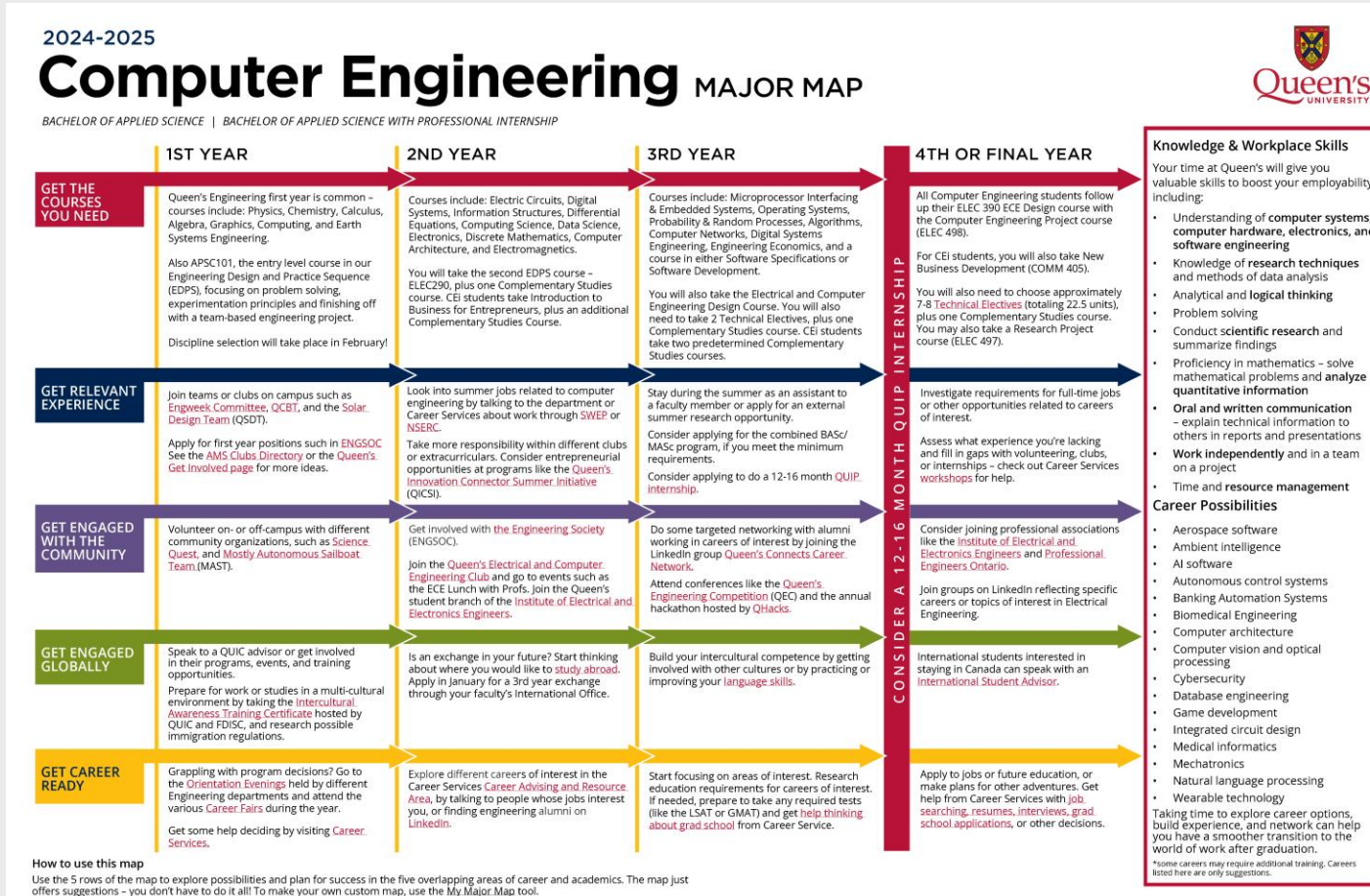
Career Services Major Maps



Career Services Major Maps



Career Services Major Maps



Career Services Major Maps

2024-2025

Concurrent Education MAJOR MAP

BACHELOR OF EDUCATION | BACHELOR OF SCIENCE HONOURS | BACHELOR OF ARTS HONOURS | BACHELOR OF MUSIC HONOURS | BACHELOR OF SCIENCE (KINESIOLOGY)

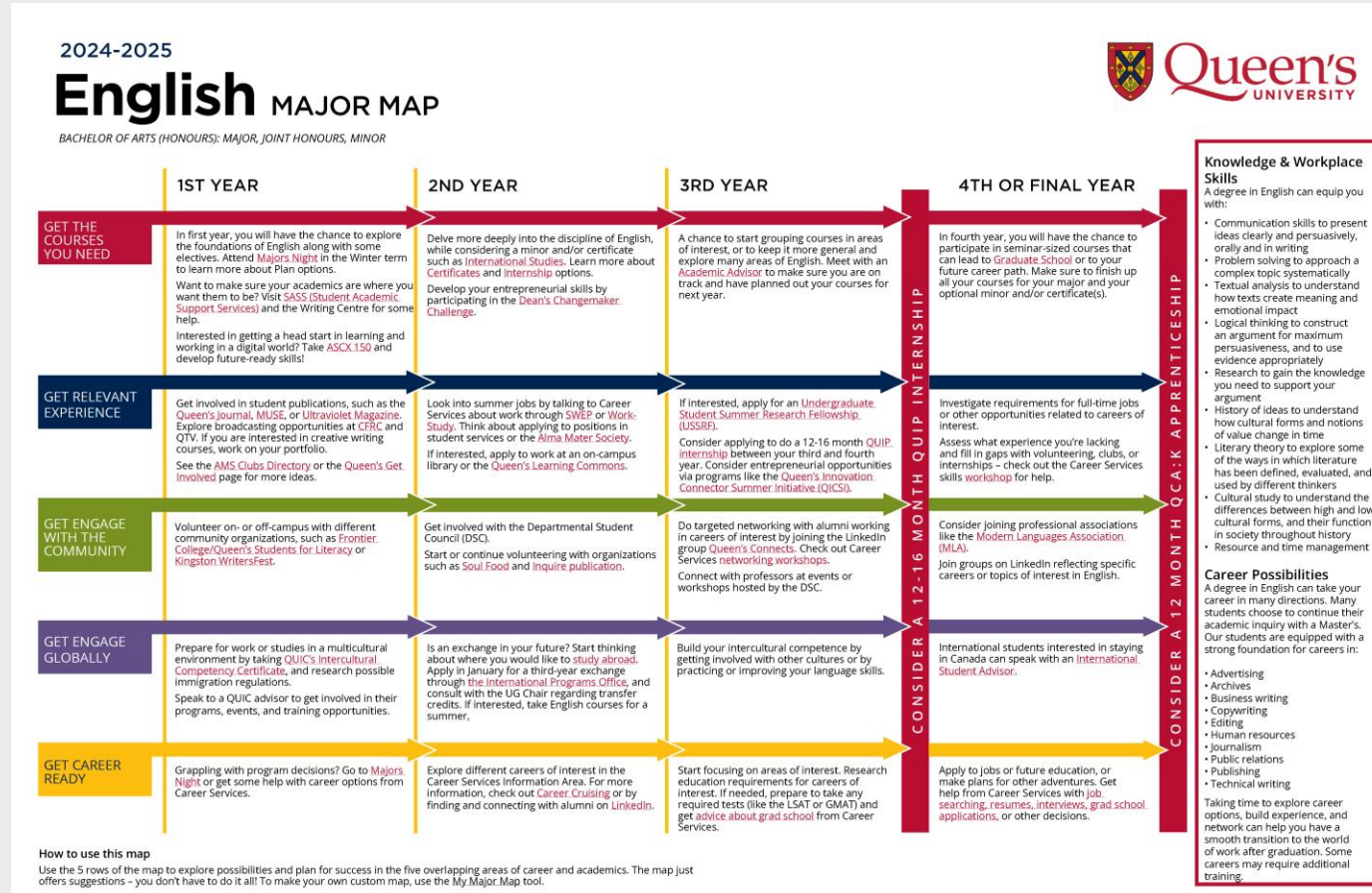


How to use this map
Use the 5 rows of the map to explore possibilities and plan for success in the five overlapping areas of career and academics. The map just offers suggestions - you don't have to do it all! To make your own custom map, use the My Major Map tool.

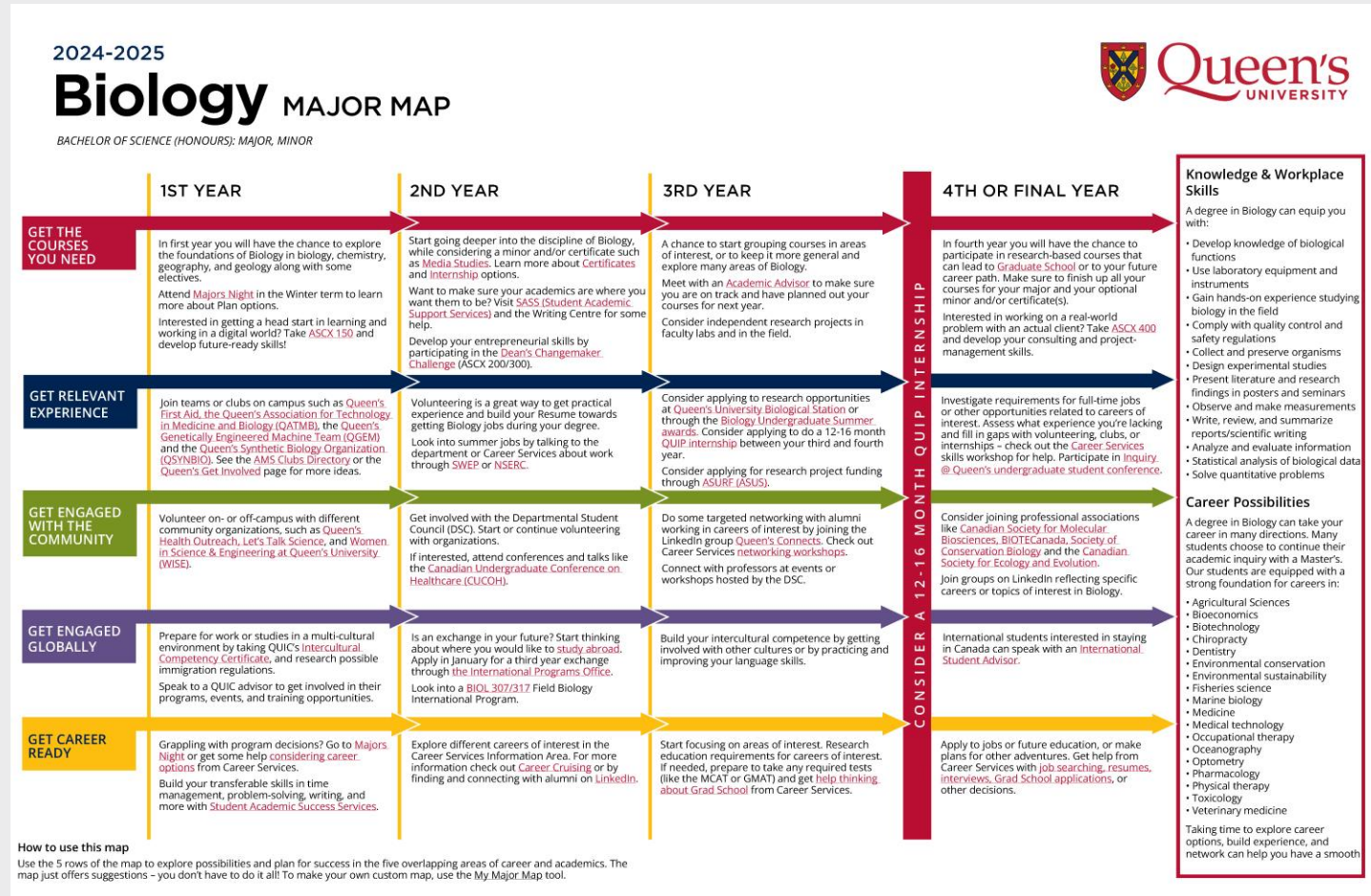
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Career Services Major Maps



Career Services Major Maps



The Term Ahead – Summer Jobs Supports

What: Events and workshops, career coaching and resources, job postings

Get Help With: Winter term and summer job searches (including on-campus jobs), resumes, cover letters, interview prep, career development



Summer Job Fair

January 28, 2025



Career Ser



Online Job Board
Net ID Required

Housing

Housing for Second Year – Overview



Most student housing is **private**



Most leases are **May-April**

Low demand for summer sublets



Most listings are posted **Jan-March**



The Kingston Market:
recent student-focused
complexes

More are coming



Monthly rent per bed:
\$750 - \$1300

Housing for Second Year – Where to Look for Listings

Explore multiple resources

- Queen's Community Housing's online listing service
- Kijiji; Rentals.ca; Facebook Marketplace, etc.
- Company websites
- Word of mouth



Housing for Second Year - Resources

What: Off-Campus Living Advisor



Get Help With: assessing the local rental market; information on tenant rights and responsibilities; rental applications and lease reviews; budgeting; how to approach conflicts with housemates or landlords; one-on-one and group sessions.



Housing Resource Fair October 29-30

Upcoming information booths
on campus and in residences

Off-Campus Housing – Key Advice for Students



Choosing Housemates

Who you live with can be more important than the house



Understanding Leases

A lease is a binding legal contract

Talk to your group before you sign



Knowing Your City

Location and public transportation

Proximity to Downtown + expensive



Kingston Transit has enhanced bus routes to and from campus – **a bus pass is included in student fees** – looking a bit further away may get you what you need and want

Off-Campus Housing – Key Advice for Students

Bottom line: there is time –
no need to panic

Do your research and due diligence
– be efficient, not rushed

Educate yourself about tenant
rights in Ontario

Off-Campus Housing
Resource Package



Supporting Your Student – What to reinforce

ACADEMICS & WELLBEING

- Take advantage of academic supports – they are not remedial
- Get involved
- Take care of your health
 - Eat well, get sleep, be active
- Start looking for off-campus housing but don't panic! There is time.

CAMPUS RESOURCES

Make use of campus resources and supports

- Studentaffairs@queensu.ca; Gordon Hall 300
- The Pulse monthly student e-newsletter; weekly residence newsletter
- Residence Dons and OCC peer leaders

Student Resources



Connect With Queen's

How to Connect with Student Affairs



@queensustudentaffairs



@VPDeanTierney



parents@queensu.ca



613-533-6944

Visit our Parent, Families and Supporters webpage to subscribe to:

- The Pulse monthly E-Newsletter
- Residence Connection E-Newsletter



How to Connect with Queen's Faculties

Arts and Science

Haley Everson
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Student Services
eversonh@queensu.ca

Health Sciences

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Nursing

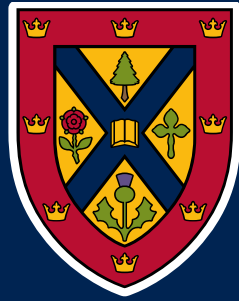
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