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







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/programspecific 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 website



Academic Support: Key advice for Students

Go to class

Go to professor's office hours

Go to academic advising

Explore subjectspecific 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





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



Student Wellbeing - Movement for Healthy Living

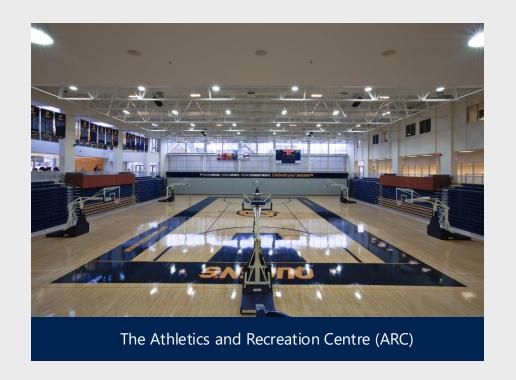
What: Drop-in Recreation, Intramurals, Winter term programs, Fitness classes, Pool, Squash Courts, Turf Fields, Recreation Sport Clubs, and more!

Additionally:

Peer Wellness Coaching



GoGaelsGo.com





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





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





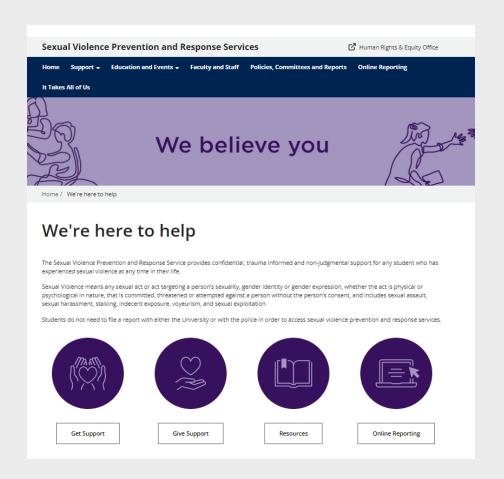
Creating a Culture of Consent

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







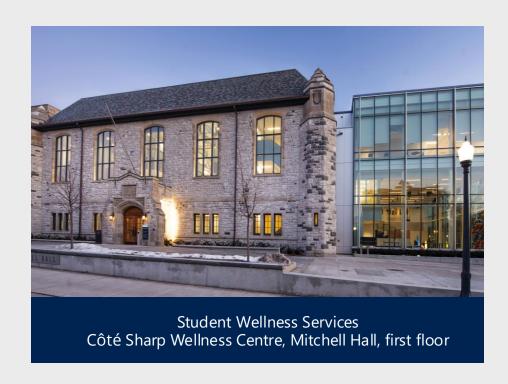
Student Wellbeing - Wellness Services

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 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













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

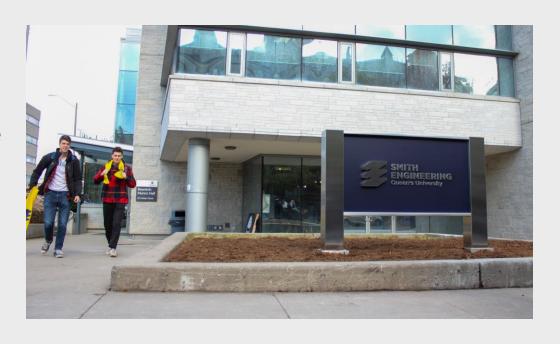
 Each engineering discipline hosts a presentation night with appearances by alumni, current students, and professors who discuss courses, projects, career opportunities, student community, and more in their respective disciplines.

Discipline application deadline: February

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

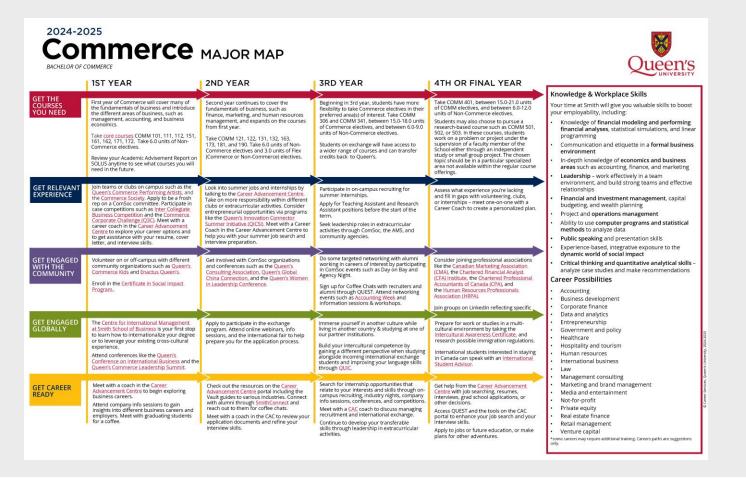


Engineering First-Year Guide

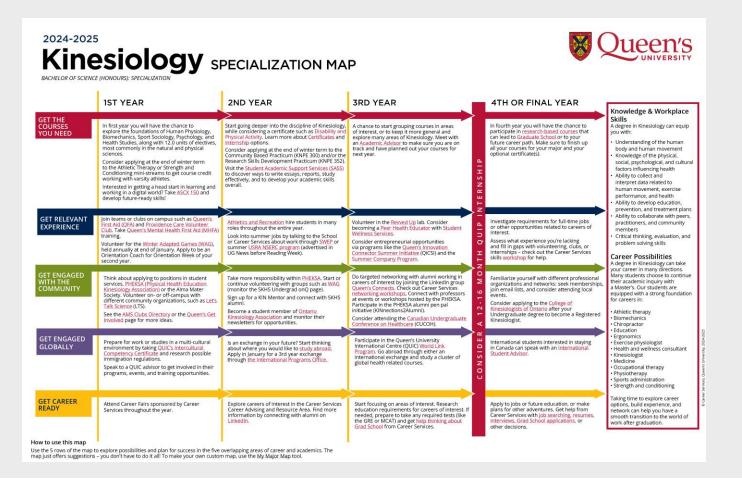


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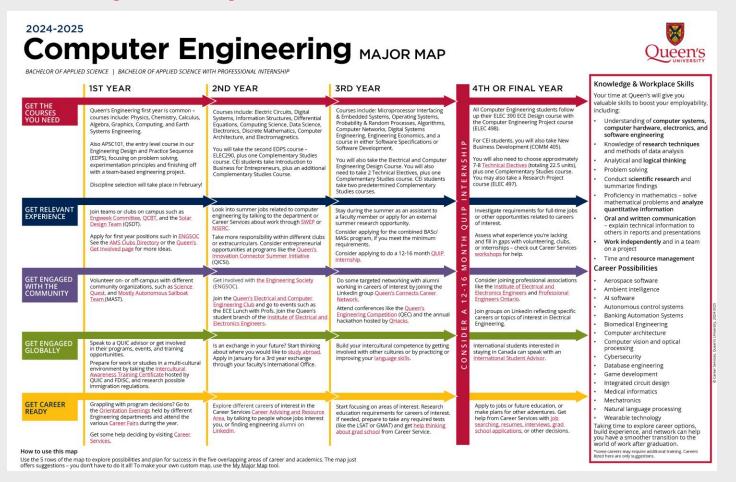












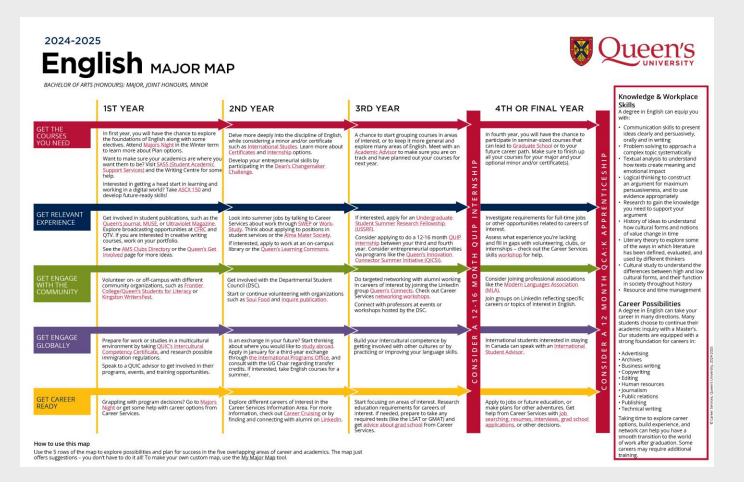


Concurrent Education MAJOR MAP

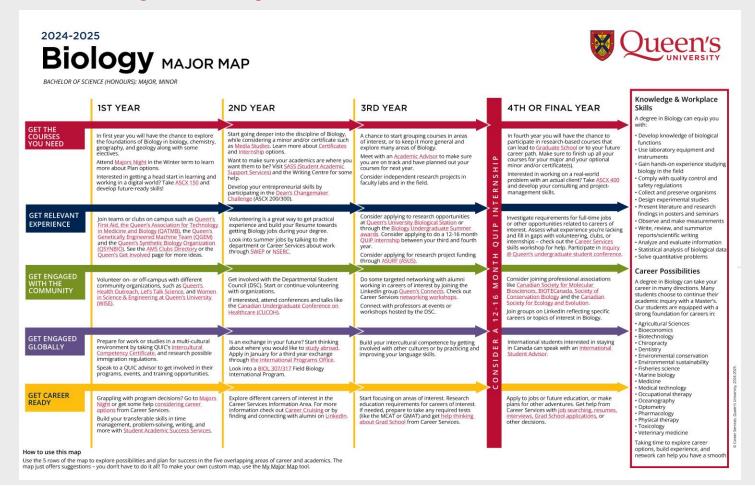


	1ST YEAR	2ND YEAR	3RD YEAR	4TH YEAR	5TH OR FINAL YEAR	Knowledge & Workplace Skills
THE IRSES I NEED	Take PROF 110 and EXLR 110 (2-week teaching placement). Take PSYC 100. Check your program's Arts, Science, Fine Art. Music, or Kinesiotogy major map for high school, make sure you take the "starter courses" for at least two teaching subjects. Choose your teaching subjects and your Arts & Science plan (major) at the end of first year.	Take PROF 210 and EXLR 210 (P)) or EXLR 211 (IS) G-week placement). Enroll in the Arts, Science, Enrol Art, Kinesiology, or Music courses for your chosen Plain, and keep an eye on the requirements for your teaching subjects.	Take PROF 310, PRAC 310 (P)) or PRAC 311 (S) (3-week placement). Continue taking courses to complete your Arts, Science, Fine Arts. Kinesiology, or Music requirements. Make sure you are on track in your Education requirements.	Make sure you are completing all Arts & Science. Music or Kinesology degree requirements this year. Apply to graduate on SOLUS. If you're planning to apply for on optional Program Track in your final year, prepare your application for December.	Choose a concentration, and we will preload you into this and your other courses. If you are in a Program Track, you are already in a concentration. You will complete large blocks of practicum placements this year. You will choose three potential school boards for practicum placement in April before you begin Final Year. View Final Year requirements here.	Your time at Queen's will give you valuable skills to boost your employability, including: Knowledge of educational theor and practices Ability to develop learning materials and lesson plans Interpersonal skills to help you understand group dynamics and resolve or mediate conflicts
LD LLS AND ERIENCE	Join teams or clubs on campus such as Big Brothers Big Sisters, Frontier College Queen's Students for Literacy, or Raleidoscope. See the AMS Clubs Directory or the Queen's Get Involved page for more ideas.	Look into summer jobs by talking to your Arts & Science or Kinesiology department or Career Services about work through SWEP or Work-Study. Take more responsibility within different clubs or extracurriculars.	Consider applying for an Undergraduate Student Summer. Research Fellowship (USSRF).	Assess what experience you're lacking and fill in gaps with volunteering, clubs, or internships - check out the Career Services skills workshops for help.	Investigate job search strategies or continuing your education goals. Visit Education Student Services for help with your resume, cover letter, and interview skills!	Oral and written communication including how to give instructions presentations Ability to manage a classroom at the behavior of individual studen An understanding of learning an
ENGAGED H THE MMUNITY	Volunteer on or off-campus with different community organizations. Get involved with the Concurrent Education Student Association (CESA). Apply to be a "Tutor in the Classroom" with the Limestone Olstrict School Board or apply for the Read-A-Lot, program. Attend the Queen's Conference on Education.	Get involved with your specific Arts & Science department's Departmental Student Council (DSC) or the Physical Health Education & Kinesiology Student Association. Apply to be a "Tutor in the Classroom" with the Limestone District School Board. Start or continue volunteering with organizations in the community. Attend or volunteer at the Queen's Conference on Education.	Volunteer for Kaleidoscope. Apply to be a "Tutor in the Classroom" with the Limestone. District School Board. Attend or volunteer at the Queen's. Conference on Education.	Become a member of professional associations like the Canadian Teachers'. Federation and the Canadian. Education Association. Apply to be a "Tutor in the Classroom" with the Limestone District School Board.	Get involved in the Education Student Society. Join groups on Linkedin reflecting specific careers or topics of interest in Education.	physical exceptionalities, and of factors that influence learning Knowledge of ethics guidelines Career Possibilities In addition to teaching in elementary and secondary schools: Children's Services Communications, media, and publishing
		>	>	>		Community development
ENGAGED BALLY	Speak to a QUIC advisor or get involved in their programs, events and training opportunities. Prepare for work or studies in a multi-cultural environment by taking the intercultural Awareness. Training Certificate and research possible immigration regulations.	Is an exchange in your future? Start thinking about where you would like to study abroad Apply in January for a third-year exchange through the international Programs Office. Consider getting certifications for Teaching English as a Second Language.	Build your intercultural competence by practicing or improving your language skills. Go on exchange for a full year or term.	International students interested in staying in Canada can speak with an international Student Advisor. Start thinking about your Final Year Concentration, and consider selecting International Education.	Look for positions in the Career Buzz Newsletter: Do an international placement during your Alternative Practicum. Select international Education as your Final Year Concentration.	Curriculum development Educational technology International education Outdoor education Professional development traini
		>	>	>		Public relations
CAREER DY	Grappling with program decisions? Go to Majors Night. Make an appointment with your Academic and Career Advisor to discover how your chosen major will work with your ConEd requirements.	Explore different careers of interest in the Career Services Information Area. For more information check out Career Cruising or find and connect with alumni on Linkedin.	Start focusing on areas of interest. Think about the requirements for related careers of interest – do they require additional schooling? Contact Continuing Teacher Education or Education Student Services to see how to prepare for Additional Qualification (AQ) or Additional Qualification (ABQ) courses.	Double-check your teaching subjects and ConEd. requirements to make sure you're ready for your final year. Contact your Academic and Career Advisor if you have any questions!	Go to the Options Career Fair. Look into Continuing Teacher Education to investigate additional qualification courses that can be taken after graduation. Attend workshops. Make an appointment with your Academic and Career Advisor to discuss your job search and career options. Explore graduate programs and research in education.	Teaching - adult, college, early childhood education, and ESI. Taking time to explore career options, build experience, and network can he you have a smoother transition to the world of work after graduation. **Some careers may require additional training. Career are suggestions on the control of the c











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









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

- <u>Studentaffairs@queensu.ca</u>; 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







@VPDeanTierney



parents@queensu.ca



613-533-6944

- Visit our Parent, Families and Supporters The Pulse monthly E-Newsletter webpage to subscribe to:

 - Residence Connection E-Newsletter





How to Connect with Queen's Faculties

Arts and Science

Haley Everson
Associate Director,
Student Services
eversonh@queensu.ca

Health Sciences

Nikki Philbrook Program Director nikki.philbrook@queensu.ca Nursing

Barb Bolton
Academic Advisor
boltonb@queensu.ca

Smith School of Business Commerce

Mandy Daniel
Director, Student Services
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Smith Engineering

First-Year Advising Team
Student Services
engineering.first.year@queensu.ca



