QUEEN'S NURSING ORIENTATION HANDBOOK 2023

27

Your ride starts here!

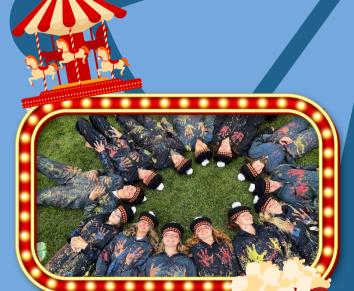
Table of Contents

100000

- 1. Title Page
- 2. Table of Contents Page 1
- 3. Table of Contents Page 2
- 4. Message from Head Cape
- 5. Welcome to Queen's!
- 6. PHOTO PAGE
- 7. Queen's Orientation Traditions
- 8. Nursing Care Packages
- 9. Nursing Cheers
- 10. Oil Thigh
- 11. PHOTO PAGE
- 12. Meet your Capes
- 13. Meet your Capes: Resuscitators
- 14. Meet your Capes: Code Runners
- 15. Meet your Capes: Trauma Queens
- 16. Meet your Capes: CPRmy
- 17. Meet your Capes: Scrub Club
- 18. Meet your Capes: Life Savers
- 19. Meet your Capes: Race Team
- 20. Meet your Capes: IV Leaguers
- 21. Meet your Capes: Stethosquad
- 22. Meet your NOC
- 23. Meet your NOC
- 24. Meet your NOC
- 25. Meet your NOC
- 26. PHOTO PAGE
- 27. Orientation Week Schedule
- 28. Orientation Week Schedule
- 29. What to do Before Queen's
- 30. What to do Before Queen's

Table of Contents





FOREORIN

31. What to do Before Queen's

- 32. PHOTO PAGE
- 33. T-Shirt Initiative
- 34. What to Bring to Queen's Checklist
- 35. Map of Campus
- 36. Residence Buildings
- 37. Residence Buildings
- 38. Queen's Lingo
- 39. Queen's Food
- 40. Meet the Profs!
- 41. Meet the Profs!
- 42. First Year Classes: Semester 1
- 43. First Year Classes: Semester 2
- 44. 'What I Wish I Knew"
- 45. 'What I Wish I Knew"
- 46. Navigating Queen's Communications
- 47. Tips for Mental Wellness
- 48. Resources for Success and Wellness
- at Queen's
- 49. Resources for Success and Wellness at Queen's
- 50. Getting Involved In Nursing
- 51. Getting Involved at Queen's
- 52. PHOTO PAGE
- 53. Message from NSS
- 54-58. Queen's Community Pages
- 59-60. Sponsorship Pages

Message From Head Capel

Welcome to Queen's Class of 2027!

I am ecstatic to welcome you to the Queen's University nursing family. This is an amazing accomplishment and you should be so proud to have made it to this journey. Congratulations and welcome aren't enough to tell you how happy I am that you're joining this community of kind and compassionate students that make up our wonderful nursing program. I feel so honoured that I get to play a role in introducing you to all the things Queen's and the School of Nursing have to offer. Orientation might just be my biggest passion and I hope this experience makes you feel welcome and comfortable in your new "home away from home".

This transition can bring about multiple different emotions during your first days on campus. Amongst all the stress I hope you see the possibility of new beginnings, blossoming friendships, belonging, and a support system like no other. Your 2nd year Orientation Leaders (we call them capes) and 3rd year Orientation Executives (NOC – Nursing Orientation Committee) are here for YOU and are prepared to help in any way possible to make this a smooth transition. Through any feelings of being homesick please know you are supported and will always have friendly faces on campus to contact.

Your acceptance to the Queen's Nursing program is a huge achievement! This program will bring you such joy, passion for the career, and friendships that will support you all along this adventure. By classmates, upper-year students, and staff members, everyone is rooting for you to succeed. It is important to remember how supported you are and all the resources that are at your disposal when the feelings of stress roll around. Schooling in any capacity is no walk in the park but you are here because you deserve to be and your orientation family will always be your biggest cheerleaders!

Myself, NOC, and your lovely Capes are jumping with joy anticipating your arrival to campus! During orientation you will have the opportunity to bond with classmates, learn all about your classes & professors, and even meet students from other faculties too! We are always here to answer any questions you may have, nursing-related or not, so please reach out (nothing is a silly question)! I am thrilled to meet you all soon, the countdown is on! Welcome to Queen's Nursing and enjoy every single step of this adventure, time flies way too quickly!

Mackenzie Woods Head Cape '23









ALCORIDO O-WEER











6

O-Week Traditions!

Nursing Leaders!

NOC: Nursing Orientation Committee! They work so hard to make O-Week spectacular! CAPES: Your second-year nursing leaders! They will guide you through o-week and through your years at Queen's!

Tams & Coveralls!

Tam: A traditional Scottish cap with a Pom-Pom on top that is a different colour for each faculty! It symbolizes that you are a Queen's student! **Coveralls:** A favourite O-week tradition! You

will get to personalize them with the tricolours during O-week!

Other Leaders!

FRECS: Engineering, they are purple & have crazy hair, but they're very friendly! GAELS: Arts and Science COACHES: Kinesiology TECHS: Computer Science BOSSES: Commerce TEACHES: Con-Ed LANDLORDS: FYNIR= First Year Not in Residence NEWTS: New, Exchange, World and Transfer Students COATS: Health Sciences









Nursing Care Packages!

Everyone will pick up a care package at Welcome Home Night in the fall!

> Come meet NOC in Grant Hall from 7:30-10:30pm!



With your registration fee, you will receive....

- Goodie bag
- **Orientation shirt**
- Orientation shorts
- Coveralls
- Nursing TAM
 - So many fun activities
 - LOTS of great info!

NURSING CHEERS!

S-U-P-E-R! Super, super, that's what we are! N-U-R-S-E Super nurse, that's you and me!

SUPER NU

Capes: We are what? Students: Red hot! Capes: We are what? Students: Red hot!

ED HOT

All: We are R-E-D red, H-O-T hot, we're so hot we can't be stopped! Red hot! Oh, oh, red hot!

IF YOU LOVE NURSES!

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If you love nurses... clap your hands Na nursing O-week huh! The Oil Thigh was created in 1981 after a football loss to the University of Toronto, to lift the

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spirit and morale of Queen's students. Queen's went on to win the rematch against UofT. Now it is a tradition to chant this song during a football game everytime a touchdown is scored. "Cha-gheill" means "no surrender" and the lyrics are a representation of Queen's Scottish roots. Along with the lyrics, an exciting leg-kicking dance is added for even more fun! Sing LOUD and PROUD

when you Oil Thigh at Queen's!

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! 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! 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! Chagheill! Oil thigh na Banrighinn gu brath! Oil thigh na Banrighinn a'Banrighinn gu brath! Oil thigh na Banrighinn gu brath! Cha-gheill! Chagheill! Oil thigh na Banrighinn gu brath! Oil thigh na Banrighinn gu brath! Cha-gheill! Cha-gheill! Cha-

WELCOME TO NURSING ORIENTATION

2023



Capes are your **Nursing Orientation Leaders**! We call them "Capes" because in the 1900s, nurses wore capes for warmth and to be easily identified as a nurse.

Your Capes are 2nd year nursing students who will guide you through O-week and even your 4 years at Queen's! They are your friends and mentors. They can give you tips, advice, and support! What Are CAPES?







Resuscitators Meet your capes!

Sophia

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Pronouns: She/Her Hometown: Niagara Falls, ON Stethoscope Colour: Burgundy Favourite 1st Year Class: Microbio! Favourite TAM: Iced matcha latte and bagel from Starbucks Favourite Study Spot: Stauffer second floor Favourite Thing About Queen's Nursing: The tight-knit community and school spirit! Favourite Carnival Food: Funnel cake with ice cream

Kenedi

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Pronouns: She/her Hometown: Kelowna, BC! Stethoscope Colour: Turquoise Favourite 1st Year Class: Health Assessment Favourite TAM: Tricolour snack burger with sweet potato fries from Flip-It! Favourite Study Spot: Isabel Bader Center Favourite Thing About Queen's Nursing: The spirit of community and friendship, as well as the O-week experience :)

Madelyn

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Favourite Carnival Food: Cotton candyyy

Julia



Pronouns: She/her Hometown: Oakville,ON Stethoscope Colour: Caribbean blue! Favourite 1st Year Class: Microbiology Favourite TAM: Grilled chicken sandwich with fries from flippit!

Favourite Study Spot: Harry Potter Library in Douglas **Favourite Thing About Queen's Nursing:** How small it is and how close the whole program is! **Favourite Carnival Food:** Cotton candy Pronouns: She/her Hometown: Barrie, ON Stethoscope Colour: Black Favourite 1st Year Class: Microbio with PRAMEET Favourite TAM: West campus barista smoothie with muffin hits every. single. time. Favourite Study Spot: Isabel Bader Centre Favourite Thing About Queen's Nursing: The amazing people I have met, how welcoming and helpful everyone is, and o-week of course :) Favourite Carnival Food: Cotton candy

Code Runners Meet your capes!

Claire



Pronouns: She/her Hometown: Kingston, ON Stethoscope Colour: Pearl Pink Favourite 1st Year Class: Microbiology with the one and only, King Prameet Favourite TAM: Flipit BYO salad with chicken Favourite Study Spot: Basement of Bracken Favourite Thing About Queen's Nursing: Everyone around you is rooting for you the second you step foot on campus Favourite Carnival Food: Funnel cake + ice cream + strawberries

Pronouns: She/Her Hometown: Caledon Stethoscope Colour: Black Favourite 1st Year Class: Biochem Favourite TAM: Iced matcha latte with 1 pump of chai and cold foam from Starbucks <3 Favourite Study Spot: Main floor of Stauffy Favourite Thing About Queen's Nursing: Meeting my besties ofc, and the supportive community Favourite Carnival Food: Funnel cake

Andrea

THE .



Pronouns: She/Her Hometown: Sarnia, ON Stethoscope Colour: Ceil blue

Favourite 1st Year Class: Micro with King Prameet! Favourite TAM: Booster Juice- Mango Hurricane! Favourite Study Spot: Isabel Bader Centre or Bracken study rooms

Favourite Thing About Queen's Nursing: All the amazing people and experiences! Favourite Carnival Food: Funnel cake

Pronouns: She/her Hometown: Toronto, ON Stethoscope Colour: Plum Favourite 1st Year Class: Microbiology Favourite TAM: Chicken and waffles Favourite Study Spot: Cogro! Favourite Thing About Queen's Nursing: The nursing community is super close and friendly! Love how much everyone supports and encourages each other :) Favourite Carnival Food: Cotton candy!

Trauma Queen's Meet your capes!

Hillary



Pronouns: She/her

Hometown: Vaughan, The Netherlands, and Nigeria! Stethoscope Colour: Raspberry and Gold Favourite 1st Year Class: Anatomy Favourite TAM: Flip-it sweet potato fries from Alan Favourite Study Spot: Stauffer ground floor Favourite Thing About Queen's Nursing: How supportive the students are of each other <3 Favourite Carnival Food: Blooming onions



Pronouns: She/her Hometown: Ottawa, ON Stethoscope Colour: Black Favourite 1st Year Class: Micro

Favourite TAM: Iced coffee and bagel from starbucks of course

Favourite Study Spot: Mac Corry rooms with whiteboards!

Favourite Thing About Queen's Nursing: The people and the traditions!

Ryann





Pronouns: She/her Hometown: Vancouver, BC Stethoscope Colour: Black Favourite 1st Year Class: Microbiology! Favourite TAM: The fruit cups from loco/lazy Favourite Study Spot: I have a new one pretty much weekly Favourite Thing About Queen's Nursing: Everyone is super supportive <3 Favourite Carnival Food: Cotton candy

Pronouns: She/her Hometown: Brantford, ON Stethoscope Colour: Turquoise Favourite 1st Year Class: Health assessment!! Labs are so fun! Favourite TAM: Flip it BYO salad (get the croutons!!!) Favourite Study Spot: Stauff second floor Favourite Thing About Queen's Nursing: Fun and supportive community <3 plus the nursing dance x Favourite Carnival Food: Funnel cake with ice cream and strawberries!!

-**A-CPRmy**-**Meet your capes!**

Sophie



Pronouns: She/her Hometown: Espanola, ON Stethoscope Colour: Pink Favourite 1st Year Class: Microbiology ^{*} Favourite TAM: Loco southwest ranch chicken salad Favourite Study Spot: Cogro Favourite Thing About Queen's Nursing: The close, supportive community we've built! Favourite Carnival Food: Funnel cake all the way!



Pronouns: She/her Hometown: Kemptville, Ontario (close to Ottawa) Stethoscope Colour: Matte black Favourite 1st Year Class: MICR 121 with Prameet! Favourite TAM: Lazy riser with bacon Favourite Study Spot: Very bottom floor of Douglas Favourite Thing About Queen's Nursing: All of our

traditions and the tight knit community <3
Favourite Carnival Food: Cotton candy >>>>>

Emma

Victoria



Pronouns: She/her Hometown: Mississauga, ON Stethoscope Colour: Black Favourite 1st Year Class: Statistics Favourite TAM: BYO Chicken Salad at Flip It! Favourite Study Spot: 2nd floor at Stauffer Favourite Thing About Queen's Nursing: How supportive and kind everyone is Favourite Carnival Food: Soft Pretzels Pronouns: She/her Hometown: Toronto, ON Stethoscope Colour: Black Favourite 1st Year Class: Microbiology!!!! Favourite TAM: Build your own salad from Flipit Favourite Study Spot: Medical Building Favourite Thing About Queen's Nursing: How welcoming the entire faculty is and all the people in it<3 Favourite Carnival Food: Popcorn

Scrub Club Meet your capes! Mika

Serena



Pronouns: She/Her Hometown: Mississauga, ON Stethoscope Colour: Plum 🖤 Favourite 1st Year Class: Microbiology! Favourite TAM: Crispy Chicken Sandwich Favourite Study Spot: The Law Library Favourite Thing About Queen's Nursing: Everyone has each other's backs and are willing to help a fellow nurse in need Favourite Carnival Food: Candy apples

Pronouns: She/her Hometown: Vaughan, ON Stethoscope Colour: Pearl pink Favourite 1st Year Class: Biochemistry Favourite TAM: Cereal cup from lazy Favourite Study Spot: My bed>>>> Favourite Thing About Queen's Nursing: The wonderful and supportive community created by our fellow classmates 🧡 Favourite Carnival Food: Popcorn buckets!



Pronouns: She/her Hometown: Mississauga, ON Stethoscope Colour: Brown and copper !!! Favourite 1st Year Class: Micro with the legendary prameet!

Favourite TAM: Cobb salad from flip it never fails Favourite Study Spot: Any random floor in jeffrey <3 Favourite Thing About Queen's Nursing: Seeing how everything we learn applies outside of school **Favourite Carnival Food:** Funnel cake with the little strawberries :D

Pronouns: She/her Hometown: Brampton, ON Stethoscope Colour: Pearl Pink! Favourite 1st Year Class: Microbiology with King Prameet Favourite TAM: Starbucks strawberry acai refresher lemonade + everything bagel Favourite Study Spot: Medical building Favourite Thing About Queen's Nursing: The friends i've met and the supportive community Favourite Carnival Food: Cotton Candy

Life Savers Meet your capes!



Megan



Pronouns: She/her Hometown: Mississauga, ON Stethoscope Colour: Caribbean Blue Favourite 1st Year Class: Microbiology!! Favourite TAM: Lazy Subs <3 Favourite Study Spot: My dorm (unpopular opinion ahaha!) Favourite Thing About Queen's Nursing: The friends I've made and the sense of community and belonging! Favourite Carnival Food: Candy apples!

DMIT

Ellie

Pronouns: She/Her Hometown: Stouffville. ON Stethoscope Colour: Navy blue! Favourite 1st Year Class: MICRO !! **Favourite TAM:** Starbucks of course **%** Favourite Study Spot: Med building Favourite Thing About Queen's Nursing: The supportive community!! <3 Favourite Carnival Food: MINI DONUTS

Joelle



Pronouns: She/her Hometown: Ottawa, ON Stethoscope Colour: Raspberry Favourite 1st Year Class: Microbio>>> Favourite TAM: Loco salad Favourite Study Spot: Med building Favourite Thing About Queen's Nursing: All the amazing people and the O-week experience! Favourite Carnival Food: Cotton Candy

Claire



Pronouns: She/her Hometown: Oakville, ON Stethoscope Colour: Maroon Favourite 1st Year Class: Microbiology, love king Prameet 📎 🛶 Favourite TAM: Loco salads 🥗 Favourite Study Spot: The Bader Centre/ Juniper Cafe Favourite Thing About Queen's Nursing: How supportive everyone is, it feels like a family 😂 Favourite Carnival Food: Sugar donuts

Meet your capes!

Kayla



Pronouns: She/her Hometown: Toronto, ON Stethoscope Colour: Black Favourite 1st Year Class: Anatomy! Favourite TAM: Loco 4 piece & fries! Favourite Study Spot: Basement at bracken >> Favourite Thing About Queen's Nursing: How close and supportive everyone in the nursing community is <3 Favourite Carnival Food: COTTON CANDY!!



Pronouns: She/her Hometown: Colborne, ON Stethoscope Colour: Ceil blue with the smoke finish! Favourite 1st Year Class: Micro!!!!! Favourite TAM: Starbucks bagel + drink Favourite Study Spot: Med building study rooms Favourite Thing About Queen's Nursing: The people you meet and the traditions! Favourite Carnival Food: Funnel cake fries



Hannah



Pronouns: She/her Hometown: Caledonia, ON Stethoscope Colour: Carribean Blue!!! Favourite 1st Year Class: Health Assessment - love meeting the volunteer patients! Favourite TAM: Pesto chicken panini from booster juice Favourite Study Spot: A random room second floor Mac Corry that has a cool view! Favourite Thing About Queen's Nursing: How small our faculty is! Favourite Carnival Food: CHEESECAKE ON A STICK



19

Meet your capes!

Emmy





Pronouns: She/her

Hometown: Delaware ON (just outside of London) Stethoscope Colour: Pink 💝

Favourite 1st Year Class: Microoooo #rollprameet Favourite TAM: Build your own sandwhich @ loco Favourite Study Spot: Law library

Favourite Thing About Queen's Nursing: My nursing friends and how close/friendly everyone in the program is!

Favourite Carnival Food: Cotton candy 😩



Pronouns: She/her Hometown: Watertown, New York Stethoscope Colour: Caribbean Favourite 1st Year Class: Biochemistry and Microbiology...I can't choose between them Favourite TAM: Smoothie and Muffin from Barista Favourite Study Spot: Education Library Favourite Thing About Queen's Nursing: The sense of community built during the first day of orientation Favourite Carnival Food: ice cream with rainbow sprinkles



Pronouns: She/her Hometown: Richmond Hill, ON Stethoscope Colour: Plum! Favourite 1st Year Class: Statistics Favourite TAM: Flip-it salad or pita pit! Favourite Study Spot: Stauffer fireplace room or Douglas 3rd floor study rooms Favourite Thing About Queen's Nursing: Meeting all the other supportive and amazing nurses here S Favourite Carnival Food: Blooming onion



Pronouns: She/her Hometown: Toronto, ON Stethoscope Colour: Plum Favourite 1st Year Class: Statistics (unpopular opinion lol) Favourite TAM: Pita pit Favourite Study Spot: Albert Res houses Favourite Thing About Queen's Nursing: The community <3 Favourite Carnival Food: RED slushies

Stethosquad Meet your capes!

Meher



Pronouns: She/her Hometown: Richmond Hill, ON Stethoscope Colour: Navy blue Favourite 1st Year Class: Microbiology! Favourite TAM: Starbucks bagel + iced vanilla latte Favourite Study Spot: Stauffer cubicles + my room Favourite Thing About Queen's Nursing: The supportive community, wonderful people and traditions! Favourite Carnival Food: Churros + cotton candy

Kayley



Pronouns: She/her Hometown: Whitby, ON Stethoscope Colour: Pink<3 Favourite 1st Year Class: Health Assessment, labs are the best and great learning experiences! Favourite TAM: Lazy cheese burger:) Favourite Study Spot: Stauffer Fireplace Room (2nd floor) Favourite Thing About Queen's Nursing: How close the nursing community is and of course the year dance<3 Favourite Carnival Food: Cotton Candy



Pronouns: She/her Hometown: Toronto, ON Stethoscope Colour: Caribbean Blue Favourite 1st Year Class: Microbiology! Favourite TAM: White hot chocolate and sourdough grilled cheese from starbucks Favourite Study Spot: 3rd floor of stauffer Favourite Thing About Queen's Nursing: We are a family and take care of one another Favourite Carnival Food: Cotton Candy

Emma



Pronouns: She/her Hometown: Kemptville, ON (20 mins south of Ottawa) Stethoscope Colour: Matte Black Favourite 1st Year Class: Microbiology with King Prameet

Favourite TAM: Berry Fresh Bowl from Wally's Favourite Study Spot: 2nd Floor of Med Building Favourite Thing About Queen's Nursing: The amazing people I've met, the opportunities, and O-Week K Favourite Carnival Food: Mini Cinnamon Sugar Donuts

Meet Your Noce Nursing Orientation Committee

NOC is a fantastic group of third year nursing students who have been hard at work all year to make O-week the BEST! They will be the event leaders throughout O-week and are SO excited to meet you!





Meet Your NOC! HEAD CAPE FINANCIALS



Pronouns: She/Her Hometown: Cornwall, ON Role on NOC: Head Cape 🗳 Stethoscope Colour: Dark purple Stream of Interest in Nursing: Peds peds peds c cliff in DONUTS Favourite Thing About Clinical: Getting to use all the skills!! Fun Fact: I've jumped off the highest cliff in Jamaica Favourite Carnival Food: MINI DONUTS



Pronouns: He/Him Hometown: Ottawa, ON Role on NOC: Financials 😜 Stethoscope Colour: Maroon Stream of Interest in Nursing: Mental health or Public health (still tryna figure it out!) Favourite Thing About Clinical: The people you meet Fun Fact: I've worked as a professional gardener EUNDRAKER SUNDRAKER (contact the gentle gardeners for all of your landscaping needs!! 4) Favourite Carnival Food: Corn dogs 🌽 🖗



Pronouns: She/Her Hometown: Toronto, ON Role on NOC: Fundraising Coordinator Stethoscope Colour: Purple nurple Stream of Interest in Nursing: Pediatrics/ travel nursing;) Favourite Thing About Clinical: Meeting incredible people! Fun Fact: I have been on a 50 day canoe trip! Favourite Carnival Food: Mini donuts for sure (stealing this from



Meet Your NOC! LOGISTICS LOGISTICS



Pronouns: She/her Hometown: Burlington, ON , ICU or mate. Learning new nursing ssigned nurses of the seven highest aramel apples Role on NOC: Logistics



Pronouns: She/her Stream of Interest In Favourite Thing About C... instructors, staff, patients and a Fun Fact: I LOVE the airport and f on flight tracker Tavourite Carnivo Hometown: Burlington, ON Role on NOC: Logistics Stethoscope Colour: Plum 🕺 🕺 Stream of Interest in Nursing: I. Have. No. Idea 🔒 Favourite Thing About Clinical: Learning from instructors, staff, patients and applying skills! Fun Fact: I LOVE the airport and tracking planes on flight tracker (I know, weird) Favourite Carnival Food: Nachos!



Pronouns: She/Her Hometown: Ancaster, ON Role on NOC: Academics Coordinator Stethoscope Colour: Plum Stream of Interest in Nursing: PICU, NICU, oncology or anesthesiology!! Favourite Thing About Clinical: Gaining hands-on experience and applying knowledge! Fun Fact: I'm double jointed in every finger Favourite Carnival Food: CANDY APPLE MMM



Meet Your NOC! SOCIALS



Pronouns: She/her Hometown: Whitby, ON Role on NOC: Socials Stethoscope Colour: Black Stream of Interest in Nursing: Travel nursing, anesthesia. cosmetics Favourite Thing About Clinical: Catheters Fun Fact: I love to camp! Favourite Carnival Food: Tiny toms donuts

SHAE MACKENT



Pronouns: She/Her Hometown: Courtice, ON Role on NOC: Handbook & Marketing Stethoscope Colour: Black - boringgg Stream of Interest in Nursing: Peds, oncology, anesthesia Favourite Thing About Clinical: New experiences and trying new things alongside peers! Fun Fact: I've been to 28 concerts (Ticketmaster has all my \$\$\$) Favourite Carnival Food: Bloomin' onionnn





A Sneak Peek of O-Week!















Orientation Week Schedule VEEKENDONE

ONE

ADMIT ONE

DATE	EVENTS	DESCRIPTION	
Saturday, September 2nd	ALL DAY: RESIDENCE ACTIVITIES		
	Residence Move In / Orientation	Move into your new home and meet your residence mates! (Run by university)	
Sunday, September 3rd	MORNING: UNIVERSITY ACTIVITIES		
	0900-1300 (9:00-1:00) University Welcome Parade @ Tindall Field	Orientation events run by the university!	
	AFTERNOON: FACULTY ORIENTATION		
	1400-1500 (2:00-3:00) Bonding @ Summerhill	Welcome home! Come meet NOC, CAPES, and your fellow nursing classmates!	
	1500-1700 (3:00-5:00) Year Dance Reveal @ Summerhill	Time to bust a move and learn your year dance!	
	1820-2100 (6:20-9:00) Campus Amazing Race @ Summerhill	Learn campus like the back of your hand with fun activities!	
	INTERFACULTY EVENTS!!		
Monday, September 4th	1000-1700 (10:00-5:00) TMUGZ with the Engineers! @ Agnes Benedickson Field	Prepare to meet and complete challenges with our beloved engineers!	
	2000-2200 (8:00-10:00) Headphone Disco! @ Grant Hall	Come dance it out with ConEd and Kin!	

VEEKEND TWO

DATE	EVENTS	DESCRIPTION	
Friday, September 8th	EVENING: CONCERT ORT Mystery Concert	Concert for all incoming students with a surprise artist!	
Saturday, September 9th	ALL DAY: FACULTY ORIENTATION		
	1100-1230 NOC Talks @ Biosciences Complex	Come listen to a panel of previous NOC members talk about tips and tricks to guide your time in Queen's nursing!	
	1230-1400 (12:30-2:00) Game Time! @ Biosciences Complex	Come play games of all different types and get to know your fellow nursing classmates better!	
	1830-2130 (6:30-9:30) Boat Cruise / Semi-Formal Night @ Upper Summerhill	Get out those snazzy formal outfits and get ready for a night out on the lake for a boat cruise!	
Sunday, September 10th	ALL DAY: FACULTY ORIENTATION		
	1000-1200 Healthcare Games With Health Sci! @ Nixon Field	Come participate in awesome challenges and activities alongside Health Sci!	
	1230-1630 (12:30-4:30) Tournament of the Century @ City Park	This ultimate event consists of several tasks and challenges, including coverall painting!	
	1630-1700 (4:30-5:00) Tamming Ceremony @ Biosciences Complex	For our last event, come receive your honorary tam, take photos, and attend the awards ceremony!	
		- 28	

what to do before coming to Queens!

Immunizations and Forms

The list of tasks below must be completed BEFORE Orientation. These may take some time to complete so please get started as soon as possible! Specific instructions will be emailed to you from the School of Nursing for how the forms should be submitted.

- CPR level HCP/BLS
- Standard First Aid
- Criminal Record Check with Vulnerable Sector Screening
- Immunizations (See below)



All immunizations are to be documented on a form emailed to you by the School of Nursing. Take note if appointments are needed for these tasks and allow enough time for yourself to complete them! More information on required documents can be found on the Queen's School of Nursing website.

If you have any questions
regarding these forms please
email: bnsc.programs@queensu.ca



29

Coming to Queensit

Registration for Nursing Orientation 2023 Registration for Nursing Orientation will be online! Over the summer you will be receiving more information about this through your Queen's email - don't forget to regularly check your Outlook!!

Scrubs and stethoscopes DO NOT need to be purchased before you arrive at Queen's!! They will be available to order through the Nursing Science Society (NSS) in first semester, prior to your Health Assessment course (NURS 202).

Scrubs and Stethoscopes



what to do Before coming to Queens! Staying Up to Date

Keep up on all the important information by following our social media! We cannot wait to meet all of you! <3

@QUnursingorientation

Page: Nursing Orientation Week Group: Queen's Nursing Class of 2027



- Important Queen's dates and deadlines can be found on the 'Key Dates and Deadlines' page on the Queen's University Website.
- Regularly monitor your personal
 @queensu.ca email account





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T-Shirt Swap Initiative

To support the Kingston Youth Shelter, the incoming class of 2027 will be participating in a T-Shirt Swap Initiative to collect clothing items for donation.

During orientation week, each incoming student will be provided with an OWEEK shirt and in exchange, will swap over a shirt for donation. We ask that each student brings ONE t-shirt in good condition to offer to the shelter. At the end of the week, NOC will bring all the collected donations to the Kingston Youth Shelter.

> Make sure to add an extra t-shirt to your packing list!!

We are so excited to support the community with YOUR help.

HAT DO I BRING TO QUEEN

- Summer + Winter clothing

 (swimsuit/boots/jacket+gloves+scarf)
- Semi-formal clothing
- Rain gear (umbrella)
- Shower shoes/flip flops
- Shoes + clothes you can get dirty**(for o-week activities!)
- Business casual/professional clothes** (NURS101)



- SNACKS!
- Desk lamp
- Command hooks
- Cleaning supplies
- Room decor
- Stationery (pens, scissors, tape, etc.)
- Fan
- Laundry hamper + detergent •

- Medication (halls, advil, flu, etc.)
- Hangers
- Wifi router + Mini fridge (Unless in Brant, Smith, or Endaayaan-Tkanónsote residence)
- Storage baskets
- Extension cords

- Dishes + cutlery + dish soap + pot/pan
- Shoe mat
- Printer

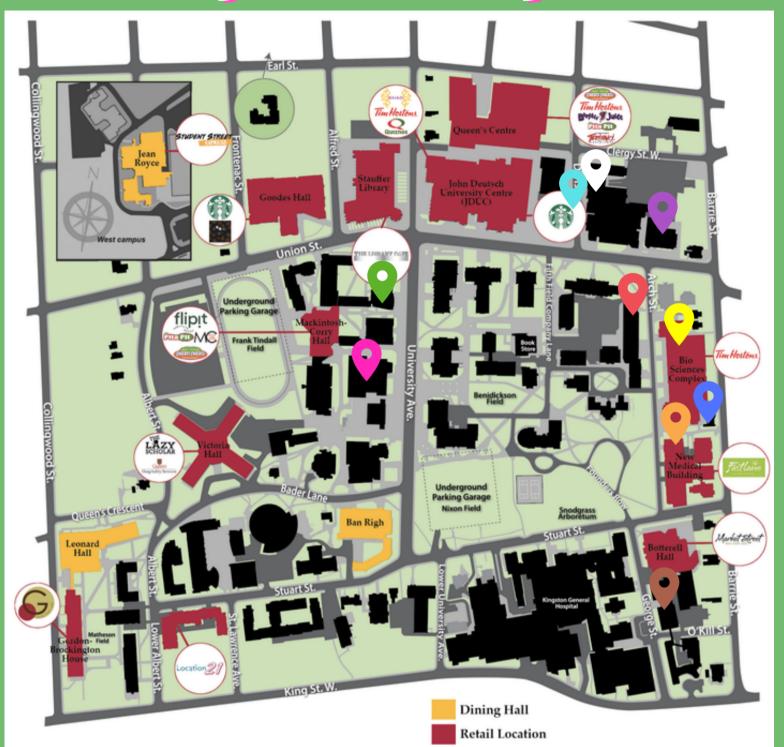
RECO

- First aid kit
- Calendar
- Speaker
- Mattress protector/topper

OPTIONAL



Map of Campus!



Gender Neutral Washrooms

Queens Centre Stauffer Library Douglas Library Kingston General Hospital BioSciences Complex Watson Hall Stirling Hall Kingston Hall

Frequent Locations of Nursing Classes

BioScience Comple

Humphrey Hall Walter Light Hall Cataraqui Building (School of Nursing) Dunning Hall Ellis Hall Dupuis Hall New Medical Building Clinical Education Centre

35

Residence Buildings

Adelaide Hall



"Addy" is an all female residence with single and double rooms amongst 4 floors!

Gord-Brockington House



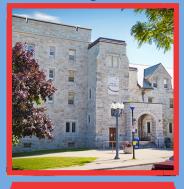
"Gord-Brock" is a mixed gender residence with single, double, triple, and quad rooms!

Harkness Hall



Located on the north side of campus, harkness is a mixed gender residence containing single, triple, and quad rooms!

Ban Righ Hall



"Ban" is an all female residence with single and double rooms amongst 4 floors! Is also a dining hall!

David C. Smith House



"Smith" is a mixed gender residence with 261 single plus rooms!



Brant House



Brant is a mixed gender residence with 271 single plus rooms across 9 floors!

Jean Royce Hall



Located on West Campus, Jean Royce has single and double rooms in a mixed gender environment! Is also a dining hall!

Chown Hall



Chown is a mix-gender residence with single, double, triple, and quad rooms spread across 5 floors!

Residence Buildings

Endaayaan-Tkanónsote Residence



Queen's newest residence, built in 2022. It is a mixedgendered residence with 324 single plus rooms!

Leggett Hall



Leggett contains 336 single plus rooms across 5 floors in a mixed gender environment!

Morris Hall



Morris contains single, double, triple, and quad rooms in a mixed gender environment!

Watts Hall

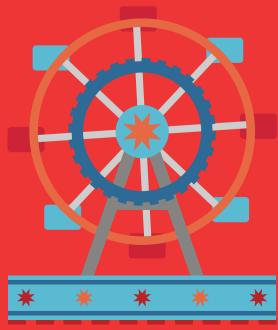


Watts is a mixed-gender residence containing 203 single plus rooms amongst 6 floors!

Leonard Hall



"Lenny" features single, double, triple, and quad rooms with mixed-gender and all-male floors! Is also a dining hall!



Waldron Tower



With a beautiful view of the lake, "Wally" is a gendermixed environment with 278 single rooms spread across 11 floors!

McNeil House



McNeil features single and double rooms in a mixedgender environment!

Victoria Hall



"Vic" is the largest residence, which features a mix of single, double, triple, and quad rooms in a mixed gender environment!

Onseus Rivão

TAM (food)

Trade-A-Meal' allows you to trade a dining hall meal for a designated meal at one of the many retail locations!



TAM (hat)

A tradition at Queen's where every student is given a Queen's hat with a coloured pom pom correlating to which faculty they are in (nursing is white)!



Stauff & Doug

'Stauff' and 'Doug' are the short forms for the two most popular libraries on campus, Stauffer and Douglas!



ARC

The Athletics and Recreation Centre, where the gym, drug store, grocery store, and many retail locations are found!

Cogro

Common Ground Coffee House, which a student run cafe located on the second floor of the ARC! There are many food/drink options avalable!



U&U

The main intersection at Union Street and University Avenue!

Flex \$

\$150 pre-loaded onto your student card that can be spent anywhere throughout campus!



SON

The School of Nursing (AKA the Cataraqui Building) which is located at 92 Barrie Street!



LIGGIS FOOL

Leonard Hall (Lenny) and Ban Riah Hall (Ban) are located on main campus, while Jean Royce Dining Hall is located on west campus. All dining halls provide a variety of food selections for everyone!

oining Hallo

Jeen's Central **Recreation Centre (ARC)** has several retail locations including Tim Hortons, Boaster Juice, Pizza Pizza, Pita Pit, Cogro, and KHAO Pho Now!

A popular TAM location includin places to Starbucks, and Flip-It, which is a popular burger resurant!

ocation

"Loco" is a popular late night food location found on the main floor of the David C. Smith residence. Loco has food for everyone with a deli, salad, and sandwich station!

THE LAZY SCHOLAR

Location

SZY Schols azy" is located in the basement of Victoria

Hall. It features a Mexican, grill, sub/poutine, ice cream, and smoothie station! Each station has a variety of food options to chose from!

39







NURS 101: Professional Relationships

This class introduces you to both professional and therapeutic relationships within your nursing career. You will have the opportunity to apply your skills in lab while working with volunteer patients! NURS 103: Philosophy & Healthcare

This class will be introducing you to works concerning philosophical issues. This includes ethics, morality, self, justice, the mind and body relationship and existence. You will be using clinical cases in discussion regarding these topics.

BCHM 102: Biochemistry

This course will build off of the content from your grade 12 biology & chemistry classes. You will learn about the metabolic pathways in the body that will help you understand some conditions you may come across in your career.

NURS 323: Statistics

This course aims to improve your critical thinking skills as well as how to collect, display and analyze data. You will be making and further testing predictions in your labs. There are weekly online lessons to help you understand and solidify the concepts.

PSYC 100: Psychology

This is your only full year course in first year! You will be introduced to the science of behaviour and the mind. Using a combination of lectures and labs you will explore research in key areas of psychology, including perception, cognition, learning and motivation.



First year classes Semester 2

NURS 202: Health Assessment

This class introduces you to many assessments that you will get to practice on volunteer patients! You will also dive into some specifics about health as well as skills that you will use throughout your entire nursing career!

MICR 121: Microbiology

This course is a focused course for nurses where we learn about infectious diseases, treatments and how, as health care professionals, to keep infections under control. In labs, you'll get the opportunity to grow your own bacteria and identify it.

ANAT 101: Anatomy

This course will teach you about human anatomy that will help you put together concepts that you will learn in other courses. During labs, you will get to work with human cadavers and specimens!

NURS 100: Nutrition & Health

This class focuses on nutrition as a determinant of an individuals health. You will study the role of nutrition in health promotion, metabolism, nutrition behaviour, and nutrition change.

PSYC 100: Psychology

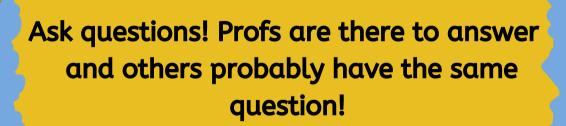
In the second half of this course you'll be focusing on child development, individual/social and clinical psychology. You will gain insight into what makes people think, feel, and behave the way they do.

What I Wish I Knew Before Coming To Queen's!



Ask upper years or wait until the first lecture before buying textbooks

Bring your own WiFi router, and lots of extension cords!



TAMS count as part of your 19 weekly meal swipes



What I Wish I Knew Before Coming To Queen's!

Everyone is in the same boat. Talk with others, and we are here to chat too! Some readings are more important than others. It's okay if you don't have time to read everything.

Don't feel pressured to do what others are doing. Be yourself and make your own decisions

Try different note taking techniques and to-do lists. Time management is very important

Navigating Queen's Communications



This will be the main site for course content. You can find lecture meterials, assignments, contact methods for TA's and profs, and your syllabus.



This will be your Queen's email and how you will contact the teaching team. Also keep an eye out for updates, newsletters, and of course O-week info!



This portal is where you applied and received acceptance. It is also where you will pay tuition and residence fees, and find exam schedules and final grades

R

Computer software used in NURS 323, statistics Other courses may use different programs. You will find out when you get here!

TOP HAT

Used for lecture slides and quizzes in NURS 323



Tips to De-Stress and Promote Mental Wellness!



Resources for Success and Student Wellness

Student Wellness Services

🜔 613-533-2506

Walk in appointments, prescription renewals, STI testing and counselling



Walk Home 613-533-9255 (t

A service that provides you with peers to walk you home within Kingston. This is an anonymous service as members do not wear any identification that highlights that they are a part of the walk home team!

Student Academic Success (SASS)

613-533-9255

Provides workshops to help students with time management skills, reducing distractions, procrastination and enhancing study habits. They also provide appointments with Peer Writing Assistants who can provide feedback on essays and assignments.

Career Services

613-533-9255 🜔

Career Services are a great resource for advancing your career. This service offers job listings, workshops, counselling, and career advising appointments. This service can provide you with a path to internships, employers and much more!

NEST (C) 613-533-9255

The Nest is a space for all things related to Equity, Diversity, Inclusion, Indigeneity and Accessibility (EDIIA). It is a welcoming and safe gathering space to come together to work and connect in fellowship.

Resources for Success and Student Wellness

Q SUCCESS JDUC Room 135

Provides workshops to help students with time management skills, reducing distractions, procrastination and enhancing study habits. They also provide appointments with Peer Writing Assistants who can provide feedback on essays and assignments.





Peer Support Centre 613-533-6000 ext. 32737

The Peer Support Centre provides confidential and empathetic support to students. These students have gone through extensive training in suicide awareness, health and wellness, sexual assault, domestic abuse and accessibility

COR (f)@QueensCOR

The Campus Observation Room is a safe and judgement free place where students can visit when they've had too much to drink. This service is confidential and aims to reduce alcohol related injury by monitoring students while they recover.

Profs, TA's, CAPES, NOC

All these individuals are here to help! The TA's are a great resource during labs, and your professors can be reached through e-mail or during office hours. Your CAPES and NOC are also here to answer any questions you may have!

Additional Inclusive Community and Campus Support

https://www.queensu.ca/studentaffairs/inclusive-community/inclusive-supportscampus-and-community

Getting Involved In Nursing!

NSS Intern

This is an opportunity to shadow the executive members of the Nursing Science Society (NSS) to learn and get involved with the School of Nursing

Class Council

Represent the class of 2027 at NSS meetings and design class social events and gatherings

KNSC Council

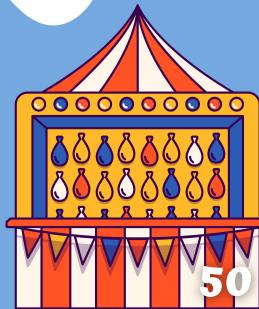
KNSC is an annual student-run conference featuring several speakers held to inspire nursing students

CAPE

YOU could be a CAPE! Be a vital part of orientation week by applying to be a CAPE for the class of 2028!







Get Involved At Queen's!

Clubs

Join one of Queen's 300+ clubs! There is something for everyone! A CLUB FAIR happens at the beginning of the semester to introduce you to all these opportunities.



Intramurals



Employment

Take the opportunity to try a new sport or continue playing the sports you love with your peers!

The ALMA MATER SOCIETY employs over 700 students and has spots for first year, transfer and exchange students.

There are also many opportunities to work at other campus services and cafes on campus.





Welcome to the NSS



< HEY, CLASS OF '27!

To: Queen's Nursing Class of 2027 From: The Nursing Science Society Executive Team Subject: HEY, CLASS OF '27!

We are **overjoyed** to welcome you into our vibrant nursing community, and are **so proud** of each of you for the commitment and achievements that have brought you here!

Think of the NSS as your one-stop hub for student support (of all types!). Look forward to **social events**, **giveaways**, **newsletters**, **fundraisers** (which invest in your class), **workshops**, **guest speakers**, and our **formal**! One of our goals is to ensure resources for health and wellbeing are at your fingertips. Whether you are looking for scholarships or financial aid throughout your studies, peer tutoring and mentorship, connection and camaraderie within the program, or simply a listening ear – we got you. Our main pillars for this year are: 1) enhance opportunities for skill development for the clinical setting, 2) nurture the connections between our students, and 3) provide tools for professional advancement.



X







Formally, the NSS is considered your <u>student government</u>. We **represent** nursing students across all years and streams, and **advocate** for our shared needs to governing bodies. This includes the School of Nursing faculty, the Faculty of Health Sciences, and the university's overarching student government: the Alma Mater Society. Informally, we are <u>family</u>; we want your experience to be as positive and enriching beyond your wildest imagination. Our "door" is always open for you – reach out to us any time to share how you are doing and how we can help.

With that said, get ready to embark on this next chapter: nursing school. It will be challenging but rewarding, with tons of learning and friendships to last a lifetime. In unprecedented times as these, we are with you every step of the way. If you want to explore the endless ways to get involved with the NSS, let's be friends on IG, Facebook, and TikTok! Opportunities are coming soon!

Wishing you success and a fun-filled future ahead! Yours,

Anita, Vidhi, Maxwell, and Ali





X

CANADIAN NURSING STUDENT ASSOCIATION



WHO ARE WE?

The Canadian Nursing Student Association (CNSA) is governed by a board of nursing students who have represented the voice of over 30,000 nursing students nationwide since 1971 with the goal to increase the legal, ethical, professional, and educational aspects integral to nursing. With a strong commitment to advocating for nursing students, the CNSA serves as a platform for presenting your interests to governing bodies and healthcare organizations. As your representatives, we are dedicated to relaying your voices and advocating for the continuous improvement of nursing education



MEMBERSHIP OPPORTUNITIES

As a member of the CNSA, you have the opportunity to interact with other nursing students on educational, professional, and social levels. Our members connect with each other through...

。Annual national and regional conferences Member forums Social media, and more!

DID YOU KNOW?

ALL OUEENS NURSING STUDENTS ARE MEMBERS OF CNSA!

MEMBERSHIP BENEFITS

A CNSA membership entails you discount deals with partnered organizations including NCLEX resources, and professional development modules! They also provide Student Awards/Bursaries. Be posted on opportunities to get involved to show leadership and organizational skills!

FOLLOW OUR IG TO KEEP **UPDATED WITH CNSA OFFERS!**

MAKE USE OF YOUR MEMBERSHIP!

Reach us at:

Email: queens@cnsa.ca



🕼: cnsa.queens

Check out the CNSA official website at: https://www.cnsa.ca/en/home

BIPOC ADVOCATE



As a first-year student, you may have questions about advocating for your needs on campus or connecting with the Queens community. As the BIPOC advocate, I am here to help!

Here are some ways I can help:

- Provide guidance on navigating campus resources and services.
- Advocate for the BIPOC community in policy-making
- Connect you with Nursing resources, Queens clubs and associations.
- Come talk to me about challenges and concerns you may face on campus
- Contact me to learn more ways I can support you on your university journey.

Simi .O

Nursing '26

Nursing area of interest: Cadiac and surgical nursing

Contact me at;

bipocadvocate@nss.queensu.ca

More information : @ QUEENSNSS.COM

Please don't be shy to say hello!!!



BRINGING CANADA'S HEALTHCARE STORY TO LIFE!

Visit the Museum of Health Care and mention you are a Queen's Nursing student to receive a <u>free gift</u>!

OPEN TUES - SAT 10AM-4PM

About the Museum of Health Care

The Museum of Health Care is housed in the Ann Baillie Building, National Historic Site, built in 1904 as a residence for nurses training at Kingston General Hospital Nursing School. Visitors can explore exhibits that feature fascinating (and sometimes strange!) artifacts and stories that highlight the history of vaccines, nursing, x-rays, quack medicine and so much more!



Situated on the grounds of Canada's oldest public hospital, just steps from Kingston's beautiful waterfront, we invite you to experience wonder and discovery in your own backyard at the Museum of Health Care.

ANN BAILLIE BUILDING NATIONAL HISTORIC SITE 32 GEORGE STREET, KINGSTON, ON K7L 2V7 PHONE: (613)-548-2419 • www.museumofhealthcare.ca



@museumofhealth

@MuseumofHealthCare

@MuseumofHealth

Queen's Health Outreach

Youth | Education | Health

Engaging youth through health & education.

Positions hiring in the fall....

Peer Educators- volunteers hired to facilitate health discussions in various locations in Canada and abroad.

Interns- chosen to assist a specific position or POD on QHO's Executive Team throughout the school year.

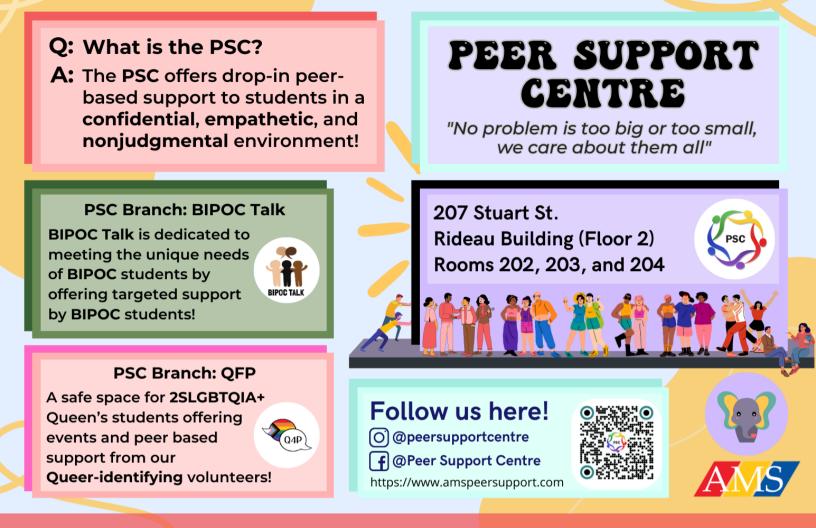
Follow us @ qhealthoutreach

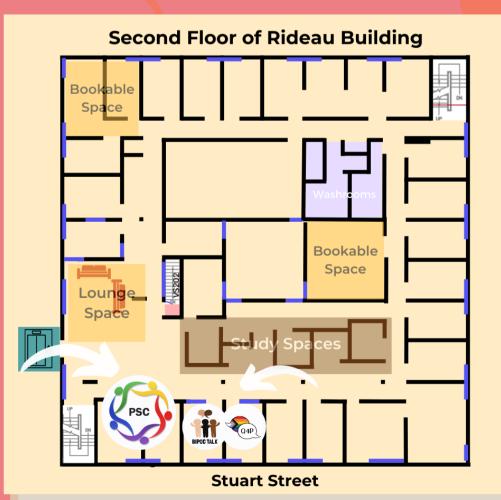


Contact us codirectors@qho.ca



QHO is a student run club that collaborates with local and international communities. Volunteering in schools and within the broader community, we facilitate health-based discussions for youth. Through these discussions we strive to work towards sustainable opportunities for youth engagement, leadership, and health discussions.





Remember to check out these services on the 1st Floor!



Follow us to stay updated!

 @peersupportcentre
 @Peer Support Centre www.amspeersupport.com

Thank You To Our Sponsors!

Cleveland Clinic Canada

59



EASTERN ONTARIO TRAINING BOARD COMMISSION DE FORMATION DE L'EST ONTARIEN Cornwall, Stormont, Dundas, Glengarry, Prescott-Russell, Ottawa-Carleton

LABOUR MARKET INFORMATION

Supporting workforce development

We ensure access to quality local labour market information; engage employers to help identify skill gaps, employment opportunities and training needs; support stronger linkages among employment services, and help workers find jobs and careers.





EASTERN ONTARIO TRAINING BOARD COMMISSION DE FORMATION DE L'EST ONTARIEN

SERVICE COORDINATION







WDB Workforce Development Board

50

eotb-cfeo.on.ca | info@eotb-cfeo.on.ca | 1.877.234.1368 子 🞯

FIRST YEAR WELCOME



WELCOME TO QUEEN'S UNIVERSITY, CLASS OF 2027!

ALMA MATER SOCIETY







By Students, For Students #myAMS

5 Offices
6 Commissions
9 Faculty Societies
13 Student-run services
50 + Full-time Student Staff
250+ Student Clubs
700+ Part-tim e Student Staff
1,000+ Student Volunteers
20,000+ Student Members (including you!)

AMS EXECUTIVE

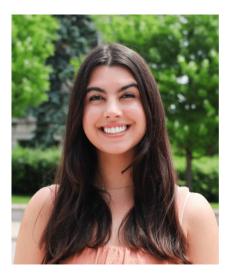


KATE McCUAIG President Hello Class of 2027! First of all, Welcome home, and congratulations! Queen's University, where you will quickly learn is a wonderful place to grow, learn and come into your own leadership. Orientation Week is such a magical experience for students and is something that I remember fondly. Through this week you will experience so many exciting and valuable Queen's traditions that you will remember for years to come. Over the next week you will be introduced to so many new things that it may feel overwhelming. What I want you all to remember is that the AMS is here for you. As by students for students we are here to support, help you build community, and set you up for success! We cannot wait for you all to get involved with the AMS and to begin your Queen's journey. Don't be a stranger on campus, the AMS is always here for you and will aways offer a home to students. As your undergraduate student government, we feel so lucky to assist you on your Queen's experience. Enjoy your time, it flies by so fast, welcome home!



MICHELLE HUDSON Vice President, Operations Hello Class of 2027! Welcome to QUEENS! We are so incredibly excited to have you here and cannot wait to meet you. Orientation Week is a time like no other with amazing opportunities to make life-long connections, get involved in the QU community, as well as explore your new home. While first year may seem daunting, remember to take it one step at a time and soak up all the amazing experiences that come your way. If you ever find yourself lost, know that there are incredible people and resources here at Queen's to support you!

Excited to see you soon, make sure to check out student-services and come say hi to us during O-Week!



Welcome to Queen's University, Class of '27! We are thrilled to have you joining this spectacular group of students and community. Over the course of your studies, you will be able to make this experience entirely your own, and there is no shortage of ways to get involved within the Queen's community, including in the AMS! Your first year is such a formative time where you can get outside of your comfort zone and challenge yourself to find and follow your passions. No matter what path this journey leads you on, you will have sources of support that want to see you succeed. Enjoy every moment and make the most of this next stage of your academic career because it goes by fast! We cannot wait to see all the incredible things that you do. Have a fantastic Orientation Week and welcome home!

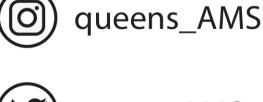
VIC MILLS Vice President, University Affairs

CONNECT WITH US!



myAMS.org





queensAMS

ORIENTATION ROUNDTABLE



The Orientation Roundtable (ORT) is the division of the AMS responsible for the high-level advocacy, planning and execution of Queen's Faculty Orientation Week. The commission collaborates with all Faculty Society Orientation Committees, the New Exchange World Transfer Students (NEWTS), and the Division of Student Affairs to facilitate a welcoming, safe and inclusive Orientation and transition to Queen's. This commission accomplishes this goal by facilitating the planning and execution of Faculty-Specific Orientation events; training Faculty Orientation leaders and executives; working alongside the Student Experience Office, Residence Life, and Residence Society to execute all events from Move-In Day to the end of Orientation Week; and finally, advising on Orientation Policy and Procedures with the Senate Orientation Review Committee.



Massimo Recupero Coordinator

Kenzie Dent Concert Director

Maria Wassef Logistics Director Mariah Keeling Retired Coordinator

Nathaniel Dixon Equity Director

Mikayla Crawford Systems & Support Director

UNIVERSITY PRINCIPAL

Welcome to Queen's, to Kingston, and to your new community for the next few years.

No matter where you are from, Queen's welcomes and values all its community members whose diverse perspectives, intellectual curiosity, passion to achieve, and strength through collaboration make our university such a special place. At our university, you will grow through learning and a shared commitment to making a positive impact in the world.

We invite you to embrace our vision for the future where the education you receive at Queen's is truly changing our society for the better.

Your hard work has brought you here, and that drive and ambition will continue to serve you well as you begin this exciting new chapter of your life.

I hope you will explore all Queen's has to offer. There are countless opportunities and resources for students to make the most of their university experience and to help you thrive during your time with us.

My advice for the coming weeks is to please be patient with yourself as you adjust to life at Queen's. Transitioning to university is a significant feat, and it is natural to feel a bit untethered during this time. Get to know your new city and campus and meet the peopleper you now share space with, whether in-person or online. Foster as many new connections as possible and learn not only from your professors but also from your peers who are undoubtedly experiencing similar things as they, too, transition to university life. Connect with staff and faculty who are readily available to help you find programs, services, and any other tools you may need to support your success and wellbeing.

I wish you all the best this fall, and in the years ahead. I look forward to seeing you on campus.

Patrich .

Patrick Deane



UNIVERSITY RECTOR



Welcome home Class of 2027.

Over the next few weeks, the information, advice, follow requests, and more may seem overwhelming but cherish these connections, relationships, and the excitement that comes from exploring everything Queen's has to offer – it won't last forever. Althoughstarting a new chapter, at a new school, can be daunting, everyone here wants to see you to succeed. Whether it's your professors, staff, TA's, student government or University administration, you will be supported every step of the way. Elected by all students, for all students, the Rector and its office is built in such a way as to provide confidential support and resources for when you might need a bit of extra help. The Rector also seeks to act as a liaison between students and the University's senior administration and can amplify important student issues. With that being said, embrace the incredible week that has been planned to introduce you to Queen's and take full advantage of the experiences you will have here. Look out for one another, be kind, and most importantly, enjoy everything Queen's has to offer.

Cha Gheill!

Owen Crawford-Lem

38th Rector of Queen's University Princeps Servusque Es



MAYOR OF KINGSTON



Hello to the class of 2027!

As Mayor of the City of Kingston, it's my great pleasure to welcome each and every one of you to Kingston! Like many people in our community, I didn't grow up in Kingston. I was once in your shoes and came to study at Queen's University in the year 2000. I ended up loving Kingston and I never left. My hope is that you immerse yourself in our community and come to love it as much as I did and still do!

I encourage you to break out of the campus bubble and explore our historic downtown and beautiful waterfront. With the most restaurants per capita in all of Canada, and so many one-of-akind businesses, there are endless opportunities to create new memories with friends. I hope you really entrench yourself in our community – whether you choose to work in Kingston, or volunteer at a local agency, or take part in one of our many local attractions – there's no shortage of ways to get involved. You are now just as much a part of our community as any lifelong resident.

Please know that my door is always open, and I would love to hear from you. Connect with me on Twitter, Facebook or Instagram or by email at mayor@cityofkingston.ca. Congratulations on selecting Queen's University for your post-secondary education and Kingston as your new home. Wishing you the very best as you begin this new and exciting chapter in life!

Sincerely,

Bryan Paterson Mayor of Kingston



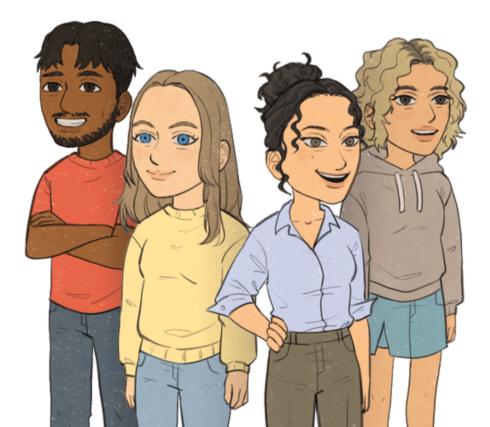


VESTA for Campus is an online support hub for addressing sexual violence.

We're here for you. We've partnered with the Sexual Violence Prevention and Response Services (SVPRS) to offer **free** resources, recording and reporting options to all Queen's students.

For anyone, anytime. 24/7 access and support.

"We believe you. We support you. We are here for you."





To learn more, scan the QR code or visit:

https://www.vestasit.com/

O https://www.instagram.com/vesta.s.i.t/

From your computer or phone, VESTA allows you to:



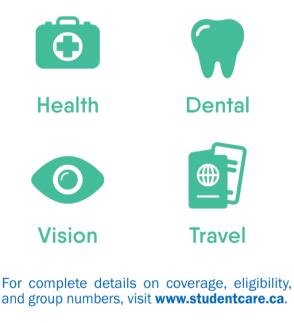
2023-2024

AMS Health & Dental Plan

Make the most out of it



A Health & Dental **Plan** designed to **meet your needs**!







Consult a Studentcare Network professional for more savings on health services.

Mental Health & Wellness	
Empower m Powered by Dialogue	
A student assistance mental health and we	
Virtual Health Care	
HI	()
Powered by Dialogue	\mathbf{V}
	at connects you
Virtual health care the with nurses and phys in Canada	



Questions? www.studentcare.ca

Scan the QR code for more details on your Plan.





The core components of the AMS are the six 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 Commission of External Affairs (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. The Commission also manages the Housing Resource Centre (HRC) and the Academic Grievance Centre (AGC). Contact the Commissioner of External Affairs, Julian Mollot-Hill, at cea@ams.queensu.ca

The Commission of Clubs is comprised of an average of 300 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 Commission works to provide club advocacy, resources and support to AMS ratified groups through financial means (grants, bursaries, fundraising, etc.), providing club space, insurance, and resources for event planning and marketing. Contact the Commissioner of Clubs, Dreyden George, at clubs@ams.queensu.ca



The Campus AffairsCommissions(CAC)strives for the betterment

of student life through social, inclusive, and entertaining extracurricular activities. They run events and conferences each year that enriches the Queen's experience for undergraduates in unique and memorable ways. Contact the Commissioner of Campus Affairs, Callum Fraser, at

cac@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 (External), at sic. external@ams.queensu.ca



The Commission of Environmental Sustainability (CES)

works towards a sustainable campus by advocating for sustainable action and initiatives on behalf of Queen's undergraduate students. Reinstated in 2020, the commission takes on various projects to encourage environmental sustainability within the AMS, Queen's University, and the city of Kingston. Some of these projects include the Sustainable Action Fund, the Sustainable Event Certificate. Contact the Commissioner of Environmental Sustainability, Ryan Kuhar, at ces@ams.queensu.ca



OFFICES

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 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 Human Resources Manager, at hrmanager@ams.queensu.ca

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 Secretariat, Alysha Ahmad, at secretariat@ams.queensu.ca

The Information Technology department provides IT infrastructure, security and support services to the AMS and its stakeholders. These



services come in the form of both individual department plans and consultation on other stakeholder initiatives that require an IT component.



The Communications Office facilitates the two-way flow of information between the AMS and student body, communicating intended messaging from the AMS to the students, and back

again. Using local and national media outlets, they manage public relations and supervise the creation of AMS publications. The Communications Office provides resources for services, clubs, and societies to assist in event promotion, information campaigns, and media relations. The Communications Office acts to inform, facilitate, and engage members of the AMS in events, referendums, and initiatives. Contact the Director of Communications, Mikayla Crawford, at communications@ams.queensu.ca.



The Marketing Office aims to promote AMS initiatives, opportunities, and services by establishing various channels

to engage students with the AMS. They use market research to gauge the opinions of the Queen's student body while monitoring the AMS's brand awareness. They are also responsible for the supervision and creation of AMS digital media content and interacting with students and the city through social media. The Marketing Office provides resources for services, clubs, and societies to assist in social media and event promotion and collaboration. Contact the Director of Marketing, Caitlin Parkes, at marketing@ams.queensu.ca.



QUEENS FIRST AID

Campus Response Team



WHO ARE WE?

We are an on-call response team on the Queen's University Campus. We provide first aid services across the Queen's campus and at select off-campus events.



WHAT ARE OUR HOURS?

This year, we are planning to be on-call from 2-11 pm everyday (excluding holidays and reading week). Changes to our hours will be posted on our social media accounts and our website.



WHERE CAN YOU FIND US?

Our responders can be anywhere on campus while on-call. If you are on campus and in need of first-aid assistance, call the ERC, and QFA will meet you wherever you are!



WHEN CAN YOU CALL US?

No first aid emergency is too small! Our responders are trained to the level of Advanced Medical First Responder (AMFR) and are equipped to handle a variety of situations. If in doubt, give us a shout!



HOW DO YOU CONTACT US?

Call the Queen's Emergency Report Centre (ERC) at 613-533-6111 or activate a blue light on campus for IMMEDIATE first aid assistance! Refer to our website for all other inquiries.



HOW CAN YOU JOIN?

We hire every Fall and Spring. The written application will be posted on our socials, so don't forget to apply! All you need is a valid Standard First Aid (SFA) and CPR-C certification.

@queensfirstaid

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🖞 www.queensfirstaid.com

@Queens First Aid Campus Response Team

Please note that in case of a life-threatening medical emergency, EMS should always be activated by calling 911.

University Orientation 2023



The Student Experience Office plans and facilitates **University Orientation**. It is part of First-Year Foundations and, in collaboration with Faculty Orientation, makes up Queen's Fall Orientation! **It is open to all incoming students and is free!**

Fall Orientation runs from September 2nd to 10th, with classes starting on Tuesday, September 5th.



UNIVERSITY ORIENTATION EVENTS

Saturday, Sept 3 at 7:30 pm: Welcome Home Night

There is a little something for everyone at Welcome Home Night like tricolour crafts, movie night, snacks and sports! Come out and meet upper-year leaders from around campus and even get an evening campus tour!

Sunday, Sept 4 at 9:45 am: Tricolour Parade and Welcome

The incoming class will parade to the official welcome and kick-off of Fall Orientation in Richardson Stadium. Learn the Oil Thigh, hear from student leaders, and enjoy a picnic lunch!

Tuesday, Sept 5 at 5:00 pm: Meet and Mingle

In partnership with offices across campus, join the drop-in activities for Equity-deserving students to meet the students and staff and find community on campus. Build friendships with your peers and connections with upper years.



ARE YOU LIVING OFF-CAMPUS THIS YEAR?

Are you living off-campus in Kingston or the surrounding area during your first year? Join the <u>First-Year Off-Campus Community</u>! They will host an event during Orientation and more throughout the year! You can participate in First-Year OCC and your Faculty Orientation.

Join us on **Saturday, Sept 2**, for the First-Year OCC Kick-off event!

Check our First-Year Off-Campus Community for more information, and to register today!



fall.orientation@queensu.ca queensu.ca/orientation

Student Experience Office

WHO WE ARE

The Student Experience Office (SEO) offers programs and services to orient students to university life, support their successful transitions into and through university, and encourage leadership development, student engagement, and co-curricular involvement while at Queen's.

WHAT WE DO

First-Year Foundation (FYF)

Our First-Year Foundation program starts in the summer to provide online and in-person opportunities to build your community, support your transition, and find your path to success for your first year at Queen's. FYF programs include Summer Webinars, SOAR, FYF 100 and University Orientation!

Leadership and Development Opportunities

We offer a number of ways to get engaged from attending a workshop on Leadership Skills, finding a volunteer opportunity, or even attending a social! You can also sign up for a Peer Mentor to help you through your first year with **Q Success**.

Plus certificate programs, job opportunities, and more!

FIND US ONLINE OR IN PERSON









LaSalle Building, 2nd Floor 146 Stuart Street

THE DIVISION OF STUDENT AFFAIRS

een's student affairs

Student Experience Office

The Student Experience Office is just one of many offices that make up the Division of Students Affairs. In partnership with faculties, student leaders, and colleagues across the university, Student Affairs offers a range of diverse high-quality programs and services. Each unit in Student Affairs can provide support and resources during your first year and beyond!

Whether you're looking for academic, emotional, social, cultural, spiritual, physical, or careerrelated support, we encourage you to take advantage of all that Queen's has to offer.

Learn more about all the support Student Affairs has to offer here: <u>Supports and resources</u>





<u>queensu.ca/studentexperience/</u>



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! Be sure to drop by CoGro in the Queen's Centre to pick up a coffee, tea, or baked goods on your way to class! @queenscogro



Located in the Queen's Centre in room A506, 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, "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! To place an online order, visit https://pandcc.ca/collections/order-forms!



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 under the stairs on the first floor of the Queen's Centre.





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.' For the latest hours, visit their Instagram @ peersupportcentre or contact the Head Manager, Amanda Ackehurst, at peersupport@ams.queensu.ca.



The Queen's Student Constables (StuCons) are the only peerto-peer security service in North America. The StuCons were founded in 1936, and ever since have been working to help facilitate campus engagement by upholding the AMS rules and regulations in a safe and judgement free environment. With a Staff of approximately 60 students, you can find us at your favourite on-campus establishments such as Clark Hall Pub or the Grad Club. They also regularly work alongside the over 260+ student run clubs to promote and organize sanctioned events during the school year. StuCons can be reached at QSC@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, and convenient bus service. Check out their website: www.tricolouroutlet.ca!



Studio Q is a student-run creative media agency that specializes in professional design, photography, videography, and publications. Serving the Queen's community through capturing life on campus and producing the Tricolour Yearbook and Agenda, Studio Q is a valuable resource for all your media needs. Keep posted with the latest location and hours updates on the Studio Q Instagram @ studio.q or on their website at studioq.ca.



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 to contribute as writers, 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 Editors In-Chiefs, Asbah Ahmad and Cassidy McMackon, at journal_editors@ ams.queensu.ca or (613) 533-2800 for more information about

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 helps to ensure that Queen's students can be healthy and productive as they pursue academic achievement and alleviate poverty amongst Queen's community members. Keep posted with the latest location and hours updates on the Food Bank Instagram @amsfoodbank or on their website at www.amsfoodbank.ca.

PEACH Market complements other food access programs on campus and supports sustainability through food rescue. Untouched food from across Queen's Hospitality Services will are packaged and made available to students, staff, and faculty through the market's accessible 'pay what you can' operating model. PEACH Market is proudly run by student volunteers for the campus community. Follow @ peachmarket.qu and @queensfood for more information!







The Housing Resource Centre (HRC) offers support for students who are experiencing a conflict with a landlord or housemate in a safe and confidential space. Trained student volunteers can also answer questions and provide information on property standards, leases, tenant rights, house hunting, home security, and more. For the latest hours and location updates, contact HRC Manager Renee Balila, at hrc@ams.gueensu.ca.



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 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. For the latest hours and location updates, contact them at agc@ams.queensu.ca.





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 Queen's Centre (QC), the John Deutsch University Centre (JDUC), the Rideau Building, the Mackintosh-Corry Student Street (MC) and the Grey House, the SLC provides bookable equipment and spaces for individuals, organizations and clubs to arrange meetings, performances, and events encompassing a wide range of student and community uses. For more information visit the SLC info desk located on the 1st floor of the Queen's Centre or visit their website at www.studentlifecentre.ca.



COMING SOON! In Spring of 2024, StudioQ and the Printing and Copy Centre are transitioning into the AMS Media Centre. The Media Centre will be an on-campus provider of all media and printing needs, located in the JDUC. We will provide students with media services, specializing in photography, videography, and graphic design. The Media Centre also offers on-the-spot printing, alongside other production services. Suited to meet all creative needs, we are so excited to open! For more information, contact the AMC Project Manager, Isabella Miller, at amc@ams.gueensu.ca.





Booking is easy

Pay by app

Rate your ride









Psst... we are usually cheaper & faster than the giant multinationals



Sexual Violence Prevention and Response Services

Support and services are available to all students who have experienced sexual violence at any time in their lives. Filing a report is NOT required in order to access SVPR Services.

Contact Barb Lotan bjl7@queensu.ca for more information or to book an appointment with an Advisor.

What we do

Provide information about on and off campus supports and services

Make referrals to help you get connected with the services you wish to access

Provide assistance to access academic considerations and accommodations

Help with safety planning

Provide information and support about police reporting, file University complaints





We believe

you.

Handbook 2023 Class of 2027

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.

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

GENDER NEUTRAL WASHROOMS

Building

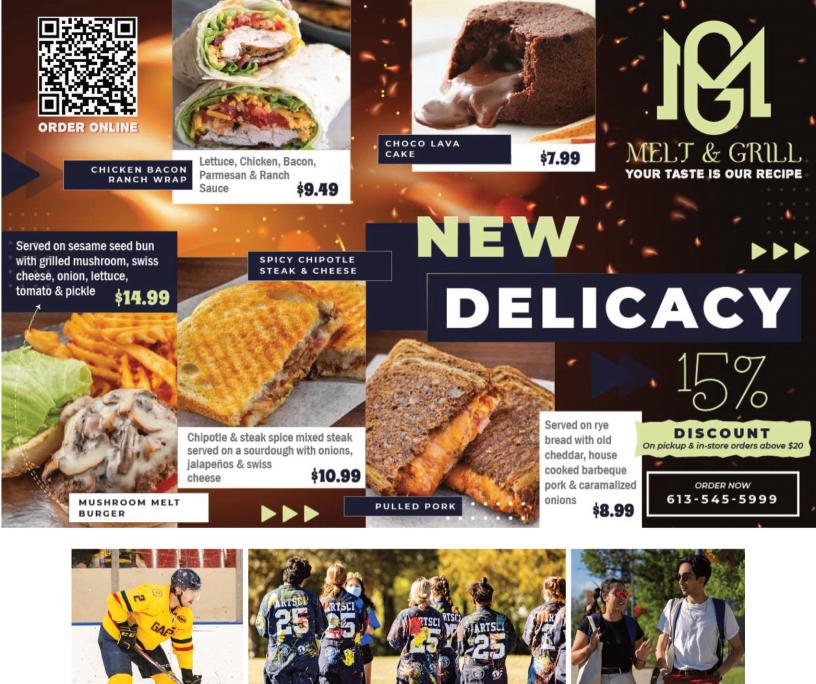
Abramsky Hall Benidickson House/Summerhill East **Biosciences Complex** Bruce Wing Cancer Research Institute Carruthers Hall Cataragui Building **Craine Building Douglas Library** Duncan McArthur Hall **Dunning Hall Dupuis Hall** Ellis Hall Fleming Hall - Stewart Pollock Annex Goodes Hall Grant Hall Harrison-LeCaine Hall Haynes Hall Humphrey Hall Isabel Bader Centre for the Performing Arts Jeffery Hall Kathleen Ryan Hall Louise D. Acton Building MacGillivray-Brown Hall Mackintosh-Corry Hall McLaughlin Hall Mitchell Hall Nicol Hall **Robert Sutherland Hall** School of Medicine Stauffer Library Stirling Hall Summerhill West The Law Building Theological Hall Victoria Hall Waldron Tower

Walter Light Hall

Watson Hall

Rooms

009, 114, 115, 217, 218, 322, 323 121 and 122 2284, 2288, 3288, and 3289 537A 395 201 and 305 124 and 215 322 490, 491, 689 A117A, A030F, A202C, A307B, B161, B162 (staff only), B245E 138 B30, 300, 402 137 102, 116, 203, 303, 403, 502, and 503 LL161, LL254, 357 112 265 104 314 170 121 and 324 110, 210, 310, and 410 28 103, 104, and 203 B245b and D570 403 104, 109C, 113, 127E, 127H, 133, 137A, 137B, 143, 231, 300C, 302A, 337, 341 301 and 309 191 and 291 070, 075, 325 179A 135, 163, 227, 329 107 and 110 185, 210B, 366, 25, 103, 105, 207, and 217 0027C, 136A, 137A 1-122, 1-123 197A, 197B 146



SEE YOU SOON!





