Planning for December

Is your student stressed about exams? Reminding them to stay positive and giving them words of encouragement as they prepare can really help as the semester comes to a close. There are many resources at Queen’s to help them manage stress and organize their time. The Peer Support Centre offers guidance and personal appointments, and students can also reach out to residence counsellors and residence staff if they feel overwhelmed, or need someone to talk to.

Queen’s Learning Strategies, located in Stauffer Library, offers a range of free workshops in December, along with advising and online resources to help students through exams. Students can also take advantage of the Student Academic Success Services Exam Study Schedule to plan their study time.

Exam Care Packages
You can let your student know that you’re thinking about them by sending them a QGift care package. Our packages include an exam survival kit, a fruit basket, and a gluten-free box!

Helpful Links
• Exambank is a database of past exam questions from courses offered at Queen’s.
• Exam FAQs - everything your student needs to know about taking exams.
• Student Health 101: an interactive online magazine with tips for keeping students healthy.
Quiet Hours
Quiet Hours begin on November 27th at 8:00am and continue daily from 9 p.m. to 7 p.m. until the end of exams to provide a quiet study environment. Students can also find quiet spots to focus on our Study Spaces map.

Planning Holiday Travel?
In order to maintain a quiet study environment, we require all students to vacate their residence within 24 hours after their last exam. Please keep this 24-hour period in mind when making travel arrangements.

Students who need to stay in residence past the 24 hours after their last exam, or past December 23rd or who need to return to residence before January 3rd must request approval in advance via the Holiday StayOver Form through the University Student Housing Gateway. It is important that Campus Security knows who is in residence for their safety and security.

The University will be closed with no services as of 4:30pm on December 23rd, and will re-open on Tuesday, January 3rd, with dining halls opening January 9th.

Second Year Accommodations
Students often worry about finding second year accommodations, but they shouldn’t feel rushed into making a decision. There are many options and resources on campus to help:

- Applications are now available for upper-year rooms in Smith House, which features an eight-month contract, double beds with a shared washroom (with guaranteed washroom-mate), wireless internet, a refrigerator and a TV with cable in each room. Visit our website for information about applying.
- Queen’s Community Housing also offers accommodations in Queen’s-owned apartments and houses, as well as a landlord listing service with available rentals.
- The Student Community Relations website provides excellent resources for understanding and reviewing leases, dealing with landlords and setting up Housemate Agreements.
- Our Q-Thrive video provides tips for choosing housemates and finding a place to live.

Questions?
Residence Life Office 613-533-6790 reslife@queensu.ca
Residence Admissions 613-533-2550 reshouse@queensu.ca
Student Affairs 613-533-6944 parents@queensu.ca
Hospitality Services (meal plans) 613-533-2953 dining@queensu.ca
Not sure who to ask? Contact Campus Connection
**Reflecting on first semester**
Adjusting to university coursework can be difficult for many first-year students. Encourage them to seek out campus resources from their faculty to get back on track. If your student is in Arts and Science, Engineering, Nursing or Commerce, they may be eligible to participate in the [Bounce Back program](#).

**Eating well**
There are times when students can’t make it to breakfast, lunch or dinner in the dining halls because of class schedules or extracurricular activities. Along with meal equivalencies (students can trade one of their weekly meals for an $8.75 meal in our retail food outlets), we offer the option of buying extra [Flex $](#) that can be used in our retail food outlets across campus.

**Getting involved in clubs and activities**
Encourage your student to have another look at what’s available in the [Alma Mater Society’s Clubs Directory](#). They may feel more confident getting involved now that they are used to the university environment.

**Give the Gift of Flex $!**
The holidays are only three weeks away! Are you and your family members looking for the perfect gift for your student this Holiday Season? Knock one thing off their list with the Gift of [Flex $](#)! Purchase $25 or more in Flex $ between now and Dec 15 and we’ll email you a print-out to put under the tree! All you need is their student number.

**Breakfast at West**
Does your main campus student have their morning classes on West? [Jean Royce Dining Hall](#) is open for breakfast at 7:30am throughout the week, making it easy for them to grab breakfast before class.