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Campus Connection

October 2017 Edition



October is a busy time on campus. Along with our annual Homecoming event (link to <http://www.queensu.ca/alumni/homecoming>), there are lots of club activities, sports — and of course homework and project deadlines. Our [Student Academic Success Services \(SASS\) department](#) offers a number of resources to help students who are overwhelmed or feeling stressed about marks

Adjusting to home away from home

The transition to campus living can be exciting and stressful. Here's how you can help your student adjust:

- Your student might experience changes in their moods and behaviours as they adjust to their new community. If they are feeling anxious or overwhelmed, encourage them to speak with their Don, student staff who live on each floor, or to book an appointment with one of our Residence counsellors or a counsellor within [Health & Wellness services](#). Many faculties also have dedicated counsellors for students.
- Don't worry if you don't hear from them as frequently as expected. They have many new friends and activities, and the gym and library are open late.
- Be positive. Uncertainty and change dominate their lives, so they'll need extra support and reassurance about the decisions that they make.
- Be aware that they'll make mistakes and may choose poorly from time to time and that it's all part of the learning process.
- Send mail and packages from home students love treats, especially ones they can share with new friends!

We have several new QGift care package launching on October 1st! Find a fun gift, care package or Flex dollars at dining.queensu.ca/qgifts



Thanksgiving

Is your student coming home for Thanksgiving? The [Tricolour Express](#) offers a great deal on bus tickets to many larger centres. Students who decide to stay on campus for the holiday weekend can enjoy a hearty Thanksgiving meal at Leonard Hall and West Campus.

Health & Wellness

We typically see an increase in flu like illnesses after students return from the Thanksgiving holiday weekend. We'll remind students to maintain healthy habits and let them know how to seek help if they become ill. [Student Wellness Services](#) offers flu shots and access to health professionals.

First-year families in the GTA:

Join faculty and student services reps to learn how you can continue to support your student's transition to Queen's.

Monday, October 30, 2017 @ 7:00 pm, Toronto Centre for the Arts
5040 Yonge Street, north of Sheppard Avenue West

Register now!

<http://www.queensu.ca/studentaffairs/events>

Important Dates:

Monday, October 9th:

Thanksgiving Day (University is closed)

Friday, October 13 – 15:

[Homecoming](#)

Tuesday, October 31st:

Deadline to apply for a [General Bursary](#)

For details on other events this month visit:

[Queen's Event Calendar](#)

Questions?

Residence Life Office 613-533-6790, reslife@queensu.ca
Residence Admissions 613-533-2550, reshouse@queensu.ca
Hospitality Services (meal plans) 613-533-2953, dining@queensu.ca
Student Affairs 613-533-6944 parents@queensu.ca
Not sure who to ask? [Contact Campus Connection](#)