September is a month of adjustments for most students. For those in first year, Orientation Week alone can be exhausting - and then there are all the little details that come with moving to a new home and starting a new school year. They’re experiencing a lot of change in their lives!

Here’s some helpful information about Queen’s Residences and the transition to university life:

**A new community takes time to develop**
Orientation Week is designed to help students get to know others in their new home and in their faculty, but the experience can be overwhelming, especially for those who may be shy or hesitant to reach out to others. Our Residence Life team works hard to connect with students and can offer both advice and a friendly ear when needed. They also host several social activities, cultural events and educational programs throughout the year.

Classes can bring new expectations. University lectures may seem radically different to your student, especially if they have some large classes or need accommodations. Student Academic Success Services (SASS) offers study tips, workshops and peer programs throughout the year, and the Student Experience Office offers programs and services to orient students to university life and to support their successful transitions into and through university. All students with disabilities requiring academic-related accommodations should be registered with Queen’s Student Accessibility Services.

**Safety is important**
After the initial ‘togetherness’ of Orientation Week, some students may feel anxious about getting home from classes and social activities on their own, especially with shorter days. There are a number of services available, including SeQure, our safety app, the AMS Walkhome Service and our ‘blue light’ intercom connections to Campus Security, which are located across campus.

**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

**Wondering About Your Student’s Meal Plan?**
Visit our Hospitality Services website for information about our meal plan and dining hall menus. You can also purchase extra Flex$ and QGifts online!

Does your student have a food allergy? Learn about our services for students with food allergies.

**Important Dates:**

- **Sept. 30:** Total student account balance due (fall term residence fees, Student Activity fees, UHIP)
- **Sept. 30:** AMS opt-out period ends for Student Activity fees and Health and Dental Coverage

For details on other events visit:
Queen’s Event Calendar  
Subscribe to Campus Connection

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Not sure who to ask?  
Contact Campus Connection