



One on One with Health Promotions

Residence Life creates a community environment where our students can feel a sense of belonging, build resilience, and be academically successful. We encourage the personal development of our community members by holding individuals accountable for violations of the residence behavioural expectations.

The Residence Rules and Regulations (ResRules), as a part of the overall residence experience, are designed to:

- Create connection and belonging within a safe and respectful residence community.
- Challenge residents to think critically, accept responsibility for their actions, and learn and grow from their experiences.
- Emphasize the rights, responsibilities, dignity, and academic pursuits of all residents.

Educational sanctions are designed to provide residents who have been found responsible for a violation of the ResRules with the opportunity reflect on their behaviour and the consequences of their actions. Educational sanctions are not academic assignments.

Learning Outcomes

Residents who complete this sanction will:

- Identify patterns of their substance use with a professional in a one on one session.
- Interpret the impact their health patterns may have on their academic success.
- Create a plan and set goals for the remainder of the semester.

Timeline

You are responsible for attending a scheduled meeting with a professional from the Health Promotion team **within 10 business days** from the date on your Decision Letter.

If you require any accommodations to complete your educational sanction, contact the Residence Conduct Office at resrules@queensu.ca or 613-533-6000 ext. 78102/79015.

Failure to complete this sanction will result in a follow-up meeting with a member of the Residence Life staff team. Please note that Health Promotion will assess a **\$30 fee** if you schedule a meeting and do not attend.

Instructions & Deliverables

You will be receiving notification from Health Promotion to schedule a private and confidential one on one session with a member of their educational team. This is an opportunity for you to discuss and review your substance use and the impact this may be having on your health, your social life, and your academics. You will be given the opportunity focus on your personal experiences and to set goals related to your health and well-being. Health Promotion will notify the Residence Conduct Office of your attendance.