

# Campus connection

October 2018 Edition



## 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:

- Send mail and packages from home. Students love treats, especially ones they can share with new friends!
- 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, 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. We know that mistakes can happen, and that's ok. It's the choices students make after having an opportunity to learn and reflect that are most important.

## Academic Resources

October is a busy time on campus. Along with Homecoming, there are lots of club activities, sports – and of course, homework and project deadlines. Our [Student Academic Success \(SASS\)](#) department offers a number of resources to help student who are overwhelmed or feeling stressed, including workshops, learning tools and one-on-one guidance.



## Thanksgiving

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

## Staying Healthy

We typically see an increase in flu-like illnesses after students return from the Thanksgiving holiday weekend. [Student Wellness Services](#) offer flu shots and appointments with health professionals.

Cannabis becomes legal in Ontario for individuals 19+. Queen's Student Wellness Services is developing programs to help students understand the impact of cannabis on their health, and how it can interact with other substances. Our [Residence Community Standards Handbook](#) outlines our expectations and policies around cannabis use.

## Fall Term Break

Queen's University introduced a new Fall Term Break this year, from Thursday, October 25 to Friday, October 26, 2018. Watch this short video (<https://youtu.be/zcBh3hCS9t4>) for details.



## Studying at the Castle

Has your student thought about studying at the Queen's [Bader International Study Centre \(BISC\)](#) in England? Located at Herstmonceux Castle in East Sussex, the BISC offers an incredible opportunity to study abroad in an amazing learning environment.

## Holiday Planning

Are you making travel plans for the December holiday break? Please note that in order to maintain a quiet study environment, we ask students to vacate residences no later than 24 hours after completing their last exam. Students who need to stay over for the holiday break will be receiving information from our Residence Life team.

## FIRST-YEAR FAMILIES! Check-In with Queen's!

**November 5, 2018, 7 – 9pm**

Toronto Centre for the Arts 5040 Yonge Street, north of Sheppard Avenue West  
Please join faculty representatives and student services staff to learn how you can continue to support your student's transition to Queen's:

- Your student's academic program
- What to expect as the transition to university continues into second term
- Campus services and resources to support your student's academic and personal success at Queen's

[Register today](#)

### Queen's Cares

Is your student looking for a different Reading Week experience? [Queen's Cares](#) is a community engaged learning program that takes place locally, nationally and internationally during the February Reading Week. Through hands on experience, workshops, presentations and critical reflection, students have the opportunity to explore community identified needs and build relationships with host communities that are rooted in cross-cultural understanding and a commitment to social justice. The deadline for applying is October 28th.

### Important Dates:

**October 8:** Thanksgiving Day (university is closed)

**October 19 - 21:** Homecoming

**October 25-26:** Fall Break

**October 28:** Deadline to apply for Queen's Cares Alternative Reading Week

**October 31:** Deadline to apply for a [General Bursary](#)

For details on other events visit: [Queen's Event Calendar](#)

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### Questions?

Residence Life Office 613-533-6790, [reslife@queensu.ca](mailto:reslife@queensu.ca)

Residence Admissions 613-533-2550, [reshouse@queensu.ca](mailto:reshouse@queensu.ca)

Student Affairs 613-533-6944 [parents@queensu.ca](mailto:parents@queensu.ca)

Hospitality Services (meal plans) 613-533-2953, [dining@queensu.ca](mailto:dining@queensu.ca)

Not sure who to ask? [Contact Campus Connection](#)