Welcome to Queen's!

Welcome!

Class of 2025

5 Commissions

10 Faculty Societies

13 Student-run Services 60+ Full-time Student Staff
290+ Student Clubs

700+ Paid Student Staff 1,500+ Student Volunteers

6,000 Job Applications

19,000 Student Members (including you!)
Cha Gheill! Welcome and congratulations, Class of 2025! After a long time waiting, you have finally arrived home! You have the privilege of experiencing the most transformative journey of your life, Queen's University. Truly, your life is about to change forever. You are about to embark on an adventure filled with new beginnings, lifelong friendships, and experiences that you will cherish. Queen's University is renowned for its unparalleled school spirit, and you will soon learn why! Orientation Week at Queen's will introduce you to some of your closest friends, student life at Queen’s, and teach you what makes our school the greatest student experience in Canada. I encourage you to take part this September and make the most of it. As we emerge from the COVID-19 Pandemic, you will get to experience Queen's University in all its glory. Regardless, you will be navigating something no incoming class has before and I can promise you one thing: your Queen's experience will be something that you remember for a lifetime. You will learn more about the Alma Mater Society (AMS) throughout the week but all you need to know now is that the AMS will always be around to help you succeed during your time at Queen's. Without further ado, welcome to Queen's University!

Hello Class of 2025, and welcome to Queen's! The orientation experience is truly unique and will be something that you remember and can look back on fondly for years to come. You are entering into a phenomenal community of people who will be by your side for the next few years. No matter which faculty or program you are entering into, there will be tons of like-minded people you will meet and be able to lean on. While the transition to University can be daunting, know that you can lean on each other and have an entire community at your back. Welcome to the Queen’s family and your new home!

Hello, Class of 2025! We are so excited to welcome you to Queen's and show you everything that this school and the AMS have to offer. Orientation week at Queen's is like no other and it will introduce you to so many amazing opportunities to get involved during your time here. I know this may be an overwhelming time as an incoming student but if I could give you one piece of advice, it would be to soak up every opportunity and let yourself get a little lost in all the mayhem of Orientation week. Take some time to explore all of the clubs and student-run initiatives to give you the best chance of finding something you truly love. I hope you have a wonderful week, semester, and year. Lastly, know that there are so many systems in place at Queen's to support you in this journey and that you are never alone. Welcome home and Cha Gheill!

Mission Statement:
To serve and represent the diversity of students at Queen's University.

Welcome to Queen's!
Welcome to the Class of 2025!

I am so happy you chose Queen's to be your home for the next four years. It will be filled with amazing people, amazing experiences, and amazing memories that you will be able to hold onto forever. Three summers ago, I was in your shoes, being hit with emails about residences, classes, packing lists, and Orientation Week. All of them signed off with the classic Cha Gheill - and no it’s not pronounced how you may think. While some of my answers were found here, in is this handbook you are reading, many more were answered through the people I met during Orientation Week.

COVID-19 has definitely caused many things to change. For over a year now students, professors, and University staff have been learning to adapt our physical world into an online format. I want to emphasize that these efforts were not for nothing. Thanks to our front-line workers we are slowly but surely moving back into a normal setting where everyone can be safe. The important part of this scenario is that no matter what you may be facing, Queen’s University wants you to succeed. We are a community of over 30,000 students and staff, with hundreds of resources and clubs available so that, no matter what challenges you may face in your time here, you will never be alone.

On top of all the emotions that come with starting a new chapter of your life, you will also be faced with moving out on your own. Whether this is your first time or not, there are a lot of emotions that can come with such a large change and these emotions are completely valid! To help with that we have Orientation Week. Queen’s Orientation is like no other. Being completely student-run, over 1,200 upper-year students have been hard at work planning a week of activities and traditions. Even online, there will be plenty of opportunities to meet new friends, learn a lot about faculty, and simply have fun.

Now you are probably wondering by this point, why I am reading a letter from the Orientation Roundtable? Well, I guess I can fill you in. The Orientation Roundtable is the place where all the faculties came together to work out the core logistical components of Orientation Week. Ideas from platforms, rotations, sustainable materials, to inclusive event designs were discussed. Along with the ten Orientation Committees, there is also my team of Five Directors. Together, we work to help the different faculties throughout the planning process and during Orientation. The six of us will be around and are so excited to see all the fun activities your faculty planned come to life.

Alright! Anyone who knows me knows I can ramble on forever so let me stop myself while I am ahead. I will never be able to express how excited I am for you to join our Queen’s community. If you have any questions before September do not be afraid to reach out to me at ort@ams.queensu.ca or your Faculty Head with any questions. You can also keep checking our website for any new updates - https://www.queensu.ca/orientation/

Enjoy your summer! Relax! And get excited for Queen’s Orientation Week 2021!

Alessia Rizzello
Orientation Roundtable Coordinator

Abby Taher
Leadership Development Director

Margaret Lo
Systems and Support Director

Emma Patton
Concert Director

Julianne Godard
Equity Director

Emma Harvey-Hurst
Logistics Director

Welcome to Queen’s!
Welcome to Queen’s

I am very pleased to welcome you back to campus this fall. Queen’s will be your home for the next several years and I hope you will embrace it and cherish it for all it has to offer. You have chosen to be a part of a vibrant community that will provide you with many opportunities to challenge yourselves while you learn and grow as students and as individuals. Your hard work has brought you here, and that drive and ambition will continue to serve you well as you begin this next chapter of your life.

Over the past year and a half, our lives have been severely disrupted by the COVID-19 pandemic. We have all faced challenges but we are now seeing a life beyond the pandemic and your perseverance, resilience and commitment are being rewarded with a brighter future. Ahead lies all the possibilities to pursue your hopes and dreams and I am confident that whatever path you choose at Queen’s will lead to success. Some of you who are beginning your time here are doing so in a very different way than you might have expected. I want you to know that there are many people ready to help you make the transition to life as a Queen’s student. I encourage you to take advantage of all Queen’s has to offer to help you foster connections and prepare yourself with the information and tools you need to thrive at our institution.

If I can offer some advice over the coming weeks, it is to be patient with yourself as you adjust to your new life as a university student. This is a significant transition and it is natural during this time to feel a bit untethered, especially considering what we have all experienced recently. Let Queen’s and our community help you find your way. You are not alone as there are other students learning alongside you who are likely experiencing similar highs and lows. Your peers are a great resource as are the other sources of help available through different services at Queen’s should you ever need emotional or academic support. We want Queen’s to be your home where the next phase of your personal journey of growth and development begins.

I wish you all the best this fall and in the years ahead. I look forward to seeing you on the Queen’s campus.

Stay safe and be well.

Patrick Deane
Principal and Vice-Chancellor
Hello to the class of 2025!

As Mayor of the City of Kingston, it’s my great pleasure to welcome each and every one of you to Kingston! Like many people in our community, I didn’t grow up in Kingston. I was once in your shoes and came to study at Queen’s University in the year 2000. I ended up loving Kingston and I never left. My hope is that you immerse yourself in our community and come to love it as much as I did and still do!

I encourage you to break out of the campus bubble and explore our historic downtown and beautiful waterfront. With the most restaurants per capita in all of Canada, and so many one-of-a-kind businesses, there are endless opportunities to create new memories with friends. I hope you really entrench yourself in our community – whether you choose to work in Kingston, or volunteer at a local agency, or take part in one of our many local attractions – there’s no shortage of ways to get involved. You are now just as much a part of our community as any lifelong resident.

Please know that my door is always open and I would love to hear from you. Connect with me on Twitter, Facebook or Instagram or by email at mayor@cityofkingston.ca. Congratulations on selecting Queen’s University for your post-secondary education and Kingston as your new home. Wishing you the very best as you begin this new and exciting chapter in life!

Sincerely,

Bryan Paterson
Mayor of Kingston
Welcome to Queen’s Orientation Week 2021! We hope you enjoy your first week here in Kingston and invite you to take advantage of the many opportunities Orientation Week provides. During the Week, you can learn about the many resources, services, and extracurricular activities offered, meet new people, and have fun!

Remember that this week is organized with every intention of making you feel safe and settled here at the University. We want you to get excited about calling Queen’s “home”!

The Senate Orientation Activities Review Board (SOARB) is a Queen’s Senate committee that exists to ensure your first week here is a good one. Our Board is comprised of students, faculty, staff, and alumni from the Queen’s community, and together we’re responsible for setting the general policies for Orientation Week. The Orientation Roundtable (ORT) and Faculty Societies are responsible for executing these policies. We’ll be attending activities throughout the week to observe events and then will report our observations and make policy recommendations to the University Senate.

If you have any concerns or comments about Orientation Week 2021, you can reach us through the secretary of the committee, Rebecca Coupland. Her office is located in the Macintosh-Corry Hall, suite F300. She can also be reached by phone at 613-533-6000 x 77119, or by email at rebecca.coupland@queensu.ca.

Have a great week!
Cha Gheill!

The goals of Queen’s Orientation Week are:

• To make all new students feel welcome;
• To facilitate a smooth transition to university;
• To build a strong and inclusive community of students;
• To make new students comfortable in their academic, social, and environmental contexts;
• To provide a solid foundation for a successful university experience.

The broad approaches we take in order to achieve these goals are:

• Foster a climate that:
  o is positive, respectful, inclusive and discrimination-free;
  o prepares students for academic and intellectual pursuits;
  o promotes individual and community health, wellness and safety.
• Familiarize students with:
  o personal support services and social opportunities;
  o expectations for non-academic conduct;
  o the academic culture, expectations and resources.
• Facilitate:
  o the development of social networks and interpersonal relationships;
  o student engagement with faculty members;
  o student utilization of personal and academic resources.

In achieving these goals and taking these approaches, the utmost respect for the individual and the community will be shown.

Welcome to Queen’s!
Universit y Orientation is open to all incoming students and is free! This will build on the information provided to you during Summer Orientation to Academics and Resources (SOAR). Students only need to log into Raft & OnQ to join in!

WHAT TO EXPECT

University Orientation Programming includes the following modules and live events:

1. Gael Values
   ◦ Covers values and expectations of being a member of the Queen's Community including consent & building healthy relationships, student code of conduct, as well as, belonging and ally ship on campus.
2. First Year Student Life
   ◦ All things student life on campus - find out more about Student Wellness Services (SWS), Athletics and Recreation and making the most of campus services. Plus tips about living on your own!
3. Resources
   ◦ A final module with PDFs of all the campus resources a student needs to get started!

EVENTS

Mark sure to check the University Orientation Raft for these live events:

- Aug 30 6:00 - 7:00pm  - The Principal's Welcome
- Aug 31 9:00 - 10:00pm  - Student Meet Student Social
- Sept 1 1:00 - 2:00pm  - Academic Basics Webinar (Humanities)
- Sept 1 4:30 - 5:30pm  - Wellness Webinar (OR Sept 3 at 12:00 - 1:00pm)
- Sept 1 7:30 - 10:00pm  - Equity Open House
- Sept 2 1:00 - 2:00pm  - Academic Basics Webinar (STEM)
- Sept 2 6:30 - 7:30pm  - Student Meet Student Social
- Sept 4 12:00 - 1:00pm  - Student Meet Student Social

Are you living Off-Campus this year?
Join First Years Not in Residence Students (FYNIRS) for Orientation events and more throughout the school year! Add yourself to the FYNIRS Raft to stay up to date on all our events.

FYNIRS Orientation Events
- Aug 31 5:00 - 7:00pm  - Welcome and Social
- Sept 4 10:00 - 11:30am  - FYNIRS Olympics

Have questions? Email fall.orientation@queensu.ca
Welcome to Queen’s!

**Four Directions Indigenous Student Centre (FDISC)**

To help start a new adventure and academic career at Queen’s University, the Four Directions Indigenous Student Centre (FDISC), offers a Welcome Day for Indigenous Students. Welcome day allows incoming first year and transfer Indigenous students to:

- Meet one another
- Learn about 4D and our services
- Have a chance to meet faculty specific supports
- and more!

Currently, staff are working hard to prepare this event and will be promoting more details soon. For more information on Welcome Day for Indigenous Students and how to register please visit the Four Directions Indigenous Student Centre website under Welcome Day or email us at 4direct@queensu.ca.

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**Queen’s University International Centre (QUIC)**

Queen’s University International Centre (QUIC) continues to offer a Welcome and Transition Orientation Program for new and returning International Students. This Summer, QUIC is hosting live webinars with advisors, Q & A sessions with peers, and videos to help you get ready for September, including talks about regulations related to travelling to Canada, arrival information, housing, finances, health insurance, academic support, career support, and more.

See what is available at https://quic.queensu.ca/arrival/orientation/
Registration with your Queen’s email is required for all Zoom sessions.

Students are encouraged to access additional information on the QUIC Arrival to Canada page and the QUIC International Student Hub.

In addition, please also see the Queen’s University Next Steps, SOAR Summer Orientation, and University Orientation resources.

Welcome to Queen’s!
The core components of the AMS are the five Commissions that advocate on behalf of Queen’s students to the University, the City of Kingston, and to the provincial government on student issues. There are a wide range of work and volunteer opportunities available within each of the Commissions. Visit myams.org to learn more!

The Campus Affairs Commissions (CAC) strives for the betterment of student life through social, inclusive, and entertaining extracurricular activities. They run events and conferences each year that enrich the Queen’s experience for undergraduates in unique and memorable ways. Contact the Commissioner of Campus Affairs, Anika Chowdhury, at cac@ams.queensu.ca.

The Commission of External Affairs (CEA) advocates on behalf of students on the Municipal, Provincial, and Federal levels. In this pursuit, the Commission lobbies and advocates internally within the university administration while also lobbying externally to raise awareness about government policies regarding post-secondary education, as well as municipal issues pertaining to student life. Contact the Commissioner of External Affairs, Jacob Marinelli, at cea@ams.queensu.ca.

The Social Issues Commission (SIC) aims to speak to issues of equity while engaging with oppression at Queen’s. They seek to provide students with resources and education as well as offer an open, safe space for those who face oppression and their allies. By fostering close ties with various groups and the Queen’s administration as well as facilitating student learning about oppression, we aim to eliminate marginalization on campus. Contact the Commissioner of Social Issues, Samara Lijiam, at sic@ams.queensu.ca.

The Commission of Clubs is comprised of over 280 unique organizations, ranging from cultural groups to health outreach initiatives, among others. For many students, one of the most important experiences outside of the classroom is participating in clubs on campus. The Clubs Commission works to provide resources and support to AMS affiliated groups through financial means (grants, bursaries, fundraising, etc.), providing club space, insurance, and resources for event planning and marketing. Contact the Commissioner of Clubs, Brian Seo, at clubs@ams.queensu.ca.

The Commission of Environmental Sustainability (CES) works towards a sustainable campus by advocating for sustainable action and initiatives on behalf of Queen’s undergraduate students. Reinstated in 2020, the commission takes on various projects to encourage environmental sustainability within the AMS, Queen’s University, and the city of Kingston. These projects include the Queen’s Environmental Coalition, the Sustainable Action Fund, the Sustainable Event Certificate, and Campus Green Spaces project. Contact the Commissioner of Environmental Sustainability, Jessica Wile, at ces@ams.queensu.ca.
The five AMS Offices support the activities of all students presently involved with the AMS as well as those looking to get involved. They also work toward strengthening the organizational and reputational standing of student leadership. Check out myams.org to see the opportunities in each Office.

The Advancement Office (ADO) is responsible for ensuring that the AMS has a cohesive strategy for fundraising, sponsorship, and meaningful engagement with alumni. This Office works to build and maintain relationships with donors, sponsors, and the alumni community, and works closely with the Queen’s Office of Advancement on these goals. The ADO supports the functions of the AMS by securing financial contributions and mentorship opportunities that will enhance the programming and services provided by the Society. Contact the Alumni Relations Coordinator, Jasmine Zangeneh, at alumnirelations@ams.queensu.ca

The Human Resources (HR) Office is here to make sure that your experience within the AMS is rewarding, productive and welcoming. Whether you volunteer on a committee, work as an AMS intern, or are employed by one of the many AMS services, the HR Office is your resource. Don't know where to start? We can help with that too because recruitment is one of the primary roles of the HR Office. Contact the Director of HR, Nathan Gallagher, at hr@ams.queensu.ca

The Communications Office facilitates the two-way flow of information between the AMS and student body, communicating intended messaging from the AMS to the students, and back again. Using local and national media outlets, they manage public relations and supervise the creation of AMS publications. The Communications Office provides resources for services, clubs, and societies to assist in event promotion, information campaigns, and media relations. The Communications Office acts to inform, facilitate, and engage members of the AMS in events, referendums, and initiatives. Contact the Director of Communications, Maddie Zarb, at communications@ams.queensu.ca

The Marketing Office aims to promote AMS initiatives, opportunities, and services by establishing various channels to engage students with the AMS. They accomplish this using market research to gauge the opinions of the Queen’s student body while monitoring the AMS’s brand awareness. They are also responsible for the supervision and creation of AMS digital media content, and interacting with students and the city through social media. The Marketing Office runs various media campaigns to better connect students and encourage them to take advantage of AMS opportunities. The Marketing Office provides resources for services, clubs, and societies to assist in social media and event promotion and collaboration. Contact the Director of Marketing, Lynn Chen, at marketing@ams.queensu.ca

The Office of Internal Affairs is responsible for ensuring that internal functions of the AMS are running smoothly. This includes elections and referendum, AMS Assembly (the AMS legislative body), AMS Board of Directors, the judicial branches, and keeping policy up to date. The office is managed by the Secretary of Internal Affairs and works to provide students with open access to the electoral processes and assembly. Contact the Secretariat, Laura Devenny, at secretariat@ams.queensu.ca

Welcome to Queen's!
How It Works

Open the app
Booking is easy
Pay by app
Rate your ride

Psst... we are usually cheaper & faster than the giant multinationals

Welcome to Queen's!
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Located on the lower level of the JDUC, the Printing & Copy Centre offers a wide variety of products and services to suit all of your printing needs. Offering black & white and colour printing, scanning, business cards, booklets, conference cards and handouts, binding, poster printing and more, if you ask a P&CC staff they’ll tell you, “Yeah, we do that!”. The staff at the P&CC work hard to help you complete your publishing projects efficiently, effectively, and affordably – all while in a fun and welcoming environment. We can’t wait to help bring your projects to life during your time at Queen’s!

Located on the lower level of the JDUC, the Common Ground Coffeehouse (CoGro) is a student run coffeehouse found at the heart of the Queen’s Campus in the Athletics & Recreation Centre. They offer a large variety of espresso based drinks, iced drinks, bagels, delicious sandwiches, and local baked goods. The CoGro lounge space can be used for studying, hanging out with friends, grabbing lunch, or can even be booked for events! And be sure to drop by The Brew, Common Ground’s second location in the Upper JDUC (by Tricolour Outlet) to pick up a coffee, tea, or baked good on your way to class!

AMS SERVICES

All AMS services are entirely student-run. We have thousands of student employees and volunteers who work hard to bring on-campus resources to those who need them, whether that’s a cup of coffee at Common Ground, weekly campus news from the Queen’s Journal, or academic support from the Academic Grievance Centre. Want to be a part of an AMS service? Check out www.myAMS.org for information about which services will be hiring this fall!

The Common Ground Coffeehouse (CoGro) is a student run coffeehouse found at the heart of the Queen’s Campus in the Athletics & Recreation Centre. They offer a large variety of espresso based drinks, iced drinks, bagels, delicious sandwiches, and local baked goods. The CoGro lounge space can be used for studying, hanging out with friends, grabbing lunch, or can even be booked for events! And be sure to drop by The Brew, Common Ground’s second location in the Upper JDUC (by Tricolour Outlet) to pick up a coffee, tea, or baked good on your way to class!

Walkhome is a student-run service that provides all members of the Queen’s Community with a safe and comfortable way to travel Kingston at night. It is a completely anonymous and confidential service, so our staff members do not wear any clothes identifying them as a Walkhome team. Whether you feel unsafe or just want company on your night walk please call (613) 533-WALK or visit the kiosk in the lower ceilidh of the JDUC.

The Peer Support Centre (PSC) is comprised of 100+ dedicated staff and volunteers. The PSC provides all undergraduate students with confidential, empathetic, peer-to-peer support, including resource referrals and practical guidance. Students are welcome to come in to talk about homesickness, personal grievances, mental health, instances of oppression and/or discrimination, sexual violence, academic challenges, and more! No problem is too big or too small, we care about them all! Visit the PSC in JDUC rooms 34 & 26 or contact Head Manager Chris Yuen at peersupport@ams.queensu.ca

Welcome to Queen’s!
The Housing Resource Centre (HRC) is a confidential space where students can talk freely about their concerns with any current or potential housing situation. The HRC also offers tips on finding housemates and house hunting. You can visit them in room 040 of the JDUC or email hrc@ams.queensu.ca.

The Academic Grievance Centre (AGC) is the place to go if you have any questions or concerns about academic grievances, discipline, or regulations. The volunteers that work in the centre (JDUC 040), are very knowledgeable about the academic policies of the University and can be a resource and support if you have a problem or simply need someone to listen. You can reach them at (613) 533-6434 or agc@ams.queensu.ca.

Tricolour Outlet is your one-stop shop that serves students, alumni, and the Queen's community. They provide high-quality options for Queen’s clothing and merchandise, a means for students to save money on used textbooks, inexpensive school supplies, event tickets, and a safe and convenient bus service. Come visit them on the upper ceilidh of the JDUC or check out their website: www.tricolouroutlet.ca

The Queen's Student Constables (StuCons) are the only peer to peer security service in North America. StuCons have been around since 1936, and ever since have been working to keep students safe by upholding the AMS and University’s rules and regulations. With a staff of over 100 students, you can find us at some of your favorite on-campus establishments, such as QP, The Underground, Clark Hall Pub, as well as any sanctioned events and venues for the over 260+ student run clubs. You can reach them at QSC@ams.queensu.ca.

Studio Q is a student-run creative agency, providing professional design, photography, video, and broadcasting services. As well, they produce the Tricolour Yearbook & Agenda and livestream the Queen’s Gaels home games. Contact Studio Q at (613) 533-2738 or studioq@ams.queensu.ca

The AMS Food Bank provides confidential and non-judgmental food options to members of the Queen’s community in the most comfortable environment possible. The Food Bank (JDUC 343) helps to ensure that Queen’s students can be healthy and productive as they pursue academic achievement and alleviates poverty amongst Queen's community members. You can reach them at (613) 533-6972 or foodbank@ams.queensu.ca. Learn more at www.AMSfoodbank.ca

With a staff of almost 30 students, the Queen's Journal (QJ) puts out issues every Friday and releases online content throughout each week at www.queensjournal.ca. They welcome all students as writers and photographers as well as letters or opinion pieces from all members of the Queen's community. Feel free to drop by the Journal House (190 University Ave.) or contact the Editors In-Chief, Aysha Tabassum and Shelby Talbot at journal_editors@ams.queensu.ca or (613) 533-2800 for more information about services and opportunities.

Welcome to Queen's!
You can apply to work at any of these AMS services.  
No experience necessary!

Check opportunities and deadlines to apply here: www.myams.org/apply

Welcome to Queen's!
The **Student Life Centre (SLC)** The Student Life Centre (SLC) is a collaboration of facilities, services, and resources dedicated to enhancing the quality of student life at Queen's. Encompassing the John Deutsch University Centre (JDUC), the Queen's Centre (QC), the Mackintosh-Corry Student Street (MC), the Grey House, the SLC provides space for societies and clubs, bookable spaces for meetings, performances, events, and public spaces for a wide range of student and community use. The SLC Information Desk is located beside the Union St. entrance of the JDUC, where friendly SLC staff can provide you with information about space bookings, equipment and locker rentals, opportunities to advertise through posters and TV screens around the SLC or booths, and conference or event set-up. In the long term, the JDUC revitalization project will create transformative new opportunities for student life and engagement.

Contact the SLC at slc@ams.queensu.ca or www.studentlifecentre.ca.
# Gender Neutral Bathrooms Master List

Compiled by the AMS Social Issues Commission, Data Source: Campus Planning

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Please note: This list is temporary and incomplete, as the addition of gender neutral washrooms to campus is ongoing.

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The Alma Mater Society

Welcome to Queen's!
Welcome to Queen's!

ON-CAMPUS SERVICES

These University and community services encompass a wide range of support available to Queen’s students.

The Four Directions Indigenous Students Centre strives to be a home away from home for Indigenous students during their time at Queen’s. Come by to take part in some of our programming, cultural counselling and academic advising services, or just to study and meet new friends. The Four Directions Indigenous Student Centre is located at 144-146 Barrie St. We look forward to meeting you at the centre soon!

Career Services is available to assist you with everything you need to know, and do, to make your next career move a success. Wondering how to make the most of your first year, get involved, and build skills and experience? Check out our popular Major Maps (there’s a specialized one for each major) to help you map out your journey at Queen’s! Learn about potential careers and future employers by visiting our website and joining us for virtual career fairs. Career Services website: careers.queensu.ca/

The Queen’s Human Rights Office offers a variety of services including Human Rights Advisory Services (HRAS) and Sexual Violence Prevention and Response (SVPR). HRAS is a confidential service that assists individuals or groups at Queen’s by providing information, advice, support, and resources as well as assistance to those who wish to pursue informal or formal routes of complaint resolution following an incident of harassment or discrimination. The HRAS also advocates for human rights practices and policies that respond to the needs of Queen’s equity-seeking communities. The SVPR Office will assist any student who has been impacted by sexual violence. Students can contact the Sexual Violence Prevention & Response Coordinator, Barbara Lotan, at bjl7@queensu.ca. The SVPRC can provide information about and assistance to access supports, services, academic accommodations and reporting processes. Visit online at www.queensu.ca/hreo/home & www.queensu.ca/sexualviolencesupport for more information.

Queen’s Athletics & Recreation - A healthy body supports a healthy mind - over 81% of our student population is active in sports or recreational activities on campus. Join an intramural team, workout or participate in one of our many fitness and wellness offerings to keep in shape. If you’re interested in competitive or high performance sport—why not try out for one of our varsity sports? At Queen’s, students have a multitude of athletic activities to choose from and enjoy while taking a break from their studies. For more information visit www.gogaelsgo.com.

Queen’s First Aid is on call 24 hours a day, 7 days a week during the academic school year and provides confidential, professional First Aid Response. You can request QFA to attend a situation by calling the Campus Security Emergency Report Centre at (613) 533-6111, or by activating the closest Emergency Blue Light. QFA is also available to provide First Aid Coverage at your event. For more information, visit www.queensfirstaid.com.

Welcome to Queen's!
Welcome to Queen's!

**Chaplain's Office** - Queen’s has a University Chaplain, appointed by the University, as well as a number of Christian Chaplains who, with the University Chaplain, form the Queen’s Chaplaincy Team. There is also a Muslim Chaplain in one day a week, as well as contacts with most faith groups. These chaplains are here to help students in any way they can, from deeply spiritual or personal problems to the very practical aspects of living and adjusting to University life. The Chaplains are committed to fostering a climate of respect for the variety of faith traditions at Queen’s. Students are encouraged to drop by the University Chaplain’s Office, room 142B in the JDUC anytime!

The **Positive Space Program** brings visibility and support to lesbian, gay, bi, trans, and queer communities at Queen’s. Positive Space stickers posted at the entrance to work, living, or study areas encourage the Queen’s community to celebrate the gender and sexual diversity that exists on campus and to work to overcome subtle and overt forms of heterosexism, homophobia, and transphobia. This program is a reflection of Queen’s commitment to welcome and include all members of the community and to create a campus that is free of discrimination based on gender and sexual identity. Information can be found at [http://www.queensu.ca/positivespace](http://www.queensu.ca/positivespace) or posspace@queensu.ca.

**Queen’s Legal Aid (QLA)** offers free legal services to students with certain tenancy, criminal, civil, employment and government benefits problems. Law students provide these services under the supervision of staff lawyers. QLA is located in Macdonald Hall, room 406 and can be contacted at (613) 533-2102. Alternatively, visit their website at [http://law.queensu.ca/students/legalAid.html](http://law.queensu.ca/students/legalAid.html).

The **Queen’s University International Centre (QUIC)** supports Queen’s students, staff and faculty in the building of diverse and inclusive communities. Along with campus partners, QUIC provides transition services that lead to a successful student experience. QUIC provides confidential 1:1 advising provided by the QUIC International Student Advisors, Write Nights and academic writing support (with SASS), an English Conversation Program, Intercultural Training and the Intercultural Awareness Certificate Program, social activities with the World Link Program, and volunteer and work opportunities. Did you know? QUIC is here for all students!

The **Ban Righ Women’s Centre** is a meeting place and a resource that offers its services without charge or membership. The Centre has informed and helpful staff to assist women of all ages continue formal or informal education, especially those who are returning to study after a time away from formal education or starting university farther the first time later in life. Students find help with academic, financial, social or technical issues; share experiences, network with peers, give and receive support. They can be found at 32 Bader Lane and our website is [http://banrighcentre.queensu.ca](http://banrighcentre.queensu.ca).
ON-CAMPUS SERVICES

The Interfaith Council is a council of people representing various faith traditions at Queen’s whose goal is to assist the University in promoting and enhancing the environment of religious tolerance, diversity and freedom of expression. Members of the Council represent faith traditions such as Christianity, Judaism, Hinduism, Aboriginal, Islam, Bahai and Buddhism and Wicca. Students are encouraged to exercise their own judgement as to the extent to which they participate in Orientation Week and are reminded that all activities are voluntary. To contact a member of the Interfaith Council, call (613) 533-2186.

CFRC is Queen’s campus and community radio station, broadcasting at 101.9FM, channel 282 on cable, and CFRC.ca online. CFRC is your gateway to diverse Kingston communities and to underground music from around town or across the globe. CFRC offers free broadcast and journalism training. To get involved, contact cfrcprogram@ams.queensu.ca, call (613) 533-2121, or drop by the station in Lower Carruthers Hall.

Queen’s University Libraries have the information resources you need to complete assignments, write research papers, find class readings and explore any subject. The Queen’s Library also consists of the Queen’s Learning Commons (QLC), the Writing Centre, and the Learning Strategies Development Program. The QLC offers an inviting, collaborative learning space where students can pursue and share ideas and also unites staff from several service units who assist students through individual consultation, workshops, peer mentoring, and collaboration. The Writing Centre offers one-on-one tutorials, workshops, and credit courses for students from all subject areas. The Learning Strategies Development Program supports academic success through enhancing the skills and self-confidence of students through workshops, individual sessions, and the peer mentor program. These three services are all located in Stauffer Library.

Telephone Aid Line Kingston (TALK) is a crisis, distress, befriending and information line that is open from 7pm until 3am every night of the year. The telephone lines are staffed by well-trained, caring volunteers who are there to provide confidential, anonymous, and nonjudgmental listening. Don’t hesitate to call (613) 544-1771 if you need to talk. For more information visit us at www.telephoneaidlinekingston.ca

The office of Town-Gown Relations can help navigate through problems in the Queen’s/Kingston equation while respecting confidentiality at all times. This office can educate you on your responsibilities and advocate for your rights as a student-resident of Kingston. For bylaw questions, assistance with rental situations or tips for making yourself truly “at home” in Kingston, Town-Gown Relations is your starting point. They are located in the JDUC in room 315 or you can contact them at (613) 533-6745 or towngown@queensu.ca. Visit their website is http://towngown.sa.queensu.ca

Welcome to Queen's!
Student Academic Success Services (SASS) is your go-to for writing and learning needs at Queen’s. We support students by offering individual writing and academic skills appointments, support for students with English as an additional language, workshops, events, and on-line resources. We welcome all Queen’s students at all stages of program completion and all levels of ability to enhance their capacity to fulfill their learning goals and academic potential. Learn more about us on our website at sass.queensu.ca or contact us at 613-533-6315 or by email at academic.success@queensu.ca if you have any questions.

The Yellow House, Centre for Student Equity and Inclusion is dedicated to enhancing the development and wellbeing of the Queen’s equity seeking community and supporting initiatives to recruit and retain racialized and equity seeking students at Queen’s. The Yellow House, located at 140 Stuart Street, provides dedicated on campus space for Queen’s undergraduate and graduate student clubs. For more information please contact yellowhouse@queensu.ca

Student Wellness Services (SWS) aims to provide a welcoming, confidential, and integrated service responsive to the needs of students. We offer a range of programs and services including medical care and mental health, accessibility, and health promotion services. Learn more about SWS on their website at https://www.queensu.ca/studentwellness/home.

AMS HEALTH & DENTAL PLAN

Make the most out of it

Eligible undergraduate and MBA students have access to the well-being resource: Empower Me; a confidential support service available 24/7. Complete details at www.studentcare.ca.

Welcome to Queen’s!
CAMPUS SECURITY

Campus Security is a service department with the main objective being to promote a safe and welcoming environment that recognizes and is respectful of the diverse nature of the Queen’s Community. The Campus Security staff is available 24/7, 365 days of the year.

CAMPUS PATROL PROGRAM - Teams of uniformed security patrols walk the entire campus every night of the year, providing a visible deterrent to crime as well as a safe resource for staff, students and visitors who require assistance. The patrols act on the direction of the on-duty Security Supervisor who coordinates all responses to emergencies on campus.

BLUE LIGHT PROGRAM - The phones are there for you to use anytime you feel unsafe, afraid or concerned. All the phones have a direct line to the Emergency Report Centre. Blue lights are an important safety feature for the university community. Any malicious or irresponsible behaviour in activating an emergency phone is a violation of the Student Code of Conduct and may result in disciplinary action by the University. Any tampering, damage, or theft of an emergency phone or associated equipment is considered an offense under the Criminal Code of Canada.

EMERGENCY NOTIFICATION SYSTEM - A public address system using a siren signal followed by voice instructions will alert the campus community to take shelter and if safe to do so, check one of the current Emergency Notification platforms (Queen’s Web site, University Status Line--613-533-3333, Queen’s email account) for information & instructions.

LONE WORKER PROGRAM - Students, Staff & Faculty who work/study alone outside of the regular working hours can call Campus Security and request to be checked on, either by phone or in person.

ALERT-L LIST - The purpose of the Alert-L list is to provide students, staff and faculty with notices about serious incidents on or around the campus. To subscribe to the Alert-L list, click on the “Alerts” web link at Security’s main web page.

RAD (RAPE AGGRESSION DEFENCE) - Free for students and staff, the Rape Aggression Defence Systems teaches women practical defensive techniques through basic information on personal safety, awareness, risk reduction and avoidance.

PREPARE TRAINING - PREPARE is a certification course offered by the Security department at no cost to University members. Upon completion of the course, participants will be able to:

• Recognize early warning signs of anger or hostility
• Effectively utilize personal space, body language and para-verbal communication to relieve tension and defuse hostility.
• Employ verbal intervention strategies to de-escalate situations before they become more disruptive or potentially dangerous.
• Maintain an objective and professional attitude when responding to an agitated individual
• Invoke four priorities essential to your organization’s Violence Response Procedures.
• Effectively debrief once Tension Reduction occurs

To learn more about these and other services provided by Campus Security, please visit our web page at:
www.queensu.ca/security

Welcome to Queen’s!
The **cheapest** way to visit your friends

From **$25**

- Kingston to Ottawa
- Kingston to Toronto
- Kingston to Montreal

Get your student discount at poparide.com/queens

**POPARIDE**

*Welcome to Queen's!*
Welcome Home, Class of 2025!
AMS Health & Dental Plan*

Make the most out of it

The Plan is designed to fill the gaps in provincial health care.

What’s covered?

- **Over $10,000** Health Coverage
- **Over $350** Vision Coverage
- **Up to $750** Dental Coverage
- **Up to $5,000,000** Travel Coverage

Who’s automatically covered?

- Full-time on-campus AMS-affiliated undergraduate students who are enrolled at Queen’s starting in the Fall Term or Winter Term (including full-time international students paying Queen’s fees and UHIP)
- Off-campus first-year BISC students
- MBA students (covered from Jan. 1 – Dec. 31, 2022)

*Please note that at the time of printing, benefits for 2021-2022 were still subject to change. For complete details, visit www.studentcare.ca in August.

Save Money with the Studentcare Networks

By consulting a Network professional, you’ll get additional coverage on services like:

- Dental
- Psychology
- Chiropractic
- Vision
- Physiotherapy
- Massage therapy

Change-of-Coverage Period

**Fall Term** (enrolments and opt outs): Sept. 7 – 30, 2021

**Winter Term** (enrolments and opt outs for new undergraduate students and MBA students only): Jan. 3 – 31, 2022

Well-Being Resources: Empower Me

A confidential support service available 24/7: 1-833-628-5589
Powered by Optima Global Health

Virtual Health Care

Connect virtually with nurses and physicians from anywhere in Canada.
Provided by Dialogue

For complete coverage details and eligibility, visit www.studentcare.ca.

Questions?
9 am to 5 pm on weekdays
www.studentcare.ca

DOWNLOAD THE APP
Search Studentcare mobile to download now!

Welcome to Queen’s!