The Alma Mater Society Welcomes the Class of 2023!

3 Commissions
10 Faculty Societies
13 Student-run Services
60+ Full-time Student Staff
250+ Student Clubs
450+ Paid Student Staff
1,500+ Student Volunteers
6,000 Job Applications

18,500 Student Members (including you!)

QUEEN’S UNIVERSITY

www.myams.org/amsapply
Twitter: @QueensAMS
Instagram: queens_ams
613.533.3001
feedback@ams.queensu.ca

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

Alma Mater Society
Executive

I want to extend my sincerest congratulations to the Class of 2023 for making the decision to come to one of the most spirited, engaging, and historic Universities in the country. In your first few days here, you may hear the phrase “Queen’s is the Only University”. When I was in my first year, I couldn’t begin to comprehend what this meant. I was too nervous about being in a new city, being surrounded by new people, and about attending my first University classes to take a step back and think about what it meant to be a Queen’s student. It wasn’t until after I received my Tam, became acquainted with the traditions, and realized all the opportunities to get involved that I fell in love with this place. Over the next 4 years you will meet some of your best friends, have some of the most memorable experiences, and contribute to the history of the student experience at Queen’s University. No matter what you make of your time here, the AMS is here to help you succeed and welcome you to this unique and spirited community. With that, I want to welcome home the Class of 2023: The next generation of Gaels to call Queen’s theirs.

Orientation Week is when you first get entrenched in the Queen’s Tradition. Regardless of your faculty, you will leave this week feeling a part of a family of individuals who will be going through similar exciting experiences and hardships as you. Queen’s is truly unique in this sense, and I encourage you to embrace this as much as you can. That would be to take your time, participate in anything and everything that you can, be open to stepping out of your comfort zone and that there is no point trying to be someone else, just be yourself. The best part of this experience is that one small decision this week could land you a lifelong friend, an invaluable opportunity, or memories that you’ll carry long after you leave Queen’s!

Enjoy the next few days!

Having been through four years at this University, I can honestly say that there is nothing like the Queen’s Orientation Week experience! Whether it be nerves, excitement, curiosity, or a combination of all three, there is definitely a strong feeling in the air. As each person experiences this incredible time differently, I’d like to tell you what I would tell my first year self. That would be to take your time, participate in anything and everything that you can, be open to stepping out of your comfort zone and that there is no point trying to be someone else, just be yourself. The best part of this experience is that one small decision this week could land you a lifelong friend, an invaluable opportunity, or memories that you’ll carry long after you leave Queen’s!

Orientation Week is when you first get entrenched in the Queen’s Tradition. Regardless of your faculty, you will leave this week feeling a part of a family of individuals who will be going through similar exciting experiences and hardships as you. Queen’s is truly unique in this sense, and I encourage you to embrace this as much as you can. It is also the start of your involvement at Queen’s. You will be presented with and be made aware of unique things that you can get involved with; whether it’s with your faculty, a club, or your student government. Your student experience will be shaped by your involvement, but all you have to figure out is what inspires you, and Queen’s will do the rest. Cha Gheill!

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

Welcome to Queen’s!
Welcome Class of 2023!

Three summers ago, I received my Orientation Week handbook in the mail. I was nervous, excited, and unsure of what this experience would bring. What should I pack? What is a tam? What does Cha Gheill even mean? As I read my handbook from front to back to answer these questions, researched residences and cafeterias, and stocked up on all things tri-colour (Queen’s school colours – red, yellow, and blue!), I began to realize I wasn’t just going to school – I was joining a new community and a new family.

Moving away from home (whether it be for the first time or not) can be a scary and nerve-racking experience – and all of these emotions are totally okay! Missing your family, friends, and home can be tough – but Orientation Week is here to welcome you home. As a completely student run week, over 1,200 upper year students have been working incredibly hard over this past year to welcome you – yes, YOU!

Orientation Week gives students from all different backgrounds a place to grow and become comfortable in their new home, in a safe and supportive environment. University can seem overwhelming at first, but always remember that everyone at Queen’s wants to see you succeed – you can do anything you dream of and more! We are a community of over 30,000 students and staff, so no matter what challenges you may face in your time here, you will never be alone.

On a final note, you may be wondering, “What the HECK is the Orientation Roundtable?” That’s a great question! We are a team of five students who make up the core logistical body of Orientation Week. We have been working alongside the nine Orientation Committees here at Queen’s, to help ensure that everything is all ready for you this fall. The TEN Orientation Committees include the Arts and Science, Commerce, Computer Science, Concurrent Education, Engineering, Nursing, Health Sciences, Kinesiology, NEWTS (New Exchange Worldly Transfer Students), and FYNIRS (First Years Not In Residence Students) Orientation Weeks. The five of us will be around throughout the week – feel free to come and say hello, we would LOVE to meet you!

That’s all for now – we cannot wait to meet you in September, but for now relax, enjoy your summer and get ready for Queen’s Orientation Week 2019!

For more information, be sure to check out our Orientation Website at: http://queensu.ca/orientation. As well, for updates throughout the summer, like us on Facebook at: Queen’s Orientation Roundtable and Instagram: @queensu.ort

Alexia Henriques (she/her/hers)  
Campus Activities Commissioner

Georgia Hacker (she/her/hers)  
Concert Director

Caitriona Buckley (she/her/hers)  
Systems and Support Director

Damiana Povone (she/her/hers)  
Logistics Director

Welcome to Queen’s!
Welcome to Queen’s!

Congratulations, you are officially a Queen’s University student!

You have worked hard to get to this point, which is why I sincerely hope you will find your time here rewarding and memorable. The first few weeks will be undoubtedly busy as you adjust to your new surroundings, make new friends, and get steeped in Queen’s spirit. I hope you enjoy every moment.

While I’m not new to Queen’s, this is my first academic year in the role of Queen’s Principal. I’m thrilled to be back in Kingston and on this campus after nearly nine years. However, I know a lot has changed so, I too, will be going through an orientation of sorts as I get accustomed to working with new people and discovering new developments and spaces on campus.

Orientation periods can be quite daunting and I encourage you to be patient with yourself as you adjust to your new role as a university student. This is a big transition that brings new friends and experiences into your life as well as new knowledge and skills. It’s natural during this time to feel a little out of your element, but please be assured that with time, you will find your way. Know that you are not the only one experiencing the highs and lows of such a transition and there is help available.

Being a university student inherently means there are many pressures and stressors. There are counsellors embedded within every faculty and you’ll find mental and overall health care services at Mitchell Hall right in the middle of campus. We also have a peer support network, as well as our Human Rights Office, the Chaplain’s Office and the Four Directions Aboriginal Student Centre that can offer support. Everyone here is dedicated to your success and overall wellbeing, please remember that.

While it’s important to focus on your studies, don’t neglect the importance of balancing your academic work with socializing and down time. Queen’s offers more than 300 clubs to students, more than any university in Canada, and I encourage you to look into joining one to help make new friends and develop new passions.

Finally, Queen’s is a close-knit community, where respect for others’ beliefs, opinions and backgrounds is among our strongest values. Being an inclusive and diverse institution includes embracing differing viewpoints and critical thought—in fact, it’s central to our academic mission. At Queen’s, you can expect to find the intellectual support you need to grow and learn. At the same time, you will be expected to make considered, well-informed choices both inside and outside of the classroom.

Take the time to learn about our policies on sexual violence, freedom of speech, and non-academic misconduct, which many of our students helped to create. We take the health and wellbeing of our Queen’s community members very seriously, and count on our students to uphold the university’s relationship with the city of Kingston and its residents through courteous and respectful behaviour.

I wish you all the best as you begin this important chapter in your life here at Queen’s, and I look forward to seeing you around campus.

Patrick Deane
Principal and Vice-Chancellor
Dear Students,

On behalf of the City of Kingston I’m thrilled to welcome you to our community! Congratulations on selecting Queen’s for your post-secondary education and Kingston as your new home.

As you begin this new chapter, I hope you take time to familiarize yourself with your new city. You will learn that Kingston is a wonderful place to live and home to the region’s best cultural attractions: our beautiful waterfront, museums, galleries and historic sites. Take time to discover a favorite exhibit in one of our museums, take a stroll and explore our charming shops, and find a favorite meal in one of our many esteemed restaurants.

Please know my door is always open and I would love to hear from you. Connect with me on Twitter or Instagram @MayorPaterson, by e-mail at mayor@cityofkingston.ca and be sure to check out my website at www.MayorPaterson.com for city updates.

Wishing you a great orientation week!

Sincerely,

Bryan Paterson
Mayor of Kingston
Dear Class of 2023,

It is with overwhelming joy that I welcome you to Queen’s University! On behalf of everyone here at Queen’s I would like to offer you a most heartfelt congratulations and the warmest welcome- we are delighted to have you join us here as a gael and I personally cannot wait to see all of the wonderful things that you will surely do during your time here at this beautiful institution.

As I am many of you are well aware, Queen’s is one of the oldest Canadian institutions for post-secondary education; the history of Queen’s as an institution dates even further back than the confederation of Canada itself. With more than 175 years worth history and traditions to its name this is a university with context that defines our student experience in a way that is unique from every other university. In your first week here at Queen’s, you will be partaking in one of our longest standing traditions – faculty Orientation Week, which is completely student run. The events of this week will introduce you to our beautiful campus, our exceptional faculties, and resources that will help you to succeed during your time here at Queen’s. This can be an overwhelming time, one in which you are receiving information from every angle, but I encourage you to do your best to slow down and take it all in. Be open to new people, places, and opportunities. There are countless student leaders eager to support you in this transition, take advantage of the remarkable resource that they are! Indulge in the vast number of traditions and songs such as The Queen’s Oil Thigh, these are unique things that tie our community together. You have an incredible journey ahead of you, so bask in this, your first few steps of that journey.

Queen’s University has always been marked by our incredible “student experience.” There is no other school in Canada, and perhaps North America (maybe the world), where students can have their voice heard at high regards, or are provided with numerous opportunities to do incredible things both inside and outside of the classroom. We have long held the importance of ensuring that our actions serve to benefit the Queen’s family and the greater Kingston community.

As Rector, I am the third officer of the University and an equal to the Chancellor, Principal, and Vice-Principals. As a student holding this position, I represent a unique opportunity that students at Queen’s are presented with to drive what goes on at our University. Whenever it is possible, I encourage you to make the most of the opportunities here and to get involved with whatever you are passionate about. During your time as a student, I implore you to contribute to creating an inclusive campus for all peoples. We are an institution where diversity makes us stronger, and the support of our family makes us better. Through the roles and positions that may hold during your time here, work to enhance the student experience for others, lead with integrity, and create sustainability so that others may have the same opportunities. Queen’s endorses these opportunities with freedom and support. It is a privilege to attend Queen’s, and I hope you make the most of every minute you spend here.

As the Rector of Queen’s, I am here to represent and support all Queen’s students. The Rector serves on the Board of Trustees, sits on AMS and SGPS assemblies, and is an observer of the University Senate. In addition, the Rector sits on various planning and advisory committees on campus. Aside from these more representation-based roles, the Rector also serves some ceremonial duties by speaking at all convocation ceremonies and conferring the Agnes Benedickson Tricolour Award on an annual basis. Lastly, but certainly not least, I am here to support you with anything you might need assistance with. If you are struggling with anything and don’t know where to turn—my door is always open. If you ever need someone, please drop by my office in the upper ceilidh of the JDUC (room 124). Nothing I might be working on is more important than making time for students—please don’t hesitate to reach out, at rector@queensu.ca or @queensurector. I can also help you get involved if that is something that interests you!

Princeps Servusque Es (Be a Leader and Servant),
Alex da Silva (36th Rector of Queen’s University)
Welcome to Queen’s!
Welcome to Queen’s Orientation Week 2018! 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 2018, you can reach us through the secretary of the committee, Joan Jones. Her office is located in the John Deutsch University Centre (JDUC), room 135. She can also be reached by phone at 613-533-6745, or by email at jj7@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!
University Orientation

Throughout your first weeks, you will have the opportunity to participate in many programs to acquaint yourself with your new home away from home: Queen’s University!

The Student Experience Office in partnership with Residence Life and the Residence Society work together to create University Orientation. This overview will give you an idea of what to expect, and you will receive a detailed schedule in August with times and locations based on where you live in Residence, or as part of your First Years Not In Residence (FYINIRs) schedule.

Saturday, August 31

Community Meeting (Residence Students)
Meet your Don and all your new neighbours!

Queen’s Welcomes U with Existere
Your official welcome to Queen’s and a theater production written, directed and performed by Queen’s students!

Welcome Home Night
Co-Hosted with the Residence Society
Join in a fun Game’s Night and visit the photo booth for a memento of your first night on campus!

Sunday, September 1

Consent Culture for Real Life
Karen B.K Chan is an award-winning educator, her presentation will address consent culture in a judgement-free learning opportunity for all.

Building Meeting (Residence Students)
Get to meet your whole building in one place!

Sunday, September 8

Academic Workshops
The Peer Learning Assistants from Student Academic Success Services are running workshops on reading, notetaking and self-management designed to help you excel in the academic year ahead. Join in 1 or attend all 3 of the 30-minute workshops to get a jump start on your university-level academic skills!

Visit Student Academic Success Services, to learn more about all the workshops and services available to you: sass.queensu.ca/

For more information on University Orientation, visit the Student Experience Office:
www.queensu.ca/studentexperience/fall-orientation

Welcome to Queen’s!
There are many partners on campus who come together to make Fall Orientation Week possible, outlined below are more activities offered through the Division of Student Affairs.

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

Are you an International Student?
Join the Queen’s University International Centre (QUIC) for International Student Orientation from August 26 – 30, 2019.
Sessions include:
- UHIP,
- Canadian Culture,
- Banking,
- Working, and much more!
Can’t attend in August? We will be holding additional sessions from September 9 – 13, 2019.

For more information about the International Student Orientation, including time and locations, please visit: QUIC - Welcome and Orientation

**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! This event allows incoming first year and transfer Indigenous Students to:
- meet one another,
- tour Queen’s Campus & downtown Kingston,
- move into residence a day early,
- enjoy a welcome BBQ and more!

Please note there is a fee per family to assist in covering costs of meals, programming and residence rooms.

For more information on Welcome Day for Indigenous Students and how to register, please visit: FDISC - Welcome Day for Indigenous Students

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**CAREER SERVICES**

**CAREER FAIR**
Come and pick up your Queen’s Best Cover Letters magazine.
October 2, 2019
The ARC
10:30 AM - 3:30 PM

**LOOKING FOR A PART-TIME JOB?**
Log in to MyCareer
at careers.sso.queensu.ca

**EXPLORE THE MAJOR MAPS**
at careers.queensu.ca/students/wondering-about-career-options/major-maps

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

**Mystery Concert Reminders:**

Who: ALL incoming students are invited to attend!  
Concert is a SUBSTANCE FREE event!

Where: Miller Hall Parking Lot (Behind Bookstore)  
NO bags (wallet and/or clutch are ok)

When: Friday September 6th, 2019, 7PM-11PM  
NO water bottles (water will be provided)

You MUST have your Concert AND Faculty wristband!

Once you enter the venue, you will not be allowed to leave and come back

*Most importantly, have fun! Welcome Home ’23!*

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**The Student Code of Conduct**

All students when first logging on to SOLUS agree to abide by the Queen’s University Student Code of Conduct (https://www.queensu.ca/studentconduct/). The Code of Conduct is enforced by the Non-Academic Misconduct (NAM) system. NAM has different units for different levels of infractions. The AMS administers one of these units through the AMS Judicial System and the Judicial Affairs Office. Students may be held accountable for their actions both on and off campus wherever there is a connection to the University or its interests. The NAM system is not a substitute for criminal or civil law, but complimentary to it. AMS students are additionally required to abide by AMS policy and the AMS Constitution in their actions.

This system is complaint driven, and all AMS members are eligible to file a complaint. For more information see http://myams.org/nam/ or email judicial@ams.queensu.ca.

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The mandate of the University Ombudsman is to provide independent, impartial and confidential advice. This may include facilitating the informal resolution of concerns and complaints in support of University policies and procedures and in accordance with best practices in organizational conflict management.

The Ombudsman performs a variety of functions including providing information, referring inquiries to the appropriate individuals or offices, offering advice, intervening to facilitate a resolution, investigating concerns, recommending fair resolutions to individual cases, making recommendations for policy changes and addressing systemic barriers to fair processes.

To book an appointment:
Harry Smith
University Ombudsman
613-533-6495
ombuds@queensu.ca
Robert Sutherland Hall 421

*Welcome to Queen’s!*
Get $5 off at poparide.com/queens

How It Works

Download 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!
The core components of the AMS are the three 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 Activities 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 Activities, Alexia Henriques, at cac@ams.queensu.ca.

The Commission of External Advocacy (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 Advocacy, David Bath, at external.advoacy@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, Bunisha Samuels, at sic@ams.queensu.ca.
AMS OFFICES

The four 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 Alumni and Sponsorship 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 Director of Alumni and Sponsorship, Chauntae DeGannes, at advancement@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, Bronwyn Greenhalgh, at hr@ams.queensu.ca

The Information Technology (IT) Office works to provide and maintain the IT infrastructure on which the AMS depends. The IT Office operates internally on both the government and corporate sides of the AMS to ensure the continued support and maintenance of all IT equipment and services. The IT Office works to develop applications, databases, and websites for the various AMS Services. Working as a part-time student staff member in the IT Office is a great way to develop your passion for Information Technology. Contact the Director of IT, Zachary Slater, at ito@ams.queensu.ca

The Marketing & Communications (MarComm) Office serves as the public relations channel for the AMS and facilitates the two-way flow of information between the AMS and students. They accomplish this by conducting marketing research to gauge the opinions of the Queen’s student body while monitoring the AMS’s media relations with both local and national media. The MarComm Office is also responsible for the supervision and creation of AMS publications, web content, and interacting with students and the city through social media. Contact the Director of Communications, Brendan Robson, at communications@ams.queensu.ca

Welcome to Queen’s!
Building student success one home at a time.

It’s never too early to start.

*Beat the rush and contact us today to find your home for the coming year.*

- Specialized in student rental housing
- Housing situated within 0.5km of Queen’s University Campus
- Updated and newly renovated units
- Emergency repair staff available 24/7
- Rapid response to issues to ensure tenant safety and comfort
- Queens University Landlord Contract Program Approved
- Cleaning services available

Phone: 613-547-3030 • Email: info@highpointproperties.ca • 177 Division St., Kingston, ON

www.highpointproperties.ca
The Clubs Office is comprised of over 275 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 Office 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. There are also various workshops held throughout the year, along with the annual Tricolour Open House which allows clubs to showcase their organization to the entire student body. Be sure to attend this year’s Tricolour Open House on Thursday, September 6, 2018!

The Director of Clubs is responsible for the day to day operations of the office which includes connecting with club members, students, and stakeholders (on and off campus) as well as overseeing the Deputy Director of Clubs, the HR Coordinator and the Marketing Coordinator. Additionally, they act as the main liaison between the AMS and the clubs community with regular office hours 10-12 and 1-3 Monday to Friday. A complete list of clubs and organizations can be found on the AMS website with other useful club information. Feel free to contact the Director of Clubs, Scott Schrempf, at clubs.manager@ams.queensu.ca with any questions about this fun and exciting office.

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 Secretary of Internal Affairs, Lucas Borchenko, at secretariat@ams.queensu.ca
Welcome to Queen's!

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 that, "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!

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!

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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.

Since 1977, the Queen’s Pub (QP) has been a tradition here at Queen’s University. The relaxed atmosphere and great tunes will always keep you coming back. Come try the delicious menu with vegan and vegetarian options, a multitude of beers, fine wines, and cocktails. Whether you’re using the Pub to meet a study group or watch sports on the HD flat screen TVs, QP staff will always make your visit the best it can be. Come in and get acquainted with the only pub you’ll ever need. Cheers! The AMS Pub Services (TAPS) constitutes the only student-run bars in Canada, including the Queen’s Pub (QP) and The Underground Nightclub. You can reach them at (613) 533-2740 or taps@ams.queensu.ca

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

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 Andie Rexdiemer at peersupport@ams.queensu.ca.

The Housing Resource Centre (HGC) 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.

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.

Versed in years of tradition since opening its doors in 1976, the Underground has served generations of students and alumni. Administered along with the QP by The AMS Pub Services (TAPS), the Underground is the only student-operated club in the country and offers a level of acceptance and warmth that is unparalleled in the Kingston community. It doesn’t matter what faculty you are from, The Underground welcomes all students who are invested in making each night special. The Underground is available for booking to all students for club events, team socials, or even birthday parties. You can reach them at (613) 533-2740 or taps@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.com.

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 Editor In-Chief at journal_editors@ams.queensu.ca or (613) 533-2800 for more information about services and opportunities.
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

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

Apply today! Applications Close: September 20 @ 11:55PM
myAMS.org/apply

- First Year Intern Council
- Alumni Relationship Manager
- Able Section Editor
- OutWrite Section Editor
- FoodBank Coordinator
- Mental Health Awareness Committee
- Students Against Poverty Committee
- Digital Manager
- Graphics Editor
... and more!

Check opportunities and deadlines to apply here: www.myams.org/apply
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.
Whether you're too lazy to cook, you misplaced your refrigerator, or you don't know where your kitchen is - MenuSite is for you!

SERVING KINGSTON FOR 15+ YEARS
ON-CAMPUS SERVICES

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

The Four Directions Aboriginal Students Centre seeks to enhance the development and well-being of the Queen’s University Aboriginal Community. Four Directions welcomes and encourages all students to develop an awareness and appreciation of the Aboriginal experience in Canada. In keeping with the teachings of the Four Directions, the Centre strives to support individual Aboriginal Students in balancing their academic, spiritual, physical, and emotional needs. The Four Directions Student Center is located at 146 Barrie St. For more information please contact 4direct@queensu.ca

Career Services is available to assist you with everything you need to know, and do, to make your next career move a success. We help you learn how to choose a program that leads to an interesting career, where to look for a summer job, how to navigate out of school and into the world of work. Book an appointment with a Career Counsellor or attend one of our many workshops to learn what works (and what doesn't) with networking, resumes, cover letters and interviews. Visit Career Services in Gordon Hall or on the web at http://careers.queensu.ca

The Queen’s Human Rights Office mandates to provide advice, support, and resources to any community member with concerns in the area of human rights. The Human Rights office’s Advisory Service is a confidential service that assists individuals or groups at Queen’s who wish to pursue informal or formal routes of complaint resolution following an incident of harassment or discrimination. All inquiries are confidential. Visit the Human Rights Office online at www.queensu.ca/humanrights/

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.
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 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.

The **Queen’s University International Centre (QUIC)** is an international education support service for all students, faculty and staff at Queen’s. Through its activities the Centre promotes an internationally informed and cross-culturally aware university community. Visit us at www.quic.queensu.ca or drop by the centre on the upper ceilidh of the JDUC to see what QUIC can offer YOU. There’s something for everyone!

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 for 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.

Welcome to Queen’s!
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. We are located in the JDUC in room 315 or you can contact us at (613) 533-6745 or towngown@queensu.ca. Our website is http://towngown.sa.queensu.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 paraverbal 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
STUDENT WELLNESS SERVICES

www.queensu.ca/studentwellness

A welcoming, confidential, integrated service to support your health and wellness needs

Health Clinic: See a doctor or nurse about physical or mental health needs. Come to the walk-in clinic for more urgent concerns. Evening clinics Mon-Thurs. Booked and Walk-in clinics during days (Mon-Fri) and evenings (Mon-Thurs). Access psychiatry through a referral from the clinic. 613-533-2506

Counselling: See a professional counsellor to support you through a personal situation or a crisis. Counsellors work out of the LaSalle building, residences, and some faculties. Access workshops, self-help workbooks, and a cross-cultural counsellor. 613-533-6000 x78264

Accessibility (for students with a disability): See an advisor for accommodation planning, referrals, coaching in self-advocacy, advice on disability, accessibility and accommodations. Register for ‘Start-Up’ - a transition program for first year students with a disability. 613-533-6467

Health Promotion: Meet 1-1 with a health professional to improve your sleep, nutrition, physical activity habits or to quit smoking. Peer-led programs and volunteering opportunities for students. 613-533-6712

Queen’s University Be Well
@QueensUBeWell
wellness.services@queensu.ca

www.queensu.ca/studentaffairs
## Gender Neutral Bathrooms Master List

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

<table>
<thead>
<tr>
<th>Building</th>
<th>Room</th>
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<th>Room</th>
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Please note: This list is temporary and incomplete, as the addition of gender neutral washrooms to campus is ongoing.

For more information, contact the AMS Social Issues Commissioner at sic@ams.queensu.ca OR the Human Rights Office at ptheider@ams.queensu.ca
Welcome Home, Class of 2023!