



2024

KINESIOLOGY

ORIENTATION

HANDBOOK

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KINESIOLOGY ORIENTATION HANDBOOK

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SKHS

Acknowledgements:

School of Kinesiology and Health Studies Section Prepared By:

Ella Weir

Academic Representative on the
Executive Committee for Kinesiology Orientation

Common Section Prepared By:

Orientation Roundtable (ORT)

Note: This handbook is available in an alternate format upon request. Most of the sections are also posted on the School of Kinesiology and Health Studies Website at: www.skhs.queensu.ca

To obtain a copy of the handbook in an alternate format, please contact the Undergraduate Program Assistant, Trish Stenzi at 613-533-6000 ext. 75228



Letter From the Director

To the Class of 2028:

Welcome to the School of Kinesiology and Health Studies at Queen's!

Your enrollment in our Kinesiology program represents a new beginning, full of opportunities that will shape your goals and aspirations for the future. The school is committed to providing an outstanding education in an inclusive and respectful environment. Our intent is not just to support the development of your knowledge and skills but to transform how you see the world and your place within it. Current students, staff, and faculty are excited for you to join our community as we continue to build upon our tradition of teaching and research excellence.

Our building at 28 Division St. will be your home. Your laboratory courses will take place in our state-of-the-art facilities, you will find a quiet place to work in our study room, and you will always find someone to talk to in our undergraduate lounge. In addition to attending lectures and seminars, you will have opportunities to participate in experiential learning and practicums where you will gain and apply skills and knowledge beyond the classroom. You will also establish new relationships with fellow students, staff and faculty members as well as connections with diverse communities in Kingston and beyond, offering you a chance to grow in your professional and personal life.

Our approach to Kinesiology will challenge you to think critically about health, the body, sport and human movement. Beginning in your first year, you will learn about the physiology and biomechanics of the human body, as well as the social determinants of health and socio-cultural perspectives on sport and physical activity. The breadth of your chosen degree program is one of its strengths and has become even more relevant as we navigate a time of profound upheaval and uncertainty. We hope that this experience will shape and enrich your contributions to the social good and assist you in navigating a positive way forward as member of the global community.

We look forward to getting to know you over the next four years.



Samantha King, Ph.D.
Director
School of Kinesiology and Health Studies



SKHS

School of Kinesiology and Health Studies

Letter From the Acting Director

To the incoming KIN 2028 Class:

It is my pleasure, as Acting Director, to formally welcome the future leaders of our School! Although my term as Director will be brief (Fall 2024), I feel very privileged to have the opportunity to work with you.

This is an exciting time in your lives. You're going to be exposed to a range of topics that will (hopefully!) ignite a passion for continued learning and discovery. The school does not exist without you, so I can assure you that we are as thrilled to have you here, as you are for this new adventure. Together, we will create an environment rich with formative experiences.

There will, of course, be some challenging times over the coming years. However, you have the capacity and through this adversity, I am confident that you'll find adaptability and growth—I am excited to see you rise to the occasion.

I look forward to meeting you!

Luc Martin, Ph.D.
Acting Director
School of Kinesiology and Health Studies

The logo for the School of Kinesiology and Health Studies (SKHS). It features the letters "SKHS" in a bold, dark blue, sans-serif font. A thick, dark red curved line arches over the letters, starting from the left and ending on the right, framing the text.



Dear Kinesiology Class of 2028,

Congratulations and welcome to the Queen's Kinesiology program! My name is Payton Rix and I am the 2024-2025 Physical Health Education and Kinesiology Student Association (PHEKSA) President! I am honoured and extremely lucky to be one of the first to welcome you to this incredible program!

Queen's University is renowned for its commitment to excellence, and our Kinesiology program is no exception. Our program is designed not only to provide you with a robust education in the science of human movement but also to foster personal growth and lifelong friendships. Here, you will find that learning extends beyond the classroom. You will engage in hands-on experiences, cutting-edge research, and a multitude of extracurricular activities that will enrich your university life.

You will quickly notice how big of a family the Kinesiology program is, and you will constantly have resources available to you, such as your peers, upper-year students, and faculty members to help you along the way. Our community thrives on collaboration and mutual support. Whether you are navigating complex course material, seeking advice on career paths, or simply needing someone to talk to, you will find a network of support readily available in the SKHS or practically anywhere on campus.

You will also have the opportunity to meet our amazing second-year orientation leaders (AKA "Coaches") who will welcome you with open arms and ensure that your transition into university is as smooth as possible. The Executive Committee of Kinesiology Orientation (ECKO), as well as the coaches, have been working tirelessly to create an orientation experience that will give you the best jumpstart into this new chapter of your life. Orientation is a fantastic opportunity to meet your classmates, explore the campus, and start building connections that will enhance your university experience.

Beyond orientation, our program offers numerous opportunities for involvement. From student-led clubs and organizations to research initiatives and community outreach programs, there is something for everyone. I hope that you take full advantage of these opportunities to broaden your horizons and develop new skills. I encourage you to go through this journey with an open mind and to immerse yourself in everything Queen's has to offer. This school will become your new home, and the Kinesiology program will be your second family. There will always be a place for you here.

I look forward to meeting you all! Please do not hesitate to reach out as I could talk about this wonderful program for hours on end! Good luck and please don't forget to cherish every second of the next four years because, as Ferris Bueller once said "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

Payton Rix
 PHEKSA President
 Queen's Kinesiology Class of 2025
 Physical and Health Education and Kinesiology Students'
 Association (PHEKSA) president@pheksa.queensu.ca



Hello Class of 2028,

Let us be the next in a long line of people to congratulate you on your acceptance into Kinesiology here at Queen's University! We know that the process to get here hasn't been easy: countless hours of finishing up applications, sending them off and sitting and waiting... and waiting, and then the final decision has led you here, to your first moments as a Queen's Kin student. It's hard to believe that it's already been two years since we last sat where you are, reading a welcome letter from two people you have never met, wondering what's waiting for you in Kingston.

Let's start to get you settled in with some introductions. We are Michael Blackwell and Emily Taylor, the Head Coach and Outreach Coordinator (respectively) for this year's Kinesiology Orientation. We are both heading into our third year of Queen's Kin! We have loved every second of it and could not have had a better time! Together, we make up 1/3 of the Executive Committee of Kinesiology Orientation or, as its more commonly called, ECKO! Our job is to ensure that your first moments at Queen's are filled with memories that will last a lifetime and that your transition into your undergraduate life goes as smoothly as possible. As an incoming student, your mind is probably racing with questions, you may feel unprepared, and maybe even a little nervous. Don't worry, it's totally normal to experience all kinds of feelings heading into university, and we are here along with the rest of ECKO and our amazing Coaches (our Orientation leaders) to help you navigate this new and exciting time. Your Coaches, who are second-year students in the School of Kinesiology and Health Studies has to offer. Kinesiology is such an amazing program here at Queen's because there are so many different ways for you to make the degree your own. From the mini-streams to clubs and research opportunities, a Queen's Kin degree opens so many doors to paths you didn't even know existed. One might assume this faculty is strictly oriented to biology, anatomy, and physiology, however, you will be introduced to the mental, social, and physical perspectives of human kinetics in addition to all of the traditional science courses.

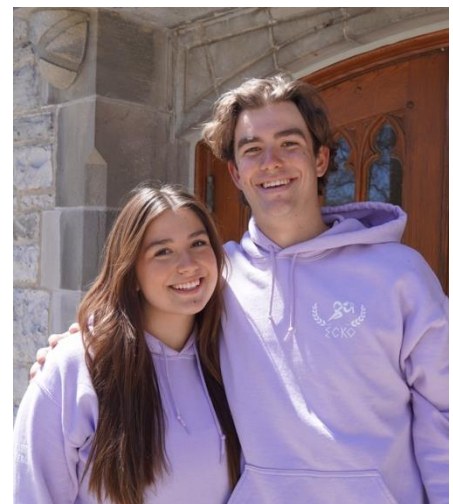
So, you accepted Queen's Kin, what should you expect? Queen's Kinesiology is more than just a program. It's a family of like-minded people who have similar passions and ambitions, to whom you will soon be bonded for life. We can both speak from experience that accepting your offer to Queen's Kinesiology is a decision you will never regret. We are honored to be part of this transition into the next chapter of your lives. We hope that it is filled with friends, experiences, newfound passions, and memories that will last a lifetime.

We cannot wait to meet you this fall and watch you find your place within the Queen's Kinesiology family.

All of the best,

Michael Blackwell (Right) and Emily Taylor (Left)
Head Coach and Outreach Coordinator
Executive Committee of Kinesiology Orientation

Join our Facebook group, Queen's Kinesiology Class of 2028, and follow us on Instagram, @queenskinoweek to stay up to date on new information!



Hello Class of 2028!

To start, I would like to congratulate you on accepting your offer to Queen's Kinesiology and taking this tremendous step in your academic career! My name is Ella Weir, and I am the Academics Representative for the 2024 Executive Committee of Kinesiology Orientation (better known as ECKO), and I have the pleasure of being one of the first to welcome you to the School of Kinesiology and Health Studies. Now, you may be scared to start this new adventure, as it may be one of the biggest changes you've ever experienced in your life thus far, but I can assure you that choosing this program 2 years ago was one of the best decisions I've ever made in my life and is something that I've never regretted. This program welcomed me with open arms and had helped me face challenges that I'd never thought I'd face. In truth, this program and these people have become like my second family.

Part of my role is creating and coordinating all academic-related events that happen during Orientation, as well as making sure that you have the foundation for a smooth transition into the university lifestyle. Along with that, I am also responsible for creating this handbook! This year, we have multiple events planned, including a Club Fair and Escape Room which will take place on campus, as well as Academic Roundtable and Informal Academic Dinner, which will take place at RKY Camp. These events will allow you to immerse yourself into topics that relate to your first-year courses, learning tips from your Orientation Leaders (AKA the Coaches), as well as learning more about the different clubs that Queen's and the Kingston community has to offer.

Now I know that you are most likely taking one of the biggest steps in your academic journey by going to university, and I know that moving away from home can be scary and being in a whole new academic environment can be nerve wracking. I would like to tell you that myself, along with all the other all the members of the orientation committee and the orientation leaders have been in your shoes. But one of the best parts about the Kinesiology program is that there is always support available to you, whether that's your professors, your TA's, your Coaches, the upper year students, and the amazing staff apart of the SKHS. Queen's also has a variety of support systems available, including Student Academic Success Services (SASS) and Student Wellness Services.

So welcome to Queen's Kinesiology! If you have any questions about academics (or anything at all), please feel free to reach out to me, or any of the executive members of ECKO, and the Coaches who are helping with Orientation this year and we'd be happy to answer.

With love,

Ella Weir

2024 Academics Representative

Executive Committee of Kinesiology Orientation

Orientation.academics@pheksa.queensu.ca



GET CONNECTED

Get to know some of your peers and leaders before coming to Queen's by joining our Facebook group, Queen's Kinesiology Class of 2028

For Orientation Week updates, follow us on Instagram:

<https://www.instagram.com/queenskinoweeek/>

For any questions or concerns regarding Orientation, please email the Head Coach Michael Blackwell at: orientation.headcoach@pheksa.queensu.ca or the Student Experience Coordinator at skhs.experience@queensu.ca



SKHS

School of Kinesiology and Health Studies

Orientation Theme Reveal!

Every year, Kinesiology has a new theme! The theme will be incorporated into your orientation groups, as well as cheers and events taking place during the transition period.

This Year's Orientation Theme is...

KINLYMPICS!



SKHS

ORIENTATION WEEK THROUGHOUT THE YEARS



2024 Kinesiology Orientation Schedule – ON CAMPUS

Day 1

SEPTEMBER 1ST

9:00 AM	TRI-COLOUR PARADE TO RICHARDSON STADIUM AND FACULTY PICNIC LUNCH
9:15 AM	
9:30 AM	
9:45 AM	
10:00 AM	
10:15 AM	
10:30 AM	
10:45 AM	
11:00 AM	
11:15 AM	
11:30 AM	
11:45 AM	
12:00 PM	
12:15 PM	
12:30 PM	
12:45 PM	
1:00 PM	CLUB FAIR
1:15 PM	
1:30 PM	
1:45 PM	
2:00 PM	CAMPUS WIDE SCAEVNGER HUNT
2:15 PM	
2:30 PM	
2:45 PM	
3:00 PM	
3:15 PM	
3:30 PM	
3:45 PM	
4:00 PM	KINLYMPIC OPENING CEREMONIES
4:15 PM	
4:30 PM	
4:45 PM	
5:00 PM	
5:15 PM	DINNER BREAK
5:30 PM	
5:45 PM	
6:00 PM	
6:15 PM	
6:30 PM	
6:45 PM	
7:00 PM	GLOW PARTY
7:15 PM	
7:30 PM	
7:45 PM	
8:00 PM	
8:15 PM	
8:30 PM	
8:45 PM	
9:00 PM	

Day 2

SEPTEMBER 2ND

9:00 AM	REGISTRATION
9:15 AM	
9:30 AM	
9:45 AM	
10:00 AM	ESCAPE THE SKHS
10:15 AM	
10:30 AM	
10:45 AM	
11:00 AM	SNACK BREAK
11:15 AM	
11:30 AM	PARALYMOIC SPORTS TOURNAMENT
11:45 AM	
12:00 PM	
12:15 PM	
12:30 PM	
12:45 PM	
1:00 PM	
1:15 PM	
1:30 PM	
1:45 PM	
2:00 PM	
2:15 PM	
2:30 PM	LUNCH BREAK
2:45 PM	
3:00 PM	
3:15 PM	
3:30 PM	YEAR PHOTO
3:45 PM	
4:00 PM	COVERALLS
4:15 PM	
4:30 PM	
4:45 PM	
5:00 PM	
5:15 PM	
5:30 PM	
5:45 PM	
6:00 PM	
6:15 PM	
6:30 PM	DINNER BREAK
6:45 PM	
7:00 PM	
7:15 PM	
7:30 PM	
7:45 PM	
8:00 PM	SILENT DISCO WITH NURSING
8:15 PM	
8:30 PM	
8:45 PM	
9:00 PM	
9:15 PM	
9:30 PM	
9:45 PM	
9:45 PM	
10:00 PM	

2024 Kinesiology Orientation Schedule – CAMP RKY

DAY 3

SEPTEMBER 7TH	
8:00 AM	REGISTRATION
8:15 AM	
8:30 AM	
8:45 AM	
9:00 AM	BUS TO CAMP
9:15 AM	
9:30 AM	
9:45 AM	
10:00 AM	CAMP TOUR + UNPACK + WELCOME TO CAMP
10:15 AM	
10:30 AM	
10:45 AM	
11:00 AM	CAPTURE THE FLAG
11:15 AM	
11:30 AM	
11:45 AM	
12:00 PM	
12:15 PM	
12:30 PM	LUNCH
12:45 PM	
1:00 PM	
1:15 PM	FREE TIME + SWIMMING
1:30 PM	
1:45 PM	
2:00 PM	
2:15 PM	ACADEMIC ROUNDTABLE
2:30 PM	
2:45 PM	
3:00 PM	
3:15 PM	
3:30 PM	
3:45 PM	YEAR DANCE
4:00 PM	
4:15 PM	FUN TIME SPORTS TOURNAMENT
4:30 PM	
4:45 PM	
5:00 PM	
5:15 PM	INFORMAL ACADEMIC DINNER + FREE TIME/ GET READY FOR TALENT SHOW
5:30 PM	
5:45 PM	
6:00 PM	
6:15 PM	
6:30 PM	
6:45 PM	TALENT SHOW
7:00 PM	
7:15 PM	
7:30 PM	
7:45 PM	CAMP FIRE + SNACK
8:00 PM	
8:15 PM	
8:30 PM	
8:45 PM	LIGHTS OUT
9:00 PM	
9:15 PM	
9:30 PM	
10:00 PM	
10:15 PM	
10:30 PM	
10:45 PM	
11:00 PM	

DAY 4

SEPTEMBER 8TH	
7:00 AM	FREE TIME + SWIMMING
7:15 AM	
7:30 AM	
7:45 AM	
8:00 AM	BREKFAST
8:15 AM	
8:30 AM	
8:45 AM	KINECTIONS MORNING
9:00 AM	
9:15 AM	
9:30 AM	
9:45 AM	
10:00 AM	
10:15 AM	MENTAL HEALTH TALK
10:30 AM	
10:45 AM	
11:00 AM	FLAGS TOURNAMENT
11:15 AM	
11:30 AM	
11:45 AM	
12:00 PM	LUNCH/ FREE TIME/ KINLYMPIC AWARD DELIBERATION
12:15 PM	
12:30 PM	
12:45 PM	
1:00 PM	
1:15 PM	
1:30 PM	PACK BAGS/ LOAD BUS
1:45 PM	
2:00 PM	
2:15 PM	
2:30 PM	KINLYMPIC CLOSING CEROMONIES
2:45 PM	
3:00 PM	
3:15 PM	
3:30 PM	DINNER + BUS BACK TO CAMPUS
3:45 PM	
4:00 PM	
4:15 PM	
4:30 PM	
4:45 PM	
5:00 PM	

PACKING LIST FOR RKY CAMP

We have compiled a packing list for when we go to RKY Camp! Please be prepared for warm days and cool nights. Packing clothing that is compact and dries easily is a good idea. Cargo space on the buses is very limited, so please pack with this in mind.

Essentials:

- KIN orientation shirt (provided, and suggested you wear for the entire duration at camp)
- Sleeping bag
- Pillow
- Warmer sleeping clothes (not all RKY Camp cabins are insulated, so check the weather ahead of the retreat)
- Flashlight
- Running shoes (no open-toes shoes)
- A pair of shorts and a pair of long pants
- Warm sweater
- Rain gear (if calling for rain)
- Toiletries
- Inhaler, epi pen, medication (as needed)
- Sunscreen, insect repellent
- Hat and sunglasses
- Socks/underwear
- Water bottle
- Towel
- Bathing suit
- Portable phone charger (there are plugs in the cabins, but not enough for everyone to be charging at the same time)

Notes:

- **There is absolutely NO alcohol, smoking or drugs allowed at RKY Camp.**
- RKY Camp is a traditional overnight camp with cabins, indoor plumbing (bathrooms are centrally located), and a dining hall.
- Kitchen staff will be preparing our meals for us and can accommodate dietary restrictions.
- If you choose to bring snacks, please keep them in a sealed container (wild animals may have access to them).





Meet ECKO!!

The Executive Committee of Kinesiology Orientation (better known as ECKO) is made up of 6 students all entering their 3rd year in Kinesiology. These students oversee the planning and delivery of the 2024 Kinesiology Orientation. These students were chosen for their leadership skills, as well as their passion and overall love of Kinesiology and Orientation!

HEAD COACH	
Name	Michael Blackwell
Hometown	Toronto, ON
Residence	Leonard Hall
Favourite First Year Course	BIOL 103
Favourite Place to Study	Med Building Study Rooms (Second Floor)
Favourite O-Week Event	Talent Show
Favourite Part of Kin	So many different opportunities and ways to make the degree your own!
Top Tip	Get involved, there are so many clubs and opportunities within the Kin and Queen's community, make use of them!
Favourite Joke	What did the alpaca say to his date? Do you wanna go on a picnic? Alpaca Lunch



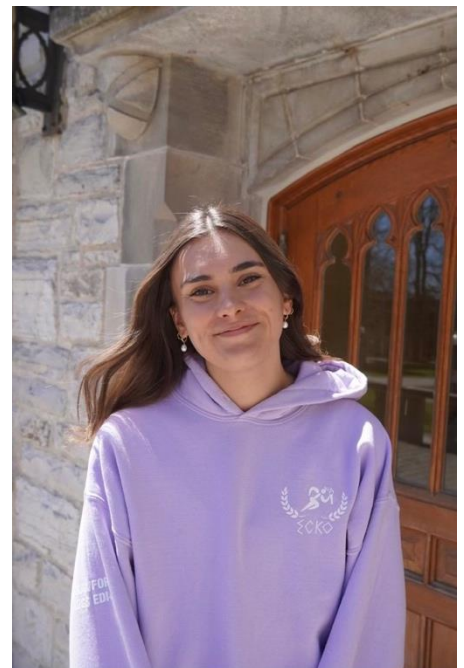
OUTREACH	
Name	Emily Taylor
Hometown	Peterborough, ON
Residence	Victoria Hall
Favourite First Year Course	ANAT 100
Favourite Place to Study	Douglas Engineering Floor
Favourite O-Week Event	Flags
Favourite Part of Kin	Family spirit that includes everyone and makes university the best place on earth!
Top Tip	Use the Starbucks bagel TAM.
Favourite Joke	What's red and bad for your teeth? A brick.



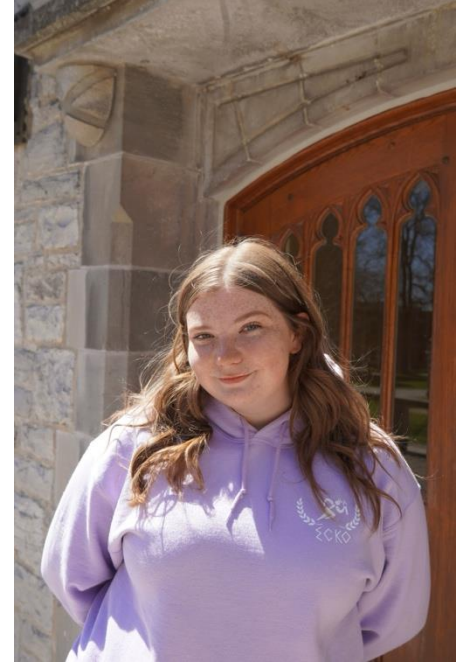
LOGISTICS COORDINATOR - EVENTS	
Name	Emilio Agostinelli Stull
Hometown	Victoria, BC
Residence	Gordbrock
Favourite First Year Course	ANAT 100
Favourite Place to Study	First Floor Stauff
Favourite O-Week Event	Flags
Favourite Part of Kin	The crazy competitive, family spirit that Kin brings to everything we touch
Top Tip	Make a to-do list for every day and every week!
Favourite Joke	What do you call a well balanced horse? Stable.



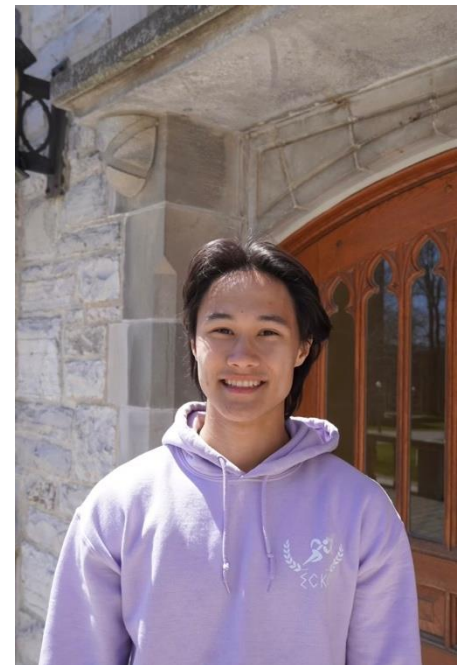
LOGISTICS COORDINATOR - EDI+I	
Name	Charlotte Crawford
Hometown	Toronto, ON
Residence	Off-Campus
Favourite First Year Course	KNPE 167
Favourite Place to Study	2nd Floor of the Med Building / Empty Classroom in Mac Corry
Favourite O-Week Event	Camp!
Favourite Part of Kin	The tight-knit family environment
Top Tip	Make To-Do lists for all your assignments, each week and what you want to accomplish everyday!
Favourite Joke	What do you call a magic dog? A labracadabrador :)



ACADEMICS REPRESENTATIVE	
Name	Ella Weir
Hometown	Toronto, ON
Residence	Leggett Hall
Favourite First Year Course	ANAT 101
Favourite Place to Study	2nd floor of Stauffer
Favourite O-Week Event	Coveralls and flags!!
Favourite Part of Kin	The family environment and the people
Top Tip	Make an assignment tracker with all your assignments and check it daily!! Also, try and do a little bit of work everyday to stay ahead
Favourite Joke	Why did the bicycle fall over? Because it was too tired



FINANCE REPRESENTATIVE	
Name	Geoff Wong
Hometown	Toronto, ON
Residence	Leonard Hall
Favourite First Year Course	ANAT 101
Favourite Place to Study	Main Floor Stauffer
Favourite O-Week Event	Flags
Favourite Part of Kin	Community
Top Tip	Use your kin connections (coaches, upper years). They are a very helpful resource for all things first year.
Favourite Joke	What do you call a pig that does karate? Pork Chop





Meet the Coaches!!



“Coach” is a term we call our second year Orientation Leaders. They are all second year Kinesiology students chosen to facilitate your transition to university and welcome you all to the School of Kinesiology and Health Studies!

Name	Kaya Brahaney
Hometown	Campbellford, ON
Favourite First Year Course	ANAT 100 and KNPE 125
Favourite Study Tip	Book a study room with friends
Best Advice	Step outside your comfort zone!
Favourite Part of O-Week	Flags
Best Part of Kin	How small our program is, and the family feel
Fun Fact About Me	Intramural basketball champ!!
Favourite Joke	Why was Cinderella so bad at soccer? She kept running away from the ball



Name	Keira Popat
Hometown	Toronto, ON
Favourite First Year Course	KNPE 125
Favourite Study Tip	Bagel TAM and good snacks for studying
Best Advice	Embrace all opportunities and embrace each day as a new experience, do it for the plot.
Favourite Part of O-Week	Camp!!!
Best Part of Kin	THE PEOPLE
Fun Fact About Me	Basketball intramural champ!! I'm allergic to all raw fruits and vegetables
Favourite Joke	Why do seagulls fly over the sea? Because if they flew over the bay, they would be BAGELS.



Name	Kayleigh Bierman
Hometown	Timmins, ON
Favourite First Year Course	KNPE 125 and PHAR 100
Favourite Study Tip	Bagel TAM + lock in
Best Advice	work hard play harder
Favourite Part of O-Week	Campfire
Best Part of Kin	Our KINmmunity
Fun Fact About Me	Intramural basketball champ!!
Favourite Joke	Do you know some people don't believe that grass gets wet in the morning? But it dew.





Name	Nick Aldrich
Hometown	Peterborough
Favourite First Year Course	KNPE 125
Favourite Study Tip	Study with others. It's a lot easier to figure things out with a bunch of people.
Best Advice	Figure out early how to balance school and social life
Favourite Part of O-Week	Flags tournament
Best Part of Kin	The family feel of the community
Fun Fact About Me	I'm on the Canadian paralympic volleyball team
Favourite Joke	How do you find Will Smith in the snow? You look for fresh prints



Name	Chloe Vander Schaaf
Hometown	Kemptville, Ontario
Favourite First Year Course	KNPE 125
Favourite Study Tip	Group white board study sessions
Best Advice	First year you are learning how to learn
Favourite Part of O-Week	FLAGS
Best Part of Kin	The community
Fun Fact About Me	I've moved across the country 5 times
Favourite Joke	What did one tomato say to the other tomato during a race? Ketchup



Name	Cedar Thiessen
Hometown	Waterloo, ON
Favourite First Year Course	HLTH 101
Favourite Study Tip	Make a to-do list at the start of each week and start planning what you want to get done each day.
Best Advice	Leave your door open in the first week of school to meet people
Favourite Part of O-Week	Year dance!
Best Part of Kin	The sense of community
Fun Fact About Me	My roommate and I could dust you in spikeball (just give me a day and time)
Favourite Joke	Why did the bicycle fall over? Because it was two tired





Name	Mackenzie Perry
Hometown	Pembroke, ON
Favourite First Year Course	KNPE 125
Favourite Study Tip	Book a study room and teach others the content
Best Advice	Your grades will fluctuate and it's OKAY!!!
Favourite Part of O-Week	The campfire
Best Part of Kin	The people
Fun Fact About Me	I NEED caffeine
Favourite Joke	Why can't you hear a pterodactyl going to the bathroom? Because the "p" is silent.



Name	Claudia Wagner
Hometown	Toronto, ON
Favourite First Year Course	KNPE 125 & PHAR 100
Favourite Study Tip	Quizlet!!!!
Best Advice	When in doubt make a pros and cons list
Favourite Part of O-Week	Camping trip
Best Part of Kin	THE PEOPLE
Fun Fact About Me	I'm allergic to watermelon
Favourite Joke	Wanna hear a joke about pizza? Nah it's too cheesy



Name	Alexa Kerr
Hometown	Kingston, ON
Favourite First Year Course	KNPE 125
Favourite Study Tip	Study with a group and quiz each other!
Best Advice	Don't let your grades define you
Favourite Part of O-Week	YEAR DANCE
Best Part of Kin	The small community, you get to meet so many amazing people!!
Fun Fact About Me	I can drive a boat!!
Favourite Joke	Why did the cookie go to the hospital? Because he felt crumby.





Name	Lianne Taylor
Hometown	Rockwood, ON
Favourite First Year Course	KNPE 125
Favourite Study Tip	Noise cancelling headphones!!!
Best Advice	To ensure you don't miss things, make multiple schedules (like month, week, daily to do list)
Favourite Part of O-Week	YEAR DANCE!!!
Best Part of Kin	How many like-minded people you get to meet
Fun Fact About Me	When I was around 6 I trained with a gymnastics coach who was an Olympic silver medalist
Favourite Joke	6:30 is the best time, hands down.



Name	Finn Michel
Hometown	Coboconk, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Make questions to ask yourself, or get a friend to ask you questions about the material.
Best Advice	Make to do lists
Favourite Part of O-Week	Flags
Best Part of Kin	It's a small program, and you get to know a lot of like-minded people.
Fun Fact About Me	I live in a really small town
Favourite Joke	I had to fire the guy I hired to mow my lawn... He just wasn't cutting it



Name	Maya Weatherall
Hometown	Aurora, ON
Favourite First Year Course	ANAT 100
Favourite Study Tip	CUE CARDS
Best Advice	Don't leave things to the last minute
Favourite Part of O-Week	Camp
Best Part of Kin	The community!!! Everyone is super nice and supportive
Fun Fact	I went to a Next Step concert
Favourite Joke	What do you call a fake spaghetti? An impasta



Name	Megan Lapowich
Hometown	Thornhill, ON
Favourite First Year Course	KNPE 125
Favourite Study Tip	Make a calendar at the beginning of the semester with due dates, quizzes, etc
Best Advice	Get involved! It's a great way to meet like minded people
Favourite Part of O-Week	Year Dance!!!!
Best Part of Kin	The KINmunity
Fun Fact About Me	I can only snap with my left hand
Favourite Joke	I have a joke about Chemistry, but I don't think it will get a reaction



Name	Evangeline Basham
Hometown	Whitby, ON
Favourite First Year Course	ANAT 100
Favourite Study Tip	Cue cards, study learning objectives
Best Advice	Try and stay ahead by 1 week in work
Favourite Part of O-Week	Camp
Best Part of Kin	Small, get to know everybody
Fun Fact About Me	Figure skated for most of my life
Favourite Joke	Why did the chicken cross the road, cause there was no cars



Name	Ruby Charney
Hometown	Coquitlam, BC
Favourite First Year Course	KNPE 153 (Biomechanics))
Favourite Study Tip	A little sweet treat can go a long way for motivation to study
Best Advice	At the start of the semester make a master list of all your assignments and due dates to make sure you don't miss any!!
Favourite Part of O-Week	KIN Camp
Best Part of Kin	Being such a small program because it builds a really tight knit community
Fun Fact About Me	I can ride a unicycle and play the accordion (but not at the same time)
Favourite Joke	Why was the centipede 3 months late to his intramural football game? Because he was busy getting all his ankles taped





Name	Mackenzie Labine
Hometown	Kitchener, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Making Quizlet flashcards
Best Advice	Put yourself out there and meet new people. Don't be afraid to step out of your comfort zone.
Favourite Part of O-Week	Camp
Best Part of Kin	The people that make this program feel like family.
Fun Fact About Me	I played hockey for 13 years
Favourite Joke	What do you call it when a snowman throws a tantrum? A meltdown



Name	Meg Feore
Hometown	Stratford, ON
Favourite First Year Course	PSYC 100 and KNPE 167
Favourite Study Tip	Be organized! Make schedules and to-do lists!
Best Advice	Don't put so much pressure on yourself. Everything takes time!
Favourite Part of O-Week	YEAR DANCE!!!!
Best Part of Kin	Having a program where you can recognize and know everyone!
Fun Fact About Me	I have 2 OFSAA silver medals for tennis!
Favourite Joke	Why was 6 afraid of 7? Cause 7 ate 9 (7,8,9)



Name	Kay Hartwick
Hometown	Hamilton, ON
Favourite First Year Course	KNPE 125 and ANAT 100
Favourite Study Tip	Switch up your study sport every few hours so you don't go stir crazy
Best Advice	Join a bunch of extracurriculars to meet new people
Favourite Part of O-Week	KIN CAMP + YEAR DANCE!!
Best Part of Kin	We are all one big family!!
Fun Fact About Me	I have two fake teeth
Favourite Joke	What do you call a cow with no legs? Ground beef!





Name	Kate List
Hometown	Oakville, ON
Favourite First Year Course	BIOL 102 and KNPE 125 (Physiology)
Favourite Study Tip	Whiteboards in Mac Corry >>>>
Best Advice	Embrace the change, you will meet your best friends here. Be yourself and everything else will workout!
Favourite Part of O-Week	Camp and year dance
Best Part of Kin	The people
Fun Fact About Me	Started a backwards visor trend #newtrendalert
Favourite Joke	"It smells like updog in here..."



Name	Jeff Bell
Hometown	Newmarket, ON
Favourite First Year Course	KNPE 153
Favourite Study Tip	Book a study room!
Best Advice	Do your readings
Favourite Part of O-Week	Flags
Best Part of Kin	The people
Fun Fact About Me	I play the guitar
Favourite Joke	"What does a sprinter eat before a race?" "Nothing, they fast!"



Name	Lola Biernacki
Hometown	Toronto, ON
Favourite First Year Course	KNPE 153
Favourite Study Tip	Find a friend and quiz each other!
Best Advice	Make a weekly to-do list every Sunday to make sure you don't miss any important assignments or quizzes
Favourite Part of O-Week	Year dance
Best Part of Kin	The people
Fun Fact About Me	I've been to africa twice
Favourite Joke	"Why can't you use a broken pencil?" "Because it's pointless!"



Name	Ben Thompson
Hometown	Canmore, Alberta
Favourite First Year Course	KNPE 125
Favourite Study Tip	Make sure you space your studying times apart, so you don't end up cramming
Best Advice	Be yourself and don't make school your top priority take time to enjoy the little things
Favourite Part of O-Week	Camp
Best Part of Kin	It is full of the nicest people on campus and the coolest!
Fun Fact About Me	I am neighbours with two Olympians
Favourite Joke	Why didn't people like the restaurant on the moon? Great food but no atmosphere.



Name	Grace Zhang
Hometown	Oakville, ON
Favourite First Year Course	ANAT 100
Favourite Study Tip	Know what to prioritize
Best Advice	Find your people
Favourite Part of O-Week	Campfire
Best Part of Kin	Everyone is so fun!
Fun Fact About Me	My dog and I have the same birthday
Favourite Joke	What should you feed an alligator? Anything it wants.



Name	Montanah York
Hometown	Picton, ON
Favourite First Year Course	Physiology (KNPE 125)
Favourite Study Tip	Set a goal for yourself and don't leave the library until it's done
Best Advice	Don't overstress
Favourite Part of O-Week	Silent disco
Best Part of Kin	How close everyone is
Fun Fact About Me	I play both kinds of football
Favourite Joke	Why do ducks have feathers? To cover their butt quacks!



Name	Maddy Hewson
Hometown	Hamilton, ON
Favourite First Year Course	KNPE 153
Favourite Study Tip	Work with friends and teach each other!
Best Advice	Make sure to keep balance! Keep on top of school but also take time to do things you enjoy!
Favourite Part of O-Week	Camp
Best Part of Kin	The community
Fun Fact About Me	I have been to Alaska
Favourite Joke	Where do polar bears keep their money? In a snowbank



Name	Pete Watson
Hometown	Toronto, ON
Favourite First Year Course	Physiology (KNPE 125)
Favourite Study Tip	Work with other people and make sure to switch up your routine and try new things
Best Advice	Have a good balance between school and extracurriculars.
Favourite Part of O-Week	Meeting everyone
Best Part of Kin	The people
Fun Fact About Me	I'll do just about anything for a frozen lake
Favourite Joke	What do fish use to wash their laundry? Tide



Name	Lewis Fleming
Hometown	Georgetown Ontario
Favourite First Year Course	PSYC 100
Favourite Study Tip	Find a fun building
Best Advice	Go with the flow / be positive / It's about the journey not the destination / use the school facilities (intramurals, squash courts, pool, fields)
Favourite Part of O-Week	Huckle Buckle
Best Part of Kin	We have a lot of common interests and mentalities within our program and build each other up!
Fun Fact About Me	I can juggle
Favourite Joke	What has four wheels and flies? A garbage truck



Name	Lauren Kayama
Hometown	Burlington, ON
Favourite First Year Course	ANAT 100
Favourite Study Tip	Make a schedule for yourself and organize your priorities
Best Advice	Success is never linear! Don't get down on yourself, everything will always work out.
Favourite Part of O-Week	Camp
Best Part of Kin	We are all a family!
Fun Fact About Me	I'm an only child
Favourite Joke	What did the yoga instructor say when the landlord tried to evict her? Namaste.



Name	Jordyn Dafoe
Hometown	Belleville, ON
Favourite First Year Course	Physiology (KNPE 125)
Favourite Study Tip	Find "your spot". Favourite place where you can go to get things done.
Best Advice	Stay on top of course readings!
Favourite Part of O-Week	Flags or silent disco
Best Part of Kin	All the friends you make, everyone knows everyone
Fun Fact About Me	I can speak gibberish (not kidding)
Favourite Joke	What do you call a royal giraffe? Your highness



Name	Matthew Andru
Hometown	Toronto, ON
Favourite First Year Course	KNPE 153 (Biomechanics)
Favourite Study Tip	Self test with friends or on other sites (quizlet).
Best Advice	Try and enjoy all that university has to offer and maintain a balance between school, friends, and exercise.
Favourite Part of O-Week	Coverall Painting
Best Part of Kin	Small and close faculty
Fun Fact About Me	Premier League soccer fan (fav team is Arsenal)
Favourite Joke	A guy walked into a bar. He said ouch.



Name	Brooke Ross
Hometown	Bolton, ON
Favourite First Year Course	KNPE 125
Favourite Study Tip	Treat yourself with your favourite drink or snack and LOCK IN
Best Advice	Start every new experience with an open mind and a smile - that will go a long way!!
Favourite Part of O-Week	FLAGS TOURNAMENT!! and year dance
Best Part of Kin	Having a separate/smaller program gives us a lot more opportunities
Fun Fact About Me	I am on the Queen's Women's Football team
Favourite Joke	Did you hear about the Italian chef that died? He pasta-way.



Name	Brady Miller
Hometown	Vancouver, BC
Favourite First Year Course	KNPE 153 (Biomechanics)
Favourite Study Tip	Talk it out with your friends - reading only takes you so far!
Best Advice	Prioritize academics, but don't let it consume you. Make time for yourself and your friends!
Favourite Part of O-Week	Flags
Best Part of Kin	The small community allows you to get help from everyone
Fun Fact About Me	My actual name is Brayden.
Favourite Joke	A beaver ran into a wall. Dam.



Name	Calista Gostlin (Cali)
Hometown	Whitby, ON
Favourite First Year Course	PHAR 100
Favourite Study Tip	Be able to teach the info
Best Advice	Go to class! as hard as it may be, just go!
Favourite Part of O-Week	Camp and the people I met
Best Part of Kin	Awesome people and supportive, teamwork culture
Fun Fact About Me	I'm incredible at Mario Kart
Favourite Joke	What's red and bad for your teeth?... a brick



Name	Niko Piller
Hometown	Vancouver, B.C
Favourite First Year Course	Biomechanics (KNPE 153)
Favourite Study Tip	Find your people and recite your notes with them
Best Advice	DO INTRAMURALS!!!
Favourite Part of O-Week	Flags (duh)
Best Part of Kin	The culture and planned events. Where else would you get to go on a ski trip?
Fun Fact About Me	I'm a provincial champion at ski-cross
Favourite Joke	Why did the tomato turn red? Because it saw salad dressing



Name	Angelica Balestra
Hometown	Mississauga, ON
Favourite First Year Course	KNPE 125
Favourite Study Tip	Stay organized, and study with friends!
Best Advice	Keep a good balance with academics and friends
Favourite Part of O-Week	Year Dance!!!
Best Part of Kin	The amazing people, and how close everyone is
Fun Fact About Me	I was a provincial gymnast for 11 years
Favourite Joke	What did the fox say...???



Name	Grace Gauthier
Hometown	Ottawa, ON
Favourite First Year Course	KNPE 153 (Biomechanics)
Favourite Study Tip	Don't study the same course for too long, try and switch it up
Best Advice	Join extracurriculars!
Favourite Part of O-Week	Talent show
Best Part of Kin	It's such a wholesome community
Fun Fact About Me	I own an at home bakery
Favourite Joke	What's a swimmer's favourite math operation? Dive-ision



Name	Liv Solly
Hometown	Ancaster, ON
Favourite First Year Course	PSYC 100
Favourite Study Tip	Whiteboards all the way baby>>
Best Advice	Try not stress about school too much, enjoy time with friends and try new things
Favourite Part of O-Week	YEAR DANCE (best tradition ever!!!!)
Best Part of Kin	Literally everything, it's the best program in the world (ski trip is also goated)
Fun Fact About Me	I can do a backflip
Favourite Joke	Where did the frisbee go to dance? To a disc-o



Name	Ruby Brown
Hometown	Calgary, Alberta
Favourite First Year Course	Human Physiology (KNPE 125)
Favourite Study Tip	Make vocab cue cards for each week!
Best Advice	One door closes, another door opens
Favourite Part of O-Week	The whole thing, but camp all the way
Best Part of Kin	The people you meet and ski trip
Fun Fact About Me	I have a twin!
Favourite Joke	I tried to catch fog yesterday. Mist



Name	Baran Foorotan
Hometown	Toronto, ON
Favourite First Year Course	HLTH 101
Favourite Study Tip	Make mind maps on whiteboards and connect different ideas
Best Advice	Everything becomes a story to tell later
Favourite Part of O-Week	All of camp!!!
Best Part of Kin	Everyone pretty much knows each other
Fun Fact About Me	I've changed my hair colour 7 times
Favourite Joke	Whoever came up with the knock-knock joke should get a no bell prize





Name	Wyatt Sakell
Hometown	Kingston, Ontario
Favourite First Year Course	KNPE 125 (Physiology)
Favourite Study Tip	Stay on top of work get it done early
Best Advice	Enjoy everything
Favourite Part of O-Week	Camp 100%
Best Part of Kin	Being close with everyone in your program
Fun Fact About Me	I am the third generation of Queen's students in my family
Favourite Joke	I would tell you a time traveling joke... But you didn't like it.



Name	Julia Fraser
Hometown	Peterborough, Ontario
Favourite First Year Course	KNPE 153/ KNPE 125
Favourite Study Tip	Book a study room with friends (Bracken has the best ones!!!)
Best Advice	MAKE TO DO LISTS, try not to fall behind on weekly work it piles up quick!
Favourite Part of O-Week	Flags
Best Part of Kin	KINmmunity
Fun Fact About Me	Intramural basketball champ!!!
Favourite Joke	What did one ocean say to the other ocean? Nothing, it just waved.



Name	Matthew Taubeneck
Hometown	St. Catharines, Ontario
Favourite First Year Course	PSYC 100 (Psychology)
Favourite Study Tip	Write down your notes
Best Advice	You miss 100% of the shots you don't take
Favourite Part of O-Week	Getting to meet new people
Best Part of Kin	The tight-knit community
Fun Fact About Me	Die-hard Montreal Canadians fan
Favourite Joke	Why couldn't the bad sailor learn the alphabet? Because they always get stuck at the "C"



Name	Shayla Kuntz
Hometown	Alliston, Ontario
Favourite First Year Course	ANAT 100
Favourite Study Tip	Writing on the whiteboards and teaching it to your friends
Best Advice	Don't stress about the small things, go out and enjoy your time here!
Favourite Part of O-Week	Overall painting
Best Part of Kin	How close everyone is with each other
Fun Fact About Me	I bake when I'm stressed
Favourite Joke	What concert only costs 45 cents? 50 Cent featuring Nickelback



Name	Leah Riczker
Hometown	Toronto, ON
Favourite First Year Course	PSYCH 100 and KNPE 125
Favourite Study Tip	Mac-Corry white boards.
Best Advice	Take in every moment of first year, it flies by in an instant!
Favourite Part of O-Week	Kin Camp!!
Best Part of Kin	The people and how supportive everyone is
Fun Fact About Me	I've seen Grey's Anatomy 6 times
Favourite Joke	What do Alexander the Great and Winnie the Pooh have in common? Same middle name.



Name	Sydney Deans
Hometown	Thunder Bay, Ontario
Favourite First Year Course	ANAT 100
Favourite Study Tip	Make a study playlist (mine goes from slow country to heavy metal!!!)
Best Advice	Wally's: meal swipe for TAM level food
Favourite Part of O-Week	TALENT SHOW
Best Part of Kin	The competitive nature but close KINmmunity
Fun Fact About Me	I can sing every word to Colt 45 (and two zig-zags baby)
Favourite Joke	"It's not the best ceiling I've ever seen, but it's definitely up there"





Name	Ella Newton
Hometown	Whitby, Ontario
Favourite First Year Course	ANAT 100
Favourite Study Tip	Don't compare yourself to others' methods of studying. Find what works best for you and do that!
Best Advice	Try to soak up every moment, first year flies by!
Favourite Part of O-Week	Camp or year dance
Best Part of Kin	The family. Kin is a small community where you have the ability to become super close with your whole program.
Fun Fact About Me	I played hockey for 12 years before coming to Queen's!
Favourite Joke	What do you call an angry carrot? A steamed veggie



Name	Kolya Zanozin
Hometown	Prince George, BC
Favourite First Year Course	Physiology (KNPE 125)
Favourite Study Tip	If you can explain it, you will retain it
Best Advice	Don't compare yourself to others!
Favourite Part of O-Week	CAMPING (specifically the campfire)
Best Part of Kin	Being a small program, everyone knows everyone
Fun Fact About Me	I've been skydiving twice
Favourite Joke	Does it smell like updawg in here?



Name	Emily Anderson
Hometown	El Segundo, CA
Favourite First Year Course	KNPE 125 (Physiology)
Favourite Study Tip	Quizlet
Best Advice	Have fun always
Favourite Part of O-Week	Campfire!!
Best Part of Kin	Becoming a family
Fun Fact About Me	I love heavy metal
Favourite Joke	I was wondering why the ball was getting bigger. Then it hit me.





Name	Marissa Alberton
Hometown	Sudbury, ON
Favourite First Year Course	CHEM112 and BIOL102
Favourite Study Tip	Make an Excel spreadsheet at the beginning of the year with all of your deadlines!
Best Advice	Have fun and find a good school-life balance!
Favourite Part of O-Week	Coveralls
Best Part of Kin	The people
Fun Fact About Me	I had three sets of teeth.
Favourite Joke	What do you call a bagel that can fly? A plain bagel!



Name	Jason Godin
Hometown	Lindsay, ON
Favourite First Year Course	ANAT 100/KNPE 125
Favourite Study Tip	If you're unmotivated, just spend 1-2 minutes setting up your desk for the task. A lot of the time that's all you need to get going.
Best Advice	Make time for yourself! Take walks, go to the gym, get some food, just take breaks.
Favourite Part of O-Week	Camp!
Best Part of Kin	Knowing everyone and going through our classes together.
Fun Fact About Me	I had braces for 4 ½ years, and I also have a bracket on my tooth they never took off.
Favourite Joke	Why shouldn't you trust stairs? They're always up to something!





Name	Emilie Webb
Hometown	Vancouver, BC
Favourite First Year Course	KNPE 153 (Biomechanics)
Favourite Study Tip	Space out your work!!! I also always try to have longer study sessions with a warm cup of tea to help me through it.
Best Advice	Take everything day by day and don't forget to take some time for yourself. Also, the best food on campus is anything from Flip!it (literally the best burgers and salads).
Favourite Part of O-Week	Silent Disco!!!
Best Part of Kin	I love how supportive everyone is of one another! Kin is a small program where everyone can feel like they are a part of a loving community.
Fun Fact About Me	Tyler, the Creator is my #1 most listened-to artist on Spotify and we also share the same birthday!
Favourite Joke	Someone asking "what's up?" and responding with "the sky."



Name	Paige Negenman
Hometown	Comox, BC
Favourite First Year Course	ANAT 100 (Anatomy) or KNPE 153 (Biomechanics)
Favourite Study Tip	A change of scenery can go a long way.
Best Advice	There's more to uni than just school, try not to get caught up in it too much and be sure to give yourself grace, change is hard.
Favourite Part of O-Week	Camp and flags.
Best Part of Kin	It is a small faculty and there are so many opportunities within it.
Fun Fact About Me	I've had 18 teeth pulled.
Favourite Joke	The Black-Eyed Peas can sing us a song but the chick peas can only hummus one.





Course Selection 101



You've probably spent a considerable amount of time trying to figure out what courses you will have to take during your first year. Don't worry, we were in your shoes just 2 years ago. Below is a summary of what you need to know for course selection this year.

There will also be presentations by the SKHS this summer that will go through this in further detail. If you have any questions, please feel free to email me at orientation.academics@pheksa.queensu.ca.

Key Info

3.0 Units = 1 Semester Course (Sept-Dec or Jan-Apr)

6.0 Units = Full-Year Course (Sept-Apr)

Course selection and registration takes place on SOLUS

Recommended Courses

- BIOL 102/3.0 (Fundamentals of Biology: Molecular and Cell Biology) and BIOL 103/3.0 (Fundamentals of Biology: Organisms to Ecosystems) - These courses are pre-enrolled for you

- These courses are not required, but they are strongly recommended as they provide a foundation for upper-level Kin and science courses

Core Courses

- These are all the courses that you are required to take during your first year at Queen's as part of your degree

- These courses will ALL be pre-enrolled for you

KNPE 153/3.0 - Introductory Biomechanics

HLTH 101/3.0 - Social Determinants of Health

PSYC 100/6.0 - Principles of Psychology

KNPE 125/3.0 - Introduction to Human Physiology

KNPE 167/3.0 - Socio-Cultural Dimensions of Sport and Physical Activity

Elective Courses

- If you've decided to take the two Biology courses, you will be left with 6.0 units to choose elective course(s). According to some of your Orientation Leaders, here are some of the most popular elective courses for 1st year Kin students.

ANAT 101/3.0 (on-campus) - Introductory Human Anatomy

ANAT 100/3.0 (online) - Anatomy of the Human Body

PAHR 100/3.0 - Introductory Pharmacology

CHEM 112/6.0 - General Chemistry

There are many other courses to choose from as well!

- Go to the "Courses of Instruction" in the Arts and Science Calendar to see all the courses that have been improved by the faculty of Arts and Science

- Go to SOLUS to do a search to see if the course you'd like to take is being offered this coming year and what semester it's offered in (not every course listed in the Arts and Science Calendar is offered every year due to faculty sabbaticals and other professional commitments).

IMPORTANT: KIN students need 12.0 units of Natural & Physical Sciences at any level. It's generally a good idea to take these in your first year, as first-years get priority on 100 level courses.

Note: All the recommended electives listed on the right count as a Natural and Physical Science course!



Physical Health Education and Kinesiology Student Association

Welcome Class of 2028!

PHEKSA is your student body government made up of your peers! Our mission is to represent the Kin student body, foster a welcoming, inclusive, and collaborative learning environment, and provide a meaningful experience to all students beyond the classroom.

Here are some experiences and opportunities for you to get involved!

Academic Events

- Peer-Tutoring Program
- Peer Pals (peer mentorship program)
- Exam Tips and Snacks
- Coffee with Profs/Pizza with Profs

Social Events

- Semi-Formal and Formal
- Ski-Trip to Mont St. Anne in February
- Overtime! At Tommys Restaurant downtown Kingston
- BEWIC Sports Days

Professional Development

- Events with Alumni
- Resume and Cover Letter Workshop

We would love for you to join our team!

There are 3 First-Year positions open in September

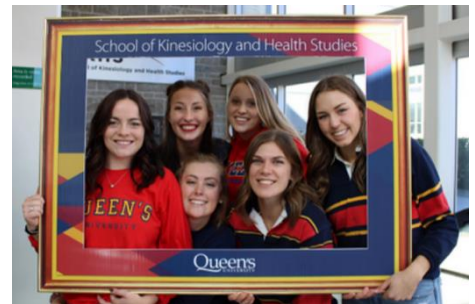
- 2 First-Year Representatives
- 1 Intern Year Representative

Check out our website and socials to find out more!

Website: pheksa.com

Instagram: _pheksa_

Facebook: Physical Health Education & Kinesiology Students' Association



KIN Jackets



Through the Arts and Science Undergraduate Society (ASUS), you will be able to buy a KIN Leather or Vegan Jacket.

Be part of the Queen's tradition and order your program jacket! Warm, comfortable, and of course, stylish! Be proud of your School with you own KIN jacket.

The price range will be \$300-400 for leather jackets and \$100-150 for vegan jackets.

Keep your eyes open for posts in the Queen's University Class of 2028 Facebook page for updates on jacket sales!





OPPORTUNITIES FOR
INCOMING STUDENTS



Queen's Relay for Life is entering its 18th year at the University and is always looking for new students to get involved. This year, we achieved a remarkable milestone by raising an incredible \$182,000 for the Canadian Cancer Society, surpassing previous records and solidifying our position as the top fundraising school in Canada.

Who are we?

We are a student-run club on campus who fundraise and raise awareness for the Canadian Cancer Society. Towards the end of every school year, we host a 12-hour overnight event where groups of students come together for a night of fun, friendship, and fundraising. We also host various smaller fundraising events throughout the school year. If you're interested in becoming involved in Relay for Life, we hire for our executive Committee as well as General Members/Volunteers in the fall.



How to get involved!

If you are interested in participating in the event with friends and fundraising for the Canadian Cancer Society, you can register as a participant in the fall.

Staying up to date!

To stay up to date on what is going on with Queen's Relay for Life or if you have any questions, follow us on Instagram @queensurelay and Facebook at Queen's Relay for Life



@queensurelay



Queen's Relay
for Life



WINTER ADAPTED GAMES

WHAT IS THE WINTER ADAPTED GAMES?

The Winter Adapted Games (WAG) is an all-day event held annually on the last Saturday of January and organized by students in both the School of Kinesiology and Health Studies and the School of Rehabilitation Therapy. However, due to COVID-19, WAG held its first-ever virtual event in 2021, spanning over the course of three fun-filled days in January, February and March. Since its inaugural year, 1991, children and youth from the Kingston community who have an identified disability are invited to the Queen's campus for a fun-filled day of non-competitive games and activities.

WAG has benefited both Queen's students and these 2018 young members of the Kingston community. In keeping with the goal of a more accepting society, Queen's is proud to say that WAG is an inclusive event for children and youth who might otherwise miss out on opportunities for physical activity. WAG emphasizes the importance of social interaction and physical activity in an environment that promotes success and emphasizes the ability to participate. For some children, the WAG experience provides the motivation and confidence to pursue physical activity elsewhere throughout the year.



WHO ARE WE LOOKING FOR?

Enthusiastic, passionate, and hardworking individuals! The positions we are trying to fill:

- Executive Committee Members for a variety of different roles
 - Committee Members are chosen early on in first semester so keep an eye out for applications!!
- Team Leaders, Buddies, and Event Facilitators
 - Applications for these will be sent out in the middle of first semester. The experience of being a WAG volunteer is phenomenal and a very rewarding experience!



The impact that WAG has on Queen's students and Kingston-area youth really has to be seen and heard to be completely understood. WAG leads to smiles and laughter that resonate with participants and their student buddies alike. This day is a perfect example of engaging Queen's students through the broader learning environment. The Winter Adapted Games will definitely be an experience you are going to want to be a part of.



FOR MORE INFORMATION

Website: <http://winteradaptedgames.weebly.com/>

Facebook:

<https://www.facebook.com/WinterAdaptedGamesQU/>

Instagram: [wagatqueens](https://www.instagram.com/wagatqueens)



Queen's For The Boys

WHO ARE WE?

Just a few students trying to change the way Queen's University views mental health, substance abuse and consent.



WHAT WE STAND FOR

As an initiative of the Caring Campus Project, #QFTB will fuel awareness of mental health issues and their relation to substance abuse amongst students at Queen's University.

We're not saying don't drink. We're not saying don't do drugs. Most importantly, we're not saying don't have fun. We want you to understand the overall impact your actions may have on your peers, your self, and your mental well-being.

We're directing these efforts towards first year males, who have proven to be the most vulnerable to these issues.

WHAT WE DO?

- Member Campaign
- HOCO/ St. Patty's Day safe practices awareness
- Partner with other clubs to spread awareness

RESOURCES

- HCDS Mental Health Workshops
<http://www.queensu.ca/hcds/workshops/index.php>
- Peer Support Centre
<http://amspersupport.com>
- AMS Mental Health Resources Directory
<http://myams.org/services/health-services/mental-health-resources.aspx>

for more information visit the link [HTTPS://WWW.FACEBOOK.COM/QUEENSFTB/](https://www.facebook.com/queensftb/)

RAISE THE BAR

Raise the Bar is a student-run initiative that aims to make connections between all aspects of health (physical, sexual, mental, social, & spiritual). We aim to increase awareness of the interrelationship between all forms of health on Queen's Campus. Our goal as a club is to connect the dots among all forms of health and provide Queen's students with resources, information, activities, and outlets to maintain and improve overall health.

Some past in-person events we have conducted:

- Raise Up and Step Up for Men's Mental Health Dodgeball Tournament
- Health at Every Size Debate with Dr. Ross and Dr. Adams
- Raise a Glass Social Event at the Ale House
- Raise the Bar x The Maddie Project Tote Bag Fundraiser
- Yoga class
- Run Your Heart Out for the Heart and Stroke Foundation of Canada



Some past online events we have conducted

- Run with Raise the Bar (virtual run)
- RTB Virtual Cooking Class
- Shine X RTB Workout Class

Some upcoming in-person events:

- Naloxone training and harm reduction event with Street Health Kingston
- SickKids Campus Challenge Week



Socials:

- Facebook: Raise the Bar - Queen's
- Instagram: [raisethebarqueens](https://www.instagram.com/raisethebarqueens)
- Email: raisethebar@clubs.queensu.ca



FOR SPECIAL OLYMPICS
POUR OLYMPIQUES SPÉCIAUX

motionball is a national non-profit organization that strives to raise funds and awareness for Special Olympics Canada through integrated social and sporting events, connecting individuals across the country with the Special Olympics athletes in their community.

Since its inception in 2002, motionball has grown tremendously, with events taking place in 18 cities and 35 university campuses across Canada and has now donated more than \$15,000,000 to Special Olympics.

The Queen's U motionball committee consists of a tight-knit group of Kinesiology students who are passionate about creating opportunities for individuals with disabilities to engage in sport in an inclusive environment. This past year, Queen's U motionball hosted our second in person Marathon of Sport since COVID, and it was a great success! We are tremendously excited to see what next year has to offer!

The Queen's U motionball committee will be looking to hire new executive committee members and volunteers for the 2024-2025 year, so make sure to keep an eye out for ways you can get involved this fall!



To stay updated on motionball in the Queen's community, be sure to follow us on Instagram @queensumotionball or check out www.motionball.com for more information about the organization as a whole!



@queensumotionball



Queen's motionball





Queen's Athletic Therapy



Queen' Athletic Therapy is an amazing learning experience offered in collaboration with Queen's Athletics and Recreation and the SKHS. As a student trainer, you will be assigned to a varsity team to work with the athletes and help assess and treat injuries, as well as work at varsity games, practice taping and wrapping, and even more!



Over the course of 3 years, student trainers will gain over 300 hours of hands-on experience, learning from their amazing senior ATs, as well as their certified AT's, as well as completing a number of theory courses. Overall, students will strengthen their professionalism, communication and collaboration skills, as well as boost their confidence in working in a health or performance related profession.

Mini-Stream Requirements

Level 1 (taken in 2nd or 3rd year)

- Students are registered into "*Care and Prevention of Athletic Injuries*" (KNPE 331/3.0) in the winter term, a course that focuses on the care and prevention of common athletic injuries and places emphasis on taping and wrapping.
- Students complete 24 practicum hours in the Q Sports Medicine clinic in the winter term.

Level 2 (take in 3rd or 4th year)

- Students are registered in "*Field Placement in Athletic Therapy*" (KNPE 330/4.5) and complete at least 165 practicum hours.
- Students will work (under supervision) with a varsity team) and be responsible for the field coverage and taping for the team they are assigned and are strongly encouraged to help with the rehabilitation of team members.

Level 3 (take in 4th or 5th year)

- Students registered into "*Internships in Athletic Therapy*" (KNPE 430/4.5) and complete at least 165 practicum hours.
- During their internship, students will split their time between working with their varsity team and mentoring other student trainers and working in the Athletic Therapy Clinic, helping with assessments, treatments and administrative work.



For more information, please visit <https://skhs.queensu.ca/students/hands-on-opportunities> or contact the Academic Advisor at skhs.ug@queensu.ca



Queen's Strength and Conditioning

Queen's Strength and Conditioning is an amazing learning experience offered in collaboration with Queen's Athletics and Recreation and the SKHS. As strength and conditioning coaches, students will be an integral part of the Gaels Strength and Conditioning Program, an integral component in the success of the Queen's teams.



The Strength and Conditioning Mini-Stream is an academic experiential learning opportunity that provides young coaches with experience in the daily training environment of our varsity teams. Students will learn about the principles of program design, coaching pedagogy, safety guidelines and the return to play pathway. This three-year program will evolve the leadership and coaching responsibilities of students and will culminate with a lead student coach role with a varsity team.

Mini-Stream Requirements

Level 1 (taken in 2nd or 3rd year)

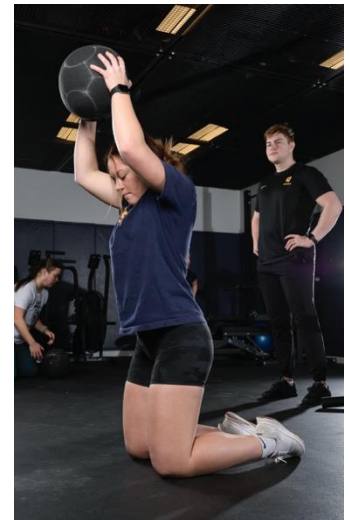
- Students are registered in *"The Science and Methodology of Sport Training Conditioning Programs"* (KNPE 345/3.0) in the winter term. This course focuses on how to plan a training program and included topics like designing warmups, proper lifting techniques, etc.
- Students complete 48 practicum hours in the Strength and Conditioning program at the Athletics and Recreation Center.

Level 2 (taken in 3rd or 4th year)

- Students register into *"Strength and Conditioning Field Placement"* (KNPE 346/4.5) and complete at least 120 practicum hours, as well as attend weekly group learning sessions.
- The goal of the field placement is to introduce students to all the aspects of the Gaels Strength and Conditioning Program. Students can expect to be involved in coaching team sessions, running warmups, performing assessments and more.

Level 3 (taken in 4th or 5th year)

- Students register into *"Strength and Conditioning Internship"* (KNPE 446/4.5) and complete at least 120 practicum hours, as well as attend weekly group learning sessions.
- During their internship, students will assist in assessing, designing, and coaching a team-training program for one to two varsity teams. Students will apply knowledge gained in the previous two levels while also mentoring other students.



For more information, please visit <https://skhs.queensu.ca/students/hands-on-opportunities> or contact the Academic Advisor at skhs.ug@queensu.ca.

DIPA (Disability and Physical Activity)



The Certificate in Disability and Physical Activity is offered through a collaboration between the SKHS and the Revved Up, an adapted exercise program. The goal of this program is to provide world-class, community-based exercise programming that promotes healthy living and quality of life for those who may have mobility impairments, intellectual disabilities and/or cancer. Students in this certificate program will help make this goal a reality.



In this certificate program, students will get an opportunity to work closely with persons from a variety of special populations, as well as gain valuable experience in addition to academic skills. Students will also strengthen their communication and leadership skills, develop a deeper understanding of what it means for people to live with a disability/chronic disease, and develop exercise prescription skills with considerations for those with disabilities and perform program reassessments on Revved Up participants.

Admission Requirements

- Level 2 or above and a minimum GPA of 2.70.

Required Courses

- HLTH 200/3.0 or KNPE 255/3.0
- HLTH 332/3.0
- KNPE 336/3.0
- KNPE 436/3.0
- 3.0 units from: KNPE 335/3.0, HLTH 315/3.0, HLTH 404/3.0* or KNPE 433/3.0* (limited seats are available in these seminar courses and they may not be offered each year). Students must have completed any required course prerequisites; or at the Bader College (UK): HLTH 402/3.0, HLTH 403/3.0, HLTH 404/3.0

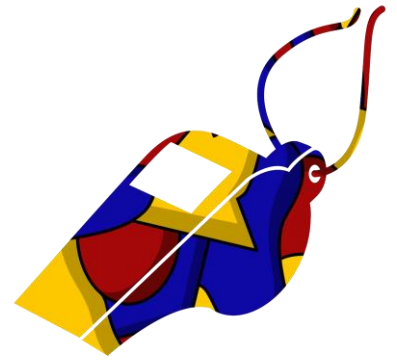


To find out more, visit <https://skhs.queensu.ca/students/DIPA> or email the Revved Up and DIPA Coordinator at dipa.coordinator@queensu.ca.



Queen's KIN Cheers!

Here are some of the KIN cheers that you will learn during Orientation!



- 1 Hey [insert group name], how excited are you?
WE.....ARE.....SO.....EXCITED!!!!
- 2 Deep in the heart of the Queen's Jungle
You can hear the PHEKIN rumble
Ooh ah PHEKIN
Ooh ah PHEKIN
[repeat and get progressively louder]
- 3 Glory, glory what a helluva way to die
With a whistle in your mouth and tendonitis in your
thigh,
Glory, glory what a helluva way to die
As the jocks go marching on!
- 4 We love you [insert group name], oh yes we do!
We love you [insert group name], oh yeas we do!
When you're not with us, we're blue, SO BLUE!
Oh [insert group name] we love you!
- 5 Shh be quiet, PHEKIN start a riot! - repeat quietly 4
times
[insert faculty name] be quiet, PHEKIN start a riot! -
repeat loudly 2 times
Queen's be quiet, PHEKIN start a riot! - repeat loudly
2 times



In Closing...

Either you read through the entire handbook, or maybe you just scrolled through it to the end. Regardless, here is a quick summary of some of the most important points to take away:

- Follow us on our Instagram @queenskinoweeek. This is where we will be posting lots of important updated about Orientation and the transition period.
- Join the Queen's Kinesiology Class of 2028 Facebook Page to get acquainted with your classmates.
- The transition period will have events in the time span of September 1st to September 8th, with Residence Move-In occurring from August 30th to August 31st.
- Last, but definitely not least, congratulations on becoming a part of the Queen's Kin family!

We are all so so so excited to meet you!

Geoff, Emilio, Charlotte, Emily, Michael, and Ella (pictured left to right)
ECKO 2024



FIRST YEAR WELCOME



WELCOME TO QUEEN'S UNIVERSITY
CLASS OF 2028!

ALMA MATER SOCIETY





By Students, For Students
#myAMS

- 5 Offices
- 6 Commissions
- 9 Faculty Societies
- 13 Student-run services
- 50 + Full-time Student Staff
- 250+ Student Clubs
- 700+ Part-time Student Staff
- 1,000+ Student Volunteers
- 20,000+ Student Members (including you!)



AMS EXECUTIVE



OWEN ROCCHI
President

Hello Class of 2028! Welcome home, and congratulations! Queen's University, where you will quickly learn is a wonderful place to grow, learn and come into your own leadership. Orientation Week is a magical experience for students and is something that I remember fondly. You will experience so many exciting Queen's traditions that you will remember for years to come. Over the next week you will be introduced to so many new things - it may feel overwhelming. I want you all to remember is that the AMS is here for you. As by students for students we are here to support, and set you up for success! We cannot wait for you to get involved with the AMS and to begin your Queen's journey. Don't be a stranger on campus, the AMS will always offer a home to you. As your undergraduate student government, we feel so lucky to assist you on your Queen's experience.

Welcome Home!



AYAN CHOWDHURY
Vice President, Operations

Welcome to Queen's University, Class of '28!
We are happy to welcome you with a fun week of orientation, a long-standing tradition where you will get to opportunity to meet your peers for the next four years and learn about the various opportunities Queen's University and the Alma Mater Society has to offer. Leaving home for the first time can be challenging, and I encourage you all to try new experiences and get involved with the school in any type of fashion. You will not be the same person you are now when you walk across the stage at graduation. Be kind to everyone, and don't wait for opportunities to come to you – leave your comfort zone to discover them!

I hope you enjoy your orientation week that is filled with magic, and you take advantage of the resources available to you from the University, and your AMS!



RUTH OSUNDE
Vice President, University Affairs

Welcome to Queen's University, Class of '28! We are thrilled to have you joining this spectacular group of students and community. Over the course of your studies, you will be able to make this experience entirely your own, and there is no shortage of ways to get involved within the Queen's community, including in the AMS! Your first year is such a formative time where you can get outside of your comfort zone and challenge yourself to find and follow your passions. No matter what path this journey leads you on, you will have sources of support that want to see you succeed. Enjoy every moment and make the most of this next stage of your academic career because it goes by fast! We cannot wait to see all the incredible things that you do. Have a fantastic Orientation Week and welcome home!

CONNECT WITH US!



myAMS.org



queens_AMS



queensAMS



queensAMS

ORIENTATION ROUNDTABLE



The Orientation Roundtable (ORT) is the division of the AMS responsible for the high-level advocacy, planning and execution of Queen's Faculty Orientation Week. The commission collaborates with all Faculty Society Orientation Committees, the New Exchange World Transfer Students (NEWTS), and the Division of Student Affairs to facilitate a welcoming, safe and inclusive Orientation and transition to Queen's. This commission accomplishes this goal by facilitating the planning and execution of Faculty-Specific Orientation events; training Faculty Orientation leaders and executives; working alongside the Student Experience Office, Residence Life, and Residence Society to execute all events from Move-In Day to the end of Orientation Week; and finally, advising on Orientation Policy and Procedures with the Senate Orientation Review Committee.

See you soon!



Maddie Ronan
ORT Coordinator

Alyssa Persia
Concert & Communications Director

Mack Woods
Assistant Coordinator

Nethmi Illamperuma
Equity Director

Georgia Dean-Savage
Logistics Director

Johnny Shenouda
Systems & Support
Director

UNIVERSITY PRINCIPAL

Welcome to Queen's and Kingston -- your home for the next few years.

Your hard work and dedication have brought you here, and that drive and ambition will continue to serve you well as you begin this exciting new chapter of your life.

We're so pleased that you are joining us, and we invite you to embrace our shared commitment to making real and positive differences that change our society for the better through education, research, and community and global engagement.

At Queen's we value all our community members and their diverse perspectives. It is your intellectual curiosity, passion to achieve, and commitment to collaboration that make our university such a special place. As a member of the Queen's community, you will expand your knowledge and develop skills through engaging learning experiences and inspiring opportunities enabling you to achieve your goals while at university and beyond.

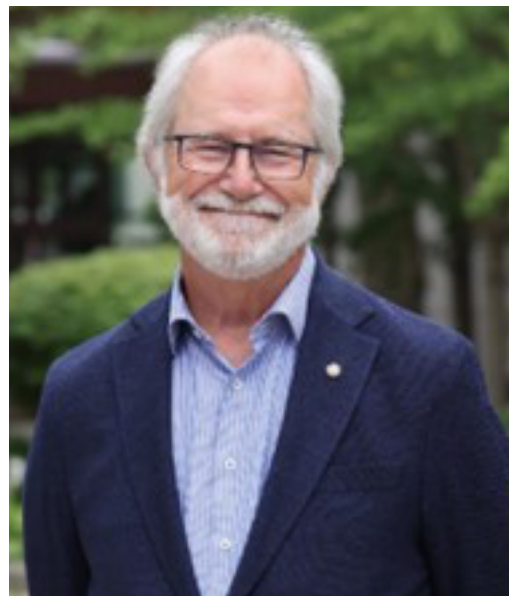
I hope you will explore all Queen's and Kingston have to offer. There are countless university resources and activities for students to make the most of their experiences and to help you succeed. Kingston is one of the most beautiful and bustling cities in Canada and has so much to offer. I encourage you to explore all that is available to you!

My advice for the coming weeks is to be patient with yourself as you adjust to life at Queen's. Transitioning to university is a significant feat, and it is natural to feel a bit untethered or overwhelmed during this time. Get to know your new city and campus and meet the people you now share these spaces with. Foster new connections and learn not only from your professors but also from your community and your peers who are undoubtedly experiencing similar things as they, too, transition to university life. Connect with staff and faculty who are readily available to help you find programs, services, and any other tools and information you may need to support your wellbeing and success.

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

Patrick .

Patrick Deane
Principal and Vice-Chancellor



UNIVERSITY RECTOR



WELCOME HOME CLASS OF 2028!

I am glad you chose to land here for the next several years. If you're like me, this sweet town and the people within it will capture your heart. I was elected by undergraduate and graduate students to be a strong advocate and steady facilitator for our best interests as students. As the Rector, I sit on the Board of Trustees and observe the Senate, AMS Assembly, and SGPS Council. I serve as a liaison between students and the administration regarding important campus community matters. I also have the pleasure of presenting the Tricolour Award and shaking graduands hands as they walk the stage at convocation.

Importantly, I am a confidential resource for you during your time at Queen's. When you need a little extra support, I can help you navigate the plethora of systems designed to set you up for success. For more information and to connect, visit queensu.ca/rector, follow me on Instagram (@queensurector), or come say hello in my JDUC office. I wish you the best of luck during this transition period. Just know, like orientation, your time at Queen's will go by quicker than you'd ever imagine. As you adjust to classes, join clubs, and attend events, remember that you're only as cool as they way you treat people.

Cha Gheill!



MAYOR OF KINGSTON



Hello to the class of 2028!

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!

A stylized, handwritten signature in black ink, appearing to be the name "Bryan Paterson".

Bryan Paterson



QUEEN'S SVPRS



We believe you.

Sexual Violence Prevention and Response Services

Support and services are available to all students who have experienced sexual violence at any time in their lives. Filing a report is NOT required in order to access SVPR Services.



@qusvprs

Contact Barb Lotan
bjl7@queensu.ca for
more information or to
book an appointment
with an Advisor.

What we do

Provide information about on and off campus supports and services

Make referrals to help you get connected with the services you wish to access

Provide assistance to access academic considerations and accommodations

Help with safety planning

Provide information and support about police reporting, file University complaints




Queen's
UNIVERSITY
HUMAN RIGHTS
AND EQUITY OFFICE
Sexual Violence Prevention
and Response



COMMISSIONS

The core components of the AMS are the six 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 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. The Commission also manages the Housing Resource Centre (HRC) and the Academic Grievance Centre (AGC). Contact the Commissioner of External Affairs at cea@ams.queensu.ca

The Commission of Clubs is comprised of an average of 300 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 club advocacy, resources and support to AMS ratified groups through financial means (grants, bursaries, fundraising, etc.), providing club space, insurance, and resources for event planning and marketing. Contact the Commissioner of Clubs at clubs@ams.queensu.ca



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 enriches the Queen's experience for undergraduates in unique and memorable ways. Contact the Commissioner of Campus Affairs at cac@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 Commissioners of Social Issues at sicexternal@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 encourage sustainability within the AMS, Queen's University, and the city of Kingston. Projects include the Sustainable Action Fund, the Sustainable Event Certificate. Contact the Commissioner of Environmental Sustainability at ces@ams.queensu.ca



OFFICES

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 Human Resources (HR) Office is here to make sure that your experience at 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. 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 Human Resources Manager, at hrmanager@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 provides students with open access to the electoral processes and assembly. Contact the Secretariat at secretariat@ams.queensu.ca

The Information

Technology department provides IT infrastructure, security and support services to the AMS and its stakeholders. These services come in the form of both individual department plans and consultation on other stakeholder initiatives that require an IT component.



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. They provide 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 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 use 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 provides resources for services, clubs, and societies to assist in social media and event promotion and collaboration. Contact the Director of Marketing, Caitlin Parkes, at marketing@ams.queensu.ca.

2024-2025

AMS Health & Dental Plan



Make the most out of it

Health-care coverage and wellness services designed to support students!



Health



Dental



Vision



Travel

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

Save more money



Consult with a licensed financial professional for more insight on health services.

*The above information is not intended to constitute an offer of insurance or any other financial product. For more information, visit www.studentcare.ca.

Mental Health is Well From

Empower Me

For more by @blogue

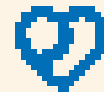


A student assistance program providing mental health and wellness services 24/7

Virtual Health Care

HI

For more by @blogue



Virtual health care that connects you with nurses and physicians from anywhere in Canada

24/7 Gender Support

Gender Affirmation Care



Coverage for gender-affirming medical care and legal assistance for students on their gender affirmation journeys



STUDENTCARE

Questions? Visit

www.studentcare.ca

Scan the QR code for more details on your Plan.





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! Be sure to drop by CoGro in the Queen's Centre to pick up a coffee, tea, or baked goods on your way to class! Check out the insta @queenscogro.



Located in the brand new John Deustch University Centre, the brew is a student run coffeehouse serving students with quality, consistency and creativity. The Brew will offer a large variety of menu items and be a place for students to study, meet up with friends, and grab their favourite mid-afternoon meal. Be sure to look out for it's opening in the upcoming academic year! We can't wait to see you at the brew!



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 under the stairs on the first floor of the Queen's Centre.



SERVICES



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.' For the latest hours, visit their Instagram @peersupportcentre or contact the Head Manager at peersupport@ams.queensu.ca.



The Queen's Student Constables (StuCons) are the only peer-to-peer security service in North America. The StuCons were founded in 1936, and ever since have been working to help facilitate campus engagement by upholding the AMS rules and regulations in a safe and judgement free environment. With a Staff of approximately 60 students, you can find us at your favourite on-campus establishments such as Clark Hall Pub or the Grad Club. They also regularly work alongside the over 260+ student run clubs to promote and organize sanctioned events during the school year. StuCons can be reached at QSC@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, and convenient bus service. Stay stylish, save money, and support students when you shop at Tricolour Outlet! Check out their website: www.tricolouroutlet.ca!



SERVICES



The Media Centre is an on-campus provider of all media and printing needs, located in the new and improved John Deutsch University Centre. The Media Centre provides students with media services, specializing in photography, videography, and graphic design. The Media Centre also offers on-the-spot printing, alongside other production services. Suited to meet all creative needs! For more information, contact the AMC at amc@ams.queensu.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 to contribute as writers, 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-Chiefs at journal_editors@ams.queensu.ca or (613) 533-2800 for more information about services and opportunities.



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 helps to ensure that Queen's students can be healthy and productive as they pursue academic achievement and alleviate poverty amongst Queen's community members. Keep posted with the latest location and hours updates on the Food Bank Instagram [@amsfoodbank](https://www.instagram.com/amsfoodbank) or on their website at www.amsfoodbank.ca.



PEACH Market complements other food access programs on campus and supports sustainability through food rescue. Untouched food from across Queen's Hospitality Services will be packaged and made available to students, staff, and faculty through the market's accessible 'pay what you can' operating model. PEACH Market is proudly run by student volunteers for the campus community. Follow [@peachmarket.qu](https://www.instagram.com/peachmarket.qu) and [@queensfood](https://www.instagram.com/queensfood) for more information!

Queen's First Aid Campus Response Team



**Non-judgemental on campus first aid response
dispatched through the Emergency Reporting Centre by
calling**

(613)-533-6111

Or by pressing any emergency blue light on campus.

Who are We?

QFA is an on-call first aid service offered across the Queen's University campus. Composed of a highly trained group of students all holding the certification of Advanced Medical First Responder, QFA aims to provide comprehensive, non-judgemental first aid to all members of the Queen's and Kingston community.

Hours of Operation

QFA operates at a variety of different times, including daytime shifts, evening shifts, and even overnight shifts on Fridays and Saturdays. In addition, you can find us at many different events across campus and during orientation week. Head to our website for the most up-to-date hours!

When to Call

QFA responders can be called for any first aid emergency experienced on campus and can often be found at the "Grey House" on 51 Bader Ln. With continuous training throughout the academic year, QFA responders are equipped to handle first aid situations big or small, ranging from mental health emergencies to physical injuries. Remember, you can't get in trouble for calling first aid services so when in doubt, give us a shout!

Join our Team!

QFA hires students of all years both in the Fall and Spring. If you are passionate about first aid and think you would be a good fit for our team, apply through our website, or reach out for more information!



@QueensFirstAid.com



@QueensFirstAid



@QueensFirstAid_



SERVICES



The Housing Resource Centre (HRC) offers support for students who are experiencing a conflict with a landlord or housemate in a safe and confidential space. Trained student volunteers can also answer questions and provide information on property standards, leases, tenant rights, house hunting, home security, and more. For the latest hours and location updates contact 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 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. For the latest hours and location updates, contact them at agc@ams.queensu.ca.





SERVICES

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 Queen's Centre (QC), the John Deutsch University Centre (JDUC), the Rideau Building, the Mackintosh-Corry Student Street (MC) and the Grey House, the SLC provides bookable equipment and spaces for individuals, organizations and clubs to arrange meetings, performances, and events encompassing a wide range of student and community uses. Visit the SLC info desk located on the 1st floor of the Queen's Centre or visit their website at www.studentlifecentre.ca.



Student Life Centre

The Queen's Pub is the place to be! Serviced and staffed by students, the Queen's Pub is a historical part of the Queen's community we are excited to bring back this year. Located in the brand new John Deutsch University Centre, the Queen's Pub is the perfect spot to unwind or catch up with friends! From live music to delicious pub food, every visit promises a good time. Come experience Queen's hospitality—it's where good vibes and great memories are always on tap at The Queens Pub! Coming soon!



Navigating First Year Frenzy

Thursdays October 3 - November 28, 2024

(excluding Oct. 17)

2 pm - 3:30 pm

JDUC 4th Floor Wellness Space

**Snacks and Activities/Games weekly,
Meet New People**

Welcome to Navigating First Year Frenzy, where your academic survival kit includes more than just caffeine and ramen noodles! We'll have snacks and activities/games weekly. Led by seasoned therapists, we'll tackle the University chaos with laughter and a touch of sarcasm. We'll guide you through stress reduction, adjusting to academic demands, navigating campus and adulting.



Register here!





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.

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

GENDER NEUTRAL WASHROOMS



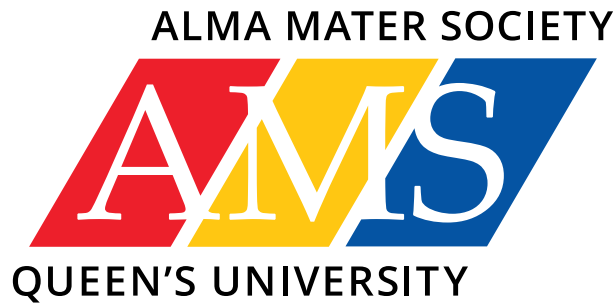
Building

Rooms

Abramsky Hall	009, 114, 115, 217, 218, 322, 323
Benidickson House/Summerhill East	121 and 122
Biosciences Complex	2284, 2288, 3288, and 3289
Bruce Wing	537A
Cancer Research Institute	395
Carruthers Hall	201 and 305
Cataraqui Building	124 and 215
Craine Building	322
Douglas Library	490, 491, 689
Dunning Hall	138
Dupuis Hall	B30, 300, 402
Ellis Hall	137
Fleming Hall - Stewart Pollock Annex	102, 116, 203, 303, 403, 502, and 503
Goodes Hall	LL161, LL254, 357
Grant Hall	112
Harrison-LeCaine Hall	265
Haynes Hall	104
Humphrey Hall	314
Isabel Bader Centre for the Performing Arts	170
Jeffery Hall	121 and 324
Kathleen Ryan Hall	110, 210, 310, and 410
Louise D. Acton Building	28
MacGillivray-Brown Hall	103, 104, and 203
Mackintosh-Corry Hall	B245b and D570
McLaughlin Hall	403
Mitchell Hall	104, 109C, 113, 127E, 127H, 133, 137A, 137B, 143, 231, 300C, 302A, 337, 341
Nicol Hall	301 and 309
Robert Sutherland Hall	191 and 291
School of Medicine	070, 075, 325
Stauffer Library	179A
Stirling Hall	135, 163, 227, 329
Summerhill West	107 and 110
The Law Building	185, 210B, 366,
Theological Hall	25, 103, 105, 207, and 217
Victoria Hall	0027C, 136A, 137A
Waldron Tower	1-122, 1-123
Walter Light Hall	197A, 197B
Watson Hall	146



SEE YOU SOON!





ORIENTATION ROUNDTABLE PRESENTS

ORT **MYSTERY CONCERT**

**OPENER | MIDLINER |
HEADLINER**

**ON SITE BATHROOMS, WATER
COOLERS, AND A LOW
INTENSITY ZONE!**

**NO FOOD/DRINK ALLOWED
NO BAGS ALLOWED
NO ALCOHOL ALLOWED**

**For the safety and enjoyment of all
attendees, students who are, or appear
to be intoxicated will not be permitted
entry.**

**BRING YOUR
WRISTBAND**



**Wristband
pick-up will
be on
Wednesday
Sept. 4th &
Thursday
Sept. 5th
from your
faculty.**

**MILLER HALL
PARKING LOT**

**LINE UP ON FIFTH FIELD
COMPANY LANE**

**FRIDAY
6 SEPT**

DOORS AT 6 PM

MORE INFO: @QUEENSU.ORT ON INSTAGRAM OR ORTCONCERT@AMS.QUEENSU.CA

HOW TO GET TO THE ORT MYSTERY CONCERT FROM VICTORIA HALL RESIDENCE

