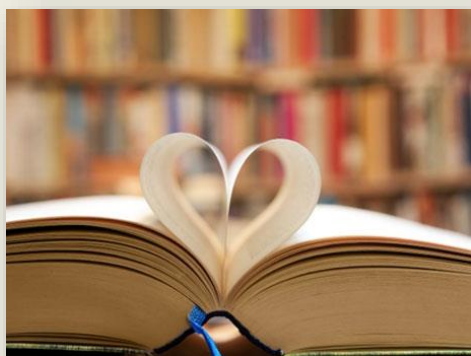


Mark your Calendar!

FRI FEB 15	★ April Exam Schedule posted on SOLUS – do not book holiday travel in advance.
MON FEB 18 – FRI FEB 22	★ Reading Week
FRI FEB 22	★ Frontenac-Kingston Council on Aging: Education Day – see Issue 16.
FRI MAR 22	★ Nomination Deadline for 2019 Alumni Award for Excellence in Teaching – see Issue 15.
FRI MAR 1	★ Last date to drop Winter Term and multi-term classes (25% refund). Students are not permitted to drop a course after this date without a formal appeal to the Associate Dean of Studies with documentation. ★ Last date to apply to have a <i>Personal Interest Course</i> – see Issue 15. ★ Application deadline for 2019 UG Student Summer Research Fellowship – see Issue 15. ★ Submission deadline Art of Research Photo Contest – see Issue 15.
SAT MAR 9 – SUN MAR 9	★ <i>Flip the Script</i> program– see Issue 15.
FRI MAR 15-SAT MAR 16	★ 17 th Annual Crossroads Interdisciplinary Health Research Conference
FRI MAR 29	★ Undergraduate Research Conference in Kinesiology & Physical Education – see Issue 15.
MON APR 1	★ Applications due for RMC Student Athletic Trainers – see Issue 17.
TUE APR 30	★ Last date to apply in SOLUS to graduate in Spring 2018 – see Issue 15.
TUE JUN 4	★ SKHS Graduation at 1:00 p.m. in Grant Hall. See Spring 2019 Convocation .
MON JUL 15	★ Application to apply to graduate in Fall 2019 opens on SOLUS.



Enjoy Reading Week – safe travels to everyone on the road.

Next issue of the UG News will be March 1st.

Historic Hockey 2019



Congratulations to the Queen's team made up of PHE/KIN students who won historic hockey for the first time in 10 years with a 4-2 win over Petawawa and a 2-2 tie against RMC!



TUESDAY, FEBRUARY 26TH
2:30 - 3:30PM
KHS 100

DISABILITY & PHYSICAL ACTIVITY CERTIFICATE INFO SESSION

Learn more about:

- course options in the Certificate
- admission requirements
- the Revved UP exercise program
- the application process & due dates

SKHS Staff & Faculty will be on hand to answer all of your questions!

**Event only open to SKHS students.

MINI-STREAM INFORMATION SESSION

For Year 1 & 2 KIN Students

Athletic Therapy & Strength & Conditioning

Wednesday, March 6th, 2019
4:30 - 5:30pm
KINE 100

- Learn more about the Athletic Therapy and Strength & Conditioning mini-streams which are available for Kinesiology students
- Learn about the application process & due dates
- Review mini-stream requirements
- Meet the Mini-Stream Coordinators
- Also, learn more about KNPE/HLTH 300 (Community-Based Practicum)

THINK Grad Studies Days



Join us for a day of activities to experience what being a **grad student at Queen's** is like firsthand.

February 14, 2019
March 7, 2019

thinkgradstudies.ca



Inquiry @Queen's

I@Q Undergraduate Research Conference
13th annual conference, March 7-8, 2019
Queen's Learning Commons, Stauffer Library

To see the full 2018 program, click [HERE](#)

Submission deadline extended to Thursday, February 7th

2019 [Student Awards](#)

- ✓ Students must be nominated to be considered for the following awards. Please take the time to nominate your colleagues.
- ✓ Nomination deadlines: **FRI MAR 1 at 4:30 p.m.**
- ✓ Recipients will be announced at the annual Awards Reception at the end of Winter Term.

CCUPEKA Leadership Award [Nomination Form](#)

Danielle Polk Memorial Award [Nomination Form](#)

Don Krestel Memorial Award [Nomination Form](#)

Fred Lamble Bartlett Memorial Award [Nomination Form](#)

Health Studies Award of Excellence [Nomination Form](#)

PHE Canada Student Award [Nomination Form](#)

Ron Stewart Physical Education Prize [Nomination Form](#)

Stephen J. Hobbs Memorial Award [Nomination Form](#)

SKHS Resume & Cover Letter Workshop

Don't miss out on this FREE workshop to improve your resume & cover letter

**Thursday, March 14th
10:30am - 12:00pm
UG LAB (KHS 202/203)**

Summer 2019 online course registration now open.

What's Offered: [Arts and Science Online – Courses](#)

Times: [Important Dates ASC Online](#)

Lots of courses available! Registration is on a first-come basis.



Ancient Humour

This course explores the techniques by which humour was created in literature and the visual arts in antiquity. It also examines the social and psychological aspects of humour.

May - July



Astronomy I: The Solar System

A non-mathematical introduction to the science of astronomy for non-specialist students. Topics to be covered include the fundamentals of astronomy; an introduction to the tools and techniques of modern observational astronomy; the historical development of our understanding of the Earth, Moon and Solar System; space exploration of Mars, Jupiter, and other planets; the nature of the Sun; and the origin and uniqueness of our Solar System.

TBD

WJ BARNES AND
TA TEACHING AWARDS

NOMINATE YOUR PROFESSOR OR TA

NOMINATIONS CLOSE
FEBRUARY 25TH



The Arts and Science Undergraduate Society is committed to recognizing such teaching excellence and invites you to nominate an outstanding Professor and Teaching Assistant for the WJ Barnes Teaching Award and the TA Award.

The nomination form is easy to fill out and will go a great distance in recognizing professors and TA's who have made a great impact during your academic career at Queen's University.

The Teaching Assistant nomination forms: <https://asus1890.wufoo.com/forms/ze6dykg0vkv529/>

WJ Barnes Professor nomination forms: <https://wjbarnesteachingaward.wufoo.com/form/zqkplcg0cjlpijv/>

Policy Engagement as Prefiguration?

Reflecting on civil society participation in Canada's national food policy dialogue



Movements to bring about more healthy, sustainable and just food systems are increasingly turning their attention to food system governance as an important arena through which to address pressing challenges and inequalities. Reflecting on the efforts of food movement organizations to participate in, and influence, the development of a national food policy for Canada, I consider the strengths and limitations of this policy engagement, and ask whether the process of policy building holds prefigurative promise in modeling and experimenting alternative food futures.

Amanda Wilson

School of Social Innovation, Saint Paul University

Amanda Wilson is an Assistant Professor in the School of Social Innovation at Saint Paul University in Ottawa. Her research is focused on food movements and alternative food networks, collective and cooperative organizational forms and questions related to prefiguration and enacting a politics of possibility. Outside of academia, she has worked with several non-governmental organizations and is a long-time community organizer and activist in Ottawa.



Thursday, February 28
1:00-2:30 pm MC D214
Everyone welcome



BUILDING EQUITY INTO EVERYDAY PRACTICE

A HEALTH EQUITY IMPACT ASSESSMENT (HEIA) TRAINING



***Presented by Wellesley Institute, Public Health Ontario and
KFL&A Children and Youth Services Planning Committee***

**FRIDAY, FEBRUARY 22
10 AM - 3 PM**

**FAMILY AND CHILDREN'S SERVICES OF
FRONTENAC, LENNOX AND ADDINGTON
817 DIVISION STREET
KINGSTON**

Through experiential and small group exercises, participants will explore health equity concepts and learn from one another. Participants will return to their workplaces with a better sense of how to conduct HEIAs and incorporate health equity into practice. Sign up now:

<https://HEIA-Kingston.eventbrite.com>



COMMITTEE AGAINST RACIAL AND
ETHNIC DISCRIMINATION PRESENTS
A CONFERENCE ON:



RACISM AND FACILITATING INCLUSIVE CONVERSATIONS

SUN MAR 3

10:00-5:00 p.m.

Robert Sutherland Hall

CARED would like to invite you to our conference on racism and facilitating inclusive conversations on March 3rd, from 10am-5pm in Robert Sutherland Hall.

The conference will provide delegates with take-aways on how to improve or begin discussing race and social justice issues in social settings.

Our goal of the day is to provide delegates with take-aways on how to improve or begin discussing race and social justice issues in settings such as the classroom and with friends. Workshops will discuss: microaggressions and epistemic violence, discourse on calling in versus calling out, internalized racism, and improving allyship. Lunch will be provided!

About CARED: short for the committee against racial and ethnic discrimination, CARED is an anti-racism education and activism committee under the Social Issues Commission of the AMS that strives to start conversations around topics related to race and racism and advocate for students who experience oppression.

Tickets are available on EventBrite for: [CARED Conference on Racism and Facilitating Inclusive Conversation.](#)

Providing delegates with take-aways on how to improve or begin discussing race and social justice issues in social settings.



Ljubljana University
Slovenia
June 16-22, 2019



The Canadian Centre on Substance Use and Addiction (CCSA) and the Postsecondary Education Partnership—Alcohol Harms (PEP-AH) are thrilled to announce the launch of the first international **Summer Leadership Academy for Alcohol Harm Prevention**. The Academy will be a valuable opportunity for students to learn about global alcohol issues and alcohol harm prevention, build leadership skills and apply their knowledge to reduce alcohol-related harm on their campus.

Application Process

Four ambassadors, one from each PEP-AH region (Western, Ontario, Quebec and Atlantic), will be selected to participate in an international Summer Leadership Academy for Alcohol Harm Prevention (the Academy), which will take place in English at the University of Ljubljana's Faculty of Health Science in Slovenia, from June 16 to 22, 2019. Selected students — four of 26 in total from 12 countries — will participate for six days in expert-designed and delivered courses, conferences and workshops intended to help reduce alcohol-related harms on campuses. Programming also includes social activities and sightseeing of Ljubljana. PEP-AH will cover all academy-related expenses, including airfares, transportation to and from the airport, meals (breakfasts, lunches, dinners and coffee breaks) and accommodation in a three-star hotel.

Academy Participation Objectives and Requirements

- Participate in the Academy to increase knowledge about alcohol-related issues and to develop practical skills, related to prevention and awareness, media training, leadership, program development, and project and event management.
- Before departure, identify, in collaboration with their institution, an alcohol-related issue or problem on their campus they want to focus on at the Academy. Once back on their campus, in consultation with their institution, plan and implement a project or activity linked to the alcohol-related issue or problem identified before their departure.
- Present the project or activity and its implementation plan or status at the Kettil Brunn Society International Thematic Meeting in Sherbrooke, Quebec, on Thursday, October 3, 2019, and at their PEP-AH Regional Symposium in the fall of 2019. (Costs associated with these events will be covered by PEP-AH.)

For more information about the student application and selection process, see the following.

- [Competition to Attend an International Summer Leadership Academy for Alcohol Harm Prevention, 2019—Application Process](#)
- [Information package for Students and Administrators](#)

To be considered for this opportunity by Queen's, **please complete and submit an application document with the three requested attachments** (see above link to the Information package for Students and Administrators) to [**vpdean.sa@queensu.ca**](mailto:vpdean.sa@queensu.ca) by **February 14, 2019 at 11:59pm**.

If you would like to discuss your project idea, or have any questions about this opportunity, please email [**ellie.sadinsky@queensu.ca**](mailto:ellie.sadinsky@queensu.ca) ASAP



Employment Opportunity Fitness and Sports Instructor Temporary Full-Time Position: up to 18 Months

Are you a fitness professional with a passion for health and fitness who is looking for the opportunity to use your qualifications, experience and skills to make a real difference?

The Canadian Forces Morale and Welfare Services (CFMWS) is proud to contribute to the operational readiness and effectiveness of the Canadian Armed Forces. Through the planning and delivery of physical fitness training activities, physical fitness assessments and exercise prescription, our fitness professionals play a key role in supporting the Total Health and Wellness of the Canadian Armed Forces members and the development of a strong, secure and engaged Canadian Armed Forces. The ideal candidate for this position will have a Bachelors degree in Physical Education, Exercise Physiology, Exercise Sciences or a related field and some experience in physical fitness evaluation and prescription. They will also have their current CPR, Basic First Aid and National Lifeguard Service (NLS) or the ability to obtain these upon being hired.

Wage range: \$17.73-\$22.69

Commuting Allowance may be available for those who qualify.

Start date: 01 April 2019

Application deadline: 23:59 hrs. Pacific time on 10 March 2019

Security Screening: Enhanced Reliability clearance and Vulnerable Sector check is required

How to apply: please visit our website at www.cfmws.com, or email npfhrshilo@cfmws.com quoting competition #SHI-19-06.

We thank all applicants in advance for their interest in this position, however, only those selected for an interview will be contacted.

Full job posting: <https://www.cfmws.com/en/AboutUs/Careers/EmplOpp/Pages/default.aspx>



M.S. in Occupational Therapy (5 semester program)

Utica College in upstate New York (a 3 hour drive south from Kingston, Ontario) has been educating OT professionals for 53 years. A five straight semester program, our MS in Occupational Therapy program is one of the fastest preparatory programs in North America and has two annual cohorts—a day program and a concentrated weekend program (26 weekends).

The average GPA of a typical Utica College MS OT cohort is 3.45.

For the Fall 2020 cohort, we anticipate a larger than normal number of openings as a result of a low number of freshman admits to the guaranteed pre-OT program in 2016. As a result, there will be excellent opportunities for external applicants to obtain a place in either the day or weekend cohort. In addition, Utica College will be opening a Doctor of Occupational Therapy degree in Fall 2021 for those who are interested. This is not a mandatory degree now but it will be in the U.S. sometime in the mid-2020's. The OTD will be a once a month weekend program (taken after the M.S. program) that will allow practicing MS OT/R's to practice professionally while earning the clinical doctor designation.

Queens University has provided the Utica College OT faculty with many amazing students over the years. We would welcome interested juniors and seniors to contact Graduate Admissions for a prerequisite review and more information. My office can also help you with questions regarding the US boards and the Ontario board exams along with clinical placements for Canadian students. We are also a school that works closely with OSAP.

Please contact John Rowe, Executive Director of Graduate Admissions, at jrowe@utica.edu or 315-792-3010. We're just a short drive over the border...

Utica College Office of Graduate Admissions

1600 Burrstone Road, Utica, NY 13502

www.utica.edu/academics/programs/occupational-therapy/

THE 20th ANNUAL BERTHA ROSENSTADT NATIONAL UNDERGRADUATE RESEARCH CONFERENCE

KINESIOLOGY AND PHYSICAL EDUCATION
MARCH 29, 2019

REGISTRATION

The registration cost is \$35. This includes a copy of the conference proceedings and a reception. Light refreshments and a lunch will be provided. For registration and abstract submission instructions, please visit: kpe.utoronto.ca. The registration and abstract deadline is **March 4, 2019**.

KEYNOTE

*The Increase in Muscle Strength with Growth:
Is it Only Size that Matters?*

B. Falk – Department of Kinesiology, Centre
for Bone and Muscle Health, Brock University



Children are not as strong as adults. One reason is that they are smaller and have smaller muscle mass. However, even when body size is taken into account (i.e., when muscle strength is scaled to size), children's strength is still lower than adults'. There are many other well-documented differences between children and adults, related to muscle performance. These include lower muscle power and explosive strength, yet greater muscle endurance in children. Children's response to resistance training is also different from that of adults in that they exhibit little if any muscle hypertrophy. All of these age-related differences are related to changes in muscle function which occur with growth. For example, as children grow, they are able to recruit more of their motor unit pool during maximal contraction. We suggest that it is specifically the faster, more powerful, type-II motor units that are increasingly recruited with growth. Such age- or maturity-related changes can have implications to training recommendations, as well as to rehabilitation strategies. This lecture will discuss the evidence supporting changes in muscle function during growth and how these changes are manifested during performance.

HISTORY

Since 1999, the National Undergraduate Research Conference has been hosted by the Faculty of Kinesiology and Physical Education at the University of Toronto.

SCOPE

Undergraduate students may present literature reviews, critiques, term papers, findings from research projects or work in-progress. This is a multidisciplinary conference that includes topics from exercise physiology, biomechanics, sports medicine, motor learning and control, exercise and sport psychology, philosophy, history and sociology of sport. Students submit an abstract and are given 10 minutes to present their papers to peers and faculty. Awards of recognition will be granted to the top presenters.

For more information contact: undergrad.kpe@utoronto.ca

kpe.utoronto.ca



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

QMed

MCAT

Support Program

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

Like us at
[facebook.com/qmedmcat](https://www.facebook.com/qmedmcat/)



Our Purpose

The QMed MCAT Support Program is a free MCAT summer course for students demonstrating financial need, who otherwise may not have access to such preparatory courses. Our mission is to help eliminate barriers and increase equal opportunity in applying to medical school by creating a not-for-profit MCAT preparatory course, led and taught by current medical students.

This year, the MCAT Support Program will be an 8 week long summer course taught by current medical students at the Queen's School of Medicine. The program includes 12 hours of lecture/practice time per week, divided between the four sections of the MCAT. In addition to traditional class-time, there will also be opportunity to complete full length or half length practice MCAT examinations throughout the course.

Typical Week

Monday: 2 hours bio, 2 hours chem/physics

Wednesday: 2 hours bio, 2 hours psychology

Thursday: 2 hours of chem/physics, 2 hours CARS

* Intermittent preliminary diagnostic and progress report practice exams included throughout program*

Key Dates

Feb 1st: Applications are open for Summer 2019

End of March: Applications will be assessed. Please aim to get your applications in by the end of March Break.

June 1st to July 31st: Course run dates

On Feb 25th, we will be hosting an informal event for you to meet last year's tutors - bring any questions you have about the program, QMed, or the path to medicine in general!



Meet the Tutors Event

Feb 25 from 5–6:30 pm Rm 021 School of Medicine Building

Link to RSVP to "Meet the Tutors":
<https://www.facebook.com/events/400424403877957/>



GPBY 309: Integrative Field School in Geography - Indigenous Perspectives on Environment and Health in Mi'kma'ki (Nova Scotia), May 23-June 14 2019. Course instructor: Dr. Heather Castleden.
Contact the Department of Geography and Planning for more information on this 3.0 credit Field School.



Important Dates:

- Feb 26th from 11:30 am – 12:30 pm OR Feb 28th from 3:30 pm- 4:30 pm in MC E-209:
- Information Session with Course Instructor and Former Field School Participants
- March 11th: One-on-One Interviews with Course Instructor in MC E-330 from 8:30 am – 5:30 pm
- March 13th: Notices of permission to register will be sent out by Course Instructor
- March 15th: SOLUS Registration Deadline and Field School Fees Due (\$1500.00) by cheque made out to the Department of Geography and Planning
- March 18th: In-Person Class Meeting with Course Instructor in MC E-209 from 5:30 – 6:30 pm

Other Important Dates:

- May 1-22, 2019: Pre-Course Reading Assignment
- May 22-24, 2019: On Campus Introductions, Trip Planning, Lecture, Film, Discussion
- May 27, 2019: Field School Begins in Halifax
- June 9, 2019: Field School Ends in Halifax
- June 11-13, 2019: Digital Story-Making Lab
- June 14, 2019: Digital Story Screening

We travel a good deal along our Field School route, which takes us to 6-8 Mi'kmaq First Nations in Nova Scotia. The weather in this region is always uncertain and so we will be doing dormitory-style accommodations along the way, which we be taken care of. You will be required to bring your own sleeping bag for 2-3 cabin stays.

*A major course assignment is to create a digital story (June 11-13, 2019), you can see examples of stories from past courses on my website here: <http://heclab.com/digitalstories/indigenous-perspectives/>

....continued on next page

Additional Notes

1. Please note that communities we visit are subject to change based on community events.
2. Please anticipate long days (e.g. 0700 to 2200 hr, and in some cases until well after midnight).
3. Please anticipate locations that do not have running water, electricity, or wastewater treatment
4. Please anticipate the typical hardships of hiking in wooded, hilly areas, and water-based activities/ Please anticipate shared accommodation (dorms or cabins), across the gender spectrum.
5. Please anticipate cooperative living in arrivals and departures, meal preparation, and clean-up.
6. Please anticipate significant physical, mental, emotional, and spiritual challenges; at the same time, you are responsible for determining your own level of comfort in participating in any activities and you can opt-out (without penalty) from any activity along our route, to ensure your safety and well-being.

This course is capped at twelve (12) students. To be eligible, students must be in upper-level studies and in good academic standing, satisfying the course prerequisites, and have the instructor's permission. There is a deadline for enrolment to ensure sufficient time to organize with Field School hosts in Mi'kma'ki (Nova Scotia). **The deadline is: March 15, 2019.**

Queen's Undergraduate Internship Program (QUIP)

The Queen's Undergraduate Internship Program (QUIP) provides students with a **12-16 month work experience**. QUIP internships are paid, professionally supervised, career-related positions designed to offer second- or third-year students the opportunity to learn about current advances, practices and technologies in business and industry. The program is open to students HLTH and KIN students from the Faculty of Arts and Science (domestic and international). Due to the longer work term (compared to a 4-month co-op), employers are highly motivated to maximize their time and investment. This means that Internship students are offered the opportunity to manage more extensive and significant projects.

POSTINGS: Enter through [MyCareer](#) website.

NEW POSTING: Health & Wellness Marketing Intern

In partnership with Queen's Hospitality Services, Sodexo is hiring an intern for the role of **Health and Wellness Marketing Intern** to start in **May 2019**.

- Job tasks include the development and promotion of innovative food programs and menu specials, support in the implementation of marketing plans, and contributing to all communication collateral including print, web, social media, etc.
- This position is targeted to students with a **passion for health and wellness that are enrolled in kinesiology and health studies**. They are looking for qualifications such as effective planning, organizing, time management, and interpersonal skills. Experience with social media and design and creating and following project plans are also considered an asset.
- **Posting closes on February 28th, 2019**

Students must first register in QUIP to apply to the position. Any interested students should contact the QUIP Coordinator (Melissa Duggan - quip@queensu.ca) as soon as possible for more information about how to register in QUIP.



Are you a post-secondary student? Do you sit often?

The Queen's Revved Up Lab is looking for participants for a study on sedentary behaviour (sitting). We are interested to hear your opinions and beliefs on sedentary behavior "sitting"!

Research involves completing two brief (approx. 20 minute) surveys, one week apart. Questions will ask about your thoughts and feelings about sitting and will ask you to report the amount of time you sit. Post-secondary students are eligible to participate if they are 18 years or older, and able to communicate in English.

Participants will be entered into a draw for a \$25 gift certificate!

If you are interested in participating in this study or if you want more information, contact us at 15sc31@queensu.ca

This study has been reviewed by and granted clearance by Queen's University General Research Ethics Board



APPLIED LITERARY TRANSLATION PROGRAM

Dalkey Archive Press

Dalkey Archive Press now invites applications for the summer session of its

Applied Literary Translation Program

A unique program that provides one-on-one weekly meetings with an editor, leading to the publication by Dalkey Archive Press of participants' first book-length translation. To date, over fifty participants have had, or soon will have, their translations published. In addition to translation work, the program will provide exposure to rights acquisitions, best methods for working with authors, translator contracts, and the role of translators in gaining publicity for their translations.

WHEN

June–August 2019, though start to end dates are flexible

WHO

Emerging translators of any age who are prepared to undertake their first book-length translation but who are still in need of working with a professional editor. Both native English speakers and those from the language of origin are welcome to apply. The program has demonstrated that non-native speakers have produced outstanding translations while working closely with an editor.

APPLICATIONS

The deadline for applying is March 31, 2019.

Only **five** applicants will be accepted into the program.

Required documents: resume, in addition to a cover letter, and at least one sample translation of 5–10 pages.

To apply, send these in an email entitled “Applied Literary Translation Program” addressed to John O’Brien, obrien@dalkeyarchive.com

FEES

\$5,500, much or all of which will be reimbursed through payment for the published translation. This fee is used to help defray the approximate \$20,000 cost of publication and the honorarium paid to the editor.

Career Services is Open During Reading Week

Need help with career direction, resume/cover letter/interviews, further education or other career questions?

Come by Drop-In-Career Advising: Monday - Thursday, 1:30-3:30. No appointment required.

To book an 1/2 hour career appointment, visit careers.queensu.ca or call our Reception staff at 613-533-2992

Workshops This Week:

No workshops during Reading Week (February 18th-22nd, 2019). All Workshops will resume on Monday, February 25th.

Information Sessions This Week:

No internal information sessions during Reading Week (February 18th-22nd, 2019). All information sessions will resume on Monday, February 25th

Wednesday, February 20th

- **External:** *Hiring Open Fundraiser, 11:00am-4:00pm (171 East Liberty St, Suite #303, Toronto)*

Thursday, February 21st

- **External:** *Hiring Open Fundraiser, 11:00am-4:00pm (171 East Liberty St, Suite #303, Toronto)*

Friday, February 22nd

- **External:** *Meet and Greet Event - Philip Morris International, 8:30am-12:00pm (1500 Don Mills Road, Toronto)*

Can't get (or wait for) an appointment? Come to:

Drop-in Career Advising

Monday to Thursday 1:30 pm to 3:30 pm on the 3rd floor of Gordon Hall

Obtain immediate help with career or further education-related questions from a career advisor. No appointment required.



In addition to our regular drop-in career advising, we offer:

QUIP Advising

Want to learn more about QUIP, the Queen's Undergraduate Internship Program?

Every Tuesday and Thursday, 11:00 am - 12:00 pm

Location: Please check in with reception (Gordon Hall, 3rd floor)

INTERNSHIP PROGRAM (QUIP)

Want to spend a year getting paid professional experience? Would you like to "Test-Drive a Career?" Find out everything you need to know about doing a 12-16 month, professional, paid internship after your 2nd or 3rd year of undergraduate studies through the Queen's Undergraduate Internship Program (QUIP). To learn more about the program, visit careers.queensu.ca/QUIP.

GO GAELS GO! Support your fellow students!!

Please send any missing SKHS athlete names to [UG News](#)



Men's Volleyball

SUN FEB 17 – Queen's vs Trent

3:00 p.m. @ Main Gym (ARC)

FRI FEB 22 – Queen's vs RMC

8:00 p.m. @ Main Gym (ARC)

Shane Gabel – KIN '22

Zane Grossinger – KIN '21

Dylan Hunt – PHE '19

Mitchell Neuert – KIN '21

Women's Volleyball

SUN FEB 17 – Queen's vs Trent

1:00 p.m. @ Main Gym (ARC)

FRI FEB 22 – Queen's vs RMC

6:00 p.m. @ Main Gym (ARC)

SAT FEB 23 – Queen's vs Lakehead

1:00 p.m. @ Main Gym (ARC)



Student Academic Success Services (SASS)

SASS is open over reading week!

Book a learning or writing appointment online this reading week! <https://queensu.mywconline.com>

- stay on top of your readings and assignments
- feel organized and motivated
- write exams more confidently

How do I stay on top of my work while studying for midterms?

- Plan for busy periods. See [Time Management](#) ([Term Calendar and Weekly Schedule](#))
- Summarize material as you go along. See [Exam Prep](#) ("[Studying, summary sheets, self-testing, and memory strategies](#)")
- Make a plan for the study week. See [Exam Prep](#) ("[Study Schedules and The Study Plan](#)")
- Drill material to improve your recall. See [Memory Strategies](#) ("[Distributed Practice](#)")

Reading Week can be hectic and a little unpredictable! Make a plan to keep you organized and on task. This video walks you through creating your own reading week schedule.

https://youtu.be/cncUeq6m_Kw

Plan your reading week in 4 simple steps: <https://sass.queensu.ca/get-back-on-track-during-reading-week/>

BLOGS

[Reading During Reading Week?](#) (Blog)

[Playing Catch \(Up\)!](#) (Blog)

[Midterms are Coming](#) (blog)

DATE	TIME	WORKSHOP – <i>UNLESS OTHERWISE NOTED.</i>
MON FEB 25	1:30-2:30	Stop procrastinating now
WED MAR 13	1:30-2:20	Catching up in school

Sign up for workshops to get coaching to improve your academic performance!
Check out our [events calendar](#).