

2022 KINESIOLOGY ORIENTATION HANDBOOK

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KIN ORIENTATION HANDBOOK

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Acknowledgements:

School of Kinesiology and Health Studies Section Prepared by:

Peyton Barnabi
Academic Representative on the Executive Committee for
Kinesiology Orientation

Common Section Prepared by:

Orientation Round Table (ORT)
<https://skhs.queensu.ca/>

Note: This handbook is available in alternate format upon request.
Most Sections are also posted on the School of Kinesiology and
Health Studies Website at:

To obtain a copy of the handbook in an alternative format, please
contact the Undergraduate Program Assistant & Receptionist, Trish
Stenzl at 613 533 6000 ext. 75228

Letter from the Acting Director

To the Class of 2026:

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

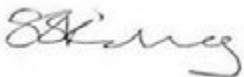
Your engagement in our Kinesiology program represents a new beginning, full of opportunities that will shape your goals and aspirations for the future. The School is committed to providing an outstanding education and our intent is not only to increase your knowledge and skills, but to transform how you see the world and your place in it. COVID-19 has had a global impact and has influenced each of you personally as you embark on your time at Queen's. As we continue to navigate this changed reality, we look forward to introducing exciting new activities for orientation and beyond. As members of the KIN Class of 2026 you are joining our current students, staff, and faculty as we work to continue our tradition of academic and research excellence, while fostering an inclusive, caring and respectful School environment.

We look forward to welcoming you into our community and to your engagement with our innovative curriculum. Our building at 28 Division St. will be your home. Your Kinesiology 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 learning in lectures and seminars, you will have the opportunity to take advantage of experiential learning and practicums to gain and apply skills and knowledge beyond the classroom.

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 this is even more relevant as we are faced with recovering from the COVID-19 pandemic. Your education will shape and enrich your contributions and assist you in navigating a positive way forward.

Over the next few years you will establish new relationships with fellow students, staff and faculty members while also developing connections with diverse communities in Kingston and beyond. This network will allow you to grow in your professional and personal life. Your multifaceted undergraduate experience in the School at Queen's will prepare you to reach your full potential as a leader and citizen in a global society.

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



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





Dear KIN Class of 2026,

First off, congratulations on receiving and accepting your offer to Queen's Kin! I can assure you that you've made the right decision and that the next few years here at Queen's will be some of your best.

So... Welcome to the family!!! You'll come to learn quite quickly that Kinesiology is worlds different from all other programs here at Queen's. Kinesiology students are naturally a very bright and active bunch and our program is quite small, which makes for an extremely tight-knit and successful student group. I know that all the upper year students are so excited to see and hear all of the amazing things that your year will accomplish.

When you arrive, be sure to take pockets of time to slow down and take time to soak everything in. Orientation week and the first month of university will get so active and busy that it'll be a fuzzy memory before you know it. Also, be sure to take advantage of every opportunity there is. I kid you not when I say there are endless options for you here at Queen's Kin to get involved in academics, clubs, councils, sports, and so much more! Our faculty here at the School of Kinesiology and Health Studies are some of the most active, supportive, and friendliest faces on campus.

You may be wondering who/what PHEKSA is. In short, we're the student association dedicated to making the student experience better for all Kin students here at Queen's. If you ever have any questions and if you want to stay up to date with things, be sure to interact with us on social media and in-person when you arrive. I know for a fact that our team is super excited to meet you all!

Ryan Chen

PHEKSA President

Queen's Kinesiology Class of 2023

Physical and Health Education and Kinesiology Students' Association (PHEKSA)

IG: @_pheksa_

president@pheksa.queensu.ca // 19rtxc@queensu.ca



Hello Class of 2026!

We would like to start off by saying how proud and excited we are to welcome you into what will become your second family over the next four years! We can say with confidence that choosing Queen's Kin is one of the best decisions you will ever make. This coming chapter of your life will be filled with new friendships, memories, and a whole lot of excitement. We are beyond thrilled to meet the newest members of our Kin family and can't wait to get this transition period started!

A couple short years ago, we were also in your shoes, so we understand that this can be a daunting time, however our program is a phenomenal support system and will be behind you every step of the way. You will come to learn that Kinesiology at Queen's is unlike any other program; it is genuinely one of the most tight knit, supportive communities you will come across. While you step into this new stage of life, you will be introduced to many great people, among those are your second-year orientation leaders (AKA "Coaches"), who will be there to welcome you with open-arms. These peer leaders will be with you from day one to provide resources, share experiences, and just be a friendly face. Overall, they are there to guide you and work to help you have the smoothest transition possible. Over the past few months, The Executive Committee of Kinesiology Orientation (ECKO) has been working, with the help of the coaches, to create an unforgettable orientation experience that will set the tone for the next four years of your life.

This year's Orientation Week, we are very lucky to be able to reinstate the long standing tradition of visiting Camp Oconto for an overnight stay. Throughout our stay at Camp Oconto and the on-campus weekend, you will get the opportunity to meet many of your new peers and experience various exciting kinesiology traditions. ECKO is committed to providing each and every Incoming Student with the best and most exciting experience possible. Our goal is to ensure that you are both comfortable and having fun throughout every event. ECKO and your coaches will be there to provide you with everything from health and wellness resources to academic tips and tricks, and even the best places to grab a bite to eat on campus. The coaches will likely be your first (and some of the best) friends you will make in our family and show you how truly amazing our community is!

One of our favourite things about Queen's, and the School of Kinesiology and Health Studies, is the endless opportunities to get involved in extracurriculars that range from education and research opportunities to more recreational clubs. There is truly something for everyone here!

Queen's is your home away from home for the next four years, and Kin will be your second family. As such, we encourage you to embrace this new chapter whole-heartedly, with an open-mind, and engage yourself in this experience so you can see everything your new home has to offer.

We're counting down the days until September, and we hope you are too!

Tons of Love,
Delaney (right) and Alex (left)
 Head Coach & Outreach Coordinator
 Executive Committee of Kinesiology Orientation (ECKO)



Join our Facebook group [Queen's Kinesiology Class of 2026](#), and follow us on Instagram, [@queenskinoweeek](#) to stay up to date on new information!

Hello Class of 2026,

My name is Peyton Barnabi, and I am the Academics Representative on ECKO this year. First of all, congratulations!! On behalf of myself and the other members of ECKO I am pleased to welcome you to the School of Kinesiology and Health Studies. Transitioning into University is a big step and one that can seem scary, but I promise you that you made the right choice selecting Kinesiology at Queen's. This program really becomes your family, and you will feel so supported as you experience all the amazing opportunities that Queen's has to offer. We are all so excited to meet you and welcome you to the family!

I can whole heartedly say that orientation, especially in Kinesiology, is the most fun time and one of the best memories I have in university. I was so nervous and uncertain the summer leading up to my first year, but through orientation I made so many great friendships, learned a lot about university and felt ready to have a great first year! My advice to you is to fully immerse yourself in the experience. Try all of the amazing events we have organized for you, go in with an open mind and don't worry about looking silly because everyone is in the same boat. Everyone involved in planning orientation is obsessed, and our goal is to have you love it as much as we do by the end!

My main role as the Academics Representative is to organize events centered around academics and setting the foundation for your smooth transition into university. I understand how overwhelming it can be to begin university academics, I was in your shoes just two years ago, but by the end orientation I hope you feel more prepared and confident to take it on. We are holding many academic events such as Proffee Talk, Academic Roundtables, and Informal Academic Dinner where you will learn about your courses and academics at Queen's, meet your professors, learn tips and tricks from upper year student and ask questions. Some tips I have for success in academics include talking with your professors and TA's if you are confused or have questions, working on time management, taking time off (go to the gym, walk with friends, play intramurals, watch your favourite show), and lean on your friends and classmates for help and encouragement. Remember that it is okay (and normal) to see your grades drop and this does not mean that you will fail or that you can't improve. Queen's has many amazing resources to help with academics such as Student Academic Success Services, Mentor Programs and Peer Tutoring. High school often emphasizes that in university you are on your own but that is not the case at all. Everyone is in the same situation and there is lots of support available. If you have any questions about anything, please reach out to me I would love to help:)

We are so excited to welcome you Class of 2026! Our program is one of a kind and I'm sure you will love it as much as we all do. Orientation is packed full of amazing events you won't want to miss so check out the schedule included in this handbook and get excited! Welcome to the family class of 2026!

Lots of love,

Peyton Barnabi

2022 ECKO Academics Representative
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 2026
 - ✓ And for updates follow us on Instagram:
<https://www.instagram.com/queenskinoweeek>
- ✓ For any questions or concerns, please feel free to contact the Head Coach, Delaney Tone at: orientation.headcoach@pheksa.queensu.ca



ORIENTATION WEEK THROUGHOUT THE YEARS



Orientation Theme!

Every year, Kinesiology Orientation has a new theme! This theme will be present in your orientation groups, cheers and events taking place during the transition period.

This Year's Theme is...



2022 Kinesiology Orientation Schedule

PART 1- CAMP OCONTO (SEPT 4-SEPT 5)

SEPTEMBER 4- CAMP OCONTO (OVERNIGHT CAMPERS)		SEPTEMBER 4- ON CAMPUS (DAY CAMPERS)		SEPTEMBER 5- CAMP OCONTO	
1:00 PM	REGISTRATION / ICE BREAKERS	1:00 PM	REGISTRATION / ICE BREAKERS	7:00 AM	FREE TIME/ SWIM TEST (OPTIONAL)
1:30 PM		1:30 PM		7:30 AM	
2:00 PM	LOAD BUS TO CAMP OCONTO	2:00 PM		8:00 AM	BREAKFAST
2:20 PM		2:30 PM		8:30 AM	BUS LEAVES FOR CAMP OCONTO
3:00 PM		3:00 PM		9:00 AM	
3:45 PM	ARRIVE AT CAMP / TOUR	3:30 PM		9:30 AM	MENTAL HEALTH MORNING
4:00 PM		4:00 PM		10:00 AM	
4:45 PM	TEAM BUILDING	4:30 PM		10:30 AM	VET TEAM BUILDING
5:00 PM		5:00 PM		11:00 AM	
5:30 PM	VET REVEAL	5:30 PM		11:30 AM	BANDANA MAKING / CARDS
6:00 PM		6:00 PM		12:00 PM	
6:30 PM	INFORMAL ACADEMIC DINNER	6:30 PM	DINNER AT TOMMY'S	12:30 PM	LUNCH
7:00 PM		7:00 PM		1:00 PM	
7:30 PM		7:30 PM		1:30 PM	FREE TIME / PACKING
8:00 PM		8:00 PM		2:00 PM	
8:30 PM	TALENT SHOW	8:30 PM		2:30 PM	
9:00 PM		9:00 PM		3:00 PM	FLAGS
9:30 PM		9:30 PM		3:30 PM	
10:00 PM	CAMPFIRE	10:00 PM	MOVIE NIGHT	4:00 PM	YEAR DANCE
10:30 PM		10:30 PM		4:30 PM	
11:00 PM	LIGHTS OUT	11:00 PM		5:00 PM	GOODBYE CAMP / BUS TO QUEEN'S
				5:30 PM	
				6:00 PM	
				6:30 PM	
				7:00 PM	INTERFACULTY BBQ
				7:30 PM	
				8:00 PM	

PART 2- ON CAMPUS (SEPT 10-SEPT 11)

SEPTEMBER 10		SEPTEMBER 11	
9:00 AM	REGISTRATION AND YEAR PHOTO	9:00 AM	
9:30 AM	YEAR DANCE	9:30 AM	ACADEMIC ROUNDTABLE ONLINE
10:00 AM		10:00 AM	
10:30 AM	AMAZING RACE	10:30 AM	
11:00 AM		11:00 AM	
11:30 AM	FAMILY FEUD	11:30 AM	LUNCH
12:00 PM		12:00 PM	
12:30 PM	LUNCH	12:30 PM	
1:00 PM		1:00 PM	DANCE OFF
1:30 PM		1:30 PM	
2:00 PM	PROFFEE TALK ONLINE	2:00 PM	
2:15 PM		2:15 PM	
2:30 PM		2:30 PM	COVERALL AND TAMMING CEREMONY
3:00 PM		3:00 PM	
3:30 PM		3:30 PM	
4:00 PM	CLUB FAIR ONLINE	4:00 PM	GOODBYE
4:30 PM			
4:40 PM			

PACKING LIST FOR CAMP OCONTO

We have compiled a packing list for when we go to Camp Oconto! 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:

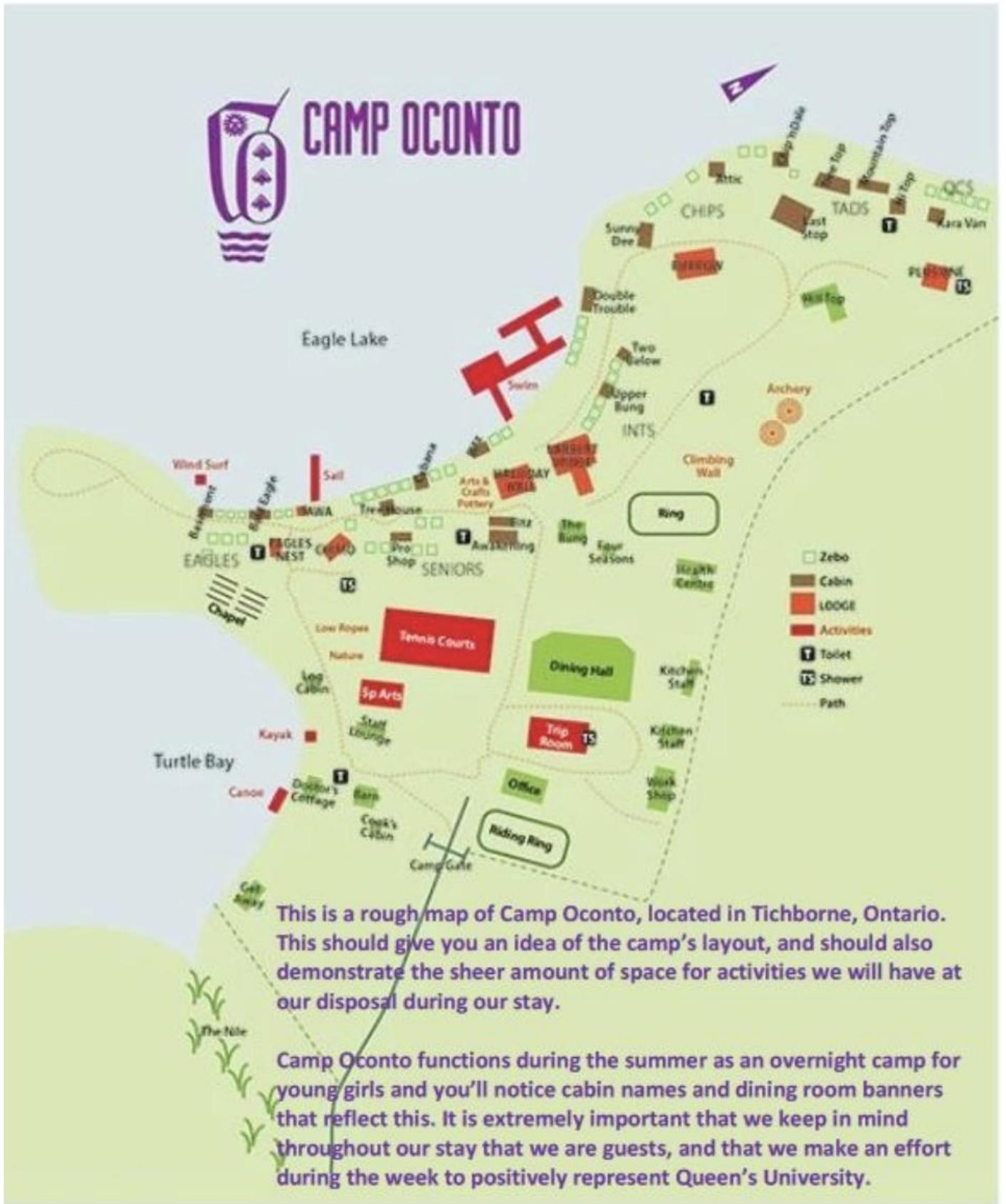
- ✓ KIN orientation shirt (provided, and suggested you wear for the entire duration at camp)
- ✓ Sleeping bag
- ✓ Pillow
- ✓ Flashlight (there is no electricity in the cabins or lights around the campgrounds at night)
- ✓ Running shoes (no open-toes shoes)
- ✓ A pair of shorts and a pair of long pants
- ✓ Warm sweater
- ✓ Rain gear (if calling for rain)
- ✓ Toiletries
- ✓ Inhaler, epi pen, medication (as needed)
- ✓ Sunscreen, insect repellent
- ✓ Hat and sunglasses
- ✓ Socks
- ✓ Water bottle
- ✓ Towel
- ✓ Bathing suit
- ✓ Portable phone charger (no electricity in the cabins to charge electronic devices)

Notes:

- ✓ There is absolutely **no** alcohol, smoking or drugs allowed at Camp Oconto
- ✓ Camp Oconto is a residential camp with cabins, indoor plumbing, and a dining hall
- ✓ Kitchen staff will be preparing out meals for us and can accommodate dietary restrictions
- ✓ In addition to the waterfront, the camp has tennis courts, a beach volleyball court, arts & crafts and other fields and buildings



CAMP OCONTO MAP



Meet ECKO!!

The Executive Committee for Kinesiology Orientation (or ECKO for short) is comprised of six students, all entering their third year in Kinesiology. They were selected for their leadership skills and passion for Kin and Orientation, to plan and oversee the delivery of this year's Kinesiology Orientation.

Head Coach	
Name	Delaney Tone
Hometown	Arthur, ON
Residence	Victoria Hall
Favourite First Year Course	KNPE 167 - Sport Soc
Favourite Study Spot	Second Floor Reading Room at Stauffer
Favourite O-Week Event	COVERALL PAINTING
Top Tip	Make a schedule and stick to it! Give yourself time for school work and something else you enjoy doing!
Best Part of KIN	The program is like a family. Such a good environment with the BEST clubs!!
Fun Fact	When I was 2 years old, Gatorland in Florida caused me to be hospitalized
Favourite Joke	I threw a boomerang three years ago. Now I live in constant fear.



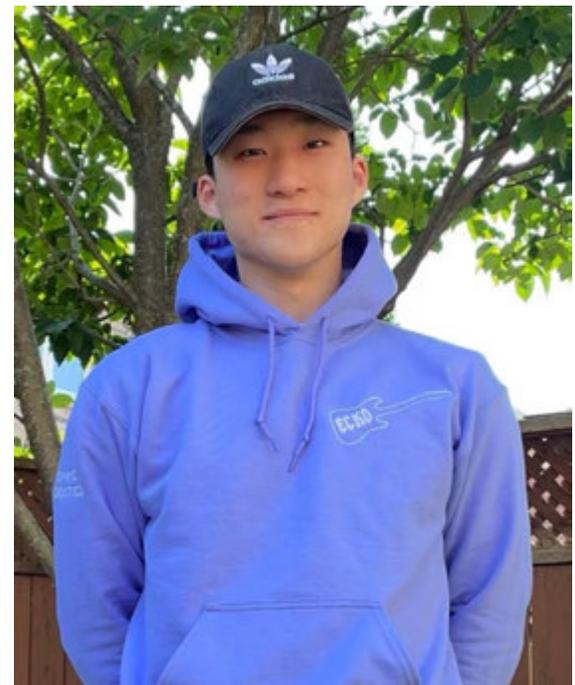
Outreach Coordinator	
Name	Alex Partridge
Hometown	Newmarket, ON
Residence	Lower Union (off-campus)
Favourite First Year Course	KNPE 167
Favourite Study Spot	Stauff (second floor) <3
Favourite O-Week Event	YEAR DANCE!!
Top Tip	BALANCE is key!! Make time for schoolwork AND breaks/social activities.
Best Part of KIN	The AMAZING people!!!!
Fun Fact	In first year I was next door neighbours with a member of The Tragically Hip.
Favourite Joke	Someone stole my mood ring. I'm not sure how I feel about it.



Logistics Coordinator #1	
Name	Sophia Pourmatin
Hometown	Toronto, ON
Residence	Leggett
Favourite First Year Course	HLTH 101
Favourite Study Spot	Stauff basement
Favourite O-Week Event	Year dance ofc
Top Tip	YOLO
Best Part of KIN	Everyone doing the year dance together <33
Fun Fact	My biggest fear is milking cows
Favourite Joke	What do you call a pig that's on fire? A pig-LIT



Logistics Coordinator #2	
Name	Nate Chang
Hometown	Aurora, ON
Residence	Stayed home #thankscovid
Favourite First Year Course	KNPE 167
Favourite Study Spot	SKHS LECTURE HALL BABYYY
Favourite O-Week Event	Specifically krumping during the year dance
Top Tip	Study in groups, you'll need each other
Best Part of KIN	Community, community, and community
Fun Fact	I met Keanu Reeves on the TTC subway
Favourite Joke	I went to buy camo clothes once. Tragic I couldn't find any.



Finance Representative	
Name	Mara Majer
Hometown	Ann Arbor, Michigan
Residence	VIC BABY
Favourite First Year Course	Sport Soc
Favourite Study Spot	Kin building
Favourite O-Week Event	Year dance!!
Top Tip	Time management
Best Part of KIN	Such tight knit community
Fun Fact	I've moved 5 times
Favourite Joke	What do you call a fake gluten free noodle? An Impasta



Academics Representative	
Name	Peyton Barnabi
Hometown	Belleville, ON
Residence	Vic Hall
Favourite First Year Course	KNPE 167 - Sport Soc
Favourite Study Spot	Med Building
Favourite O-Week Event	YEAR DANCEEE
Top Tip	Find balance and make sure you have fun!
Best Part of KIN	The people <333
Fun Fact	I can't snap or whistle
Favourite Joke	What does a vegetarian zombie eat? grrraaiins



Meet Your Coaches!!

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

Name	Katie Wakileh
Hometown	Bradford, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Pick the right environment for you.
Best Part of KIN	The spirit and community <3
Top Tip	If the assignment will be done better by pushing it a day late, take the late policy mark hit. Trust, a late assignment is better than a rushed one!
Favourite O-Week Event	YEAR DANCE!!!!
Fun fact	In highschool I used to bake and sell cakes on the side
Favourite Joke	If athletes get athlete's foot, what do elves get?...Mistle-toes.



Name	Sara Tonoo
Hometown	Pickering, ON
Favourite First Year Course	PHAR 100
Favourite Study Tip	Have an agenda and time manage
Best Part of KIN	The kin community is the best part
Top Tip	Reach out if you need support, because there's so many people at queens to support you
Favourite O-Week Event	Coverall
Fun fact	I can sing like Shakira
Favourite Joke	Smells like updog...what's up dog? Nothing much hbu



Name	Caitlin de Verteuil
Hometown	Cambridge, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Hit the library!
Best Part of KIN	the best o-week
Top Tip	give yourself a break, it takes some adjustment into the uni life!
Favourite O-Week Event	the games
Fun fact	i <3 spin dip
Favourite Joke	What did the fish say when he hit the wall?... dam.



Name	Arielle Burnie
Hometown	Orillia, ON
Favourite First Year Course	ANAT100!
Favourite Study Tip	Make a to-do list for what you want to get done/learn in that study session and take breaks!
Best Part of KIN	The Kin Family! There are so many ways to get involved and everyone has SO SO much love for this program!
Top Tip	Have a good school and social life balance and enjoy the process!
Favourite O-Week Event	YEAR DANCE BABY
Fun fact	I have watched the show Gossip Girl 2-3 times and have read some of the books too
Favourite Joke	Which bone always lies? The FIBula!



Name	Skyler Williamson
Hometown	WHISTLER, BC
Favourite First Year Course	KNPE 167
Favourite Study Tip	know your due dates and, make a plan on what you're gonna study each day, and find your study spot
Best Part of KIN	The kin family for sure, kin friends>>
Top Tip	Don't get down on yourself if you Don't get a ton of work done one day, you're allowed to have chill days!
Favourite O-Week Event	GAMES/meeting new people
Fun fact	I watched Justin Bieber absolutely eat it snowboarding from about 5 feet away
Favourite Joke	How do you make a Kleenex dance? Put a little boogy in it



Name	Anna Roper
Hometown	Ottawa, ON
Favourite First Year Course	Honestly couldn't choose just one – they're all amazing in different ways!
Favourite Study Tip	Even though school can be really busy, make sure to set aside time in your schedule to take care of yourself and do things you enjoy :)
Best Part of KIN	We are truly one big family – everyone is here to support each other, and wants to see each other succeed!
Top Tip	Keep in mind that the transition to university is a learning curve, so just do the best you can and everything will fall into place with time :) (we were all in your shoes at some point, so never be afraid to reach out to any of us!)
Favourite O-Week Event	Doing squats and screaming "I AM SO EXCITED!!!" every two seconds
Fun fact	I've had six stitches in my forehead
Favourite Joke	Why did the couple stop going to the gym? Because it wasn't working out



Name	Sydney Rankin
Hometown	Collingwood, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Quiz yourself on what you learned after a couple of hours to see what information you need to review
Best Part of KIN	The energy everyone has!
Top Tip	Balance is everything, make sure you don't overwork yourself and always take social breaks
Favourite O-Week Event	Year dances!
Fun fact	I met the lead singer of coldplay's daughter on vacation
Favourite Joke	What did the ocean say to the beach? Nothing it just waved



Name	Amelia Rodrigues
Hometown	Ingersoll, ON
Favourite First Year Course	KNPE 167!!
Favourite Study Tip	It helps a ton to make an excel sheet with all your due dates for every class.
Best Part of KIN	The family atmosphere! Everyone being so welcoming made moving away from home so much easier!
Top Tip	Everyone you meet has something valuable to offer you. Take the opportunity to meet new people. You never know who you might become lifelong friends with!
Favourite O-Week Event	YEAR DANCE!!!!
Fun fact	I taught myself how to juggle for a school project!
Favourite Joke	How do you organize a party in space? You planet!



Name	Kalina Mueller
Hometown	West Vancouver, BC
Favourite First Year Course	KNPE 167
Favourite Study Tip	Make sure you prioritize your sleep, take the nap if you need it, you'll do your best work/studying when you're well rested
Best Part of KIN	The love that everyone has for the program
Top Tip	Take everything one step at a time and make sure to find time to socialize, first year can be overwhelming but your peers will be your biggest support system
Favourite O-Week Event	Year dances
Fun fact	I passed my drivers test on the first try
Favourite Joke	What do cows do for fun? They go to the moovies



Name	Reilly Wallace
Hometown	Kingston, ON
Favourite First Year Course	KNPE 167!!
Favourite Study Tip	Test yourself and study with friends
Best Part of KIN	The people!!
Top Tip	Make a list of all your due dates and don't procrastinate your work
Favourite O-Week Event	Coverall painting and tear dance!!
Fun fact	I've seen one direction in concert twice, one with zayn
Favourite Joke	What's a doctor's favorite boat? A blood vessel!



Name	Katelyn Copp
Hometown	Perth, ON
Favourite First Year Course	KNPE 167 - Sport soc
Favourite Study Tip	Take breaks!
Best Part of KIN	The people:)
Top Tip	At the start of every week make a list of all the work that needs to be completed and make a schedule for each day to divide the workload to ensure you get it all done!
Favourite O-Week Event	Coverall Painting and the Year Dance
Fun fact	I broke my arm playing hide and go seek 2 days before I left for a 2 week vacation to PEI
Favourite Joke	I don't hate leg day. It's two days after i can't stand



Name	Will Lowrie
Hometown	Barrie, ON
Favourite First Year Course	KNPE125
Favourite Study Tip	Stay hydrated and have a snack nearby (almonds slap)
Best Part of KIN	The tight community and friends!
Top Tip	Get involved (intramurals, kin events, etc)
Favourite O-Week Event	Coverall painting
Fun fact	I can do a few flips on skis
Favourite Joke	Did you hear the joke about the virus? Nevermind, I don't want to spread it around...



Name	Ellie Roumanis
Hometown	Kingston, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Make yourself a schedule at the beginning of every week and stick to it.
Best Part of KIN	Its inclusivity. It feels like one big family.
Top Tip	Don't be shy to put yourself out there and to get out of your comfort zone. University is all about new beginnings and new experiences so don't be scared to try something new because that's what leads to the best memories.
Favourite O-Week Event	Coverall painting
Fun fact	I have a twin brother
Favourite Joke	Is there anything you can serve but never eat? A volleyball.



Name	Adam Phillips
Hometown	Vaughan, ON
Favourite First Year Course	HLTH 101
Favourite Study Tip	7+ hours sleep
Best Part of KIN	Lots of fun
Top Tip	Keep life simple
Favourite O-Week Event	Dance
Fun fact	My dog is my best friend
Favourite Joke	What do you give a sick lemon? Lemon-aid



Name	Chelsea Woods
Hometown	Comox Valley, BC
Favourite First Year Course	KNPE 167 obviously
Favourite Study Tip	Get a good 5 ish hour long playlist and hit up the basement of Bracken Library. Life will never be the same.
Best Part of KIN	The people!!! There's no one quite like KIN students - absolute kindest, most accepting people you'll ever meet :))
Top Tip	Use your grace periods!!
Favourite O-Week Event	Year Dance!!!
Fun fact	I used to wear headgear but it was before iPhones were big so there's absolutely no photo evidence of it at all :))))))
Favourite Joke	I used to be addicted to the hokey pokey but then I turned myself around



Name	Paige Roddy
Hometown	Winnipeg, MB
Favourite First Year Course	KNPE 153- Biomechanics (unpopular opinion)
Favourite Study Tip	Staying on top of your workout and using a schedule to keep you on track.
Best Part of KIN	The KIN family! Everyone in the program is super nice and outgoing! You can always reach out to somebody for help if you need and will always have a friend to count on!
Top Tip	The jump from High School to University can be a bit scary, but when things get hard, keep in mind they will get better! Remember that you always have your KIN family to lean on!
Favourite O-Week Event	Coverall Painting!
Fun fact	I went to boarding school in BC!
Favourite Joke	What do sprinters eat before running a race? Nothing they fast!



Name	Abed Abu Hijleh
Hometown	Kingston!!
Favourite First Year Course	CHEM 112
Favourite Study Tip	Start studying earlier than you think you'll need
Best Part of KIN	Kin is like its own little community in Queen's
Top Tip	Make a spreadsheet at the beginning of the semester with all your deadlines
Favourite O-Week Event	Human Foosball
Fun fact	I've played basketball with Pascal Siakam
Favourite Joke	What do you call a can opener that doesn't work? A can't opener



Name	Owen Juan
Hometown	Aurora, Ontario
Favourite First Year Course	HLTH101
Favourite Study Tip	Starbucks Vanilla Sweet Cream Cold Brew
Best Part of KIN	The people
Top Tip	Quit stressing
Favourite O-Week Event	dancing
Fun fact	I have my regional record for most disqualifications at a single swim meet.
Favourite Joke	I know someone that talks like an owl.



Name	Brooklen Stevenson
Hometown	Georgetown, ON
Favourite First Year Course	ANAT 101
Favourite Study Tip	Plan out your week before it starts! I used a planner/agenda to equally divide up my workload for each day of the week so that I could stay on top of everything!!
Best Part of KIN	Being a part of the Kin family! Everyone is so supportive and fun to be around!!!!
Top Tip	Make time to do the things you enjoy!! It's important to keep a balance between school and your social life, especially when life gets busy!
Favourite O-Week Event	Coverall painting and the Year Dance!
Fun fact	I've never tasted fish or any other seafood...
Favourite Joke	Why do hamburgers go to the gym? To get better buns!



Name	Alissa Dykstra
Hometown	Cavan, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Leave yourself enough time and use a recall method!!
Best Part of KIN	Everyone is like a family, super fun to be around and easy to reach out to.
Top Tip	University is a big adjustment, give yourself time to figure it all out, and keep a good balance of doing work and things you enjoy.
Favourite O-Week Event	The year dance and coverall painting
Fun fact	I was a backup dancer for the Mini Pop Kidz
Favourite Joke	What do you call someone who tells dad jokes but isn't a dad? A faux pa



Name	Riley Workentin
Hometown	London, ON
Favourite First Year Course	KNPE 153- Biomechanics
Favourite Study Tip	Get out of your room to study! Go somewhere quiet, with good lighting and little distractions (residence can be very distracting)
Best Part of KIN	The program specific activities, socials & spirit!
Top Tip	Get involved! There IS time for both school and social activities.
Favourite O-Week Event	The games and coverall painting
Fun fact	I am the "mom" at every social event
Favourite Joke	What do you call a magic dog? A labracadabrador.



Name	Emma Rutherford
Hometown	Cambridge, Ontario
Favourite First Year Course	KNPE 125
Favourite Study Tip	Keeping your notes organized (online or written) really helps with studying for exams or tests since it decreases the stress of having to find information at the time!
Best Part of KIN	Obviously the kin fam :) But also the fact that the courses the kin students take are so interesting (biomechanics, soc of sport, etc)
Top Tip	<ol style="list-style-type: none"> 1. Don't stress too much, it's all about balance 2. Bring food containers to the dining halls to bring back fruits, dry cereal, etc to your room to save money on snacks
Favourite O-Week Event	Year Dance
Fun fact	I was a competitive swimmer since I was 6 years old and just stopped when I went to Queen's
Favourite Joke	I asked my dog what's 2 - 2. He said nothing!



Name	Quinton Malec
Hometown	Vancouver BC
Favourite First Year Course	ANAT 100
Favourite Study Tip	Learn the material before exam season, use exam season to recap
Best Part of KIN	The community
Top Tip	Be active at queens, do as much as you can, get involved in the school
Favourite O-Week Event	The dance!
Fun fact	Cows have 7 stomachs
Favourite Joke	Why did will smith slap chris rock? Because paper beats rock!



Name	André Larocque
Hometown	Sudbury, ON
Favourite First Year Course	ANAT 100
Favourite Study Tip	Keep your phone as far away as you can so that you can eliminate distractions while studying.
Best Part of KIN	The KIN community
Top Tip	Take time for yourself, don't just dedicate all your time towards studying but also do things that you want or love to do. Balance is key in life!!!
Favourite O-Week Event	Coverall painting
Fun fact	I had my own designated driving/personal taxi business back in high school.
Favourite Joke	What is Forrest Gump's email password? 1forrest1



Name	Kara Parkins
Hometown	Guelph ON
Favourite First Year Course	KNPE 125
Favourite Study Tip	Make sure to take short breaks during study sessions
Best Part of KIN	The people and energy of the program!
Top Tip	Try not to stress too much about school work your first week. Make sure you are still leaving time to make new friends and explore the campus!
Favourite O-Week Event	Coveralls
Fun fact	I live with a bunch of nurses!
Favourite Joke	What do you call cheese that isn't yours? Nacho cheese



Name	Maya Palazzi
Hometown	Aurora, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	I recommend not doing work in your room because most likely you will just want to lay in your bed haha. Walking to a nice quiet study place always worked for me and I made sure I brought all the essentials so I wouldn't have to interrupt my time by having to go get food, caffeine, etc.
Best Part of KIN	The whole atmosphere is just amazing. Feels so nice to feel like you are a part of something. In addition, the people are just awesome!
Top Tip	Don't be too hard on yourself. First year is definitely an adjustment, so don't worry if you don't get the hang of it right away with balancing everything.
Favourite O-Week Event	Year Dance and coveralls for sure!
Fun fact	I have a carrot shaped birthmark right above my belly button.
Favourite Joke	Why did the golfer need new socks? Because there was a hole in one.



Name	Hudson Polsky
Hometown	Toronto
Favourite First Year Course	Human Physiology
Favourite Study Tip	Study in the same place each time
Best Part of KIN	The people
Top Tip	Get work done earlier than later
Favourite O-Week Event	Human foosball
Fun fact	I have a second degree black belt
Favourite Joke	What do a gymnast and credit card have in common? They both have outstanding balance!



Name	Jada Piro DeFehr
Hometown	Stratford, Ontario
Favourite First Year Course	KNPE 167
Favourite Study Tip	Take the time to find a good study spot on campus where you and your friends can do school work and hangout in between classes! I found that having a favourite place to go to everyday made a huge difference in terms of being productive during the day and helped me avoid getting distracted in my room!
Best Part of KIN	The people! I loved getting to know my classmates and kin profs! Everyone is so excited to be a part of the program and are super welcoming and helpful.
Top Tip	Join clubs and volunteer for cool events that are going on around campus! It can feel really scary in the moment but putting yourself out there is so worth it!
Favourite O-Week Event	Coveralls or trivia
Fun fact	I was born in Mexico so I have dual citizenship!
Favourite Joke	What do trees drink? Root beer!



Name	Cari Brown
Hometown	Toronto, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Make a schedule/to-do list for the week on Sunday night. It might seem intimidating at first but is so helpful during the week!!
Best Part of KIN	The community!! Everyone in KIN is really one big family!
Top Tip	Finding a school-life balance early on in the year!
Favourite O-Week Event	YEAR DANCE!!!
Fun fact	I fell off a piano stool when I was 3 and broke my arm
Favourite Joke	Where do cows go on December 31st? A moo year's eve party!



Name	Jack Bray
Hometown	Aurora, Ontario
Favourite First Year Course	ANAT 100
Favourite Study Tip	Get lots of sleep and avoid distractions
Best Part of KIN	How tight knit the KIN community is.
Top Tip	Don't let PSYC readings build up and don't be too stressed out or anxious to try new things.
Favourite O-Week Event	The coverall paintings
Fun fact	When I was 2-3 years old I used to cry whenever I got holes in my socks.
Favourite Joke	Why couldn't the bicycle stand up by itself? It was two-tired.



Name	Hayden Brown
Hometown	Oakville, Ontario
Favourite First Year Course	KNPE 167
Favourite Study Tip	Get out of your room to study and make a checklist each week of what you need to do
Best Part of KIN	Definitely the tight knit community and all the fun social events!
Top Tip	Have your door open all the time during the first week of school and don't be afraid to talk to new people!
Favourite O-Week Event	The year dance and coverall painting
Fun fact	A vending machine has fallen on me...
Favourite Joke	Why do cows have hooves instead of feet? Because they lactose!



Name	Tiana Wertelecky
Hometown	Toronto, ON
Favourite First Year Course	ANAT100
Favourite Study Tip	Join and create group chats for each of your classes - it helps you keep track of what's going on in each
Best Part of KIN	Having the elite year dance and the tight community
Top Tip	Pre-workout + hype playlist for the walk to the library, it'll get you energized to cram
Favourite O-Week Event	YEAR DANCE!
Fun fact	I went through 8 cinnamon shaker containers in first year
Favourite Joke	Where do hippos go to university? A Hippocampus



Name	Jade Foster
Hometown	Westville, Indiana
Favourite First Year Course	KNPE 167
Favourite Study Tip	Find a nice quiet place to study away from where you usually are! For me it's the law library or Douglas!
Best Part of KIN	Our O-week>>>>>
Top Tip	Get involved as much as possible! It's the best way to make friends with similar interests!
Favourite O-Week Event	Coverall Painting!!!
Fun fact	I ate a total of 17 jars of peanut butter first year by myself </3
Favourite Joke	I told my physical therapist that I broke my arm in two places... He told me to stop going to those places.



Name	Victoria Bennett
Hometown	Ottawa, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Take the time at the start of the week to plan out everything you want/need to get done that week, then organize or make a schedule for each day based on that.
Best Part of KIN	The kin family and all the fun events!
Top Tip	Put yourself out there, don't be afraid to meet and talk to a bunch of new people (especially in kin) because everyone is in the same boat!!!
Favourite O-Week Event	Coverall painting!!
Fun fact	I've never been on an airplane
Favourite Joke	What would a mushroom car say? Shroom shroom!



Name	Maeve Strickland
Hometown	Toronto, ON
Favourite First Year Course	KNPE 125
Favourite Study Tip	Find a couple study spots. Especially if you're like me and can't stay in one place all day, it's great to have a change of scenery throughout long study periods.
Best Part of KIN	The community and interesting classes!
Top Tip	You don't always have to be doing school work. It's important to take time to relax and enjoy yourself, otherwise you'll burnout!
Favourite O-Week Event	Year dance and coverall painting!
Fun Fact	I once sang the national anthems at a Blue Jays game.
Favourite Joke	What do you call a fish in a bowtie? Sofishticated!



Name	Erin Ervine
Hometown	Toronto, ON
Favourite First Year Course	KNPE 153
Favourite Study Tip	Take breaks!
Best Part of KIN	O-Week!!
Top Tip	USE YOUR TAMS
Favourite O-Week Event	Coverall painting and year dance!
Fun fact	When I was younger I taste tested food on a cooking show
Favourite Joke	What do you call a cow with no legs? Ground beef



Name	Tate Shaw
Hometown	London Ontario
Favourite First Year Course	KNPE 167 (Sports Sociology)
Favourite Study Tip	Your workout/pregame playlist can help you stay locked in, focused, and hard working.
Best Part of KIN	The small tight knit community
Top Tip	Join some sort of club, intramural team/league, or sport team. Just get involved in something that gets you away from school that allows you to spend time with friends, do something you enjoy, and allows you to meet new people.
Favourite O-Week Event	Coverall Painting
Fun fact	This past summer, I got a hole in one in golf!
Favourite Joke	The Toronto Maple Leafs



Name	Ava Brozer
Hometown	White Rock, BC
Favourite First Year Course	KNPE 167!!!!
Favourite Study Tip	Make a list of all the assignments you have to do so you don't forget about something and can see everything you have to do. Also don't be afraid to take breaks like going on a walk when you've been working for a while!
Best Part of KIN	The people!!! KIN is really like one big family! Everyone is so welcoming and supportive!
Top Tip	Make sure to make time for yourself! It's so important to find a balance between school and life
Favourite O-Week Event	Coverall painting!!!
Fun fact	When I was a kid I would drink bubbles from an icecream cone shaped bottle because I thought it tasted good
Favourite Joke	Why did the mushroom go to the party? Because he was a fungi



Name	Payton Rix
Hometown	Mississauga
Favourite First Year Course	Sport Sociology (KNPE 167)
Favourite Study Tip	Change your study location! A fresh start and fresh study spot can make all the difference! Also, don't be afraid to ask for help!
Best Part of KIN	How tight knit the kin community is!
Top Tip	Find balance! Work hard but also make time for yourself! Also do the things you love because it will prevent burn out!
Favourite O-Week Event	YEAR DANCE!!!!
Fun fact	I served the guy from the tv show "love it or list it" at the restaurant I work at last summer!
Favourite Joke	How do you fix a cracked pumpkin? A pumpkin patch!!



Name	Johnny Marrongelli
Hometown	Ottawa
Favourite First Year Course	KNPE 125
Favourite Study Tip	Take breaks and make it fun. Studying is important but if you don't find a way to make it tolerable for yourself you won't retain much.
Best Part of KIN	The people and bonds you form. Everyone is so similar and has such great energy.
Top Tip	Don't be too hard on yourself. Try your best and make sure you're feeling good about what you're doing, but don't be too hard on yourself if things don't go exactly as planned.
Favourite O-Week Event	Coverall painting
Fun fact	I've once walked a lion around my neighborhood
Favourite Joke	What do you call fake spaghetti... an impasta



Name	Kallie Wiese
Hometown	Sault Ste Marie
Favourite First Year Course	Anat 100
Favourite Study Tip	Create structured studying times but also maybe sure to take time for breaks to eat and be active and reward yourself!
Best Part of KIN	The fact that Kin feels like one big family and everyone is so welcoming and has similar interests!
Top Tip	Always try your best, but don't let a few bad marks stress you out! Your grades don't define your worth.
Favourite O-Week Event	Coverall painting
Fun fact	I was 2.5 pounds when I was born!
Favourite Joke	Why didn't the orange win the race ? Because he ran out of juice!



Name	Anna Smith
Hometown	Ottawa, ON
Favourite First Year Course	Sociology of Sport (KNPE 167)
Favourite Study Tip	Take breaks and study in blocks, not for one long period of time! Also make sure to eat and de-stress whenever possible!
Best Part of KIN	The people :) Kin feels like a big family! Also the kin O week is pretty great and so much fun!
Top Tip	Don't feel pressure to do things you don't want to do! You should go at your own pace and experience uni the way you want to!
Favourite O-Week Event	Year Dance!!!
Fun fact	I have traveled to over 30 countries!
Favourite Joke	Where are average things manufactured? The Satisfactory!



Name	Dominique Clarke
Hometown	Ottawa, ON
Favourite First Year Course	KNPE 125
Favourite Study Tip	Always make a plan, figure out what study method works best for you early on, and study in a space that makes you productive
Best Part of KIN	The people are amazing and there are so many opportunities to get involved/meet people
Top Tip	Find a balance between your school life and your social life. Always be willing to try new things and don't be afraid to mess up, both in school and outside of it.
Favourite O-Week Event	Human foosball and coverall painting!!
Fun fact	When I was younger, my dream job was to join the FBI (still kinda is)
Favourite Joke	Why aren't dogs good dancers?... Because they have two left feet



Name	Olivia Caggianiello
Hometown	Markham, ON
Favourite First Year Course	KNPE 153
Favourite Study Tip	Create a to-do list and surround yourself with people that help you focus
Best Part of KIN	The friendships that you make!!
Top Tip	Don't be afraid to put yourself out there and don't worry about what other people are thinking. Focus on yourself!
Favourite O-Week Event	Coverall painting and year dance :)
Fun fact	I've been stabbed by a sea urchin in my foot
Favourite Joke	Why don't scientists trust atoms? Because they make up everything.



Name	Olivia Greenwood
Hometown	Newmarket, ON
Favourite First Year Course	KNPE 167
Favourite Study Tip	Find a good study group for each of your classes! They can help a LOT with motivation and understanding tough concepts
Best Part of KIN	The people!!! Everyone is so nice :)
Top Tip	Write down everything you need to do in an agenda/weekly planner. You won't always get reminders for due dates, so writing it down helps a lot. This also helps make the work seem less overwhelming :)
Favourite O-Week Event	Year dance and coverall painting!!!
Fun fact	I went to overnight camp every summer for 11 years growing up
Favourite	Why don't eggs tell jokes? They crack up too easily



Name	Tyler Gunasekera
Hometown	Vancouver BC
Favourite First Year Course	KNPE167
Favourite Study Tip	Study somewhere other than your room. It'll help you focus!
Best Part of KIN	O-week
Top Tip	Get a calendar
Favourite O-Week Event	Year Dance
Fun fact	Your nostrils only work one at a time
Favourite Joke	What does a nosy pepper do? Gets jalapeño business



Name	Ryan Milne
Hometown	Ottawa, ON
Favourite First Year Course	KNPE 125
Favourite Study Tip	Find your study spots, places that have minimal distractions and can allow you to study efficiently and effectively.
Best Part of KIN	The PEOPLE, like-minded peers who share similar interests and like to have fun!
Top Tip	Find a healthy work-life balance, if you earn the nights out they feel even better. WORK HARD PLAY HARD
Favourite O-Week Event	Coverall Painting
Fun fact	My housemate broke my collar bone playing hockey when we were 13
Favourite Joke	I asked my dog "what's two minus two?" He said nothing.



Name	Sarah St-Hilaire
Hometown	Ottawa, ON
Favourite First Year Course	ANAT 100
Favourite Study Tip	DO NOT try and study anywhere near your bed (you will ditch your work to go lie in bed)
Best Part of KIN	O-week and KIN spirit!!
Top Tip	Make a due date list at the start of the semester and write them all down in your agenda/calendar so you don't forget anything and your assignments don't sneak up on you
Favourite O-Week Event	Coverall painting and year dance!!!
Fun fact	Your big toe can bear 40% of your body weight
Favourite Joke	What's the best thing about Switzerland? I dunno but the flag is a big plus.



Course Selection 101

You have probably spent a considerable amount of time trying to work 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 seminars presented by the SKHS this summer that will go through this in further detail. If you have questions, 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 registration takes place on SOLUS

CORE COURSES

-These are the courses that you are required to take during your degree

-These will ALL be pre-enrolled for you

KNPE 153/3.0 – Biomechanics

HLTH 101/3.0 – Social Determinants of Health

PSYC 100/6.0 – Psychology

KNPE 125/3.0 – Human Physiology

KNPE 167/3.0 – Sport Sociology

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

Note: All of the Recommended and Elective courses on the right side of this page count as a Natural and Physical Sciences course!

RECOMMENDED COURSES

-BIOL 102/3.0 and BIOL 103/3.0- These will also be pre-enrolled for you

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

ELECTIVE COURSES

-If you've decided to take the 2 Biology courses, you will be left with 6.0 units to choose elective course(s). According to 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 (get to see actual specimens, bones and anatomical models in the Queen's anatomy lab!)

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

PHAR 100/3.0 – Introductory Pharmacology

CHEM 112/6.0 – General Chemistry

Here are some more elective courses that have been taken by Kin students to consider!

GEOL 106 – Environmental Geology

ASTR 101/3.0 – Astronomy 1: The Solar System

MATH 121/6.0 – Calculus

These are many other courses to choose as well!

- Go to the "Courses of Instruction" in the [Arts and Science Calendar](#) to see all courses that have been approved by the Faculty of Arts & 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 is offered in. (Not every course listed in the Arts & Science Calendar is offered every year due to faculty sabbaticals and other professional commitments).



Physical and Health Education & Kinesiology Student's Association

Welcome Class of '26!

PHEKSA is your student government made up a group of your peers! Our mission is to represent the PHE/Kin student body, foster a welcoming, inclusive, and collaborative learning environment, and provide meaningful experiences 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 Snack
- Coffee with Profs/Pizza with Profs

Social Events

- A Semi-Formal and Formal event each year
- Ski-Trip to Mont St. Anne in February
- Overtime! At Tommy's Restaurant downtown Kingston
- BEWIC Sports Days (Marathon Sports Tournament)

Professional Development

- Career Showcase
- Events with Alumni
- Resume and Cover Letter Workshops

We would love for you to join our team!

There are 3 First-Year positions open in September

- 2 First Year Representative
- 1 Intern to the Executive

Other positions open in September for all years

- Sr. Outreach Commissioner
- Jr. Communications Commissioner
- Jr. Academics Commissioner
- Second 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 2026 Facebook page for updates on jacket sales!



Winter Adapted Games

LOOKING FOR FIRST YEAR STUDENTS!

WHAT ARE 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.



Since its beginnings, WAG has benefited both Queen's students and these 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.

CHECK OUT MORE INFORMATION AT:

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

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

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

motionball™

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 17 cities and 34 university campuses across Canada and has now donated more than \$14,000,000 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 their first bi-weekly virtual events, as well as their first virtual Marathon of Sport, with great success and are extremely excited for the upcoming year!

The Queen's U motionball committee will be looking to hire new executive committee members and volunteers for the 2022-2023 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 @queensmotionball or check out www.motionball.com for more information about the organization as a whole!



@queensmotionball



Queen's motionball





What we do:

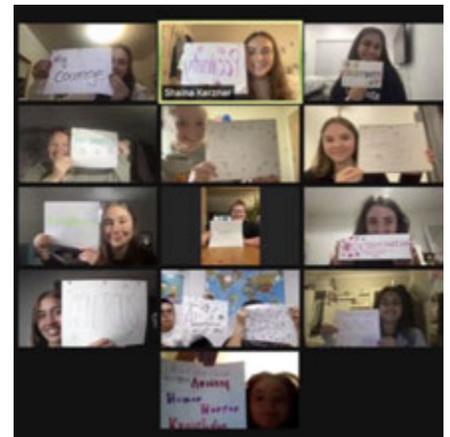
Extra Awesome is a Queen's University student-run program that pairs youth with exceptionalities and their siblings with Queen's students to participate in weekly sessions consisting of a new activity each week. These sessions aim to work on integration, relationships, life skills, and fun!

How students can become involved:

At the beginning of the fall semester is when Extra Awesome recruits members for the executive team and general buddy positions, however there may be opportunities throughout the school year to join our club. If you follow our Instagram (@xtraawesome) you can stay up to date with information and applications on how to get involved!

Potential Events:

Extra awesome is unique because we host an “event” every week! Our program sessions run once weekly for children and their Queen’s student buddies, fostering great friendships! We also host fundraiser events such as raffles, challenges, and partnership events with various Kingston organizations.



Socials:

Instagram: @xtraawesome

Facebook: Extra Awesome Kingston

Email: extraawesomekingston@yahoo.com



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 the Balls Dodgeball Tournament for Movember
- Healthy 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



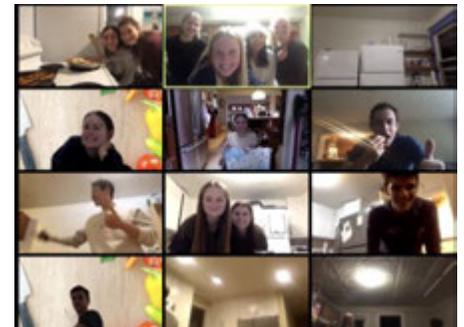
Some past online events we have conducted:

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



Socials:

- Facebook: Raise the Bar – Queen's
- Instagram: raisethebarqueens
- Email: raisethebar@clubs.queensu.ca





Step Above Stigma

What is Step Above Stigma (SAS)?

A Canadian charity with an AMS club branch at Queen's working to destigmatize mental health and increase access to mental health resources.

Benefits of becoming a part of the SAS community

- Contribute to a team that is working at the regional, provincial, and federal level to make mental healthcare more accessible
- Have your voice heard! No matter your involvement with SAS your voice matters, and we want to hear from you. If there is an initiative you want to drive, just let us know - the sky is the limit
- Work hands-on to destigmatize mental health and make mental healthcare more accessible by leading events, initiatives, marketing, outreach, fundraisers, and systemic change initiatives
- Join a supportive community of friends who are all mental health advocates
- Learn about mental health resources that can help you or a friend proactively and/or in a time of need
- Learn about mental health from an intersectional lens

Apply to become a Step Above Stigma Queen's Executive! (2-5 hours per week)

As a SAS Executive you will have the opportunity to directly work towards our goals in a rewarding leadership position as a part of an integral SAS sector doing marketing, events, systemic change initiatives, finance, intersectionality work, fundraising, photography, or outreach.

Become a Volunteer! (1 hour per week)

As a volunteer you have the opportunity to assist with any and all SAS initiatives from systemic change and political lobbying to peer support events, to fundraisers, to town halls where we discuss challenging mental health topics. You will also have front-row-seat access to all SAS events.

Socials:

- @stepabovestigma on Facebook, Instagram, Twitter
- @qu.stepabovestigma for queen's chapter
- @stepabovestigmasummit for summit
- stepabovestigma.com



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?

- Movember 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://amspeersupport.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/)

HEY INCOMING QUEEN'S
STUDENTS!

WANT TO PREPARE YOURSELF FOR A SUCCESSFUL FIRST YEAR?



Want to learn about:

- What lies ahead as a QU student, virtually or in-person
- What supports are available to ALL students
- How to ensure that you receive equitable access to your education if you have a disability or a mental health condition
- Tips for success both academically and non-academically

SIGN UP FOR **SETTING YOURSELF UP FOR SUCCESS (SYUS) TODAY!**

SYUS is a FREE 6-week online course offered by the Regional Assessment and Resource Centre (RARC) in partnership with Queen's Student Accessibility Services (QSAS). The course is designed to help ease incoming first year students' transition to Queen's University and can be completed at one's own pace.



SET YOURSELF UP FOR SUCCESS!

Enroll today by completing the registration form found here:

<https://www.queensu.ca/rarc/syus-setting-yourself-success-0>



Setting Yourself Up for Success (SYUS) will open on **Monday, June 20th, 2022.**

Registration forms will be **accepted on an ongoing basis throughout the summer.**

The course consists of 6 modules that can be complete at your own pace. The modules will cover topics such as:

- Navigating University Expectations
- Degree Planning & Advising
- Achieving Equitable Access to Education
- Online Learning Strategies and Tips
- Academic Strategies and Study Tips
- Non-Academic Opportunities and Resources



The course also offers the opportunity to connect with classmates and fellow Queen's students to help you feel welcomed to your new community!



SYUS

For inquiries or more information contact syus@queensu.ca

Queen's University Student Resources

The following guide was prepared by Queen's Kin Alumni Sarah Skelding, providing easy and accessible information about all the amazing services Queen's has to offer!

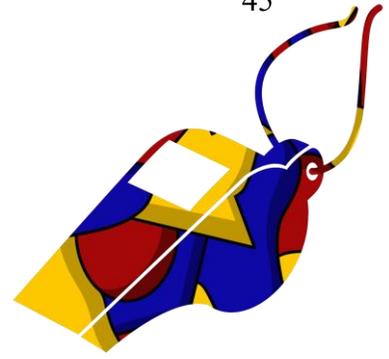
<https://drive.google.com/file/d/0Bx3P63PKzDFfWHBVN1VXcnRrcms/view?usp=sharing&resourcekey=0-peBKffRBn-lymchYuokBgg>



Please visit the guide for information regarding student resources, including Academics, Health & Wellness, Careers and Employment, Counseling Services, Faith and Spirituality and much more!

Queen's KIN Cheers!

Here are some of the cheers you'll be learning during Orientation!



1	<p>HEY [insert group], How excited are you? WE....ARE....SO....EXCITED!</p>
2	<p>Deep in the heart of the Queen's Jungle You can hear that Kin rumble Ooh ah KIN Ooh ah KIN [repeat, progressively getting louder]</p>
3	<p>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 jocks go marching on!</p>
4	<p>We love you [insert group], oh yes we do We love you [insert group], oh yes we do When you're not with us, we're blue, SO BLUE! Oh [insert group] we love you!</p>
5	<p>To the tune of Taio Cruz's song, 'Dynamite' I throw my shoes on for a run sometimes Saying eh-h-oh, KIN let's go! I wanna workout and get fit for life Saying eh-h-oh, KIN let's go! Cause we gonna win this game, we gonna run that mile We gonna play real hard, like it's KIN style! Now I've told you once, ya I've told you twice We gonna play real hard, like its KIN style!</p>

In Closing...

So maybe you've read through the entire handbook, or maybe you've just flipped through it all the way here. Either way, here is a summary of the most important things to take away, or a TLDR – Too Long; Didn't Read.

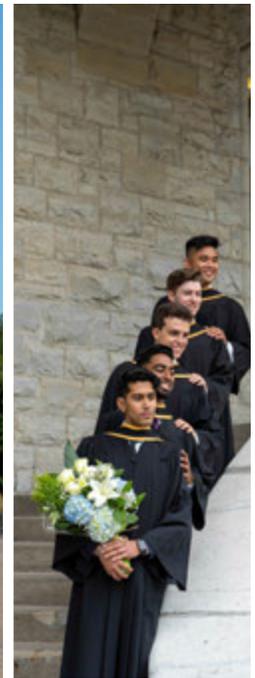
- Follow us on our Instagram @queenskinoweek. This is where we will be posting our updates regarding the transition period.
- Join the Queen's Kinesiology Class of 2026 Facebook Page to get acquainted with your classmates.
- Kinesiology Orientation will have events within the time span of September 4th to September 11th.
- Last but not least, congratulations for becoming part of the Queen's Kin Family!

Much love,

Delaney, Nate, Alex, Mara, Peyton and Sophia
ECKO 2022



FIRST YEAR WELCOME



WELCOME TO QUEEN'S UNIVERSITY, CLASS OF 2026!





By Students, For Students
#myAMS

5 Commissions
9 Faculty Societies
9 Student-run services
60+ Full-time Student Staff
300+ Student Clubs
700+ Part-time Student Staff
1,500+ Student Volunteers
19,000+ Student Members (including you!)



AMS EXECUTIVE



ERIC SIKICH
President

Congratulations and hello, Class of 2026! You have just started the journey of a lifetime, and I can wholeheartedly say that Queen's University is the best place for that adventure to begin. In the coming months and years you will make lifelong friends, memories, and have experiences unlike any other. Queen's University is unparalleled not only for its excellent academics, yet for its student experience and community building opportunities. Orientation Week holds a very special place in my heart and I think it is the perfect opportunity to see all that Queen's has to offer. Over the next week you will be introduced to a variety of clubs, individuals, and activities, but through all this, what I hope you remember most is the Alma Mater Society (AMS). As your undergraduate student body, we are here for you! Whether looking for support, extra-curriculars, or even a job, the AMS has it all, and we are so excited for you to get involved. I hope you all have an incredible Orientation Week, and welcome to your home away from home!



Welcome home, class of 2026! Orientation week is exciting, busy, and filled with lots of new experiences! My advice to you is to take a deep breath, keep an open mind, and let yourself enjoy the unknown and unexpected. This university is filled with adventure, opportunity, and learning. It has been the setting to so many stories that I tell and has truly become my home over the past 5 years. Should you ever be looking for a friendly face, the AMS provides so many opportunities for you to meet new people, join clubs, and make this place your own. We run 9 different operations, by students for students. Excited to see you around! Lots of love, Tina

TINA HU

Vice President, Operations



Hello and welcome Class of '26! As you begin your journey at Queen's University, you'll soon be part of an incredible community of committed and passionate students. Queen's prides itself on this community, and there is an entire school of students, faculty, and staff who are here to support you on your way. During your time in Kingston you'll be challenged, and provided with a wealth of opportunities to make our community a better place, whether through clubs, community organizations, student government, and a host of other paths. While the transition to university life may be daunting, we hope that you will feel welcomed and supported, and as the Alma Mater Society, we are committed to helping you in any way we can. Enjoy your Orientation Week, and once again welcome to Queen's!

CALLUM ROBERTSON

Vice President, University Affairs

CONNECT WITH US!



myAMS.org



queens_AMS



queensAMS



queensAMS

ORIENTATION ROUNDTABLE



I am so excited that you chose Queen's University to be your home on the next step of your academic journey! Your time here will be filled with amazing people, experiences, and memories that you will cherish for a lifetime. With the return to in-person Orientation this year, we are excited to welcome you back to our campus and an exciting week filled with various activities. Orientation Roundtable (ORT) is lucky to work with all ten different Faculty Orientation Committees and work behind the scenes to make Orientation possible! We are beyond excited to see the fun activities each faculty will bring to life! If you have any questions before September, do not hesitate to reach out to your Faculty Head with any questions. You can also keep checking our Instagram for updates @queensu.ort

See you soon!



Katie Browne
Coordinator

Olivia Orsi
Concert & Communications Director

Jody Ridpath
Logistics Director

Elisabeth McHarg
Assistant Coordinator

Layla Haddad
Equity Director

Ben Nethercott
Systems & Support Director

UNIVERSITY PRINCIPAL

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

Over the past two and a half years, we have all faced challenges brought on by the pandemic and I recognize it has not been easy. As we begin to live our lives beyond the pandemic, know that ahead of you lies all the possibility to pursue your hopes and dreams. I encourage you to take advantage of all Queen's has to offer to help you foster connections and prepare yourself with the information and tools you need to thrive at our institution.

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

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

Patrick .

Patrick Deane

Principal and Vice-Chancellor



UNIVERSITY RECTOR



Welcome home Class of 2026. Over the next few weeks, you will be inundated with information, advice, follow requests, and much more. Cherish these connections, relationships, and excitement that comes from exploring everything Queen's has to offer – it won't last forever. Although starting a new chapter, at a new school, can be daunting, everyone here wants you to succeed. Whether it's your professors, staff, TA's, student government or University administration, you will be supported every step of the way. Elected by all students, for all students, the Rector and its office is built in such a way as to provide confidential support and resources for when you might need a bit of extra help. The Rector also seeks to act as a liaison between students and the University's senior administration and can amplify important student issues. With that being said, embrace the incredible week that has been planned to introduce you to Queen's and take full advantage of all the experiences that will be thrust on to you. Look out for one another, be kind, but most importantly, enjoy everything Queen's has to offer.

Cha Gheill!

Owen Crawford-Lem

38th Rector of Queen's University

Princeps Servusque Es



MAYOR OF KINGSTON

Hello to the class of 2026!

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

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

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

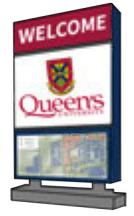
Sincerely,



Bryan Paterson
Mayor of Kingston



University Orientation 2022



University Orientation is a free program run by the Student Experience Office. It is part of First Year Foundations and, in collaboration with Faculty Orientation, makes up Queen's Fall Orientation! **It is open to all incoming students and is free!**

This will build on the information provided to you during the Summer Orientation to Academics and Resources (SOAR). Virtual content will be added to your FYF 100 course, and in-person activities will occur on September 3 & 4, 2022.

Check your schedule on [Rafr](#) or online at queensu.ca/orientation



EVENTS

Fall Orientation runs from September 3- 11, 2022, with classes starting on Tuesday, September 6. Below are our main events, and be sure to check out our low-key drop-in activities in the evenings on September 6 & 7.

Saturday, Sept 3 at 7 pm: Welcome Home Night

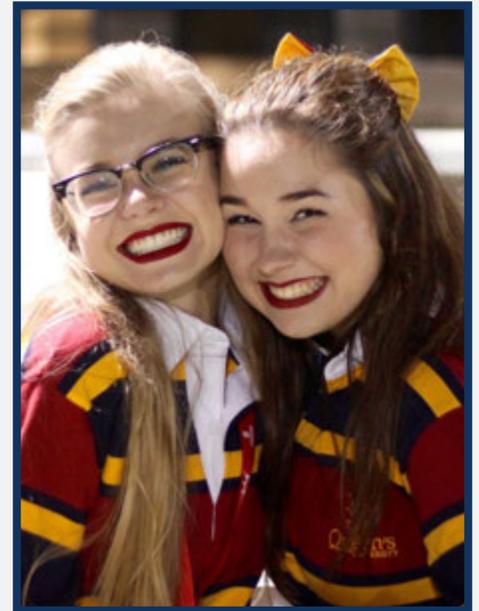
There is a little something for everyone at Welcome Home Night like tricolour crafts, movie night, snacks and sports! Come out and meet upper-year leaders from around campus and even get an evening campus tour!

Sunday, Sept 4 at 9 am: Tricolour Parade and Welcome

The incoming class will parade to the official welcome and kick-off of Fall Orientation in Richardson Stadium. Learn the Oil Thigh, hear from student leaders, and enjoy a picnic lunch!

Thursday, Sept 8 at 7 pm: Tricolour Open House

In partnership with the AMS Clubs Office and Athletics & Recreation, the Tricolour Open House is an opportunity for new and returning students to learn about the diverse selection of clubs and campus resources at Queen's.



ARE YOU LIVING OFF-CAMPUS THIS YEAR?

Are you living off-campus in Kingston or the surrounding area during your first year? Join the [First-Year Off-Campus Community](#)! They will host an event during Orientation and more throughout the year! You can participate in First-Year OCC and your Faculty Orientation.

Check our First-Year Off-Campus Community Raft for more information, and join us on **Saturday, Sept 3, for the First-Year OCC Kickoff event!**

Have questions? Email fall.orientation@queensu.ca





COMMISSIONS

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

The 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, Sahiba Gulati, 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 affiliated groups through financial means (grants, bursaries, fundraising, etc.), providing club space, insurance, and resources for event planning and marketing. Contact the Commissioner of Clubs, Rob Hughes, 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 enrich the Queen's experience for undergraduates in unique and memorable ways. Contact the Commissioner of Campus Affairs, Nikki Onuah, 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 Commissioner of Social Issues, at sic@ams.queensu.ca

The Commission of Environmental Sustainability (CES) works towards a sustainable campus by advocating for sustainable action and initiatives on behalf of Queen's undergraduate students. Reinstated in 2020, the commission takes on various projects to encourage environmental sustainability within the AMS, Queen's University, and the city of Kingston. Some of these projects include the Sustainable Action Fund, the Sustainable Event Certificate. Contact the Commissioner of Environmental Sustainability, Emily Rolph, at ces@ams.queensu.ca



OFFICES

The four AMS Offices support the activities of all students presently involved with the AMS as well as those looking to get involved. They also work toward strengthening the organizational and reputational standing of student leadership. Check out myams.org to see the opportunities in each Office.

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

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

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

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

Campus Response Team

QUEENS FIRST AID



NEED FIRST AID ASSISTANCE?

QFA can help!

Call the Queen's Emergency Report Centre (ERC)
at **613-533-6111** or activate one of several blue
lights on campus.



Please note that in case of a life-threatening medical emergency, EMS should always be activated by calling 911.

QUEENS FIRST AID

Campus Response Team



WHO ARE WE?

We are an on-call emergency service on the Queen's University Campus. We provide first aid services across the Queen's campus and at select off-campus events.



WHAT ARE OUR HOURS?

During a regular academic year, we would be on call 24/7. However, as we return to normal operations, we are planning to be on-call from 2-11 pm, every day!



WHERE CAN YOU FIND US?

You can find us at the "Grey House" at 51 Bader Lane. This is our home base, however, our responders can be anywhere on campus while they are on-call! Responders can be found wearing their big red backpacks!



WHEN CAN YOU CALL US?

No medical emergency is too small! Our responders are trained to the level of Advanced Medical First Responder (AMFR) and are equipped to handle a variety of situations. If in doubt, give us a shout!



HOW DO YOU CONTACT US?

Call the Queen's Emergency Report Centre (ERC) at 613-533-6111 or activate a blue light on campus!

HOW CAN YOU JOIN?

We hire every Fall and Spring. The written application will be posted on our socials, so don't forget to apply! **Applications for the Fall hiring cycle are due Sept. 16th!** All you need is a valid Standard First Aid (SFA) and CPR-C certification.



 @queensfirstaid

 www.queensfirstaid.com

 @Queens First Aid Campus Response Team

Please note that in case of a life-threatening medical emergency, EMS should always be activated by calling 911.

AMS Health & Dental Plan

Make the most out of it



A Health & Dental Plan designed to meet your needs!



Health



Dental



Vision



Travel

For complete details on coverage, the Basic Care Plan, eligibility, and group/policy numbers, visit www.studentcare.ca.

Save more money!



By consulting a Studentcare Network professional, you can get additional coverage.

Well-Being Resources: Empower Me

A mental health and wellness service available 24/7

Powered by **Optima Global Health**

Virtual Health Care

Connect virtually with nurses and physicians from anywhere in Canada

Provided by **Dialogue**

*Please note that at the time of printing, benefits and dates for 2022-2023 were still subject to change. For complete details, visit www.studentcare.ca.



Questions?
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 good on your way to class!



Located in the Queen's Centre in room A506, the Printing & Copy Centre offers a wide variety of products and services to suit all of your printing needs. Offering black & white and colour printing, scanning, business cards, booklets, conference cards and handouts, binding, poster printing and more, if you ask a P&CC staff they'll tell you, "Yeah, we do that!". The staff at the P&CC work hard to help you complete your publishing projects efficiently, effectively, and affordably – all while in a fun and welcoming environment. We can't wait to help bring your projects to life during your time at Queen's!



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 and location updates, visit their Instagram @peersupportcentre or contact the Head Manager, Angela Li 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. Check out their website: www.tricolouroutlet.ca



SERVICES



Studio Q is a student-run creative media agency that specializes in professional design, photography, videography, and publications. Serving the Queen's community through capturing life on campus and producing the Tricolour Yearbook and Agenda, Studio Q is a valuable resource for all your media needs. Keep posted with the latest location and hours updates on the Studio Q Instagram @studio.q or on their website at studioq.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 Editor In-Chief, Ben Wrixon, 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 alleviates poverty amongst Queen's community members. Keep posted with the latest location and hours updates on the Food Bank Instagram @amsfoodbank or on their website at www.amsfoodbank.ca.



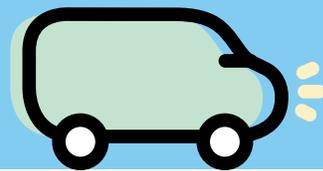
PEACH Market complements other food access programs on campus and supports sustainability through food rescue. Untouched food from across Queen's Hospitality Services will be packaged and made available to students, staff, and faculty through the market's accessible 'pay what you can' operating model. As a shared priority between StudentAffairs and the AMS, PEACH Market will be proudly run by student volunteers for the campus community. Follow @queensfood and @amsfoodbank for more information!

The *cheapest* way to visit your friends



From
\$30

Kingston to Ottawa
Kingston to Toronto
Kingston to Montreal



Get your student discount at poparide.com/queens

POPARIDE



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 them at 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

Open Fridays and Saturdays, 9 PM-7 AM
+ extended hours during peak party times



A safe space where **students who have had too much to drink** can sleep it off under the supervision of trained volunteers and staff.



LEONARD HALL, BACK ENTRANCE
128 Queen's Crescent
across from Leonard Dining Hall



PHONE: 613-533-6911
EMAIL: cor@queensu.ca

Call **Amey's Taxi** to get a free ride to COR



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. The SLC Information Desk is located on the 1st floor of the Queen's Centre where friendly SLC staff can provide you with information about space bookings, equipment and locker rentals, opportunities to advertise through posters and TV screens within SLC spaces, booths, and conference or event set-up. In the long term, the JDUC revitalization project will create transformative new opportunities for student life and engagement. Contact the SLC at slc.director@ams.queensu.ca or visit their www.studentlifecentre.ca



Student Life Centre



**OSCAR, YOUR CAMPUS
THERAPY DOG!**

FEELING RUFF?

**WE'RE HERE TO SUPPORT YOU
for your Medical, Mental Health,
Accessibility, & Health Promotion needs.**



STUDENT AFFAIRS
Student Wellness Services



613-533-2506



**1ST FLOOR, MITCHELL HALL
69 UNION STREET**



QUEENSU.CA/STUDENTWELLNESS

Are you, **GOOD TO GO?**

To help minimize single-use waste, all residence students receive a carabiner to participate in the GOOD TO GO reusable container swap. Bring your carabiner or container with you to exchange every time you visit a campus food location to save the \$0.75 single-use container fee.



Swap:

Bring your carabiner to a food counter. Order your meal in a GOOD TO GO container and exchange your carabiner with a staff member.

Eat:

Receive your meal in a sanitized GOOD TO GO container to take away and enjoy.

Repeat:

Return your used GOOD TO GO container for a carabiner at a Swap Station to use later or exchange it at a food counter now for a meal in a new container.

• JOIN A SERVICE • LEARN A TRADE • MAKE A DIFFERENCE •

QUEEN'S STUDENT CONSTABLES

Established in 1936, Queen's Student Constables represent the oldest student-run service on campus.

We work diligently to continue to promote a safe campus culture and assist in areas of campus life like mental wellness, sexual health outreach and addictions.

We are always looking for non-judgmental individuals who can bring a positive energy to our service!



Scan Here
To Apply



Scan Here
to Learn
More





MYSTERY CONCERT

Friday, September 9, 2022

Miller Hall Parking Lot (36 Union Street)

Doors: 6:00 pm

Headliner: 9:00 pm



 @queensu.ort for more information



SEE YOU SOON!

