

# **ORIENTATION HANDBOOK**

**HEALTH SCIENCES O-WEEK 2019**



# TABLE OF CONTENTS

LETTER FROM HEAD COAT.....	1
WHAT IS THE HEALTH SCIENCES PROGRAM?.....	2-3
FIRST YEAR CLASSES.....	4-6
LETTER FROM THE PROGRAM DIRECTOR.....	7
IMPORTANT PLACES ON CAMPUS.....	8-18
RESOURCES FOR SUCCESS AND WELLNESS....	19-23
WHAT IS ORIENTATION WEEK?.....	24-25
WHAT TO BRING FOR ORIENTATION WEEK?..	26
YOUR ORIENTATION LEADERS.....	27-32
WHY A COAT?.....	33
ORIENTATION WEEK SCHEDULE.....	34
COVERALLS.....	35
DIABETES CANADA.....	36
QUEEN'S HERITAGE.....	37-38
FIRST YEAR ADVICE.....	39-40
SOCIAL MEDIA.....	41





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# LETTER FROM HEAD COAT

HealthSci 2019

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Hello Class of 2023!

My name is Elle Mackenzie and I am honoured to be your Head Coat for the first ever Health Sciences Orientation week! Firstly, I would like to congratulate you all on receiving and accepting your offer to Queen's as a Health Sciences student for this upcoming semester. You have chosen a brand-new program to Queen's, and with that you have the opportunity to shape it into what you want it to be. While this might seem like a daunting task, there isn't a doubt in my mind that together, you will make this program better than ever expected. Overall, you couldn't have made a better choice in deciding which school and program to attend.

Over the next few months while you prepare for your transition to come to Queen's, you may be feeling equally nervous and excited, but luckily, you will not be making this transition alone. Orientation week is able to help facilitate this transition and make you feel comfortable and welcome on campus. Aside from the 120 students entering alongside you, the 25 incredible leaders (Coats) and 7 Orientation Executive members will be there to help you every step of the way. Our executive team has been planning for months to ensure that you have a fantastic experience with Orientation Week.

Health Sciences Orientation will be an incredible way to form new friendships with your classmates, connect with engaging clubs, learn about university academics, and of course, have some fun! Over the 4 days of Orientation Week, we have many exciting activities planned that will help to build friendships. While it might not seem like it at the time, these friendships that initially form during Orientation Week will be some of your closest relationships over your time at Queen's. After four days of Orientation, you'll have formed some incredible memories, and we hope you'll be feeling more comfortable and prepared for your future at Queen's.

As amazing as Orientation Week is, the fun and support won't stop there. Once the school year starts, there are so many incredible opportunities throughout this faculty that will present themselves to you. It may seem intimidating to balance everything from academics to extracurriculars at first but know that your Orientation Leaders are there to support you. Never hesitate to reach out for help, whether it's one of your peers, your Coats, your Orientation Executives or a member of the faculty. Everyone has a place in our Orientation Week, at Queen's, and in Kingston, and we hope our Orientation helps you find where you belong.

So, you've read this letter, and you're coming to Queen's in a few short months. What's next? Well, I encourage you to register for Orientation Week and read through the rest of this handbook, so you can learn more about life at Queen's! When you arrive on campus for Orientation Week, I challenge you to get outside your comfort zone and take risks, whether that be chatting to someone you don't know in your Orientation group or trying something new at one of our events! Your experience in Orientation, and at Queen's, is what you make of it, so I encourage you to make it the best it can be.

Once again, I want to say welcome and congratulations. I am really excited to meet you, and I look forward to experiencing the first ever Health Sciences Orientation along with you.

Cheers,  
Elle Mackenzie – Head Coat

# What is The Health Sciences Program?



The core courses for the health sciences program are offered in a flipped classroom style. This means that rather than content being presented in a lecture style from the professor, classes will consist of active discussion sessions involving collaboration with peers, critical thinking and problem solving.



Small group learning sessions will focus on difficult course concepts including real world examples, as well as clinical case studies to strengthen your knowledge in difficult areas of study.



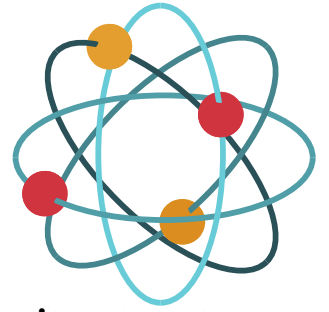
## Main Themes of The Health Sciences Program:

- How our cells keeps us healthy
- How our bodies function when we are sick and healthy
- How we change across our life span
- How drugs can help or hurt us
- How organisms and cells live and fight within us
- How our environment shapes our quality of life
- How governments impact our health
- How we build and evaluate knowledge

Online interactive modules will be provided for students to complete prior to class. This will allow you to complete course concepts at your own pace, while also coming to class prepared.



# What is The Health Sciences Program?



The health sciences program has integrated competencies in its structure, meaning that through assessment, you will gain experience and master skills that will be assets in your future career goals. Upon graduation, you will be practiced in the following competencies.

## Advocacy



- Advocate for something you believe in, whether it be writing a needs assessment for a particular organization or advocating for support for a patient population.

## Communication



- Communicate effectively in oral, visual, or written forms, tailored to the intended audience (e.g. scientific or general population).

## Collaboration



- Work within varied groups, building towards something that is greater than the sum of its parts.

## Leadership



- Lead a team through primarily upper year assessments such as leading a journal club or being a leader on a placement within your community.

## Professionalism



- Communicate, collaborate, advocate, and lead in a professional manner through assessments such as peer evaluation or interviews with the community.

## Scholarship



- Apply and extend your knowledge of the health sciences in order to propose new research or solve clinically based problems.

## Content Expert



- Develop a broad, yet deep understandig of the varying fields that contribute to the health sciences by learning to connect concepts within and between courses.

# WHAT TO EXPECT: A GLANCE AT YOUR 1ST YEAR CORE COURSES

## Fall Courses

### GLPH171-Social Physical Determinants of Health and Disease

GLPH171 will address the impact of social and environmental exposures and circumstances on health at both an individual and population level. Focusing specifically on how the contexts of peoples' lives affect their health, methods for describing these effects, and the role of medical practice in creating and maintaining health, this course will allow you to develop an understanding of how to critically evaluate scientific literature and how to become an advocate for health within your community.



### PHAR100-Introductory Pharmacology

PHAR100 is general introductory course that will introduce you to the subjects of pharmacology and toxicology, with emphasis on common drugs used and abused by society. This will allow you to gain a general grasp of both the positive and negative effects drugs and chemicals have on living organisms.

### PHGY170-Human Cell Physiology

PHGY170 is an introductory course that will allow you to develop a deeper understanding of the structures and functions of human cells, as well as how they integrate into the tissues, organs, and systems of the body. You will also be introduced to the principles of energy metabolism, cell growth and proliferation, and how cells interact with their environment.



## Winter Courses

### ANAT100-Anatomy of the Human Body

ANAT100 is a foundational anatomy course that will introduce you to the structure and functional relationships of the human body through the exploration of various body systems. This will allow you to discover the building blocks of the human body at both the gross and microscopic levels. The body systems covered include the skeletal, muscular, nervous, endocrine, cardiovascular, respiratory, digestive, urinary and reproductive systems

### BMED173-History and Philosophy of Health and Healthcare

BMED173 is a multidisciplinary course that will teach you about the historical evolution of the five major fields of scientific endeavour in the BHSc program: anatomy, physiology, pathology, pharmacology, and population and global health. You will then apply this history to the present day controversies within each field, allowing you to gain a deeper insight of how technological innovations, social values and science interact with one another.

### BIOL243-Introduction to Statistics

BIOL243 is an introductory course to the analysis of data from real life situations. Covering study design, descriptive and inferential statistics, as well as topics such as probability, t-tests, regression, Chi-square tests, analysis of variance, this course will leave you with a strong foundation of statistical inference and practical application of statistical methods using statistical software.



# LEARNING TRACKS: FOCUSING YOUR DEGREE



Is there a specific field within health sciences that you are interested in?

With the Queen's Bachelor of Health Science Honour program you are given the opportunity to further customize your degree and curriculum by taking one or more of six specially-designed learning tracks. These tracks are composed of a collection of themed courses and offer in-depth investigation in a variety of fields ranging from the Molecular Basis of Biology to Global and Population Health.

**Note:** These tracks are completely **OPTIONAL** and will not come into play until your upper years at Queen's when you have more say in the courses you enrol in. It is however something to keep in mind if a certain field of courses you are taking have sparked your interest more than the rest! Also any student in the honours program can enrol in any of the six tracks.

1

## Anatomical and Physiological Basis of Health and Disease

The courses in this track will introduce you to the key concepts of the integrated relationships of how the anatomy of the body functions with respect to its structural design. This will allow you to learn how normal structure and appropriate functioning leads to a healthy individual, and contrastingly, how dysfunction can contribute to pathology and disease.

**Required Courses:** ANAT100, PHGY170, PHGY215, PHGY216, PATH370, REPD372, REPD473, and TWO(2) of: ANAT270, CANC380, or BMED384

**Additional Courses:** Must take at least ONE (1) of CRSS454 or NSCI483

2

## Applied Research Methods in Health Sciences

This track addresses the ways in which health-related research is conducted, with the inclination for advancing critical-reasoning skills. The courses will introduce you to the fundamental skills involved in research methodology determination and statistical analysis of data, and will give you the opportunity to build mixed methods research designs as well as learn to navigate the process of literature review and experimental design.

**Required Courses:** BIOL243, BMED270, BMED370, BMED383

**Additional Courses:** Must take at least ONE (1) of BMED470, BCHM482, IDIS280 or IDIS480

3

## Global and Population Health

With this track you will be introduced to fundamentals of global and population health in terms of terminology, factors that affect the health of a population, as well as appropriate ways to study in this field. You will also have the opportunity to develop a greater understanding of appropriate methodologies for studying population health, as well as will be able to explore specific populations with particular needs in greater depth!

**Required Courses:** GLPH171, BMED173, BMED270, GLPH271, GLPH471, BMED383, GLPH472

**Additional Courses:** Must take at least ONE (1) of BMED483, IDIS280 or IDIS480

# LEARNING TRACKS: FOCUSING YOUR DEGREE

4

## Infection, Immunity, and Inflammation

This track focuses on the role of viral and bacterial organisms in, as well as how the immune system contributes to health and disease. Through the courses, you will cover the basic concepts in microbiology and immunology, and explore the role of a wide range of microbes in health and disease, as well as the role of the immune system in combating infections and in diseases of non-infectious etiology.

**Required Courses:** PHAR100, GLPH271, BCHM270, MICR270, MICR271, BMED386, MICR382

**Additional Courses:** Must take at least ONE (1) of CANC380, BMED384 or BMED483

5

## Molecular Basis of Biology

With this track, you will focus on the fundamental processes of life and human disease at the molecular and cellular level. This will include courses such as chemistry and biochemistry courses to introduce you to the structure and function of the molecules of life, which will then be followed by upper year courses designed to study emerging fields such as genomics and proteomics that deal with large-scale molecular and cellular data.

**Required Courses:** PHGY170, BCHM270, BMED370, BCHM482, BCHM218

**Additional Courses:** Must take at least TWO (2) of CHEM281, CHEM285, BMED381, BMED384 or BMED470

6

## Pharmacology, Toxicology, and Therapeutics

In this track, you will cover both fundamental and advanced pharmacological and toxicological principles. Specifically, you will examine the mechanism of action and resultant physiological effects of drugs and chemicals on the body, as well as how the body handles these drugs and chemicals. Adverse effects of drugs and toxicants, as well as best methods of assessing these detrimental effects are also taught.

**Required Courses:** PHAR100, PHAR270, PHAR380, BMED473, PHAR480

**Additional Courses:** Must take at least TWO (2) of BMED384, BMED483, CRSS454 or NSCI483

NOTE: In second year, it is recommended that you let your academic advisor know what track you have decided to take, to ensure you are enrolled in the proper courses.

If you have any further questions about any of the learning tracks check out the URL below to the BHSc learning tracks website page.

URL: <https://bhsc.queensu.ca/campus-degree/courses/focus-your-degree>



## Welcome Class of 2023,

Congratulations on being accepted as a student in the inaugural class of the Bachelor of Health Sciences program at Queen's University. I am thrilled to welcome you to Queen's and to thank you for choosing our Health Sciences Program.



We designed this program for students like you – driven, passionate, and motivated individuals with goals to impact the world around you. As founder of the program, I brought together an extraordinary team of staff, administrators, advisors, and Health Sciences faculty members to provide you with excellent support throughout your four years at Queen's. Together, we will challenge you to succeed, support your education, and most importantly, provide you with a solid foundation on which to build your future and achieve your goals.

At the core of the Bachelor of Health Sciences program is a competency framework, purposefully implemented so you can best develop the various skills and tools that are essential for success in the health professions. To encourage the development of these skills, our blended course formats were specifically designed to stimulate you to come to class prepared for an engaging discussion with your instructors, as well as your peers. Application of course concepts and content in an active learning classroom will advance your understanding of what can influence health and disease, as well as stimulate your passion for the specific field.

Beyond the classroom, I urge you to take advantage of the opportunities that Queen's University and the City of Kingston have to offer, including volunteer opportunities, athletics, clubs, and the various support systems. Over the next four years, one of our objectives is to ensure you think of the Bachelor of Health Sciences program as your home-away-from-home. We have worked very hard to make your Queen's education of the highest quality, designing a program that really takes advantage of many collaborative learning opportunities.

Ask questions, seek answers, and inspire change. Your future starts here.

*Again, congratulations on becoming a BHSc student!*

A handwritten signature in blue ink that reads "Michael Adams". The signature is fluid and cursive, with a long horizontal stroke at the end.

**Michael A. Adams, PhD**

Professor and Director, Bachelor of Health Sciences  
Faculty of Health Sciences  
Queen's University, Kingston, ON

*Queen's University is situated on traditional Anishinaabe and Haudenosaunee Territory.*

# Welcome Class of 2023.



# Important Locations

## Main Campus

Union Street/University Avenue

### A. John Deutsch University Centre- JDUC

#### Amenities:

- I. Student Life Center – Alma Mater Society
- II. Printing and Copying Center (PCC)
- III. Retail- Tricolour Outlet
- IV. Food Services



**JDUC**

### B. Athletic Recreation Center- ARC

A multi-purpose complex that integrates academics, sport and recreation, and student and community activities. Includes a pool, gymnasiums, squash/racquet ball courts, studios, food court, retail and hosts student club spaces.



**ARC**

### C. Mitchell Hall

Mitchell Hall is the home to many of the wellness services that Queen's has to offer. The Wellness Centre contains a wide spectrum of wellness services for health, counselling, sexual assault and mental health related services.

Mitchell Hall also contains gym facilities as well as the Innovation Hub.



**Mitchell Hall**



# Important Locations

Athletic Recreation Center- ARC

Queen's Center

Services:

- ✓ DrugSmart Pharmacy
- ✓ Grocery Checkout
- ✓ Variety of Food Services

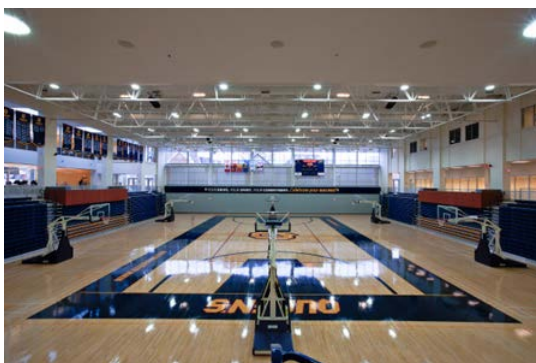
Tim Hortons *Tim Hortons*

Booster Juice *Booster Juice*

Pizza Pizza *Hot • Fresh  
pizza pizza  
www.pizzapizza.ca*

Pita Pit *Pita  
Pit*

Teriyaki Experience *TERIYAKI  
EXPERIENCE*



# Important Locations

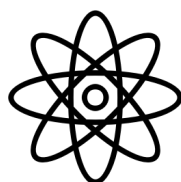
## C. Libraries – 6 Locations

### I. *Joseph S. Stauffer Library*

**Location:** 101 Union Street

1 of 6 central libraries located on campus.

Located in a five-storey building. This is the largest library on campus fitting over 12,00 students.





# Important Locations

## II. *Bracken Health Sciences Library*

**Location:** 18 Stuart Street Botterell Hall



Health Sciences librarians and support staff will be able to connect you with health and biomedical information to support your research and learning. They will provide consultations, course-embedded instruction, tailored subject guides, and expert searches during your studies.

As a BHSc student, you have multiple access to Queen's University Library's health sciences resources:

1. **Direct/In Person** at the Bracken Health Sciences Library, located on the main and lower levels of Botterell Hall.

2. **Online** at:

<http://library.queensu.ca/locations/bracken-health-sciences-library>



# Important Locations

## III. *Douglas Library*

**Location:** 93 University Avenue

The Library provides information services/resources you need for learning and research with multiple areas for contemplation and collaboration. It includes the W.D. Jordan Rare Books & Jordan Special Collections.

## IV. *Education Library*

**Location:** 511 Union Street Duncan McArthur Hall

## V. *William R. Lederman Law Library*

**Location:** 128 Union Street Macdonald Hall

*Douglas Library*



*Education Library*



*Law Library*



# Important Locations

## VI. *Watson Hall- LINQ*

**Location:** 11 King St W Watson Hall



The Watson Hall LINQ offers a learning space with 21 seats where students can study and collaborate in a convenient location close to professors and teaching assistants, as well as residences and dining halls. The space was developed in accordance with the strategies outlined in the Library and Archives Master Plan (LAMP) to achieve a high-level learning experience.

## Study Spaces

Open for all!

The **Group Study Room** is available for booking at <https://library.queensu.ca/help-services/group-study-rooms>



# Important Locations

D. **Campus Bookstore** – Clarke Hall

**Location:** 5 Field Company Ln

**Hours of Operation:**

**Regular Hours-** 9am to 6pm Monday to Friday-  
10am to 5pm on Saturday. Special hours during  
holidays may be in effect.

**Online Access-** Open 24 hour-a-day at  
<http://www.campusbookstore.com>

## Educational/Learning Facilities

### 1. **New Medical Building**

**Location:** corner of Stuart and Arch Street





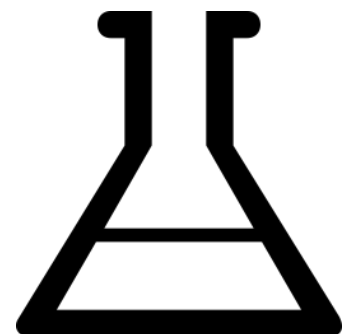
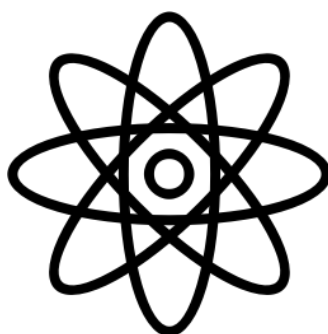
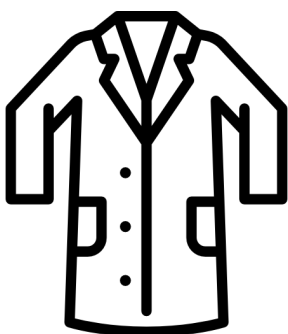
# Important Locations

## New Medical Building

The majority of your **Class Collaboration** - ***In Class Flipped Classroom format*** - will be in the New Medical Building!

Opening in Fall 2011, the School of Medicine Building hosts:

- ✓ State-of-the-art research laboratories
- ✓ Lecture halls and teaching spaces ideal for blended learning
- ✓ Small-group and seminar rooms
- ✓ Full equipped anatomy museum







# Important Locations

## New Medical Building

### *Facilities:*

#### **A. Anatomy Museum**

**Location:** New Medical Building

Containing hundreds of encased anatomical specimens spanning the entire body and is considered to be the finest in Canada!

#### **B. Laboratory Facilities**

**Location:** New Medical Building

You will gain hands-on experience using state-of-the-art equipment to conduct biochemical, physiological, microbiological, and pharmacological experiments.

#### **C. Active Learning Rooms**

**Location(s):** Ellis Hall and Mackintosh-Corry Hall.

Promotes and encourages interactions & collaborative learning for classes through accessible and flexible classroom designs.



# Important Locations

## 2. Bracken Health Science and Medicine Library

This is a perfect quiet study space. The top floor has comfy couches, and the basement is quiet with minimal distractions. This is a great spot when you need to focus. Also, it is attached to Botterell Hall with a customized café.

### Leisure Areas

#### 1. **Summerhill**

During the warmer months, bring a blanket and lean up against a tree, open your textbook to read while enjoying the fresh air and taking in all aspects of the beautiful campus.

#### 2. **The Isabel Bader Centre for the Performing Arts**

**Location:** 390 King Street West

#### 3. **Starbucks Coffee on Division and Johnson**

Classic spot with lots of tables inside and outside, a louder environment and super close to campus!

# RESOURCES

Throughout your time at Queen's University, you will likely come in contact with Queen's Wellness Services as well as other resources both on and off of campus. To ensure that every student is excelling at their full academic potential, Queen's offers a plethora of resources for many types of situations or general questions. Queen's and the city of Kingston offer resources related to:

- Physical Health
- Sexual Health
- Mental Health
- LGBTQ/Gender Identity
- Cultural Identity
- Accessibility
- Academics
- Safety and Security

# Physical Health Resources

## Queen's Recreation and Services (ARC)

- Sports and recreation facilities including gym, aquatics, fitness classes, clubs, intramural, rehabilitation therapy, and registered massage therapy.
- **Location:** 284 Earl St, Kingston

## Queen's First Aid

- A 24/7, student-run first aid response team, providing confidential and compassionate care to the Queen's community since 1986.
- **Location:** 51 Bader Ln, Kingston
- **Phone:** (613) 533-6111

## Kingston General Hospital (KGH)

- An emergency service and local hospital.
- **Location:** 76 Stuart St, Kingston
- **Phone:** (613) 548-3232

## Hotel Dieu Hospital (HDH)

- Hotel Dieu is the most appropriate site for non-life threatening medical emergencies such as lacerations, broken bones, eye injuries, etc.
- **Location:** 166 Brock St, Kingston
- **Phone:** (613) 544-3400

# Mental Health Resources

## Peer Support Centre (PSC)

A non-judgmental, confidential and empathic environment offering personal practical peer-based support to Queen's students on a drop-in basis.

**Location:** Room 034 and Room 026 on the lower floor of the John Deutsch University Centre (99 University Avenue, Kingston, Ontario).

**Hours:** It is open from 10:00am-10:00pm

## Good2Talk

A free, confidential, and anonymous helpline providing professional counselling and information and referrals for mental health, addictions, and well-being to post-secondary students in Ontario.

**Phone:** 1-866-925-5454

## TALK Line

A phone line dedicated to serving the Kingston community and beyond, offering confidential non-judgmental and anonymous listening service.

**Phone:** 613-544-1771

# Sexual Health Resources

## Sexual Health Resource Centre (SHRC)

- The Sexual Health Resource Centre is a confidential, non-judgmental, sex-positive, feminist, pro-choice, queer positive and non-heterosexist information and referral service for all things related to sex, sexuality and sexual health.
- **Location:** John Deutsch University Centre, Room 223
- **Phone:** 613-533-2959
- **Email:** info@shrckington.org

## Sexual Violence Prevention and Response Coordinator- Barb Lotan

- If yourself or someone you know has experienced sexual violence, Barb Lotan offers a non emergency support sessions. She will guide you towards what options you have, assess possible next steps as well as help connect to you service you wish to access.
- **Location:** B502 Mackintosh Corry Hall- in the human rights office
- **Hours:** Monday-Friday 8:30am-4:30pm
- **Phone:** 613-533-6330
- **Email:** bjl7@queensu.ca

## Sexual Assault/Domestic Violence Department @KGH

- This department is a resource for survivors and victims to access medical attention following an assault. Resources provided included nursing care, testing and treatment for sexually transmitted infections, HIV and pregnancy crisis counselling, as well as medical and social work follow up.
- **Location:** 76 Stuart Street
- **Hours:** 24/7
- **Phone:** 613-549-666 x4880 toll free 1-800-567-5722

# Safety/Security Resources

## Campus Observation Room (COR)

The Campus Observation room is a friendly, safe, non-judgmental place where students who have had too much to drink can come, while being watched by trained staff to ensure their safety.

COR main site is located on the Queen's University campus in Chez Lenny (across from the Leonard Dining Hall). Access will be at the South-East Entrance off Albert Street. We will also have a second site open for Homecoming and St. Patrick's Day weekends located on Queen's University campus in the John Deutsch University Centre (JDUC), Robert Sutherland Room.

## Walkhome

Walkhome is a student-run safety service that provides safe walks to students both on campus and within the Kingston community. It is a completely anonymous and confidential service.

**Location:** John Deutsch University Centre (99 University Ave.)

**Phone:** (613) 533-9255



# Academics

## Student Academic Success Centre/Services (SASS)

- Offers academic support to students who wish to develop their skills in critical thinking, reading, learning, studying, writing and self-management. Services include the Peer Mentor Program and Learning Strategies
- Students can book an appointment with their Queen's email, online at <https://queensu.mywconline.com/>
- **Location:** Stauffer Library

## Career Services

- Career services provides support for your career planning (e.g. decisions about course and program fit, finding a summer job, choosing extracurricular activities, or applying for grad school).
- **Location:** Gordon Hall

## Academic Grievance Center

- This service is ran by student volunteers who answer any questions or concerns regarding academic grievance, discipline or regulations. This service can be of use if you have a problem in a class or need someone to talk to.
- **Location:** JDUC room 040
- **Hours:** Monday-Friday 12:00-4:00pm
- **Phone:** 613-533-6000 ext.32327
- **Email:** ago@queensu.ca

## LGBTQ+ Resources

### Positive Space

Positive Space stickers in work, living, or study areas signal that all are welcome. To be welcoming includes not making assumptions about anyone's gender or sexual orientation, being aware of intersectionalities with other forms of oppression, and working to overcome both overt and subtle forms of discrimination and harassment.

### Levana Gender Advocacy Centre

A student-funded organization committed to creating and nurturing a radical community of Kingston students and residents devoted to fighting gender oppression and advocating for gender empowerment.

**Location:** 51 Bader Ln,  
**Email:** levanacentre@gmail.com

### Coming Out Living After (COLA)

A Queer discussion group for all members of the Kingston community. It's a great place to hang out, meet new people and discuss topics that pertain to the LGBTTTQQIIAA community.

**Location:** Ban Righ Centre, 32 Bader Lane  
**Hours:** Mondays, 7:00-8:30

# Cultural & Religious Identity Resources

## Faith and Spiritual Life: Chaplain

- Interfaith chaplain providing confidential counseling, ceremonial services, interfaith community development, and spiritual support to students, faculty, and staff on campus.
- 613-533-2186
- **Main Campus:**
- Monday - Friday from 10:00am - 4:00pm
- Evening appointments by request
- Theological Hall Chapel: Open Thursdays from 12:00pm - 3:00pm for quiet reflection
- Quiet space at the back of the second floor of Stauffer Library
- **West Campus Office (in the old Tuck Shop on Student Street):**
- Tuesdays from 11:30am - 1:30pm
- West Campus Quiet Space: A311

## Queen's University International Centre

- A support service for all members of the Queen's community and through its activities promotes an internationally informed and cross-culturally sensitive learning environment
- located in the JDUC main floor (99 University Ave.)

## Four Directions Aboriginal Student Centre

- A home away from home for indigenous students and a site of information and support for the broader Queen's community
- **Location:** 146 Barrie St.

## Accessibility Resources

### AMS Taxi Service

The AMS Taxi Bursary exists to assist students who face temporary mobility difficulties with extra costs they may face. Students may apply for this bursary through Student Awards. In order to be eligible, you must provide a doctor's note verifying your temporary disability and document your taxi usage. The maximum available amount is \$250.

### Regional Assessment Resource Centre

Provides psycho-educational and neuro-psychological assessment services to post-secondary students in Southeastern Ontario. Students with learning disabilities, ADHD or other disabilities can contact the RARC directly if they need an updated assessment

**Location:** Mackintosh-Corry Hall, B100

**Hours:** 8:30 am - 4:30 pm

### Adaptive Technology Centre (ATC)

The Adaptive Technology Centre (ATC) offers a range of services, computers, assistive devices, specialized software and workshops. The ATC also supports students with disabilities with developing effective reading, writing, research and study skills.

**Location:** Room 120, Stauffer Library

### Accessibility Hub

The Accessibility Hub is a central online resource for accessibility at Queen's. It will serve to elevate inclusion and improve access for everyone on our campus. The Accessibility Hub will not only provide support and feedback concerning accessibility initiatives, it will also serve as an online community for those seeking information on disability and accessibility issues on campus, and assist the university in meeting its obligations under the AODA.

# WHAT IS ORIENTATION WEEK?

Orientation week is an amazing experience designed to help you get to know people in your faculty through fun activities and events. There are 9 different faculty orientation weeks at Queen's and each one is incredible!

In order to receive more specific information about your program, meet other students who will be taking the same classes as you, as well as discover Queen's campus, and learn about the academics and resources that Queen's has to offer, orientation weeks are separated based on faculty. Each orientation week has a specific name for their leaders, they include:

Arts and  
Science:  
Gaels

Health  
Sciences:  
Coats

Computer  
Science:  
Techs

Engineering:  
FRECs

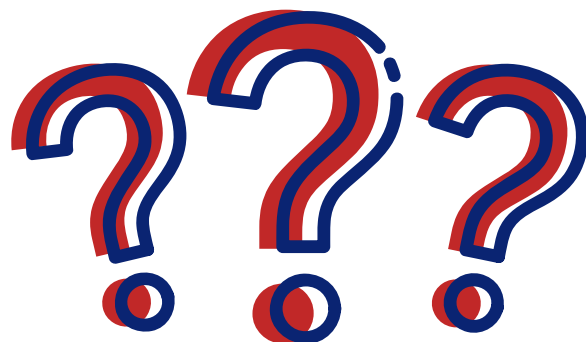
Commerce:  
Bosses

Kinesiology:  
Coaches

Nursing:  
Capes

Concurrent  
Education:  
Teaches

New Exchange  
and World  
Transfer Students  
(NEWTS):  
Geckos



As an incoming student to Queen's you will be participating in two orientation weeks; residence orientation as well as faculty orientation. Residence orientation will be led by your Residence Advisor which at Queen's is called a Don. If you are a first year not living in residence (FYNIR), instead of residence orientation, student volunteers host an orientation week for FYNIRs which occurs simultaneously with residence orientation week, neither residence or FYNIRs orientation week will interfere with faculty orientation.

Faculty orientation is four days long lasting from September 2nd - 4th and Sept. 7th. This is a great opportunity to meet other first year health sciences students, learn about health sciences classes through academic events, get to know Queen's campus, discover the variety of resources offered at Queen's, as well as have some fun!

The focus of orientation week is making friends and connections within our faculty, but also to learn about Queen's traditions and heritage, academics and resources on campus. Orientation Week at Queen's is entirely alcohol-free, to ensure that all students feel comfortable participating in Orientation without the pressure to drink. Additionally, any form of hazing, degradation, or blatant humiliation of any students is prohibited during Orientation Week. Your Coats have undergone extensive anti-hazing training and will make every effort to ensure a safe and positive Orientation experience for everyone. Registration for Orientation Week is optional, as is your choice to participate in events if you do register for Orientation. You can participate as you please and choose how you experience it. We hope you choose to share your first few days at Queen's with us!

# What to Bring For O-Week?



Shoes you don't mind getting messy



Clothes you don't mind getting dirty



Swimsuit and Sunscreen



Water bottle



Semi-formal attire



Open mind



At least one piece of clothing to donate to the fashion show





# Head Coat

Head COAT this year is Elle Mackenzie!

Elle is a fourth year Life Sciences student. Elle has the pleasure of working alongside six other fantastic executives in overseeing all aspects of Health Sciences Orientation! Together, with the 25 leaders, Health Sciences Executive Committee organizes and facilitates fun and informative events for the incoming students.

Elle is most excited to see all the hard work that has been put into this Orientation Week come together for an incredible four days for the incoming class of 2023!



# HEC - Health Sciences Executive Committee

HEC is a group of wonderful 3rd and 4th year students in a variety of faculties and programs who have worked throughout the year to organize all aspects of Orientation Week!



You'll see them throughout the week running around in yellow bucket hats making sure everything is running smoothly. If you see any of us, feel free to say hello and introduce yourself!



# HEC

**ALEX:** Alex is a Psychology and Gender Studies Medial student entering her fourth year. She has been actively involved in ArtSci Orientation Week in all three years as an incoming student, Gael, and an Orientation Coordinator and is excited about being an executive team member and creating a brand new Orientation Week experience!



Alex is the 2019 Finance, Marketing, and Merch Executive and is responsible for all things O-Week finance and graphic design. She is super excited about creating new traditions in the Health Sciences faculty and can't wait to see HealthSci students on campus for the first time! A fun fact about Alex is that she has lived in six countries and is super passionate about drinking iced coffee in ALL seasons.

**CARSON:** Carson is entering his 4th year at Queen's University and is studying Life Science. Carson is one of the Logistics Coordinations for the 2019 Health Science Orientation Week. Carson has been involved in Orientation Week ever since his first year, and is excited to continue to be apart of Orientation Week. Carson's favourite part of Orientation Week is how it allows the creation of so many new friendships. In his spare time, Carson enjoys going to the gym, skiing and playing with his brother's dog for hours on end. Carson is super excited to welcome the class of 2023 this upcoming September!





**CLAIRE:** Claire is a third year nursing student and is one of the Logistics Coordinations for the Health Sciences Orientation Week! As a logistics executive, she is responsible for the behind the scene work that goes into Orientation Week, such as planning and making sure all events run smoothly. Because it is the first Health Science Orientation Week, Claire is excited to see all of the events that the executive team has planned come to life! A fun fact about Claire is that her favourite food is honey garlic chicken wings!



**KRISTIN:** Kristin is entering her fourth year at Queen's University and is majoring in Life Sciences. Kristin is the social executive for the 2019 Health Sciences Orientation Week! Her roles include preparing and training the Health Sciences Orientation leaders. She organizes the leader's training week in the summer, as well as social events throughout the school year to promote leader bonding. Kristin is very excited to welcome the very first group of Health Sciences students to Queen's University and introduce them to their new home! A fun fact about Kristin is that she LOVES Ms.Vickie's salt and vinegar chips!



**LESLIE:** Leslie is entering her third year of nursing at Queen's University. She is the Community Outreach Coordination for Health Sciences Orientation Week and is super excited about the fashion show and to make sure all incoming students have a fun and inclusive week! A fun fact about Leslie is that she loves to cook!



**MEGAN:** Megan is entering her fourth year at Queen's with a major in biology and minor in psychology. Megan is the academics executive for Health Sciences Orientation Week this year. She organizes all academic events for orientation week. She is very excited to welcome many new faces to Queen's wonderful campus! A fun biology fact that Megan loves is that ostriches should be taken more seriously because they are faster than horses and can roar like male lions!





# Coats

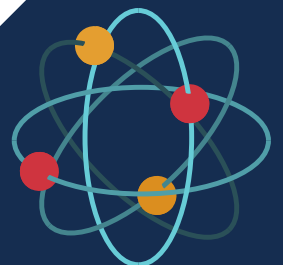
## Your Orientation Leaders

Coats are your Health Sciences Orientation leaders! They will guide you throughout Orientation Week and your entire first year at Queen's. This year, Coats range from second to fourth year students in a variety of programs and specializations offered at Queen's! It is the Coats job to ensure that you have an unforgettable Orientation Week, answer any questions you may have about university, and aid in your transition into life at Queen's.



Your Coats are your mentors and friends, they can help you with anything, whether it is school-related or not. Your relationship with your Coats does not end after Orientation Week, they will always be there for you, to guide you throughout your years at Queen's!

They are super excited to meet you!

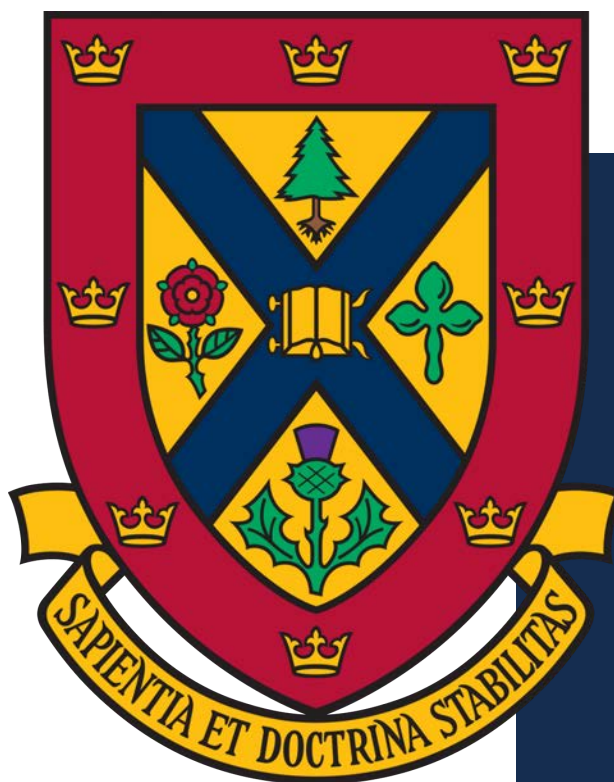


# Why a 'Coat'?



'Coat' is the name of the Health Sciences Orientation week leaders! The Bachelor of Health Sciences program prepares students for a variety of different careers, most of which are in the health field.

Since most health professionals wear 'lab coats', we chose the name 'coat' to represent the leaders during Health Sciences Orientation Week. Additionally 'Coats' represent the Queen's Coat of Arms!



On the Queen's Coat of Arms , the pine tree represents Canada, a thistle for Scotland, a rose for England, and a shamrock for Ireland. These four illustrations depict the heritage of Queen's University. In Latin, written below the coat of arms is the phrase: "*Sapientia et Doctrina Stabilitas*" which translates to "Wisdom and learning shall be the stability of thy times."

# O-WEEK SCHEDULE

**Monday**

**Tuesday**

**Wednesday**

**Saturday**

**Registration  
& Welcome**  
8:00-10:00

**Academics:  
Learning Strats**  
10:30-11:30

**Lunch**  
12:00-13:00

**Lets Get  
Scrambled**  
13:30-16:00

**Queen's in  
the Park**  
16:30-17

**Break**  
17:30-19

**Hypnotist**  
19:30-21:30

**Mystery  
Roadtrip**  
8:00-17:30

**Sidewalk  
Sale**  
8:30-9:30

**Academics:  
Mock Lecture**  
10:00-11:30

**Coverall  
Painting &  
BBQ**  
11:30-14:30

**Fashion  
Show**  
14:30-17:30

**Break**  
17:30-19:30

**Ready,  
Set, Glow!**  
19:30-22:00

**Faculty  
Breakfast**  
9:00-10:00

**Mental  
Health**  
10:30-12:30

**Break**  
12:30-13:30

**HECercise**  
13:30-16:30

**Break**  
16:30-19:00

**Semi Formal,  
Awards, & Tams**  
19:00-23:00

**Coffee  
House**  
20:00-22:30



# COVERALLS



## GROUND RULES?

- Get your coveralls as messy as possible!
- Paint your coveralls in a way that represents you!
  - Never wash them!

On the first day of Orientation Week, you will have the opportunity to pick up or purchase your coveralls! Coveralls have been a longstanding tradition at Queen's University, dating back years. You'll have the chance to participate in this tradition by purchasing a pair of coveralls online or in person for \$35! Coveralls include your class year and slogan, and are worn during various Orientation Week events. They are covered in shaving cream, cheese puffs, ribbon, silly string, and dirt and customized by you with Tri-Colour paint.

## HOW TO BUY COVERALLS

**ONLINE:** When you register online for HealthSci Orientation Week, you can purchase your coveralls and reserve your desired size.

**IN-PERSON:** On the first day of our Orientation Week, coveralls can be purchased via cash. Your desired size may not be available, but you'll still be able to participate in this great tradition!



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## OUTREACH CHARITY

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Diabetes Canada

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### **Hello Everyone!**

I am so excited to welcome you to Queen's University's first ever on-campus Health Sciences class and its first ever Orientation Week! My name is Leslie Maggs and I am a member of the Executive Committee who spent all of last year planning an amazing week for you guys, and my role as in community outreach was to partner with a charity. I am beyond thrilled to announce that Health Sciences Orientation Week has partnered with Diabetes Canada! As a part of Orientation Week, your dedicated Orientation Leaders have been collecting clothing donations throughout the year for the Fashion Show event to be held during Orientation Week. We will be asking you, our wonderful incoming students, to also donate a minimum of one item of clothing for the fashion show event! All clothing donations from the fashion show will then be donated to Diabetes Canada to raise funds and aid in textile diversion. Items accepted for donation include all types of clothing, shoes and boots, accessories and bags, and general cloth items (bedding, bath towels, etc.).

The other event planned for Orientation Week to raise funds for Diabetes Canada is a Coffee House, which will be a casual and fun night spent at a coffeeshop on Queen's University campus called Common Ground Coffee House. There will be coffee, tea and baked goods available for purchase, and all funds raised will go towards Diabetes Canada. As a charitable organization, Diabetes Canada was formed in 1953 and aims to provide advocacy, education, research funding and programs and services for those living with diabetes. Queen's University Health Sciences Orientation Week is proud to be partnered with Diabetes Canada to support them and their mission.

Congratulations on joining our big family at Queen's University, and I cannot wait to meet everyone in the fall!

**Sincerely,**

**Leslie Maggs**

The Diabetes Canada logo, featuring the words 'DIABETES' and 'CANADA' in a bold, blue, sans-serif font. A thick blue horizontal bar is positioned behind the word 'DIABETES'.



# Welcome to Queen's!

## Brief History of Queen's



Back in 1841, Queen Victoria founded “Queen’s College” by decree by Royal Charter, modelling the school after the University of Edinburgh in Scotland. This connection still remains in our traditions today, seen in our Gaelic roots, the Oil Thigh, and being the only college pipe band in Canada.

After moving through several locations, the university finally settled on Summerhill, which is still one of the most beautiful places on campus today.

After almost joining with the University of Toronto in 1912, the school finally became established as “Queen’s University.” From 1901 to 1970, the school grew from 300 undergrads to 1000 undergrads. Today, we have over 20,000 students! Welcome to the family!





# TRADITIONS

Celebrating 178 years of Queen's



## TRICOLOUR

In 1884, the President of the Alma Mater Society and the captains of the football and soccer teams came together to decide that blue, gold, and red ought to be the colours of Queen's. The individual colours represented the three original faculties: red for Arts and Science, gold for Applied Science, and blue for Medicine. These three colours can be found on almost everything Queen's-related. Across faculties, these colours unite us as a community and as a school!



## TAMS

Queen's tams are a unique part of our traditions that reflect the University's Scottish heritage. You will receive your tam during Orientation Week's Tradition ceremony. Each faculty has their own coloured pom-pom on the top – ours is blue and gold! In 1920, tams were worn as formal attire at Queen's, and first years were required to wear their tams over their ears or get their pom-pom removed. Although they are no longer worn every day, first years must still cover their ears with their tam when wearing them to football games, Homecoming, or other Queen's events!

## YEAR DANCE

Every year, all faculty Orientation Weeks create a dance for the incoming class that is unique to them! Throughout Orientation Week you'll see large groups of students dancing together with their respective faculty. The year dance is a fantastic opportunity for each faculty to come together and participate in something special.



# ADVICE FOR YOUR FIRST YEAR OF UNIVERSITY

- Get **organized**: create to do lists, input your syllabus into your calendar, keep an agenda.
- Each course will outline the expectations for you each week. Make sure to check this at the beginning of the week, so that you **come to class prepared**.
- Don't be afraid to **ask for help**: whether you use the resources, talk to your COATS, peers, TA's or professors, make sure you ask for help when you need it.
- **Engage** with your peer groups, TAs, and instructors in class in order to get the most out of the small group learning sessions!
- Have a **support network**: find people that you can talk to about your troubles at school, internal struggles or simply enjoy being around and sharing the positive aspects of your day with.
- Find something **other than school**: don't let school occupy your life! Make sure to get out, join some clubs, volunteer, and meet new people.
- **Don't do anything you don't want to do**: never feel that you need to do something even though you don't want to do it.



# ADVICE FOR YOUR FIRST YEAR OF UNIVERSITY

- **Learn from your mistakes:** first year is a time of trial and error, eventually you will find what works for you. Seek help if you find yourself stuck.
- **Make time for yourself:** your physical and mental health are important! Pencil in breaks and make healthy habits part of your routine.
- Get **a good night's sleep:** sleep is important for memory consolidation and your sanity, make sure you're sleeping enough!
- Remember that **you are not alone** and you are not the only one who may struggle with school, mental health and the **adjustment to university life**. It's important to take time for yourself. **Your health is your #1 priority.**
- Come with **an open mind** and be willing to **try to step out of your comfort zone**. You learn the most about yourself when doing things you're not used to. That being said, **knowing your limits is also essential**. Don't be afraid to say, "I just need to take a break".
- Take advantage of every **opportunity** that comes your way. There are so many excellent ways to get involved but **you have to take the first step** if you ever want to get that far.



# FOLLOW US!

Find us on social media for all your Health  
Sciences Orientation Week updates!



Queen's Health Sciences Orientation  
Week



@healthsciorientation