Welcome
To Life Sciences and Biochemistry!

Louise Winn, PhD
Associate Dean Life Sciences and Biochemistry
Professor, Department of Biomedical and Molecular Sciences
School of Environmental Studies
My role as Associate Dean ...

- To assist LISC & BCHM students in all academic matters
- To provide LISC & BCHM students with adequate resources for education (i.e., TA’s in labs)
- To support LISC & BCHM students with non-academic issues
- To ensure the academic standards in the curriculum
- To foster and promote the development of new educational initiatives in the LISC & BCHM curriculum
- To report to the Deans regarding LISC & BCHM matters
Where and when to find me:

Life Sciences and Biochemistry Office
6th Floor Botterell Hall / Room 650

Monday, Wednesday or Thursday afternoons
Tuesday mornings – email Program office for dates/times
How to book an appointment?

Ms. Katherine Rudder:
613-533-6527 / lifesci@queensu.ca

Ms. Denise Cameron:
613-533-2900 / biochem@queensu.ca

Ms. Alana Korcynski
(mid October)
Queen's University
Office of the Associate Dean
Life Sciences & Biochemistry

Life Sciences and Biochemistry
A place where exceptional students learn to analyze and think critically, communicate and debate, interpret and judge independently - skills that are sought after by employers in the biomedical research and health care industries.

Questions? We Are Here To Help.

http://healthsci.queensu.ca/liscbchm/
WEEKLY UPDATE
Office of the Associate Dean Life Sciences and Biochemistry
Bannatyne Hall, Room 813
www.health sciences. queen's.ca/office

September 15, 2015

Classes have begun!!!

Dr. Kawaja will be available for students to drop in or book appointments. It is very helpful if we do
know in advance that you will be coming in so we can have your file ready. Please contact Erin at either
life@queensu.ca or bchm@queensu.ca and she will schedule you in. Keep in mind that both Denise
and Katherine are available to assist you with your Plan, courses, etc. and sometimes this is your best
starting point.

Booking appointments/drop in on the following dates (subject to changes):

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 16</td>
<td>5:30 pm</td>
<td>Botterell B139</td>
<td>Welcome to LISC and BCHM Information and BBQ (refer to email for details)</td>
</tr>
<tr>
<td>Sept 25</td>
<td>All Day</td>
<td>Botterell B139</td>
<td>We will be in Toronto at the Ontario Universities Fair</td>
</tr>
<tr>
<td>Oct 2</td>
<td>2:30 pm</td>
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<td>Meeting with Dr. Kawaja (Info to follow in an email)</td>
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UPCOMING EVENTS

<table>
<thead>
<tr>
<th>DATE</th>
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<th>EVENT</th>
<th>STUDENT TARGET YEAR</th>
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</thead>
<tbody>
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<td>5:30 pm</td>
<td>Botterell B139</td>
<td>Welcome to LISC and BCHM Information and BBQ (refer to email for details)</td>
<td>2nd year</td>
</tr>
<tr>
<td>Sept 25</td>
<td>All Day</td>
<td>Botterell B139</td>
<td>OFFICE WILL BE CLOSED FOR THE DAY. We will be in Toronto at the Ontario Universities Fair</td>
<td>All years</td>
</tr>
<tr>
<td>Oct 2</td>
<td>2:30 pm</td>
<td>TBA</td>
<td>Meeting with Dr. Kawaja (Info to follow in an email)</td>
<td>All 499 Students</td>
</tr>
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</table>

Information to pass on from other areas around campus.

2nd, 3rd, 4th Year Students:

Life Science Social Committee Applications are now available. The Life Science Social committee is seeking
creative and outgoing volunteers to help plan and organize fun and exciting social events for students in Life
Sciences. To obtain more information and get an application please email the Social Co-Chairs at
social@life.sc@gmail.com.

It’s that time of year again! Student Academic Success Services: Learning Strategies & The Writing Centre is
once again promoting its free undergraduate workshops on academic skills such as time management, reading,
writing, exam prep, and more.

CUHOB 2015 is now hiring student volunteers. This multidisciplinary healthcare conference will take place
from November 13th-15th 2015 at Queen’s University. We are looking for volunteers to help us make the
conference a success. The volunteer application can be found on our website at cuhob.com or on our Facebook page.
Submission deadline is Sunday, September 20th 2015 at 11:59pm. Please contact logistics@cuohb.com with any
questions or concerns.
To paraphrase Wiki ....

An open door policy ... serves to foster an environment of collaboration, high performance, and mutual respect between ... faculty and students.

My “open door policy” is to encourage LISC & BCHM students to offer suggestions and ideas, provide or solicit feedback, seek professional counsel, or address concerns within the faculty and university. It is my hope that this policy will establish an environment of trust and mutual respect between me, your Associate Dean, and you, the LISC & BCHM students.

This allows also you to speak openly about issues (i.e., face-to-face), giving you the knowledge that your voice is heard and that issues will be addressed and resolved in an expeditious and equitable manner.
Our office .......

a clear notice to students, and to staff and faculty as well, that all individuals can feel confident that their differences (regardless of what they may be) will be respected!
Information sessions:

In the New Year
- meet 2nd year students about 3rd year
- meet 3rd year students about 4th year

Sept 21 - meet LISC 499 and BCHM 421/422 students

AND

Career Conference
by LISC and BCHM Executive Councils

Late October
“Canadians studying medicine abroad”

Next March (2019)
“Poster Day”
How do I stay healthy?

Make self-care a priority

- Prioritize a good night’s sleep
- Be proactive in accessing help or supports
- Schedule time for fun and relaxation! De-stress
- Eat fruits & veggies every day

- Be kind to yourself! Excellence does not require perfection
- Be active at least 150 minutes a week
- Get involved in activities you like to do
- Stay connected to friends, family & important others

Queen's University
One Size Does Not Fit All

Undergraduate Science Case Competition 2014
Where to get support

Student Academic Success Services, Stauffer Library, 613.533.6315

AMS Peer Support Centre, John Deutsch University Centre, Rm 034 (lower level)

Barb Lotan Sexual Violence McCorry Hall B502

Faith & Spiritual Life JDUC Rm 142B

Counsellors are located in residence & some faculties. Contact Student Wellness Services for more information

Student Wellness Services, Health, Counselling, Accessibility and Health Promotion LaSalle Building, 140 and 146 Stuart St.

Career Services, Gordon Hall, 613.533.2992
Feeling Overwhelmed?

Re-focus on Self-Care
Take care of yourself.
Make yourself a priority.
Re-balance

Talk About It
Reach out to family, a friend, or a supportive other.

Take Action

Use Campus Supports
- Student Academic Success Services (SASS)
- Peer Support Centre
- Peer Mentoring
- Chaplain’s Office
- Academic Advisors
- International Centre
- Career Services
- Four Directions

Come to Student Wellness Services

Mental Health Support
- Talk to a counsellor about how you are feeling
  (At LaSalle, in residence or in some Faculties)
- See a family doctor or a nurse
- Talk to one of our care co-ordinators
- Make an appointment or drop-in

Accessibility
- Talk to your accessibility advisor if you are registered
  with Queen’s Student Accessibility Services

Health Promotion
- Make an appointment to discuss sleep, eating or activity habits, or to access health and wellness information,

Not sure who to see?
Come to the front desk!

Student Wellness Services 146 Stuart St (LaSalle building).
Health Promotion is next door 140 Stuart St.
If you or someone you know has experienced sexual violence, you can access a variety of supportive services, on and off campus.

**Not sure what to do?**

Contact Barb Lotan, *Sexual Violence Prevention & Response Coordinator*
She can help you understand the options and connect you with the services you are comfortable with.

– Call Barb at **613-533-6330** or email her at **bjl7@queensu.ca**
– B502 Mackintosh-Corry Hall – in the Human Rights Office – Monday-Friday

**GET HELP. GIVE HELP.**

[https://www.queensu.ca/sexualviolencesupport/](https://www.queensu.ca/sexualviolencesupport/)

After hours or in an emergency, call Queen's 24h Emergency Line at 613-533-6111
They are often sad, anxious, angry, irritable, or numb. They are sleeping way too much or too little. They express feeling hopeless, helpless, worthless and/or trapped. They are having trouble making decisions or concentrating. Their weight changes dramatically (gain or loss). They stop hanging out with friends and doing things you know they like to do. They are making decisions that are risky or unsafe. They express feeling hopeless, helpless, worthless and/or trapped. They are often sad, anxious, angry, irritable, or numb. They stop going to class or handing in assignments. They stop hanging out with friends and doing things you know they like to do.

Does your friend need help?

Approach, Listen, Support, Refer them to Student Wellness Services.
Life Sciences Competition Toronto

Convocation