

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



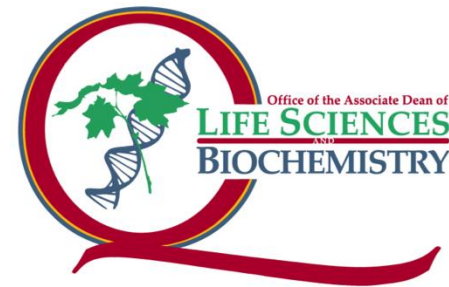
Queen's
UNIVERSITY



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 Korczynski
(mid October)

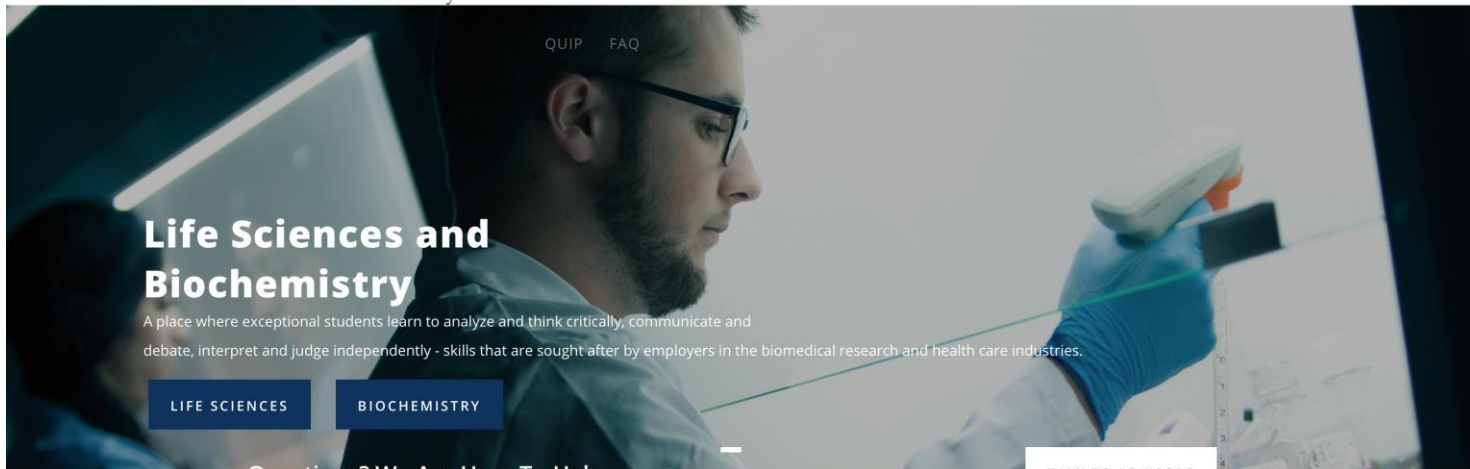
<http://healthsci.queensu.ca/liscbchm/>

Queen's University
Office of the Associate Dean
Life Sciences & Biochemistry

FACULTY OF HEALTH SCIENCES | SCHOOLS | RESEARCH | BRACKEN LIBRARY | CPD | GIVING

Q SEARCH AND SIGN IN

HOME ▾ LIFE SCIENCES (LISC) ▾ BIOCHEMISTRY (BCHM) ▾ DEADLINES DEPARTMENTS QUARMS



QUIP FAQ

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.

LIFE SCIENCES BIOCHEMISTRY

Questions? We Are Here To Help.

TALK TO ADVISORS

<http://healthsci.queensu.ca/liscbchm/>



WEEKLY UPDATE

Office of the Associate Dean Life Sciences and Biochemistry

Botterrell Hall, Room 813

www.healthsci.queensu.ca/liscbchm



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 lifesci@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):

September 17:	1:00 – 3:00 pm	October 6:	1:00 – 5:00 pm
September 22:	2:30 – 5:00 pm	October 13:	1:00 – 5:00 pm
September 29:	2:30 – 5:00 pm	October 22:	1:00 – 5:00 pm
		October 27:	1:00 – 5:00 pm

UPCOMING EVENTS

DATE	TIME	LOCATION	EVENT	STUDENT TARGET YEAR
Sept 16	5:30 pm	Botterrell B139	Welcome to LISC and BCHM Information and BBQ (refer to email for details)	2 nd year
Sept 25	All Day	Botterrell 813	OFFICE WILL BE CLOSED FOR THE DAY. We will be in Toronto at the Ontario Universities Fair.	All years
Oct 2	2:30 pm	TBA	Meeting with Dr. Kawaja (info to follow in an email)	All 499 Students

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@lifesci@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.

CUCOH 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 cucoh.com or on our facebook page. Submission deadline is **Sunday, September 20th 2015 at 11:59pm**. Please contact logistics@cucoh.com with any questions or concerns.

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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!



POSITIVE SPACE

Celebrating
Sexual and Gender
Diversity
at Queen's

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 student

AND

Career Conference

by LISC and BCHM Executive Councils

Late October

“Canadians studying medicine abroad”

Next March (2019)

“Poster Day”

You are invited to attend the 3rd annual

“Canadians Studying Medicine Abroad”

Botterell Hall B139

Wednesday 29th of October 2014

6:30 - 7:30 PM

**This is your chance to hear from Canadian docs
who did their medical education in
Australia, the Caribbean, or Ireland,
and are now home practicing.
Come with lots of questions!**

Host –

Dr. Michael Kawaja

Associate Dean Life Sciences and Biochemistry

Speakers –

Dr. Janique Dyba, PGY 1 Internal Medicine Queen's
BPHE & BScH (Queen's), MBBS (University of Queensland, Australia)

Dr. Jennifer Martins, PGY 2 Psychiatry Queen's
BScH & MSc (Western),
MD (Medical University of the Americas, St. Kitts & Nevis)

Dr. Asad Naqvi, PGY 1 Diagnostic Radiology Queen's
BScH (McMaster), MBBS (University of Limerick, Ireland)

How do I stay healthy?



Queen's
UNIVERSITY

Be active at
least **150**
minutes a week



Prioritize a good
night's sleep

Be proactive in
accessing help
or supports

Get involved
in activities you
like to do

**Make self-care
a priority**

Schedule time
for fun and
relaxation!
De-stress

Stay
connected to
friends, family
& important
others

Be kind to
yourself!
Excellence does
not require
perfection

Eat fruits &
veggies every day





One Size Does Not Fit All

Undergraduate Science Case Competition 2014



Queen's
UNIVERSITY



A A A LOGIN REGISTER



Canadian Undergraduate
Conference on Healthcare

November 14-16, 2014
Queen's University

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QSURJ
Queen's Science Undergraduate Research Journal

Where to get support



**Student Academic
Success Services,
Stauffer Library,
613.533.6315**

**Barb Lotan
Sexual Violence
McCorry Hall B502**

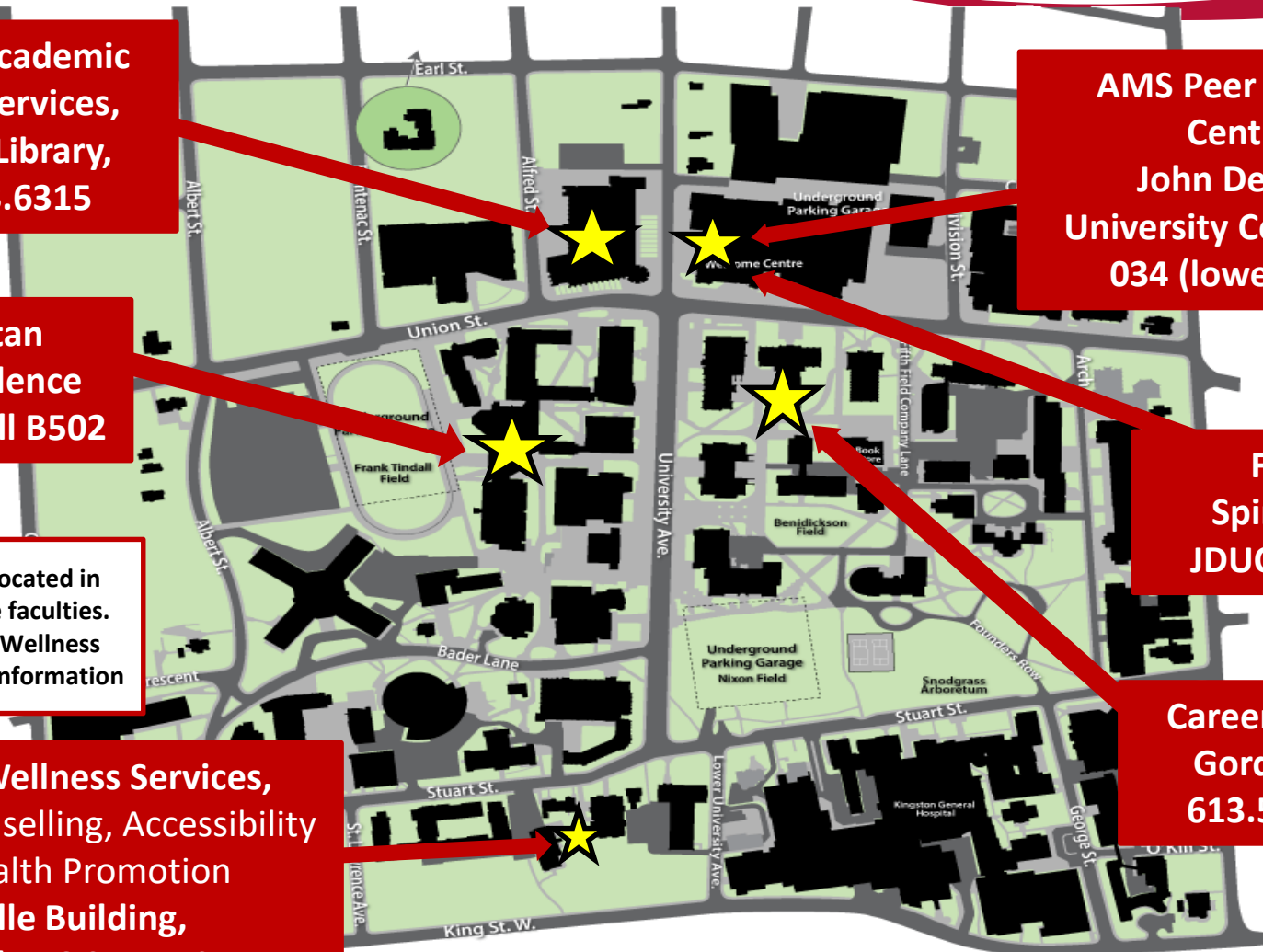
Counsellors are located in
residence & some faculties.
Contact Student Wellness
Services for more information

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

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

**Faith &
Spiritual Life
JDUC Rm 142B**

**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

Move. Create. Breathe.
Make a change. Ask for
help.

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.

Sexual Violence



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/>

After hours or in an emergency, call Queen's 24h Emergency Line at 613-533-6111

Worried about a Friend?



They are sleeping way too much or too little

They stop hanging out with friends and doing things you know they like to do

Their weight changes dramatically (gain or loss)

They are having trouble making decisions or concentrating

Does your friend need help?

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

Approach, Listen, Support,
Refer them to Student Wellness Services

Life Sciences Competition Toronto



Convocation

