

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



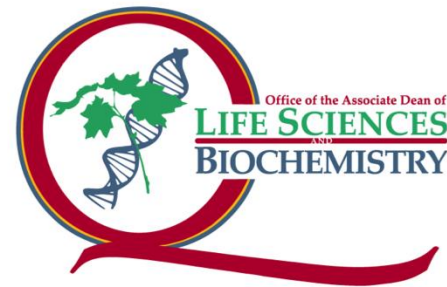
Queen's
UNIVERSITY



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
8th Floor Botterell Hall / Room 815

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. Alana Korczynski:

613-533-2900 / biochem@queensu.ca

- Please use your Queen's email and include your student number
- If requesting a meeting, please include a copy of your class schedule

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

<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

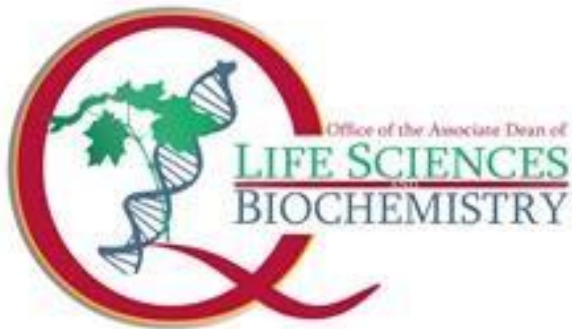
BIOCHEMISTRY

Questions? We Are Here To Help.

TALK TO ADVISORS

PAY ATTENTION

Weekly updates



WEEKLY UPDATE

September 9th - 13th, 2019

Office of the Associate Dean Life Sciences and
Biochemistry

Information sessions:

Wednesday October 16, 2019

- meet 2nd year students about 3rd year
- meet 3rd year students about 4th year

****Taking courses outside of Arts and Science – 6 Unit limit – unless all 9 units are approved BMED courses**

Sept 20, 2019 - meet LISC 499 and BCHM 421/422 students

- (Nancy Martin)

Career Conference

by LISC and BCHM Executive Councils

October 30, 2019

“Canadians studying medicine abroad”

Next March (2020)

“Poster Day”

Dear Students,

Mark your calendars!

On September 25th, 2019, Queen's is hosting the event, [Nobel Prize Inspiration Initiative](#), featuring Nobel Laureates Art McDonald and Martin Chalfie, and prominent health journalist, André Picard.

The Nobel Prize Inspiration Initiative is a global program designed to help Nobel Laureates share their inspirational stories and insights. By taking Nobel Laureates on visits to universities and research centres around the world, the Initiative seeks to bring the Laureates into closer contact with the worldwide scientific community, and especially with an audience of young scientists.

*The day's events will include **a public interactive discussion with both Nobel Laureates, moderated by Mr. Picard.** The discussion will take place at 2pm on September 25th at the Isabel Bader Centre for Performing Arts.*

This event is free and you can go here to register: [Nobel Prize Inspiration Initiative Public Discussion](#)

How do I stay healthy?



Try to be active for **150** minutes a week

Stay connected with friends & family

Make a schedule and TO DO lists to stay organized



Make your health a priority

Get involved in activities you enjoy

Make time for fun and relaxation

Prioritize quality sleep most nights



Be kind to yourself; excellence does not require perfection

Eat fruits & veggies every day



Where to get support



Queen's
UNIVERSITY

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

**Four Directions
Indigenous
Student Centre,**
146 Barrie Street

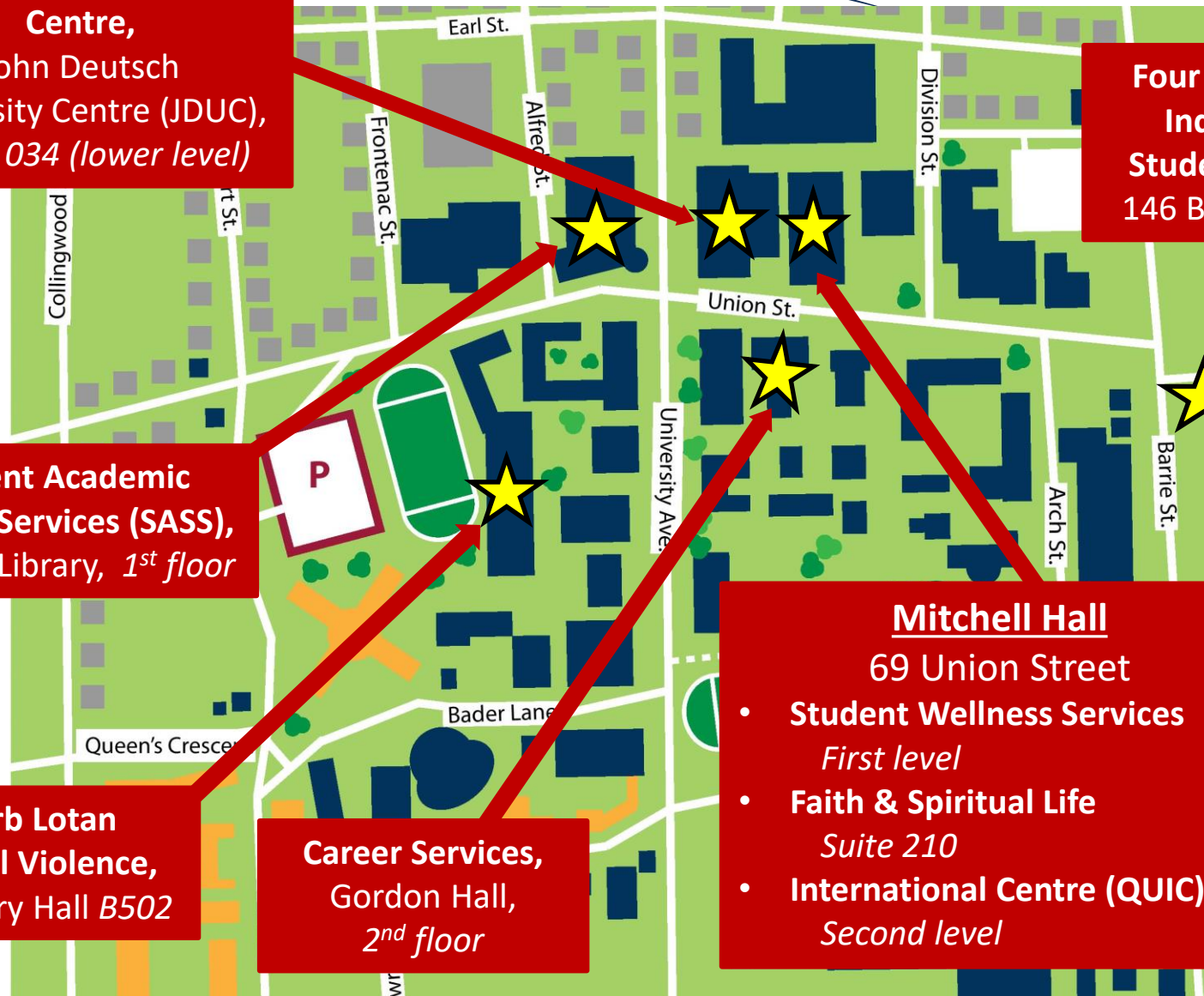
**Student Academic
Success Services (SASS),**
Stauffer Library, *1st floor*

**Barb Lotan
Sexual Violence,**
McCorry Hall *B502*

Career Services,
Gordon Hall,
2nd floor

Mitchell Hall
69 Union Street

- **Student Wellness Services**
First level
- **Faith & Spiritual Life**
Suite 210
- **International Centre (QUIC)**
Second level



Feeling Overwhelmed?



Re-focus on Health

Make taking care of yourself a priority.

Talk About It

Reach out to family, friends and/or other supports.

Take Action

Look for what may be the source of stress. Make a change. Ask for help.

Use Campus Supports

- Student Wellness Services (SWS)
- Student Academic Success Services (SASS)
- AMS Peer Support Centre (PSC)
- Peer Mentoring Programs
- Office of Faith & Spiritual Life
- Academic Advisors
- International Centre (QUIC)
- Four Directions Indigenous Student Centre

Additional Mental Health Support

- Therapy Assistance Online (www.taoconnect.org)
- 24 hr community crisis line (613-544-4229)
- Good 2 Talk (1-866-925-5454)
- Big White Wall (bigwhitewall.ca)
- Bounce Back™ (Ontario.cmha.ca)



Queen's Reads
2019 - 2020

Find out how you can
get a **FREE COPY** at
queensu.ca/studentexperience/queensreads



A COMMON READING PROGRAM for the QUEEN'S COMMUNITY

- An author visit
- Discussion groups
- Events focused on resiliency, diversity & inclusion



SIMON &
SCHUSTER
CANADA

Worried about a Friend?



Are they are sleeping way too much or too little?

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

Has their weight changed dramatically (gain or loss)?

Are they having trouble making decisions or concentrating?

Does your friend need help?

Are they are making decisions that are risky or unsafe?

Are they expressing feelings of hopeless, helpless and/or worthless?

Are they are often sad, anxious, angry, irritable, or numb?

Have they stopped going to class or handing in assignments?

How to Help: **Approach**, **Listen**, **Support** and **Refer** them to resources

How to Help a Friend

Approach

- Reach out
- Avoid assumptions, “diagnosis” or labels
- Say what you see

Listen

- Active listening
- Don’t listen to fix/judge/correct or speak
- Hold off on personal judgments

Support

- Focus on reassurance – things can get better
- Show that you’re there and want to help
- Offer compassion

Refer

- Treat seeking help as sign of strength/courage
- Your advice may be ignored – respect this unless it’s an emergency

“I noticed that _____, and I wanted to see if you’re okay/you need anything/if you want to talk. I’m worried about you.”

“That sounds difficult to deal with”

“It sounds like you’re feeling...”

“You are not alone”

“Thank you for sharing this with me”

“Have you thought about seeking additional support?”

“I know some resources that may help”

Sexual Violence Prevention and Response



GETTING HELP **or** GIVING HELP

For information about:

- Understanding options
- Supports and Accommodations
- Changes to the Sexual Violence Policy and employee duty (excluding health care providers) to notify the SVPRC
- Connecting with community resources

Visit:

queensu.ca/sexualviolencesupport/ OR

Connect:

Barb Lotan, Sexual Violence Prevention & Response Coordinator
p. 613-533-6330 | e. bjl7@queensu.ca
502 Mackintosh-Corry Hall Monday-Friday

