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
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 Korcynski:
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!
http://healthsci.queensu.ca/liscbchm/
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
- Get involved in activities you enjoy
- Make time for fun and relaxation
- Prioritize quality sleep most nights
- Eat fruits & veggies every day
- Be kind to yourself; excellence does not require perfection
- Make your health a priority

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Prioritize quality sleep most nights

Eat fruits & veggies every day

Make a schedule and TO DO lists to stay organized

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Try to be active for **150** minutes a week
Where to get support

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

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

Barb Lotan
Sexual Violence,
McCorry Hall B502

Career Services,
Gordon Hall, 2nd floor

Four Directions Indigenous Student Centre,
146 Barrie Street

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)
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
Worried about a Friend?

Are they 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 making decisions that are risky or unsafe?

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

Are they 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

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**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”**
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. bj17@queensu.ca
502 Mackintosh-Corry Hall Monday-Friday