Fall Open House
Life Sciences and Biochemistry

Wednesday September 16, 2020 7PM

Queen’s University is situated on traditional Anishinaabe and Haudenosaunee Territory
• Housekeeping
  – Introductions
  – Upcoming events
  – Where to get support
  – Q & A
    • Post questions in the chat
Who are we?

Louise Winn, PhD
Associate Dean Life Sciences and Biochemistry
Professor, Department of Biomedical and Molecular Sciences (DBMS)
School of Environmental Studies

John Allingham, PhD
Associate Head, Undergraduate (DBMS)
Chair of the Biochemistry Program
Professor, DBMS
Our roles …

• To assist LISC & BCHM students in academic matters
• To provide LISC & BCHM students with adequate resources for education (i.e., TA’s in courses)
• 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
Who are we?

Katherine Rudder
Undergraduate Assistant Life Sciences and Biochemistry

Emily O’Brien
Program Assistant, Biochemistry
Botterell Hall Room 815

How to book an appointment?

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

Emily O’Bien:  
biochem@queensu.ca

• Please use your Queen’s email and include your student number
• Appointments will be by phone or MS TEAMS
• **PAY ATTENTION:** Weekly updates
• Important Degree Plan changes for this year
Information sessions:

October 16, 2020 – Zoom session for LISC 499 and BCHM 421/422 students regarding graduate studies
• Host: Dr. Nancy Martin, Associate Head DBMS

Mid October:
- meet 2nd year students about 3rd year
- meet 3rd year students about 4th year

Late October 2020
“Canadians studying medicine abroad”
Who are we?

Melissa Vitaro and Kody Klupt
Biochemistry DSC Co-Presidents
bchm.dsc@asus.queensu.ca

Abhira (Abby) Raveendran
Life Sciences DSC President

• Team of students focused on making your university experience the best possible
  • Academic (LISC/BCHM Education committee)
  • Social
  • Treasurer
  • Extra curricular
DSC Events

• Zoom with profs (October)

• Writing your first BCHM 310/317 lab report

• 4th year research information via Zoom (Mid November)

• Career conference hosted by LISC and BCHM Executive Councils

• Zoom holiday party in late November
• Run by Career Services for Queen’s students/alumni
• Monthly Alumni Mentors share their valuable perspectives/experiences
• Insight/guidance for career options beyond graduation
• Path for networking

Access Queen's Connects Career Network for Students and Alumni: LinkedIn.com/groups/8154377
Where to get support

Mitchell Hall
- Student Wellness Services
  613-533-2506
- Faith & Spiritual Life
  Chaplain@queensu.ca
- International Centre (QUIC)
  QUIC@queensu.ca

AMS Peer Support Centre
peersupport@queensu.ca

Four Directions Indigenous Student Centre
4direct@queensu.ca

Student Academic Success Services (SASS)
academic.success@queensu.ca

Sexual Violence Prevention and Response
Barb Lotan – BJL7@queensu.ca
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)
- Faith & Spiritual Life
- Academic Advisors
- International Centre (QUIC)
- Four Directions Indigenous Student Centre

**Additional Mental Health Support**
- Therapy Assistance Online (TAO)
  [www.taoconnect.org](http://www.taoconnect.org)
- Empower Me 1-844-741-6389
- 24 hr community crisis line - 613-544-4229
- Good 2 Talk - 1-866-925-5454
- Togetherall (togetherall.com)
- Bounce Back™ (Ontario.cmha.ca)
Keep your community safe from COVID

Wear a mask, wash your hands, and respect social distancing guidelines.

Know the symptoms. Go get tested if you feel sick and socially isolate until you are well again.

Keep social gatherings within the limits set by Public Health.

Remember – It's your community! We are all in this together!

www.queensu.ca/covidinfo/students

Send questions to supportservices@queensu.ca
Have you updated your SOLUS account with the following information?

- Your current address and cell phone number
- Your emergency contact information
Questions?