

Welcome

To Life Sciences and Biochemistry!

Dr. Louise Winn, Associate Dean, Life Sciences and Biochemistry
Professor, Biomedical and Molecular Sciences & Environmental Studies

Dr. Robert Campbell, Biochemistry Undergraduate Chair
Assistant Professor, Biomedical and Molecular Sciences

Katherine Rudder, Program Assistant for Life Sciences

Beatriz Sugarman, Program Assistant for Biochemistry



Our roles.....

- 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 FAS regarding LISC & BCHM matters

Where to find us:



Life Sciences and Biochemistry Office
8th Floor Botterell Hall / Room 815



How to book an appointment?

Katherine Rudder: lifesci@queensu.ca

Beatriz Sugarman: biochem@queensu.ca

- HELP us HELP you:
 - 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

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

Website: <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

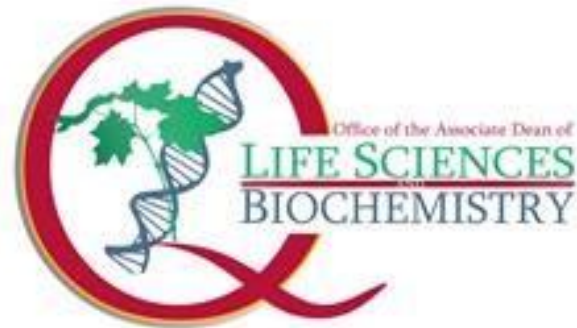
BIOCHEMISTRY

Questions? We Are Here To Help.

TALK TO ADVISORS

PAY ATTENTION

Weekly newsletter updates



Information sessions:

“YEAR/PROGRAM” specific information sessions will occur during the month of October – STAY tuned!

 UPDATE YOUR SOLUS TODAY



Phone Number



Current Address



Emergency Contact

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

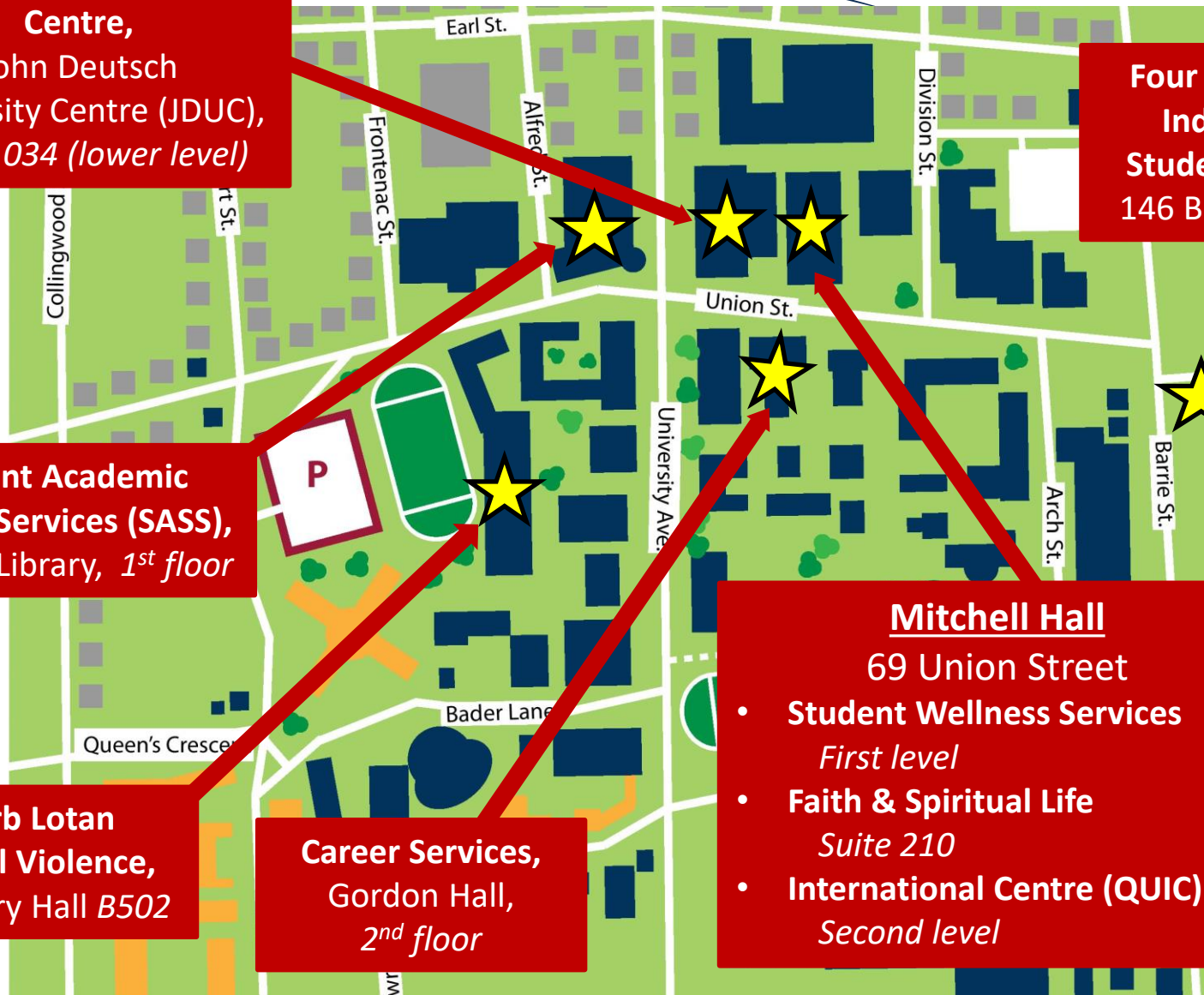
**Student Academic
Success Services (SASS),**
Stauffer Library, *1st floor*

**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



Where To Get Support



Mitchell Hall

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

Career Services

mycareer@queensu.ca

Inclusive Queen's

inclusivity@queensu.ca

Need help & don't know where to start?

supportservices@queensu.ca

AMS Peer Support Centre

peersupport@ams.queensu.ca

Four Directions Indigenous Student Centre

4direct@queensu.ca

Student Experience Office

student.experience@queensu.ca

Student Academic Success Services (SASS)

academic.success@queensu.ca

Wellness Resources

queensu.ca/campuswellnessproject/wellness-resources

Student Resources

queensu.ca/studentaffairs/

Yellow House

inclusivity@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)
- Peer Mentoring Programs
- Office of Faith & Spiritual Life
- Academic Advisors
- International Centre (QUIC)
- Four Directions Indigenous Student Centre

24/7 Mental Health Support

Empower Me

1-833-628-5589

Good 2 Talk

1-866-925-5454

Mental Health Resources

queensu.ca/studentwellness/mental-health

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

bjl7@queensu.ca

Meet your DSC teams!

Emily Wang and Laura Carrillo
Co-Presidents of the Life Sciences Student Council

Trina Dykstra-MacPherson and Colleen Tordoff
Co-Presidents of the Biochemistry Student Council

