

As a friend or family member, you have a big influence in your student's life choices and decision-making process.

There will be many ups and downs that students will experience during their time at university and we've put together this guide to give you some tips and suggestions on how to help support them with their transition into and throughout their first year at Dal.

# SEPT

A time of transitions

Your student will:

- be adjusting to new relationships, freedoms & responsibilities

Ask them:

- Have you thought about ways to get involved on campus?

Strategies:

- Brainstorm options
- Help them to build resiliency

31. Sa Residence move-in

1. Su

2. Mo Labour Day - closed

3. Tu Classes begin

4. We

5. Th

6. Fr

7. Sa

8. Su

9. Mo

10. Tu

11. We

12. Th

13. Fr

14. Sa

15. Su

16. Mo

17. Tu

18. We Fees due

19. Th

20. Fr

21. Sa

22. Su

23. Mo

24. Tu

25. We

26. Th

27. Fr

28. Sa

29. Su

30. Mo

# OCT

Getting into the swing of things

Your student will:

- be establishing a new schedule & managing their time

Ask them:

- Have you visited your faculty during office hours?

Strategies:

- Express interest in your students' academic pursuits

1. Tu Dec. exam schedule posted

2. We

3. Th

4. Fr

5. Sa

6. Su

7. Mo

8. Tu

9. We

10. Th

11. Fr

12. Sa

13. Su

14. Mo Thanksgiving Day - closed

15. Tu

16. We

17. Th

18. Fr

19. Sa

20. Su

21. Mo

22. Tu

23. We

24. Th

25. Fr

26. Sa

27. Su

28. Mo

29. Tu

30. We

31. Th

# NOV

Increasing workload and stress levels

Your student may:

- feel stressed with papers, projects and exams

Ask them:

- How are you planning to relieve stress?

Strategies:

- Encourage students to maintain healthy behaviours

1. Fr

2. Sa

3. Su

4. Mo

5. Tu

6. We

7. Th

8. Fr

9. Sa

10. Su

11. Mo Remembrance Day

12. Tu Study Break: Nov. 11-15

13. We

14. Th

15. Fr

16. Sa

17. Su

18. Mo

19. Tu

20. We

21. Th

22. Fr

23. Sa

24. Su

25. Mo

26. Tu

27. We

28. Th

29. Fr

30. Sa

# DEC

Winter exam period

Your student will:

- be experiencing their first exam period at Dal

Ask them:

- Did you meet your academic goals for the term?

Strategies:

- Provide referrals to academic resources across campus

1. Su

2. Mo

3. Tu Classes end

4. We

5. Th Exam period: Dec. 5-15

6. Fr

7. Sa

8. Su

9. Mo

10. Tu

11. We

12. Th

13. Fr

14. Sa Truro Residences close

15. Su

16. Mo Halifax Residences close

17. Tu

18. We

19. Th

20. Fr

21. Sa

22. Su

23. Mo

24. Tu

25. We Holidays: Dec. 25-Jan. 2

26. Th closed

27. Fr closed

28. Sa closed

29. Su closed

30. Mo closed

31. Tu closed

# JAN

New Year, new beginnings

Your student may:

- find it difficult to get back into the "swing of things"

Ask them:

- Have you spoken with an academic advisor?

Strategies:

- If they struggled in Fall term, encourage them to sign up for Back on Track

1. We New Year's Day - closed

2. Th University re-opens

3. Fr

4. Sa

5. Su Residence re-opens

6. Mo Classes begin

7. Tu

8. We

9. Th

10. Fr

11. Sa

12. Su

13. Mo

14. Tu

15. We

16. Th

17. Fr Fees due

18. Sa

19. Su

20. Mo

21. Tu

22. We

23. Th

24. Fr

25. Sa

26. Su

27. Mo

28. Tu

29. We

30. Th

31. Fr

# FEB

Winter midterms and study break

Your student may:

- experience low energy and motivation

Ask them:

- How are you keeping track of your tests and assignments?

Strategies:

- Help them create a plan for Study Week

1. Sa

2. Su

3. Mo

4. Tu

5. We Apr. exam schedule posted

6. Th

7. Fr Munro Day - closed

8. Sa

9. Su

10. Mo

11. Tu

12. We

13. Th

14. Fr

15. Sa

16. Su

17. Mo NS Heritage Day - closed

18. Tu Study Break: Feb. 17-21

19. We

20. Th

21. Fr

22. Sa

23. Su

24. Mo

25. Tu

26. We

27. Th

28. Fr

29. Sa

# MAR

High academic pressure

Your student may:

- experience the "winter blues"

Ask them:

- Are you excited about any upcoming events?

Strategies:

- Talk to them about self-care and provide support with time management

1. Su

2. Mo

3. Tu

4. We

5. Th

6. Fr

7. Sa

8. Su

9. Mo

10. Tu

11. We

12. Th

13. Fr

14. Sa

15. Su

16. Mo

17. Tu

18. We

19. Th

20. Fr

21. Sa

22. Su

23. Mo

24. Tu

25. We

26. Th

27. Fr

28. Sa

29. Su

30. Mo

31. Tu

# APR

Final exams and celebrating the end of the year

Your student will:

- be thinking of plans for next year

Ask them:

- Have you spoken with an advisor about setting some goals for next year?

Strategies:

- Help them stay motivated as the end is in sight!

1. We

2. Th

3. Fr

4. Sa

5. Su

6. Mo Last day of classes

7. Tu

8. We Exam period: Apr. 8-24

9. Th

10. Fr Good Friday - closed

11. Sa

12.

**ACADEMIC SUPPORT**[dal.ca/academicsupport](http://dal.ca/academicsupport)**Accessibility**

[www.dal.ca/accessibility](http://www.dal.ca/accessibility)  
902-494-2836 | [access@dal.ca](mailto:access@dal.ca)

**Libraries**

[www.dal.ca/libraries](http://www.dal.ca/libraries)

**Student Success**

Halifax: 902-494-3077  
[advising@dal.ca](mailto:advising@dal.ca)  
Truro: 902-893-6672 | [scc@dal.ca](mailto:scc@dal.ca)

**Study Skills & Tutoring**

Halifax: 902-494-3077 | [sfs@dal.ca](mailto:sfs@dal.ca)  
Truro: 902-893-6672  
[ssdalac@dal.ca](mailto:ssdalac@dal.ca)

**Writing Centre**

Halifax: 902-494-1963  
[writingcentre@dal.ca](mailto:writingcentre@dal.ca)  
Truro: 902-893-6672  
[acwrite@dal.ca](mailto:acwrite@dal.ca)

**GPA Calculator**

[www.dal.ca/gpa](http://www.dal.ca/gpa)

**Back On Track program**

[www.dal.ca/backontrack](http://www.dal.ca/backontrack)

**CAREER PLANNING  
& PREPARATION****On campus employment**

MyCareer: <http://mycareer.dal.ca>

**Career Counselling**

[www.dal.ca/careercounselling](http://www.dal.ca/careercounselling)

**Career Information**

[www.dal.ca/careerservices](http://www.dal.ca/careerservices)  
[www.dal.ca/acstudentsuccess](http://www.dal.ca/acstudentsuccess)

Halifax: 902-494-3537  
[career.services@dal.ca](mailto:career.services@dal.ca)

Truro: 902-893-7895  
[ssdalac@dal.ca](mailto:ssdalac@dal.ca)

**COMMUNITY CONNECTIONS**[dal.ca/campuscommunities](http://dal.ca/campuscommunities)**Black Student Advising Centre (BSAC)**

[www.dal.ca/bsac](http://www.dal.ca/bsac)  
Halifax: 902-494-6648 | [bsac@dal.ca](mailto:bsac@dal.ca)  
Truro: 902-893-6672  
[ssdalac@dal.ca](mailto:ssdalac@dal.ca)

**Indigenous Student Centre (ISC)**

[www.dal.ca/isc](http://www.dal.ca/isc)  
[www.dal.ca/acindigenous](http://www.dal.ca/acindigenous)  
Halifax: 902-494-8863  
[isc@dal.ca](mailto:isc@dal.ca)  
Truro: 902-896-4486  
[arthur.stevens@dal.ca](mailto:arthur.stevens@dal.ca)

**International Centre**

[www.dal.ca/internationalcentre](http://www.dal.ca/internationalcentre)  
[www.dal.ca/acinternationalcentre](http://www.dal.ca/acinternationalcentre)  
Halifax: 902-494-1566  
[international.centre@dal.ca](mailto:international.centre@dal.ca)  
Truro: 902-494-1566  
[ssdalac@dal.ca](mailto:ssdalac@dal.ca)

**LGBTQ2SIA+ Collaborative**

[www.dal.ca/collaborativeplus](http://www.dal.ca/collaborativeplus)  
[hres@dal.ca](mailto:hres@dal.ca)

**Multifaith Services**

[www.dal.ca/multifaith](http://www.dal.ca/multifaith)  
Halifax: 902-494-2287  
[multifaith@dal.ca](mailto:multifaith@dal.ca)

**South House Sexual & Gender Resource Centre**

[www.southhousehalifax.ca](http://www.southhousehalifax.ca)  
Halifax: 902-494-2432  
[outreach@southhousehalifax.ca](mailto:outreach@southhousehalifax.ca)

**FOOD & RETAIL****Bookstore**

[www.dal.ca/bookstore](http://www.dal.ca/bookstore)  
Halifax: 902-494-2460  
[bookstore@dal.ca](mailto:bookstore@dal.ca)  
Truro: 902-893-6728

**DalCard**

[www.dal.ca/dalcard](http://www.dal.ca/dalcard)

**DSU Food Bank (Halifax)**

[www.dsu.ca/foodbank](http://www.dsu.ca/foodbank)  
902-494-1106

**DSU Market (Halifax)**

[www.dsumarket.ca](http://www.dsumarket.ca)

**Food Services**

[www.dal.ca/foodservices](http://www.dal.ca/foodservices)

**Loaded Ladle (Halifax)**

[www.loadedladle.com](http://www.loadedladle.com)  
902-494-6662  
[info@loadedladle.com](mailto:info@loadedladle.com)

**GETTING INVOLVED ON CAMPUS**[dal.ca/getinvolved](http://dal.ca/getinvolved)**Dalhousie's Co-Curricular Record (CCR)**

[www.dal.ca/ccr](http://www.dal.ca/ccr)

**Ways to get involved**

[www.dal.ca/getinvolved](http://www.dal.ca/getinvolved)

**Leadership Programs**

Halifax: Dal Connects  
[www.dal.ca/dalconnects](http://www.dal.ca/dalconnects)  
Truro: SAIL Program  
[www.dal.ca/sail](http://www.dal.ca/sail)

**Dal After Dark (Halifax)**

[www.dal.ca/afterdark](http://www.dal.ca/afterdark)  
f (/dalafterdark)

**Societies**

[www.dsu.ca/connect-with-societies](http://www.dsu.ca/connect-with-societies)

**Dalhousie Tigers**

[www.daltigers.ca](http://www.daltigers.ca)  
f (/daltigers)

**Dalhousie Rams**

[www.dal.ca/rams](http://www.dal.ca/rams)

**Intramurals (Halifax)**

[www.dal.ca/intramurals](http://www.dal.ca/intramurals)

**Sports clubs (Halifax)**

[www.dal.ca/sportclubs](http://www.dal.ca/sportclubs)

**HEALTH & WELLNESS**[dal.ca/studenthealth](http://dal.ca/studenthealth)**Fitness and Recreation**

Halifax: Dalplex Fitness Centre  
[www.dal.ca/dalplex](http://www.dal.ca/dalplex) | 902-494-3357

**Sexton Gym**

[www.dal.ca/sextongym](http://www.dal.ca/sextongym)  
Truro: Langille Athletics Centre  
[www.dal.ca/langille](http://www.dal.ca/langille) | 902-893-6660

**Health Insurance plan**

[www.dsu.ca/healthplan](http://www.dsu.ca/healthplan)  
Halifax: 902-494-2850  
[dsuhealth@dal.ca](mailto:dsuhealth@dal.ca)

**Truro: 902-893-4904**

[dsuhealth@dal.ca](mailto:dsuhealth@dal.ca)

**Health & Wellness**

[www.dal.ca/studenthealth](http://www.dal.ca/studenthealth)  
Halifax: 902-494-2171  
Truro: 902-893-6369

**Keep it Social**

[www.KeepItSocial.ca](http://www.KeepItSocial.ca)

**Stay Connected**

[www.dal.ca/stayconnected](http://www.dal.ca/stayconnected)

**Well Track**

[www.dal.ca/welltrack](http://www.dal.ca/welltrack)

**HOUSING****Residence**

[www.dal.ca/residence](http://www.dal.ca/residence)  
Halifax: 902-494-1054  
[residence@dal.ca](mailto:residence@dal.ca)  
Truro: 902-893-7519  
[resdalac@dal.ca](mailto:resdalac@dal.ca)

**Off-Campus Housing**

[www.dal.ca/offcampushousing](http://www.dal.ca/offcampushousing)

**MONEY MATTERS**

[dal.ca/moneymatters](http://dal.ca/moneymatters)

**Student Accounts**

[www.dal.ca/moneymatters](http://www.dal.ca/moneymatters)  
902-494-3998  
[student.accounts@dal.ca](mailto:student.accounts@dal.ca)

**Registrar's Office**

[www.dal.ca/registrar](http://www.dal.ca/registrar)  
Halifax: 902-494-2450  
[admissions@dal.ca](mailto:admissions@dal.ca)  
Truro: 902-893-6722  
[enrolment.services@dal.ca](mailto:enrolment.services@dal.ca)

**Fee calculator**

[www.dal.ca/feecalculator](http://www.dal.ca/feecalculator)

**SAFETY & RESPECT****Human Rights & Equity Services**

[www.dal.ca/hres](http://www.dal.ca/hres)  
902-494-6672 | [hres@dal.ca](mailto:hres@dal.ca)

**Security Services**

[www.dal.ca/security](http://www.dal.ca/security)  
Halifax: 902-494-6400  
emergency: 902-494-4109  
Truro: 902-893-6369

**Getting home safely**

Halifax: Tiger Patrol  
[www.dal.ca/tigerpatrol](http://www.dal.ca/tigerpatrol)  
902-499-1831 or 902-718-9908

Truro: Safewalk Service  
[www.dal.ca/safewalk](http://www.dal.ca/safewalk)  
902-893-4190

**DalSAFE App**

[www.dal.ca/dalsafe](http://www.dal.ca/dalsafe)

**SOLVING PROBLEMS****Human Rights & Equity Services**

[www.dal.ca/hres](http://www.dal.ca/hres)  
902-494-6672 | [hres@dal.ca](mailto:hres@dal.ca)

**DSU Student Advocacy Service (DSAS)**

[www.dsu.ca](http://www.dsu.ca)  
[dsas@dal.ca](mailto:dsas@dal.ca) | 902-494-2205

**Equity and Accessibility Office**

[www.dsu.ca/equity](http://www.dsu.ca/equity)

**Ombudsperson**

[www.dal.ca/ombudsperson](http://www.dal.ca/ombudsperson)  
[ombuds@dal.ca](mailto:ombuds@dal.ca)

**INFO FOR NEW STUDENTS**

[dal.ca/newstudents](http://dal.ca/newstudents)

**Campus maps**

[www.dal.ca/campusmaps](http://www.dal.ca/campusmaps)

**Dal Student Life**

[www.dal.ca/studentlife](http://www.dal.ca/studentlife)

**Events on campus**

[www.dal.ca/studentevents](http://www.dal.ca/studentevents)

**Family & Friends**

[www.dal.ca/familyfriends](http://www.dal.ca/familyfriends)

**Helpful tips**

[www.dal.ca/helpfultips](http://www.dal.ca/helpfultips)

**How to get to campus from the airport**

[www.dal.ca/gettingtocampus](http://www.dal.ca/gettingtocampus)

**Important dates**

[www.dal.ca/dates](http://www.dal.ca/dates)

**Parking on campus**

[www.dal.ca/parking](http://www.dal.ca/parking)

**Services & resources**

[www.dal.ca/campuslife](http://www.dal.ca/campuslife)

