A guide to supporting your student throughout their Dalhousie journey
It is my pleasure to welcome you and your student to Dalhousie University.

Your student has chosen an outstanding university comprised of dedicated faculty and staff members, and a diverse group of academically excellent and socially conscious students from across Canada and around the world.

Our students are passionate about making a difference, and Dalhousie offers numerous ways for our students to get involved outside the classroom. Taking advantage of opportunities to connect with peers or develop leadership skills can often be just as important to success as time spent in the classroom or lab.

There are also many academic, social, and health-related services and resources on campus available to your student to help them through the ups and downs of university life. Please encourage them to ask for support if they are struggling in any way.

This guide outlines some of the common personal, social, and academic challenges that students may experience as they transition into university. It also provides you with information about life at Dal and the services and resources that are available for your student and you.

Once again, welcome to Dalhousie. Our wish is that your student feels at home and enjoys the experience of being here.

Sincerely,

Richard Florizone, Ph.D.
President and Vice Chancellor, Dalhousie University
richard.florizone@dal.ca | 902-494-2511
WHAT’S IN THE GUIDE

4  On Track programs
5  Preparing to come to Dalhousie
6  Money matters
7  Arriving on campus
8  Adjusting to university
10  Academic support
11  Career planning & preparation
12  Supporting a struggling student
14  Advice for family & friends
15  Tips for family & friends of first-generation students
16  Health & wellness
18  Solving problems
20  Respect & safety
21  Your student’s privacy
22  Community connections
25  Tips for family & friends of
    - residence students
    - commuter students
26  Getting involved
ON TRACK

Our On Track programs and advisors support your student throughout their Dalhousie journey.

1. **Register ON TRACK**
   Simplify your course registration.

2. **Start ON TRACK**
   Prepare for university life online and on campus.

3. **Stay ON TRACK**
   Identify your strengths and goals through personalized meetings with an advisor.

4. **Back ON TRACK**
   Learn study skills and find the help you need to boost your GPA.

5. **Career ON TRACK**
   Meet with an advisor to start your career development plan.

[dal.ca/ontrack](dal.ca/ontrack)
PREPARING TO COME TO DAL

To help prepare for their start at Dalhousie, we have a checklist of all the important things your student needs to do before they arrive.

We have also compiled a list of helpful tips, which answer some common questions such as “how do I access wifi?” or “what do I need to pack?”

All this information and more can be found on our dal.ca/newstudents website.

CHECKLIST
Things your student needs to do before they arrive on campus. Have they...

- Paid their admissions deposit
- Set up their Dal email account
- Activated their DalOnline account
- Looked into applying for a scholarship or bursary
- Decided where to live
- Applied for a study permit (international students only)
- Selected and registered for classes
- Signed up for Orientation(s)
- Completed the Start on Track – Online modules
- Uploaded their photo for their DalCard
- Registered online for their DSU health insurance card

For help completing these tasks, visit dal.ca/newstudents/checklists
There's a lot to consider when preparing for university and finances are a major factor that can impact you and your student's decisions. Expenses vary depending on the lifestyle of your student, what program they are enrolled in, and where they choose to live. For an estimate of tuition and fees, you can check our online fee calculator (dal.ca/feecalculator).

The cost of university will vary based on a number of factors, such as:
- course selection and number of courses
- textbooks and course materials
- living accommodations and meals
- transportation
- entertainment and lifestyle expenses
- citizenship status

Every year, over $5 million in scholarships, awards, bursaries and prizes are distributed through the Registrar’s Office to promising Dalhousie students at every stage of their academic life. A wide variety of scholarships and bursaries are also available to students based on financial need, including the On Track microbursaries, emergency bursaries of up to $500 for first and second year students who find themselves in need. For more information, visit dal.ca/ontrack.

The Money Matters website (dal.ca/moneymatters) provides answers to many of the questions you and your student may have about tuition, budgets, loans, bursaries and dealing with money problems.
ARRIVING ON CAMPUS

WELCOME TO CAMPUS!
To help ease the transition to Dal, there are various orientation activities and events happening on both the Halifax and Truro campuses.

Orientation is a great way for students to get connected and start to navigate their way around campus, so encourage your student to attend! Family and friends are also encouraged to attend sessions designed just for you. Register at dal.ca/orientation.

RESIDENCE MOVE-IN
Check the website for details about your student’s residence move-in plan, move-in dates, parking info and much more. Please note that most residence buildings are alcohol-free until September 10, 2018. dal.ca/residence

CHECKLIST
Things your student needs to do when they arrive on campus:

- Pay tuition and fees at Student Accounts
- Pick up their DalCard (all students) and UPass (Halifax only)
- Accept or opt out of the health insurance plan
- Download Dal’s mobile apps

For help completing these tasks, visit dal.ca/newstudents/checklists

LOST ON CAMPUS?
Visit dal.ca/campusmaps

BOOK A CAMPUS TOUR
Familiarize yourself and your student with campus by taking a free tour. During your 1.5-hour guided walking tour, you will visit campus buildings, residences, classrooms, labs and study spaces.

Tours are offered Monday to Friday, but try to book your tour at least a week prior to your visit. dal.ca/campustours

HOW TO GET TO CAMPUS FROM THE AIRPORT
Transportation options and directions from the Halifax airport are available at dal.ca/gettingtocampus
ADJUSTING TO UNIVERSITY

Starting university, whether from high school, another university or college, another country, or as a mature student can be stressful. New students are adapting to new environments, people and responsibilities, all while trying to be academically successful.

What can students expect?

CLASSES ARE DIFFERENT

• Classes can be large and students come to Dal from across Canada and around the world.

• Students are responsible for selecting their own courses and making their own course schedule.

• Instruction is primarily lecture-based and students take notes independently. Some classes will also have lab or tutorial sessions, often facilitated by a teaching assistant (TA).

• There are typically fewer hours of in-class time and many more hours of homework and independent study. According to experts, students should spend a minimum of 2–3 hours of study for every hour of class.

DID YOU KNOW?  Wondering when exams are or when Dal’s holidays start so you can plan visits from your student? Check dal.ca/dates for all of our important dates.

There’s a Start ON TRACK module about preparing for university academics.
GRADING IS DIFFERENT
Students are assigned an academic standing code at the end of their first year. This determines whether they can continue their studies at Dalhousie. There are three different types of academic standing: good standing, probation and academic dismissal.
dal.ca/academicstanding

SELF-MANAGEMENT & ORGANIZATION
Each course doesn’t happen every day, which may leave a student’s schedule with lots of perceived “free time.” However, this needs to be used to read or study for assignments. Careful time management is essential to academic success and students are responsible for managing their own time.

INDEPENDENT RESEARCH & THINKING
• Familiarity with and effective use of library resources is essential.
• There is typically less individual attention from instructors, unless initiated by students. Students are encouraged to contact professors and TAs during office hours. They can drop in and ask questions about assignments or class topics.
• Faculty and staff want students to succeed, and many personal and academic support services are available, but students need to seek out these resources and speak up if something isn’t going well.
• Encourage your student to visit dal.ca/learnwell to find out about academic supports and services.

DID YOU KNOW?
Each of Dalhousie’s libraries have resource librarians who are discipline specific? Students can meet with a librarian to talk through research questions, learn how to navigate the library system, or find the highest quality resources for their research.

There’s a Start ON TRACK module about using the libraries.
ACADEMIC SUPPORT for your student

ACADEMIC ADVISORS
Student success advisors and faculty academic advisors are available to students to help with various academic questions and concerns, course information, degree planning, and setting and achieving goals.
dal.ca/advising

ACCESSIBILITY
Academic accommodations are available upon request by students who require them due to a disability, religious obligation, or any other characteristic protected under Nova Scotia human rights legislation.
dal.ca/accessibility

STUDY SKILLS WORKSHOPS
Sometimes students want help with learning to manage their time or to stop procrastinating. Maybe they want tips on how to study better, or just hone their note-taking skills. Free individual and group workshops are available to students in Halifax and Truro. Tutoring in Halifax is also available for a fee and can be paid for with your student's DalCard.

WRITING SUPPORT
Regardless of the discipline, students will have to write papers in university. The Writing Centre is available to assist all students in their writing endeavours, with an emphasis on helping them learn to write independently, including learning how to research, reference, and cite material properly.
dal.ca/writingcentre

Stay ON TRACK
In our Stay on Track program students can meet with an advisor to help identify their strengths and develop goals to be successful in university.
dal.ca/ontrack

RESOURCES

dal.ca/learnwell

Accessibility
dal.ca/accessibility

Student Success Centre
Halifax: dal.ca/studentsuccess
Truro: dal.ca/acstudentsuccess
scc@dal.ca

On Track Programs
dal.ca/ontrack

Study Skills & Tutoring
dal.ca/sfs
Halifax: sfs@dal.ca
Truro: ssdalac@dal.ca

Writing Centre
dal.ca/writingcentre
Halifax: writingcentre@dal.ca
Truro: patricia.cove@dal.ca
CAREER PLANNING & PREPARATION

It's best to look at career planning as a long-term process where many decisions about education, work, and personal lives are made along the way. Good career planning requires a commitment to this process; the more your student is invested and seeking out opportunities, the smoother their career planning and preparation will go.

Encourage your student to begin by looking inward to identify their goals when it comes to career aspirations. Exploring things like interests, personality preferences, strengths, values, skills, dreams and experiences can help answer some important questions about future career aspirations.

To get your student started in the career exploration process, suggest that they connect with a student success advisor.

DID YOU KNOW?
Students can apply for an international exchange or study abroad program. These programs provide educational and meaningful international experiences. dal.ca/exchange

GAINING VALUABLE EXPERIENCE
Part-time work, volunteering, and leadership programs are great ways for your student to get hands-on experience throughout their degree. This helps them to develop soft skills and, in the process, they may discover other career options that interest them. Encourage your student to:

- Find a part-time job on campus (no more than 10 hours a week for best results!)
- Get help reviewing their resume and cover letter
- Attend workshops to develop leadership skills
- Get involved—volunteering and leadership programs

Career Advising
Halifax: dal.ca/studentsuccess
Truro: dal.ca/acstudentsuccess

RESOURCES

dal.ca/leadwell

Find on-campus jobs: MyCareer: mycareer.dal.ca
Homesickness, anxiety and stress can be common concerns among students. If your student is struggling, there are many ways you can help and resources they can access.

**SIGNS YOUR STUDENT MAY BE STRUGGLING**

- lack of direction in what they want to do in university
- lack of interest in their coursework
- not attending classes regularly, completing assignments, or attending exams
- lack of a positive reaction when they do well in their courses
- not engaged in campus activities
- significant decrease in grades
- not registering for classes for the subsequent semester
- difficulty in balancing studying and other activities
- negative self-talk about themselves or their performance
- isolation from friends, family, and classmates
- feelings of helplessness or hopelessness
- irritability and restlessness
- experiencing personal issues outside university

**Back on Track** can help students who struggled during their first term by teaching study skills and other ways to boost their GPA. [dal.ca/ontrack](dal.ca/ontrack)
HOW YOU CAN SUPPORT THEM

• **Prepare them** before they arrive on campus by talking to them about change and the feelings they may experience.

• **Encourage healthy habits** including nutrition, sleep and exercise.

• **Keep the lines of communication open** and encourage regular phone calls. It’s easier to notice changes in tone than in a text message.

• **Approach them honestly** and be specific about the behaviour that worries you.

• **Listen** to their concerns openly and without judgment and talk about mental health regularly.

• **Encourage them to access available resources**, including mental health resources.

• **Reassure them** that it’s normal to feel the way they’re feeling.

• **Encourage them to talk openly** to you, other family members, friends, professionals or peer support workers at Dalhousie.

• **Encourage them to get involved** in campus life, including events and clubs, to connect with other students.

• **Allow mistakes.** It’s unrealistic to expect your student to never experience difficult situations and make the “wrong” decision. Let them know you support them no matter what and encourage them to learn from their decisions.

DID YOU KNOW?
Dal has many mental health supports available, including online programs, peer supports and health professionals. dal.ca/livewell
ADVICE FOR FAMILY & FRIENDS...

As the parent of two daughters, I know how exciting and emotional the start of a new university term can be. Whether or not it’s the first student in your family joining us here at Dalhousie, it’s a time of new beginnings and transitions for everyone involved.

Despite my more than 20 years of working in the field of student support, I still had moments of concern and anxiety when my daughters first began their university experience. Would they find their way? Take the right classes? Get help when they needed it?

I am sure many of you have been asking yourselves the same questions. Don’t worry: you are not alone. I worried about my daughters’ success as they started this new adventure, but they flourished. They discovered new goals and interests, developed friendships, found mentors, and were exposed to diverse experiences.

Throughout university, your student will face challenges. They will falter and they will question. Don’t underestimate your role as their supporter and the impact that you can have on their success.

Dalhousie is full of student affairs professionals, university faculty, and staff who are here to help your student succeed and make the most of their time at Dalhousie. Encourage them to seek out these supports and services when they are needed—the earlier the better! Also, encourage them to get involved on campus, through their faculty and the numerous university clubs and societies. An engaged student is a successful one.

And remember to enjoy the journey while watching your student find their passion. I know I certainly have.

Anne Forrestall
Senior Assistant ViceProvost, Student Affairs
Tips for family & friends of first-generation students

Is your student the first in your family to attend university? We recommend first-generation families and friends to:

• Encourage them to get involved in leadership opportunities and learning communities, like First-Year Interest Groups (FIGs), DalConnects in Halifax, or SAIL in Truro

• Connect them with Dalhousie services to manage financial needs (including learning about different types of financial aid available)

• Discuss with them the benefits of participating in mentorship programs

• Encourage them to get involved in social events across campus (dal.ca/studentevents)

• Encourage them to connect regularly with an academic advisor

Remember! We have resources to support your student so point these out and empower them to seek support when needed.

(adapted from Education Advisory Board)

Useful websites:

dal.ca/moneymatters
dal.ca/learnwell
dal.ca/campuslife
HEALTH & WELLNESS

Your student’s health is important to their academic success. Living away from home and looking after their own health may be a first for some students, so it's important they know about the resources available.

PHYSICAL HEALTH

When they arrive on campus, it's important they register with a family physician. Health clinics are located on campus (Halifax and Truro) and offer Dal students a wide range of services.

Athletics facilities: Our Halifax and Truro campuses provide updated athletic facilities (including our new $23-million fitness centre in Halifax), free of charge for full-time students! Students can take a fitness classes, work out in the weight room, or play squash. There is something for everyone!

MENTAL HEALTH

Most students enjoy their university experience and newfound independence. However, with all these changes can come increased stress and anxiety. It is not uncommon for students to experience issues with sleep, depression or relationships. Dalhousie has online and in-person programs and services available to support students through these issues, including counsellors, physicians, psychologists, nurses, psychiatrists, social workers, and walk-in counselling.

There’s a Start ON TRACK module about taking care of your health in university.

RESOURCES

dal.ca/livewell

Health & Wellness
Halifax: dal.ca/studenthealth
Truro: dal.ca/achealth

Fitness & Recreation
Halifax: Dalplex Fitness Centre
dal.ca/dalplex
Halifax: Sexton Gym
dal.ca/sextongym

Truro: Langille Athletics Centre
dal.ca/langille

Q-Life (online program)
dal.ca/resilienceproject
This resilience program develops skills in mindfulness, nutrition, cognitive hygiene, and problem solving to prepare students to deal with everyday challenges and stress.

Well Track app
dal.ca/welltrack

Inquiring Minds (in-person program)
dal.ca/livewell

Stay Connected (peer support program)
dal.ca/stayconnected
ALCOHOL USE
Before they arrive at Dalhousie, talk to your student about safe and responsible drinking habits to reduce the risk of harm, and remind them that not all university students choose to drink alcohol. [dal.ca/alcoholsafety](https://dal.ca/alcoholsafety)

Low-risk drinking is:
- Knowing your limit
- Thinking about whether you will drink and what you will drink, before the party
- Eating a complete meal before drinking
- Always knowing what you are drinking
- Alternating alcohol-free drinks throughout the evening
- Having a plan, and knowing how you will get home safely
- Making sure you and your friends take care of each other
- Abstaining from alcohol is the safest choice

High-risk drinking is:
- Chugging, drinking games, pre-gaming, drinking anything out of a punch bowl, trough, hose or funnel
- Drinking to get drunk
- Driving after drinking or riding with someone under the influence
- Drinking too much, too fast
- Going to parties where people drink too much
- Not knowing what is in your glass or leaving it unattended
- Mixing alcohol with medications or other drugs

HEALTH INSURANCE
Students at Dalhousie are automatically enrolled in the DSU Health and Dental Plan. This is a student-oriented benefits plan that provides coverage for prescriptions, dental, travel, accident, vision and many other services and perks. If your student is covered by another plan, they can opt out. [dal.ca/studenthealth/insurance](https://dal.ca/studenthealth/insurance)

DID YOU KNOW?
Dalhousie’s campuses are all smoke free! That means there’s no smoking of tobacco or cannabis allowed in any Dal buildings or on Dal property.

DID YOU KNOW?
Dalhousie’s campuses are all smoke free! That means there’s no smoking of tobacco or cannabis allowed in any Dal buildings or on Dal property.

Adapted from UBC Student Housing & Hospitality Services Rez Parent Guide, 2015-16.
HUMAN RIGHTS AND EQUITY SERVICES (HRES)

Dalhousie is committed to fostering an inclusive working and learning environment where we all share the responsibility for ensuring a climate of respect.

HRES offers a range of educational equity programs and trainings, including: PEGaSUS (a group that supports survivors of sexual assault), the Elephant in the Room (a diversity and inclusivity conversation series), and the Be Counted campaign (which supports the Dal census).

If your student feels they’ve been harassed, discriminated against, or experienced sexualized violence, they should contact HRES for confidential support and advice about their options for resolution.

SOLVING PROBLEMS

UNIVERSITY POLICIES
Lists and information on all of Dal’s academic and non-academic policies—including the new Sexualized Violence Policy—can be found online. dal.ca/secretariat

HUMAN RIGHTS AND EQUITY SERVICES (HRES)

HRES offers a range of educational equity programs and trainings, including: PEGaSUS (a group that supports survivors of sexual assault), the Elephant in the Room (a diversity and inclusivity conversation series), and the Be Counted campaign (which supports the Dal census).

If your student feels they’ve been harassed, discriminated against, or experienced sexualized violence, they should contact HRES for confidential support and advice about their options for resolution.

DSU STUDENT ADVOCACY SERVICE

Dalhousie Student Advocacy Service (DSAS) volunteers are trained in anti-oppressive practices, advocacy skills, confidentiality, and Dalhousie’s many policies. DSAS assists students in navigating the university’s policies and formal/informal procedures, and also conducts educational workshops and university policy review. DSAS offers support to students making complaints as well as to those charged with offences. Volunteer student advocates provide free, confidential service year-round on issues including:

- Grade appeals
- Academic probation/dismissal
- Alleged unfairness or irregularities in marking procedures
- Cheating and plagiarism accusations
- Responding to charges under the Student Code of Conduct
- Alleged unfairness or bias in the application of academic regulations or procedures

RESOURCES

Human Rights & Equity Services
dal.ca/hres | hres@dal.ca
902-494-6672

DSU Student Advocacy Service (DSAS) dsu.ca
dsas@dal.ca | 902-494-2205

Social Worker
hazel.ling@dal.ca | 902-494-6351
EQUITY & ACCESSIBILITY OFFICE
The Equity and Accessibility (E & A) Office was formed to address issues of systemic discrimination and institutional oppression at Dalhousie University and within the Dalhousie Student Union.

The E&A Office strives to implement a framework of anti-oppression in the work of the Student Union to make union operations more equitable and accessible for everyone.

OMBUDSPERSON
The ombudsperson provides independent, impartial and confidential assistance and advice to students who may have university-related concerns or conflict. Email ombuds@dal.ca for more information or to make an appointment.

SOCIAL WORKER
Our social worker helps students address concerns with things like housing, finances, food, stress, sleep, roommates and/or relationships. They can also help students navigate their resources on and off campus.

STUDENT CONDUCT OFFICE
Using informal and formal processes, the Student Conduct Office is dedicated to providing assistance, support and processes for students dealing with:
- student-student conflicts
- student-neighbour issues
- student-landlord problems
- student-faculty issues

Focusing on respect, responsibility and community as guiding principles, the office directly supports the University Code of Student Conduct and the Residence Code of Conduct.

dal.ca/think

SURVIVOR SUPPORT CENTRE
The Dalhousie Student Union’s Survivor Support Centre provides advocacy, support and education around issues of sexualized violence and consent. The SSC also runs the Sexual Assault and Harassment Phone Line and active listening services.

dsu.ca/survivorsupport

DSU Equity & Accessibility Office
dsu.ca/equity

Ombudsperson
dal.ca/ombudsperson
ombuds@dal.ca

Student Conduct Office
dal.ca/think

DSU Survivor Support Centre
dsu.ca/survivorsupport
902-494-1367
Every person at Dalhousie has the right to be respected and safe. We believe inclusiveness is fundamental to education. The office of Human Rights & Equity Services (HRES) works to educate all members of the Dalhousie community about respect and safety across a number of areas, including issues of discrimination, sexualized violence, equity, inclusion, harassment and conflict.

SAFETY ON CAMPUS
We are committed to ensuring the safety of students, faculty and staff, and provide a number of resources:

Tiger Patrol is a free shuttle service available to Dalhousie students in Halifax. The shuttle runs on half-hour intervals from 6pm–1:15am, with departures from the Student Union Building. Route information and questions can be directed to: 902-499-1831 or 902-718-9908.

Safewalk is a service provided by the Security Officers on the Truro Campus. Any student, staff, or faculty member who requires an officer to walk with them to or from any building on campus should call 902-893-4190.

DalSAFE is a mobile app providing quick and easy access to Security Services, Tiger Patrol, interactive maps, campus notices, parking information and many other resources to enhance personal safety.

Dal Alert is an integrated text and email messaging service used to broadcast important information to the Dalhousie community, including security alerts, campus closures, class cancellations due to weather, and other significant events that may happen on campus.

There's a Start ON TRACK module about creating a culture of consent on campus.

RESOURCES

Human Rights & Equity Services
dal.ca/hres
hres@dal.ca
Truro: An advisor is available for in-person meetings. Please contact the Halifax office to book an appointment.

Dal Alert: dal.ca/dalalert

Getting home safely
Halifax: Tiger Patrol
dal.ca/tigerpatrol
902-499-1831 or 902-718-9908
Truro: Safewalk Service
dal.ca/safewalk | 902-893-4190

Dal Safe App
dal.ca/dalsafe
Your Student’s PRIVACY

While Dalhousie University understands that you have a keen interest in your student's progress and accomplishments, and you may be paying for some or all of the costs, the information we can provide is restricted due to the Freedom of Information and Protection of Privacy Act.

This restricted information includes, but is not limited to:
- grades and transcripts
- medical information
- financial information
- daily schedule
- location of classes
- personal information

Dal is allowed to disclose this information only if the student has given specific, written consent, or in the event that a student’s emergency contact needs to be reached.

If you have concerns about your student’s well-being, keep talking to them—they’ll need your support.

Tip: Be open, positive and nonjudgmental with your student and they will be more likely to share information with you.

Your student’s DalCard

This is their all-access campus pass and is essential to campus life. The DalCard acts as their official identification, building access, library card, varsity sports admission, debit card and much more.

You can add money to your student’s DalCard online. Money can be used at locations across campus and selected off-campus vendors. Bookstore and food vendor purchases also qualify for 5% cash back.

dal.ca/dalcard
Dalhousie prides itself on being an inclusive community and ensuring that everyone on our campuses feels welcome, comfortable, and safe. Part of that is making sure there are opportunities to connect with others who have similar backgrounds, interests, and personal circumstances, and that our services reflect the diversity within our student population.

**INDIGENOUS STUDENT SUPPORT**

The [Indigenous Student Centre](#) in Halifax and our [Indigenous Student Advisor](#) in Truro help create a sense of belonging for Indigenous students at Dalhousie. Our student advisors provide support and advocacy for all of Dalhousie's Indigenous students. A number of resources are available to enhance your student's university experience:

- Math and writing tutors, study skills coaches
- Cultural activities (including traditional smudging)
- Scholarship and bursary information
- Social events including networking opportunities
- Referrals to supports on and off campus including the Elder in Residence
BLACK STUDENT SUPPORT
The Black Student Advising Centre provides support to students of African descent through one-on-one advising, mentoring, advocacy, and referrals to other support services. The Centre in Halifax is equipped with two computer labs, a meeting room, study room, lounge with kitchenette and a shared outdoor space.

Encourage your student to drop by the Centre to connect with their peers, and for information on scholarships, bursaries and events on campus and in the African Nova Scotian community.

SPIRITUALITY ON CAMPUS
Students can drop by Multifaith Services if they are looking for a place to worship on our Halifax campuses, somewhere quiet to study, or someone to listen. Our chaplains from various faith traditions offer confidential support on personal and spiritual issues, and provide opportunities for prayer and worship, retreats, workshops, lectures and social activities. Multifaith Services can also help your student find a local worship community that's part of their tradition. Quiet Rooms are available in Halifax in the Killam Library, LeMarchant Place, the SUB, and on the Sexton Campus, and in Truro in the MacRae Library Learning Commons.

There's a Start ON TRACK module about becoming a citizen of Dalhousie.

RESOURCES

Indigenous Student Support
Indigenous Student Centre (Halifax)  
dal.ca/indigenous | isc@dal.ca
Indigenous Student Advising (Truro)  
dal.ca/acaboriginal
Arthur.Stevens@Dal.ca

Black Student Advising Centre (BSAC)  
dal.ca/bsac
Halifax: bsac2@dal.ca
Truro: ssdalac@dal.ca

Multifaith Services  
dal.ca/multifaith
SEX & GENDER RESOURCES
South House Sexual & Gender Resource Centre is a volunteer-driven, student-funded DSU service, and Halifax’s only full-time women’s centre. It’s a gender-inclusive safe space for all members of the Dalhousie community—a trans- and queer-positive, accessible space that offers a resource centre, library and free meeting space for woman-positive and anti-oppression organizing and gathering.

LGBTQ2SIA+ COLLABORATIVE
The education advisor in Human Rights & Equity Services works with a number of campus groups who offer LGBTQ2SIA+ support, resources and training, including;

• Dal Allies
• Dalhousie Student Union
• DaOUT
• OUTLaw
• South House Sexual and Gender Resource Centre

You can contact these groups directly or make an appointment with the education advisor by emailing hres@dal.ca. dal.ca/LGBTQ2SIA

INTERNATIONAL STUDENTS
All students are welcome at the International Centre! Our friendly staff cares about your student and will help them settle into campus life. The Centre in Halifax offers a great study space, a kitchen area, and games to help students relax.

Immigration help: Certified immigration advisors in Halifax and Truro can help with study permit and visa issues, and also offer free monthly workshops about long-term immigration options.

RESOURCES
International Centre
dal.ca/international

Halifax:
international.centre@dal.ca
Truro: ssdalac@dal.ca

Human Rights & Equity Services
dal.ca/hres | hres@dal.ca

Dal Allies | dal.ca/dalally

South House Sexual & Gender Resource Centre
southhousehalifax.ca
outreach@southhousehalifax.ca

Transgender Health
dal.ca/livewell

Transgender Health
dal.ca/livewell
TIPS FOR FAMILY & FRIENDS...

WITH STUDENTS IN RESIDENCE
Dal has a vibrant residence community and lots of activities and supports for students who are living in residence.

• Attend the family and friends session on move-in day. This will introduce you to life in residence, and help you to understand the meal plan and other important aspects of residence.

• Check out dal.ca/residence for all the important dates related to residence move-in and more.

• Did you know that your student can have their textbooks delivered directly to their residence room? (Halifax only) bookstore.dal.ca/booksinres

• Every Dal residence has trained residence assistants and residence life managers who your student can turn to when they need advice, support, or just someone to talk to.

WITH COMMUTER STUDENTS
Living off campus is a unique experience and can be a challenge for your student. It can be difficult to feel connected to the university and other students. Encourage them to get involved on campus as much as possible—whether it’s through their faculty, student societies, student events, or going to varsity games. dal.ca/getinvolved

Students who live off campus can get a taste of residence life by purchasing a meal plan and eating in our dining halls! dal.ca/foodservices

Visit dal.ca/och for great resources about living off campus.
GETTING INVOLVED

Students who are more involved on campus and in campus activities are more likely to be academically successful. That's why, at Dalhousie, we provide a number of opportunities for students to engage in the campus community. In addition to over 300 active student societies, Dal also offers opportunities for students to volunteer, engage in research, and discover their strengths and passions. dal.ca/getinvolved

LEADERSHIP PROGRAMS

Our Halifax and Truro campuses have free student leadership programs aimed at helping students to enhance their skills, discover their interests and gain leadership competence. Workshops, volunteer experiences, and leadership retreats are all part of the programming.

CO-CURRICULAR RECORD

Every Dalhousie student has a Co-Curricular Record (CCR)—an official document from Dal that recognizes students' accomplishments and the experiential learning that occurs outside of the classroom. This can include campus life, community engagement, volunteering, service leadership, awards, and exemplary contributions. A CCR is a great way for students to reflect on their leadership skills and consider the transferable skills they gain through involvement.

RESOURCES

Dalhousie's Co-Curricular Record
dal.ca/ccr

Leadership Programs:
Halifax: Dal Connects
dal.ca/dalconnects
Truro: SAIL Program
dal.ca/sail

Leadership & Involvement
dal.ca/getinvolved

UPCOMING EVENTS
dal.ca/studentevents
AFTER-HOURS ACTIVITIES ON CAMPUS

Dal After Dark offers students in Halifax fun and free/low-cost activities in alcohol-free settings. Events range from terrarium-building workshops to skating at the Emera Oval and laser tag. Students can stop by for a few minutes or a few hours to meet other students and explore new interests. Aggies at Night is a similar program offered to Truro residence students.

STUDENT CLUBS & SOCIETIES

With hundreds of clubs and organizations on campus, joining a student society may be the perfect way for your student to meet people with similar interests. Students will have opportunities to find something that excites them during the Society & Volunteer Expo, or they can browse and connect with all societies on the DSU’s mobile app. There are also numerous intramurals in Halifax and Truro for students to try out.

SCHOOL SPIRIT

The Dalhousie Tigers varsity program includes men’s and women’s teams in basketball, cross country, hockey, soccer, swimming, track and field, and volleyball. On the Truro Campus, the Dalhousie Rams compete in women’s rugby, soccer, woodsmen, equestrian, cross country, and golf, to name but a few!

Students get free admission to home games with their DalCard!

RESOURCES

Dal After Dark
dal.ca/afterdark
(/dalafterdark)

Dalhousie Tigers
daltigers.ca
(/daltigers)

Dalhousie Rams
dal.ca/rams

Societies

For society listings and events, download the DSU App: dsu.ca/app

Intramurals
dal.ca/intramurals