A book of **student support services** and **resources** at Dal
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For a full searchable list of services available to Dal students, click on the “Current Students” tab at the top of dal.ca.
SETTING YOUR GOALS

Writing down your goals is a great way to work towards achieving them.

CREATE A VISION….

AND DREAM!

Make a wish list: if you could have anything, be anything, or do anything, what would it be? Write down everything that comes to mind. Be as specific as possible. Don’t worry about being realistic. Just write.

Think about both your short- and long-term goals. What do you want to accomplish in the next 4 months, year, or 4 years? For each time period, circle one goal that would have the most positive impact on your life.

These are the three goals you’re going to prioritize. Create a plan to map them out and how you plan on getting there. You want to visually break down your goals into steps that are SMART:

- **Specific**
- **Measureable**: Choose an achievable time frame to accomplish your goals as well as measurable details so you know exactly when you’ve achieved them
- **Actionable**: Set benchmarks. Break into small, actionable steps and assign realistic time frames to each. Adjust your expectations and timelines as you gather more information
- **Realistic**
- **Time sensitive**

Use our goal-setting templates on pages 4, 16, and 30 to help you meet your health, academic and career targets.
You may want to give up smoking or start a workout plan. You may decide to get help if you have anxiety. Use this template to make a goal (or two) on how you will improve your health this year.

**GOAL:**

**TIMEFRAME:**

**WHAT HAS TO HAPPEN FOR THE GOAL TO BE ACHIEVED?**
*Brainstorm on resources you’ll need to accomplish your goal:*

1. 
2. 
3. 
4. 
5. 

**WHO CAN HELP YOU ACHIEVE YOUR GOAL?**

**OBSTACLES.** What roadblocks could you run into and what will you do to overcome them?

**CELEBRATE!** How will you reward yourself when you achieve your goal?
Life as a university student is challenging, fun, and sometimes stressful. At Dalhousie we work together to create a caring, safe, and healthy community in which we can all study, work, live, and play.

Have you ever heard the saying, “Sound body, sound mind?” It means if you keep yourself physically healthy, you’ll feel better and your brain will function a whole lot better. And that’s vital to help you thrive at Dalhousie.

Fortunately, there are plenty of services, programs, and resources on campus to help you improve your overall health and well-being and manage the challenges of university life.
CHECKLIST | HEALTH & WELLNESS

KEEP YOUR HEALTH IN CHECK

☐ Learn more about the Dalhousie Student Union (DSU) Health & Dental Plans
☐ Pick up your health card from the DSU Health Plan Office
☐ Stop by Student Health Services for a free STI screening
☐ Connect with a Peer Ally (LGBTQ+) for support on Rainbow issues
☐ Book your dental check-up at one of Dal’s Dental Clinics
☐ Take a tour of the Dalplex facilities to learn more about what you have access to
☐ Sign up for intramurals to keep active and meet new friends
☐ Find a fitness class at Dalplex or Sexton Gym that works with your schedule
☐ Sign up for a group or workshop with Counselling Services (topics include self-care, mindfulness, eating disorders, and more)
☐ Try meditation with the Student Health Promotion peer health team
☐ Be sure you’re getting the sleep you need
• Explore your beliefs and faith at the Multifaith Centre

• Get your flu shot at Student Health Services

• Download the WellTrack app and get help managing your stress, anxiety and depression

• Learn tips for taking care of yourself and your friends at thePROsocialproject.com

• Learn more about Dal’s university-wide mental wellness initiative at Dal.ca/Thrive

• Get answers to your mental health questions from the Stay Connected peer support workers

• Check out health and wellness events at the DSU Wellness Room

• Don’t forget your financial health! Visit dal.ca/moneymatters for scholarship and bursary info, and budgeting tips

• Visit dal.campusdish.com for information on how to eat well and keep a well-balanced diet
Student Health Services offers an on-campus clinic to support a variety of health care services, including:

- on-call doctor for urgent health issues
- daily non-urgent appointments
- nursing walk-in appointments
- medical exams and consultations
- prescriptions
- sexual health support
- mental health support
- immunizations and flu shots
- STI and pregnancy testing
- contraception
- trans health
- gender transition support
- sports medicine
- psychiatric referrals
- specialist referrals
- social worker

DID YOU KNOW: Student Health Services has mobile flu shot and STI testing clinics around campus – keep an eye out for locations closest to you!

All full-time students starting in September are automatically enrolled in the DSU Health and Dental Plan, providing you with insurance coverage for medical, dental, travel, accident, vision, and many other services.

If you’re an international student, you are also automatically enrolled and billed for the DSU International Student Health Plan. It’s mandatory unless you carry provincial or equivalent coverage which provides you with basic health insurance coverage such as doctor and hospital visits.

Make sure you pick up your DSU Health Insurance card from the Health Plan office when you arrive in September!
Personal Counselling  
<no新春>
dal.ca/counselling
902-494-2081
LeMarchant Place (2nd floor)

Counselling Services can help you resolve problems and learn new skills in a confidential, supportive environment. If you’re struggling with your classes or assignments and think you may have a learning disability, the Office can help you with learning strategies or pre-screen you for learning disabilities, Attention-Deficit Hyperactivity Disorder (ADHD) and/or Autism Spectrum Disorder.

Free group programs and workshops are offered throughout the year:
• couples and relationships
• eating disorders
• reducing anxiety and gaining confidence
• grief support
• managing anxiety
• sleep and relaxation
• coping with exam anxiety
• overcoming procrastination
• speaking to groups

If you have feelings of depression, anxiety or stress, but you’re not in Halifax or are uncomfortable about sitting down one-on-one with a counsellor, you can register for the WellTrack online self-help program at dal.ca/welltrack

Healthy Living  
<no新春>
dal.ca/studenthealth
/livewellatdal
LeMarchant Place (2nd floor)

Visit student staff and volunteers in the Student Health Promotion office for some unbiased advice, information, and peer support on topics like:
• quitting smoking
• alcohol and substance use
• managing your stress
• increasing your personal fitness
• learning about healthy eating
• developing a healthy body image
• coping with eating disorders
• protecting yourself from sexually transmitted infections
• getting a good night’s sleep

Wellness Room  
Student Union Building (basement)
dsu.ca/wellnessroom

Need a quiet spot to escape the daily hustle and bustle? The DSU Wellness Room has all the fittings you need for a nap, meditation, prayer, yoga, or curling up with a good book: comfy chairs, dividers, cushions, pillows, blankets and dim light.
Bike Loans & Maintenance  
**dal.ca/bikecentre**  
**Studley Gym**

The Campus Bike Centre is run by the Dalhousie Bike Society, and is the perfect spot to tune up your bike. Drop in to one of the sessions on bicycle repair and maintenance and cycling safety education. Don’t have your own set of wheels? No problem—you can borrow a bike on a short-term basis at the Centre in Studley Gym. All you need is your DalCard!

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Eating on Campus  
**dal.ca/foodservices**  
[@DalFoodServices](https://twitter.com/DalFoodServices)  
[@dalfood](https://twitter.com/dalfood)

Even if you’re not living in residence, you can buy all-you-care-to-eat or one-at-a-time meal plans to use in the dining halls in the Howe, Risley, Shirreff, and O’Brien residences, or simply pay at the door. We also have many retail food outlets on campus. Visit [dal.campusdish.com](https://dal.campusdish.com) for nutritional information on the meals served in the dining halls and a list of retail outlets.

The DSU has a number of healthy food options in the SUB, including **Pete’s To GoGo**, where you can pick up a meal, snack, fruit, veggies, baked goods and amazing salads to take home. Check the DSU Eats section on [dsu.ca](https://dsu.ca) for information about all the food offerings in the SUB.

**The Loaded Ladle (loadedladle.com)** is a student-run co-op that serves fresh and healthy free lunches in the SUB a few days a week.
DSU Food Bank

dsu.ca/foodbank

Student Union Building (basement)

If you need long-term assistance or just a few meals to get by, the volunteer-run DSU Food Bank helps all members of the Dalhousie community. It’s open throughout the week (check the website for updated hours).

DSU Market

dsumarket.ca

dsumarket@dal.ca

The DSU wants you to have access to fresh, local food, so it runs a weekly market with affordable prices. Student staff and volunteers run it every Tuesday and Wednesday in the SUB (10am–3pm), and on Sexton Campus every Wednesday (11am–2pm). You can even order a food box filled with great local produce for pick-up or delivery within peninsular Halifax ($3 fee)!

Staying Financially Healthy

www.dal.ca/moneymatters

Money is one of the biggest causes of stress and anxiety. How are you going to pay for tuition? How are you going to pay the rent? How are you going to pay for your groceries? The Money Matters website can help answer many of the issues you’re facing, with information on everything from how to finance your education to living on a budget and dealing with money problems.

STAY CONNECTED TO YOUR MENTAL HEALTH

Dal has two peer support workers - drop in and chat with them in the DSU Wellness Room in the SUB. dal.ca/stayconnected
GET ACTIVE!

Work Out @ Dalplex  3

dalplex.ca
902-494-3357
6260 South St.

Facebook /Dalplex   Twitter @dalplex

If you’re a full-time student, you already have a membership to Dalplex, the university’s primary fitness centre, which includes:
• cardio equipment
• 2 climbing facilities (accreditation required for Rock Court)
• 2 weight rooms
• over 35 weekly fitness classes
• 8-lane, 50m indoor pool
• 1/6-mile indoor running/walking track
• basketball, volleyball, badminton, squash, racquetball, table tennis courts
• outdoor tennis courts
• Fun Zone play area for children with inexpensive childcare services

Work Out @ Sexton  15

dal.ca/sextongym

Building A, Sexton Campus

If you’re a full-time student, your DalCard also gets you into the Sexton Memorial Gymnasium. Facilities include a small fitness centre with weights and cardio equipment, a gymnasium with hardwood courts, group fitness classes, and two squash courts.

Intramurals

dal.ca/intramurals

With over 25 different leagues, mini-leagues, and tournaments, you’ll have no trouble finding one that interests you—everything from soccer, flag football, and hockey in the fall, to curling, basketball, and inner tube water polo in the winter term. Registration starts in September. Space is limited so register early online.

• talk to your residence or faculty sports rep to join a residence or faculty team
• get a group of friends together and enter your own team
• sign up at Dalplex to try to be put on a ‘free agent team’ in specific leagues

DID YOU KNOW: Full-time students have free admission to Dalplex, Sexton Gym, and to Tigers home events with your DalCard!

did you Know:
Full-time students have free admission to Dalplex, Sexton Gym, and to Tigers home events with your DalCard!
Fitness Programs & Classes

dal.ca/fitness
902-494-3372

To help you develop and maintain a healthy and active lifestyle, Dalplex has a wide variety of classes, programs, and lessons available. From free drop-in group fitness classes like spin, to paid squash lessons, yoga classes, or boot camps, there's something for everyone's interest and fitness level. Check online for info about classes including:

- Aerobox
- Aquafit
- Body trim
- Boot camp
- Cardio hip hop
- Kickboxing
- Spin
- Yogaflex
- Zumba

Sport Clubs

dal.ca/sportclubs

Looking for something a bit more competitive? Dal has more than 20 sport clubs, including baseball, badminton, cheerleading, curling, dance, football, field hockey, rowing, rugby, and sailing—all of them organized and run by students!

Aquatics

dalplex.ca
902-494-3357

Your Dalplex membership gets you into the Dalplex Aquatic Centre, an 8-lane, 50-metre indoor pool featuring:

- daily lane swims and weekend open/ family swims
- deep and shallow-end aquafit classes
- 1- & 3-metre diving boards
- 5-metre diving tower
- accessible change rooms

Register online or call for lifesaving classes, and instructor training programs, or join the Dal Masters Swim Club.

Climbing

dal.ca/climbing
902-494-1605

Your Dalplex membership also includes access to two indoor climbing walls: the unsupervised bouldering wall in the fieldhouse and the Rock Court near the squash courts. The Rock Court offers plenty of supervised opportunities for rope climbing and bouldering for all levels of climbers, as well as learn-to-climb and advanced climbing programs. For safety reasons, all climbers need to complete an accreditation for a small fee before being allowed to climb in the Rock Court. But no worries, there are accreditation clinics run on an ongoing basis at Dalplex.
SAFETY

Security on Campus

dal.ca/security
@dalsecurity

General info/parking questions:
902-494-6400
Emergency: 902-494-4109

We live in a wonderful community, but you should still take steps to improve your personal safety:

- Travel with others at night or use our Tiger Patrol program.
- Be alert to your surroundings and the people around you. Walk confidently and at a steady pace.
- In social settings, keep an eye on your drink and never accept a drink from someone you don’t know.
- Look out for one another—if you see something, say something!
- If you feel uncomfortable with a situation or person, leave.
- Keep your purse, wallet, and electronic devices with you or locked up inside.
- Never give confidential information (over the phone or in person) to a stranger.
- Keep a written record of obscene telephone calls and harassing behaviour, and save harassing emails and letters.
- Report graffiti, homophobic, racist or other harassing or suspicious behaviour, as well as suspicious activity, crime and property damage to Dal Security (902-494-6400).
- Subscribe to DalAlert at dalalert@dal.ca to receive text message alerts about campus hazards, campus closures, or other significant events. The service is free for all students.
- Download the DalSAFE mobile app (iOS and Android) for quick access to Security Services, Tiger Patrol, interactive maps, health and wellness, and more.

Nighttime Shuttle Service

dal.ca/tigerpatrol
902-499-1831 or 902-718-9908

If you need a safe ride home from campus at night, Tiger Patrol makes regular trips throughout peninsular Halifax. The best part? It’s free to all students with a valid Dal ID. The two shuttle vans each hold five passengers and operate from 6:30pm–1:15am daily, with longer hours during exam times. Check the website for details on routes and schedules.
Bus & Ferry Passes

dal.ca/upass

Metro Transit runs the bus and ferry service in Halifax, with routes that run straight through the three Halifax campuses. When you pay your university fees each year, part of them goes to your Universal Bus Pass (UPass), a sticker on your DalCard that lets you ride the bus or ferry during the academic year. And it's cheap: over $400 cheaper than buying a regular Metro Transit pass! If you take classes over the summer, you may be eligible for a Summer UPass from May through August.
You may want to improve your GPA or work on your writing skills. Use this template to make a goal (or two) on how you will achieve your academic goals this year.

**GOAL:**

**TIMEFRAME:**

**WHAT HAS TO HAPPEN FOR THE GOAL TO BE ACHIEVED?**
*Brainstorm on resources you’ll need to accomplish your goal:*

1. 
2. 
3. 
4. 
5. 

**WHO CAN HELP YOU ACHIEVE YOUR GOAL?**

**OBSTACLES.** What roadblocks could you run into and what will you do to overcome them?

**CELEBRATE!** How will you reward yourself when you achieve your goal?
The academic support services at Dalhousie can help you realize your full potential. From before you even arrive on campus, to the day you graduate, you can count on our services and resources to help guide you through.

No matter how you’re doing in your classes, you can always benefit from the experts we have at your disposal. The key is to not wait until you’re having problems with your class work. Take advantage of the services early on. Take control of your academic life and your university experience will flourish.
STAY ON TOP OF YOUR ACADEMIC GOALS

- Take time to reflect on why you’re in university and what goals you hope to achieve
- Register for a First-Year Interest Group and delve deeper into your interests with other students (for Science and Arts & Social Sciences students)
- Take an elective that challenges you to learn more about yourself
- Find the location of each of your classes BEFORE classes start
- Familiarize yourself with and start using Brightspace – Dal’s online learning support platform
- Read the full syllabus for each of your classes on the first day to plan out your semester
- Contact Advising and Access Services if you require an academic accommodation
- Pay attention to important dates for paying your tuition and adding/dropping courses
- Learn what academic standing and academic integrity are
☐ Use the online assignment calculator to manage the time you have to complete your research paper

☐ Start or join a study group of students in your class(es)

☐ Get feedback on your papers at the Writing Centre before you submit them

☐ Attend a study skills workshop on topics like effective reading strategies, short answer & essay exams, strategies for multiple choice, presentation & speaking skills, managing your time, working in a group, and concentration & memorization

☐ Meet with an academic advisor to create an educational plan, discuss your courses, major, minor, and career options

☐ Attend the Academic Program Fair (especially if you’re thinking about continuing to professional or graduate studies)

☐ Get one-on-one tutoring to understand specific course content and prepare for tests and exams

☐ Get help accessing journal articles and doing research at the Dal Libraries — they’ll also help you with your references and citations

☐ Discuss opportunities to become involved in initiatives, research projects, clubs, and student societies with professors in your department
The **Registrar’s Office** is usually your first point of contact at Dal. Beyond admissions, they can answer questions about:

- registration
- academic calendar and timetable
- information/documentation for student loans
- scholarships and bursaries
- exam schedule
- transfer credits
- declaring majors
- admission and letters of permission
- confirmation of enrolment

**Get Academic Advice**

dal.ca/advising
advising@dal.ca
902-494-3077

Dal’s **Advising team** can help you understand your program requirements and choose your courses. Whether you want to meet one-on-one with an advisor to map out your personal academic plan, or take in one of the free workshops, the team can help you reach your educational, career, and life goals.

- clarify your education and career goals
- choose courses that relate to your goals and interests
- address concerns about your studies
- develop strategies for academic success from first-year to graduation
- identify skill-building opportunities such as co-op

Drop by the **Bissett Centre for Academic Success (Room G28)** in the Killam Library Atrium to make an appointment, or book online through my.dal.ca.

Students can also visit Student Services on the Sexton Campus. Visit dal.ca/sextontsupport for more information.
Develop Your Study Skills  

dal.ca/sfs  
sfs@dal.ca

/f/DalhousieStudyingforSuccess  
@DalStudySuccess

Whether you’re doing well and want to do better, or if you’re experiencing academic difficulty, Studying for Success can help you reach your potential. Check the website for downloadable handouts you can use to help you become a more effective learner. Or register for workshops that deal with:

• effective reading strategies  
• taking essay exams  
• note-taking & listening techniques  
• multiple choice exams  
• presentation & speaking skills  
• managing time & avoiding procrastination  
• memorization and concentration  
• working in a group  
• how to be resilient  
• setting smart goals

Students can also visit Student Services on the Sexton Campus. Visit dal.ca/sextonsupport for more information.

Deal With Learning Challenges  

dal.ca/access  
access@dal.ca  
902-494-2336

Dalhousie has services to assist you if you need academic accommodations as a result of a disability (i.e. learning, mental health, vision/hearing, chronic health), religious obligation, or any barrier related to any other characteristic protected under Canadian human rights legislation. The team at Advising & Access Services can support your learning challenges with accommodations ranging from getting more time to finish exams, to hiring a note-taker for classes, to taking advantage of the latest assistive technology.

Drop by the Bissett Centre for Academic Success (Room G28) in the Killam Library Atrium or the Sexton Campus Student Services Centre. You can also book an appointment online through my.dal.ca.

Find a Tutor or Personal Coach  

dal.ca/sfs  
902-494-3077

/f/DalhousieStudyingforSuccess  
@DalStudySuccess

If you’re looking for a one-on-one approach to developing better study skills, contact Studying for Success to be set up with a personal coach or tutor. Study skills coaches are graduate students who focus on building your skills and help you learn how to learn. They will:

• help you define your preferred learning style and offer study techniques  
• guide your development and use of an effective study strategy  
• provide tips for exam prep  
• refer you to other services as needed

Coaches can meet with you on a drop-in basis in Room 3103 in the Killam Library or you can call to book an appointment.
Improve Your Writing Skills

dal.ca/writingcentre
writingcentre@dal.ca
902-494-1963

Want to improve your written work? The Writing Centre offers support in all subjects. Set up a one-on-one appointment to discuss your work or sign up for a group event or seminar. If English isn’t your first language, the Centre has experienced staff and tutors to help explain expectations for written assignments, review your work, and help you adapt to the Canadian university experience. Writing advisors don’t proofread or edit your work—they help you learn how to write independently, and provide support with:

- research papers and course assignments
- sourcing and citing research material
- grammar, punctuation, and mechanics of writing
- in-class presentations
- business writing
- applications/letters of intent for admission and scholarship
- collaborative/joint writing practices
- interdisciplinary writing
- technical writing: Science and Engineering
- English as Another Language support for course work

Call or email to make an appointment at any of the Writing Centre’s Halifax locations (Killam Library, Weldon Law Library, Sexton Campus, Black Student Advising Centre, Aboriginal Student Centre), or register at my.dal.ca.
Go on Exchange or Study Abroad

dal.ca/exchange
international.centre@dal.ca
(f/dalhousie.ic)

Studying in another country is a fantastic way to complement your academic (and social) experience at Dal. Learn new languages, develop skills, experience different cultures, and immerse yourself completely in your area of study.

The team at the International Centre can help set you up with an international exchange or study abroad opportunity for a semester or full year. There are plenty of bursaries and scholarships available to help make your exchange a reality.

Top 3 exchange bursaries & scholarships available

1) Go to the USA - apply for a Killam Scholarship worth $5,000 per semester
2) Study in a castle in Sussex, England - apply for the Bader International Study Centre grant worth $7,000
3) Study anywhere in the world as part of your degree - apply for a SWIF bursary worth up to $2,000
Libraries

dal.ca/libraries
blogs.dal.ca/libraries

(/killammemoriallibrary, /macraelibrary, /dalsexonlibrary, /kellogghealthscienceslibrary)

@DalLibraries

Get research assistance; browse the shelves containing academic books and journals; use the computers, scanners, and book scanner; book a meeting room; find a quiet study space; do 3D printing; and much more.

There are four Dalhousie libraries in Halifax, three learning commons, plus the MacRae Library in Truro. See the campus map for all the locations.

- 6 Killam Memorial Library & Learning Commons
- 16 Wallace McCain Learning Commons
- 11 Sir James Dunn Law Library
- 13 W. K. Kellogg Health Sciences Library
- Kellogg Library Learning Commons
- 14 Sexton Design and Technology Library

If you need a late-night place to study for exams, the Night Owls program keeps the Killam Library open until 3 a.m. during the last five or six weeks of fall and winter terms.

Sign up for classes and workshops that cover academic research tools and methods. Call 902-494-3621 or register online for group workshops or to request an individual session or library tour.
TOP 5 TIPS FOR USING THE DAL LIBRARIES

1. Check out the subject guides
Start your research using subject guides, also called LibGuides. They’ll help you locate the best books, articles and other information for your assignments, and are organized by field of study. libraries.dal.ca/subject_guides.html

2. Watch some of our online video tutorials
These videos can help you to familiarize yourself with various resources that will make your research assignments easier. libraries.dal.ca/help/online-tutorials.html

3. Access resources from anywhere
Wherever you are, you can access millions of articles, ebooks, and other electronic resources available through the Libraries’ website. Use your NetID to log in to each resource. libraries.dal.ca/help/remote-access.html

4. Ask a librarian
Don’t get stuck—contact a librarian via Live Help (IM, on the front page of our website), email, phone, or at any service point in our five libraries. There are also liaisons for every subject area you can contact with questions. util.library.dal.ca/Subspecialists

5. Register your DalCard as your library card
Your DalCard is your library card. Use it to sign out books, films, reserve materials, and more. You need your DalCard barcode number to log in to your Novanet account and request items from other locations using the Document Delivery service. Your DalCard is also your printing and photocopying card for use in all of the libraries’ locations. libraries.dal.ca/borrow/library-cards.html
For more detailed digital campus maps, visit dal.ca/campusmaps

For more information about food, parking and gender-neutral washrooms, you can also check out:

- [dal.campusdish.com/locations](http://dal.campusdish.com/locations) for food locations on campus
- [dal.ca/parking](http://dal.ca/parking) for parking locations on campus
- [dal.ca/dalally](http://dal.ca/dalally) for a list of gender-neutral washrooms on campus
5 great critical reading techniques
1) Scan the intro, table of contents, and index.
2) Turn headings into questions.
3) Read actively, not passively.
4) Answer your own questions.
5) Record key concepts in your own words.
For more good study tips, follow the Dal Student Life blog at blogs.dal.ca/dalstudentlife.

The Dal Bookstore is your one-stop shop for all the gear you’ll need for a successful academic experience, offering everything from binders to bags, pens to portfolios. And yes, you can also find textbooks for pretty much every class at Dal, both in the stores and online. You can buy new or used textbooks, and they even have a textbook rental program!

Done with your books for good? The Bookstore sells used textbooks and offers a book buyback program once you’re finished with them.

Apart from the main bookstore in the basement of the SUB, Dal has two other specialized locations. Check the website for details on where you can find all of them.

For certain programs and classes, you may need to visit the King’s Co-op Bookstore next door at the University of King’s College (kingsbookstore.ca).

SHOW YOUR DAL SPIRIT!
The Bookstore sells a great range of Dal gear, including hoodies, T-shirts, socks, toques, mitts, and lots more.

Purchase Textbooks & Supplies
dal.ca/bookstore
( /TheDalBookstore)
@dalbookstore
@dalbookstore
Email, Computer, and Tech Support
dal.ca/its

You can find information about Dal’s IT services through the “Find a Service” tab in your personal information portal, myDal. Or visit one of the Help Desks for help finding and using a service, answers to technical questions, computer repairs, and even printing.

You can find the Help Desks at:

6 Studley Campus Killam Help Desk
(Killam Library, rm. G45)

14 Sexton Campus Help Desk
(Buildings A and B, 1360 Barrington St., 3rd floor)

13 Faculty of Medicine Help Desk
(Sir Charles Tupper Medical Building Link, Room G-34)

IT services include:

- **myDal**: your personalized online access to email, news, announcements, and much more
- **Dal email**: based on Microsoft Office 365, includes online file sharing, data storage, and a free copy of Microsoft Office Pro
- **Brightspace**: learning-management system that provides online access to course materials and interactive learning tools
- **Dal Online**: access to your account information, course registration, tax forms, and more
- **Information Security**: provides guidance and tips on how to protect your data and computing devices
- **Computer support and repair**
- **Free software downloads** including SPSS and Read & Write Gold
- **Wi-Fi access**
How are you going to start building your skills and experience now to help you when you graduate? You may want to start volunteering or get involved with a society. Use this template to make a goal (or two) about planning your career.

<table>
<thead>
<tr>
<th>GOAL:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>TIMEFRAME:</th>
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<th>WHAT HAS TO HAPPEN FOR THE GOAL TO BE ACHIEVED?</th>
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<td>Brainstorm on resources you’ll need to accomplish your goal:</td>
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<th>WHO CAN HELP YOU ACHIEVE YOUR GOAL?</th>
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<th>OBSTACLES. What roadblocks could you run into and what will you do to overcome them?</th>
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<th>CELEBRATE! How will you reward yourself when you achieve your goal?</th>
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Leadership isn’t about being in charge. It’s about being confident and capable, showing initiative, and assuming responsibility.

At Dalhousie we know how important those traits are to your future success, and we work together to create an environment in which they can develop and flourish.

You don’t have to be a varsity team captain or on the Student Union executive to be a leader—there are plenty of things on campus you can do to develop your skills. But you need to take charge of your future and get involved early.
Learn more about yourself. Explore different classes and majors, and get involved in campus life

Learn more about potential careers using the job and career resources at the Career & Leadership Development Centre

Volunteer on campus—Community Day in September is a great place to start

Drop by the Career & Leadership Development Centre (CLDC) and have your resume and/or cover letter reviewed by a peer advisor

Attend the DalLead conference—a great way to learn more about yourself and expand your leadership potential

Browse MyCareer for on and off-campus job postings and apply for a part-time or summer job

Take part in a mock interview session at the Career & Leadership Development Centre (CLDC)

Register for the DalConnects leadership program to explore career options and gain hands-on work and volunteer experience

Sign up to be part of the Student to Employer Program (STEP) to connect with employers you’d like to meet and learn more about

Attend the Summer Job and Career Fair and meet with potential employers

Create a Co-Curricular Record (CCR) to get your extracurricular achievements officially recognized

Meet with a career counsellor to explore your interests and develop a career plan
Online Career Support
mycareer.dal.ca

MyCareer is your one-stop, online career and leadership solution. By logging on through my.dal.ca, you can:

• search job, volunteer, and co-op postings and apply online
• schedule interviews
• manage your job search documents
• register for career and leadership events
• access your co-op work term records
• create and maintain your Co-Curricular Record (see page 43)

You can also log into useful resources:

Career Cruising: This career guidance and planning system features hundreds of detailed occupation profiles including job descriptions, working conditions, education and training needed, earnings, and job outlook.

MyWorldAbroad: This is a comprehensive site that connects you to study, volunteer, intern, and work opportunities abroad. It also guides you in building career skills and tools useful for global employment.

Purposely: This online platform provides the tools to teach you to take ownership of your future career and control its direction. It helps you learn job-seeking skills online.

GET A JOB!
Looking to make some extra cash or improve your resume? Dalhousie has a ton of part-time jobs and volunteer opportunities available on each of our campuses. Check mycareer.dal.ca regularly to see what’s available.
Whether you’re looking to earn some extra money or opportunities to prepare you for your future career, the Career & Leadership Development Centre can assist you with resources, advice, and support. Drop by to meet with peer advisors who can help you with:

- reviewing your resume, CV, or cover letter
- applying for jobs
- starting a job search strategy
- preparing and practicing for an interview
- using social media in your job search

While you’re there, check out the Frank G. Lawson Career Information Centre library’s fantastic resources that cover:

- career options
- career development
- self-assessment: skills, interests, abilities
- preparing a portfolio
- industry trends/emerging careers
- wage comparisons
- education and training

Students can also visit Student Services on the Sexton Campus. Visit dal.ca/sextonsupport for more information.

Meet with a career counsellor to discover how your personality and interests can relate to your career choices. You’ll get support identifying and exploring your interests, finding majors and careers that reflect who you are, developing strategies to overcome obstacles, increasing your confidence, and making plans to realize your goals.
BUILD SKILLS & EXPERIENCE

Leadership Skills Through Volunteering
dal.ca/dalconnects

With DALConnects you’ll do great work for meaningful causes, develop new skills, and build up the experience you’ll need for your future career.

It’s a free leadership program that connects you with the off-campus community and develops your leadership potential. By pairing interactive workshops, conferences, and teambuilding retreats with community volunteer opportunities, you develop practical skills that help you become a stronger leader in the classroom, the community, your future career, and in everyday life.

With five program paths, you can tailor your experience to suit your interests, passion, or career aspirations:

- **Foundational Leadership**: Develop everyday leadership skills through self-awareness, team dynamics, and conflict resolution
- **Career**: Develop your career and prepare for your future
- **Social Justice**: Examine local and global issues and develop strategies to work toward a more equitable society
- **World Wide**: Learn what it means to be an active global citizen and volunteer abroad
- **Organizational Leadership**: Develop practical leadership skills such as budgeting, event planning, facilitating effective meetings, and organizational planning

Wondering what you can do with your degree? Check our guides at dal.ca/cldc to see where your area of study can take you.
Connect with Employers 10
dal.ca/careerSTEP

Are you interested in meeting people from certain companies or industries? The Student to Employer Program (STEP) can connect you with employers you’re interested in learning more about. They’re not job interviews, but they’ll let you learn more about specific industries and better prepare you for the job market. You can start building a professional network and get direct feedback to help you start developing your future career.

Take Classroom Learning into the Working World
dal.ca/coop

If you’re in one of Dal’s fantastic co-op programs, you can take what you learn in the classroom directly to a professional workplace. By spending entire semesters working full-time in positions related to your discipline and career interests, you gain real-world experience, develop a network of professional contacts, learn from experts in the field, uncover your own strengths and interests, and earn a paycheque!

Dal offers co-op programs in:

• Architecture and Planning
• Commerce
• Computer Science
• Engineering
• Science

Turn Study Skills 6 into Career Skills
dal.ca/sfs

The study skills you use at school are just as valuable off campus as they are in the classroom. The ways in which you approach your class work will apply to your work outside school.

Register online for a study skills workshop with Studying for Success to help you develop some of the valued skills needed to make an impact on future employers and colleagues, including:

• effective reading strategies
• memorization and concentration
• presentation and speaking skills
• time management
• working in a group
Preparing for a career is about more than getting a university degree. It’s about having the right mix of skills, experience and enthusiasm.

Working part-time or volunteering on campus and in the community are fantastic ways to develop those traits. And Dalhousie has numerous opportunities for you to get involved on campus from Day One.
Get involved with the Student Union

dsu.ca
dsumemberservices@dal.ca

(@DalStudentUnion)

Want to make your mark on the student experience? Getting involved with the Dalhousie Student Union is a great way to make a difference. The DSU acts as the collective student voice on campus and works to ensure the best possible student experience at Dal—from student rights advocacy to building a sense of community on campus.

There are five executive members who are overseen by voting council members representing all faculties and various groups on campus. The DSU also hires nearly 100 part-time staff members for jobs throughout the university.

If you want to build such skills as teamwork, event planning, project management, and budgeting, the DSU has numerous volunteer opportunities for you! Browse the “Get Involved” section of the website or email to get more info.

DSU MOBILE APP

Use the app to find events, student societies, and connect with students in your classes and around campus. For more info, visit dsu.ca/app.
Join a Society or Club
dsu.ca

Participation in university clubs and societies is a great way to develop organizational and leadership skills, and always looks fantastic on your resume. With so many of them on campus, not only will you find plenty of people who share common interests, you’ll have an opportunity to try something new.

Download the DSU’s mobile app to find and connect with hundreds of student clubs and societies—if you don’t find the one you’re looking for, take the initiative and start one yourself! And don’t forget to check with your faculty to find out what faculty-based societies are available to join.

Watch for the Society & Volunteer Expo in September and February. Drop by to talk with members of various student societies and sign up for things that interest you.

Engage in Residence Life
dal.ca/residence (/DalhousieResLife)

Dal residences are home to over 2,500 students. They’re diverse and energetic communities, and great places to get more involved with the university and develop valuable leadership skills such as conflict management and team building.

Student Residence Life staff include residence assistants (RAs) who provide peer counselling and community programming/development. Sound interesting? You’ll need to apply by January to be an RA.

Each residence building has a Residence Council of elected students who represent their peers, run events, and much more. Talk to your RA about getting involved.

Check with your RA to find out how to get involved with other leadership opportunities in residence, including the Green Residence Forum and fundraising initiatives.

Be a Student Leader Off Campus
dal.ca/doc 902-494-4140

Dal students living off campus have community assistants (CAs) to help connect them to Dal events and programs, and provide peer counselling.

When you become an upper-year student, if you’re living off campus you can apply to receive training for academic referrals and peer counselling, and share your experiences and insights about life at Dal with fellow students. You’ll not only gain great experience and leadership skills, you’ll also get paid a nice stipend for your work!
The number of international students at Dal keeps increasing, and the International Centre is the place that helps smooth their transition to life in Halifax. Staff and volunteers host fun and informative orientation programs and cultural events, offer a welcoming lounge (including ping-pong and piano!), and provide referral and advising services for immigration, health care, finances, travel, and personal matters.

Whether you’re a Canadian or international student, by volunteering with the International Centre, you’ll gain experience working with different cultures, languages, and customs. You’ll also create friendships that last a lifetime. Positions include:

- orientation leaders
- welcome buddies
- Tiger mascot
- social event leaders
- student panelists
- residence and airport welcome crews
- ESL coach or tutor
- peer advisors
- CRA income tax coordinators

Want to get paid to help fellow students with their studies? Studying for Success has opportunities for you to work as a personal coach or tutor. As a tutor, you can get great experience working one-on-one or with small groups of students. You’ll also benefit from tutor and study skills training.

The Writing Centre hires undergraduate and graduate tutors to work individually with students working on academic assignments, depending on your academic background and writing expertise. You’ll develop your own communication and teaching skills as you work with other students. As a student tutor you may also have the opportunity to make brief presentations to classes, such as teaching a session on writing a literature review in history.

Dal Lead! is an energy-packed, one-day conference focusing on expanding your leadership potential. Through great speakers, workshops, and sharing of ideas, Dal Lead! will inspire you to create positive change in yourself and your community.
Work in Sport

dalplex.ca

Getting involved in sports at Dal is a great way to develop leadership and organizational skills and practice team building. Dal’s recreational programs also provide great part-time jobs as referees, camp leaders, customer service reps, lifeguards, varsity game staff (including the Tiger mascot!) and more.

Intramurals allow students to get involved as active players or participants, as well as in other roles, including: intramural sport representatives, team captains, intramural officials, and sport convenors. Jobs will be posted at mycareer.dal.ca and you can find out how to sign up to play intramurals at dal.ca/intramurals.

Sports clubs need at least three executive officers for their general management and organization. If there’s a sport you’re active in, but no club or team yet at Dal, you can always start one! Current tier one clubs run the gamut from lacrosse to rugby, while tier two clubs include figure skating, judo, and cricket. Find out more about sport clubs at dal.ca/sportclubs.

Be a Student Health Educator

dal.ca/studenthealth
livewell@dal.ca
(/livewellatdal)

Student Health Promotion staff and volunteers work together to promote health and wellness initiatives on campus. By being part of the Student Health Promotion team, you’ll build skills in leadership, communication, problem solving, and team building. You’ll get experience in:

• developing and designing displays and materials
• assisting with health promotion events
• developing and facilitating workshops
• participating in orientation events
• developing health promotion initiatives with campus and community partners
• social media and other communications outreach
• participating in health communities of practice
Be a Dal Ally

dal.ca/dalally
(/DalAllies)

Allies at Dal offers programs, services, training, support, referrals, and resources to members of the Dalhousie Rainbow community. When you volunteer to be an Ally, you can hone your communication skills and foster an inclusive campus environment that supports those who:

• want to be themselves and not hide their sexual or gender identity when seeking services or support
• seek help dealing with issues they’re experiencing on campus
• want support in coming out
• question (or have questions about) their sexuality or gender identity and need information

Volunteer with South House

southhousehalifax.ca
volunteer@southhousehalifax.ca

South House Sexual & Gender Resource Centre is a DSU service and Halifax’s only full-time women’s centre. It’s a volunteer-driven, student-funded, gender-inclusive safe space for all members of the Dalhousie community.

Contact the Centre about opportunities to help with daily operations and administration of the Centre and/or work on woman-positive and community-building projects in the Dalhousie and Halifax communities. Get involved with:

• activity and event planning
• media, marketing, and fundraising
• resource management
• advocacy
DAL RECOGNIZES YOUR LEADERSHIP

Awards & Scholarships

dal.ca/scholarships

Getting involved with student life and taking on leadership roles around campus can make you eligible for certain scholarships and financial awards. For example, the $4,000 Aramark Leadership Awards are given to students who are leaders in the community. Check online and talk with the staff in your department or faculty to find out about program-specific scholarships and awards.

Co-Curricular Record

dal.ca/ccr (/dalccr)

Start building your Co-Curricular Record (CCR), an official document from the university that recognizes your extracurricular activities—the good stuff you do outside of the classroom that doesn’t show up on your transcript. This can include everything from campus life and community engagement to volunteer and service leadership, as well as awards for outstanding contributions. It’s a fantastic complement to your resume that showcases all your talents and experience.
Student Impact Awards  
dal.ca/impact

Dal students are known for academic excellence, and your achievements outside of the classroom are just as impressive. The Impact Awards celebrate your contributions to Dal and the broader Halifax community in areas such as entrepreneurship, academic life, activism, student life, student societies, community service, residence life, and recreational athletics. From recognizing “Rising Stars” to the winners of the university’s top accolades, the Board of Governors Awards, the Impact Awards shine a light on the best of Dalhousie.

Look for nomination forms online to nominate yourself or someone else who deserves to be recognized.

The awards ceremony takes place every March.
☐ Join your Faculty or program student society
☐ Attend the Society and Volunteer Expo and find out more about opportunities that interest you
☐ Sign up for an intramural or club sports team
☐ Volunteer on campus
☐ Check out opportunities with: DSU, Dal Bike Centre, International Centre, Student Health Promotion
☐ Attend programming that happens in your residence! Living off campus? Check in with the Community Assistants in the Off-Campus Lounge
☐ Go to a Dal After Dark event
☐ Attend a fitness class at Dalplex
☐ Attend a varsity game and cheer on your Dalhousie Tigers
☐ Attend a performance at the Dalhousie Arts Centre
☐ Visit the Dalhousie Art Gallery
☐ Sign up for Dal Reads—this year’s book is *The Hermit of Africville*
☐ Pursue your desire to travel with an exchange or study abroad program
☐ Connect with students on campus through the International Centre, Black Student Advising Centre, Aboriginal Student Centre, South House, or the Off-Campus Lounge
☐ Download the DSU mobile app and have society and events information at your fingertips.
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 other students who have similar backgrounds, interests, personal circumstances, and goals.

Allies at Dal/LGBTQ+ Support

dal.ca/dalally
peerally@dal.ca
dalally@dal.ca
(/DalAllies)

Feeling like an outsider can affect you beyond your personal life—it can often influence your academic work as well. At Dalhousie we encourage and support a respectful and inclusive campus community. Allies work with students, staff, and faculty to offer programs, services, training, support, referrals, and resources to members of the Dalhousie Rainbow community. Contact Allies by email for confidential discussions or get in touch with a specific Ally directly from the online list.

Look for the Allies triangle stickers on office doors around campus.

Allies at Dal can help if you:

- question your (or have questions about) sexuality or gender identity and need information
- need support in coming out
- need help dealing with issues you’re experiencing on campus
- want to be yourself and not have to hide your sexual or gender identity when seeking services or support
- want to discuss issues without fear of judgment
Aboriginal Student Centre

dal.ca/aboriginal
aboriginal.centre@dal.ca
902-494-8863
Student Union Building (4th floor)

If you’re a student of First Nations descent, the Aboriginal Student Centre can help you form support networks in studies relating to arts, science, law, and health. It also hosts social activities, cultural events, and information sessions. Stop by the Centre to enjoy a coffee or tea, take advantage of academic advising, and meet other Aboriginal students. Traditional smudging facilities are also available.

Black Student Advising Centre

dal.ca/bsac
bsac@dal.ca
1321 Edward St. (2nd floor)

If you’re a student of African descent, BSAC can provide you with academic support, confidential counselling, and advocacy and mediation services. At the Centre you’ll find two computer labs, a meeting room, study room, lounge with kitchenette, and outdoor space. Drop by the Centre for information on employment, scholarships, bursaries, and events on and off campus and in the African Nova Scotian community. BSAC is open 9am–9pm (Mon.–Thurs.) and 9am–5pm (Fri.).

Dal Off Campus

dal.ca/doc
(/DalOffCampus)

As a student living off campus, feeling connected to the university and each other can be challenging. Dal Off Campus works to make sure you get the support you need, plans fun events on and off campus, and connects you to an instant community.

Drop by the DOC lounge on the 4th floor of the SUB to relax between classes, grab a coffee, eat your lunch, and chat with one of our student Community Assistants for help and advice. They’re trained to help you with academic referrals and peer counselling, and can share their own insights about living off campus at Dal.
As an international student, you’ll benefit from Dal’s international student societies, on-campus advisors, and specialized programs and services. Staff and volunteers at the International Centre host fun and informative orientation programs and cultural events, provide a welcoming lounge, as well as referral and advising services related to immigration, health care, finances, travel, and personal matters.

Drop by the Centre to discover how the staff and volunteers can help you. Call or email to meet with an advisor, or book online at my.dal.ca.

If you’d like to do an international exchange or study abroad for a semester or full year, the International Centre can help out. Studying in another country is a great way to experience different cultures and learn new languages, as well as immerse yourself completely in your area of study. Visit the “Exchange and Study Abroad” section of the website to find out about all your overseas opportunities.

Drop by the Multifaith Centre if you’re looking for a place to worship on campus, somewhere quiet to study, or someone to listen when you just need a person to talk to. The Centre has a range of chaplains from various faith traditions offering confidential support on personal and spiritual issues, and provides opportunities for prayer and worship, retreats, workshops, lectures, and social activities. It can also help you find a local worship community that’s part of your tradition.

If you’re just looking for a quiet place to relax, there are Quiet Rooms available in the Centre, the Killam Library, LeMarchant Place, the SUB, and on the Sexton Campus.
Night-time Activities on Campus
dal.ca/afterdark

If you’re looking for something to do on campus on Thursday, Friday, and Saturday nights, Dal After Dark likely has something that fits the bill. Whether it’s sports, arts, or games, it’s a great opportunity to socialize, make new friends, be active, and get involved in student life at Dal. Stop by any of the events for a few minutes or a few hours! Dal After Dark also offers grant funding of up to $500 to support events planned by and for Dal students.

South House Sexual & Gender Resource Centre
southhousehalifax.ca
outreach@southhousehalifax.ca
902-494-2432
1433 Seymour St.

South House 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, wheelchair-accessible space that offers a resource centre, library, and free meeting space for woman-positive and anti-oppression organizing and gathering.

Student Societies
tigersociety.dsu.ca

Looking to make new friends? Want to find other students who share some of your interests or hobbies? With hundreds of clubs and organizations on campus, joining a student society may be the perfect way to meet like-minded people.

Download the DSU’s mobile app to connect with societies, or stop by the Society & Volunteer Expo in September and February to find something that interests you. If you can’t find the right fit, why not start one yourself?

Cheer on the Tigers
daltigers.ca
902-494-3372
(/daltigers)

The Dalhousie Tigers varsity program includes men’s and women’s teams competing in Atlantic University Sport (AUS) and Canadian Interuniversity Sport (CIS) basketball, cross country, hockey, soccer, swimming, track and field and volleyball.

Wear your black and gold, bring your DalCard for free admission and come to cheer on your Tigers!
SOLVING PROBLEMS

Student Rights & Responsibilities
dal.ca/srr

It’s important to know your rights and responsibilities as a Dal student, and to be aware of the different avenues of support and assistance for any issues that may arise while you are at Dalhousie. By being aware of these rules and regulations, we hope your academic experience will be enhanced, your stress and conflict will decrease, and your overall student experience will improve. Visit the website for more information.

Office of Human Rights, Equity & Harassment Prevention (HREHP) dal.ca/hrehp

Dalhousie is committed to fostering an inclusive working and learning environment where we all share the responsibility for ensuring a climate of respect. But if you feel you’ve been harassed or discriminated against, contact HREHP for advice, mediation, consultation, and education on Employment Equity/Affirmative Action, Statement on Prohibited Discrimination, Personal and Sexual Harassment, the Code of Student Conduct, and the Student Accommodation Policy. The office is located in the basement of the Henry Hicks Building, or contact an advisor at 902-494-6672 or dalrespect@dal.ca.

DSU Student Advocacy Service
dsu.ca
dsas@dal.ca
Student Union Building (3rd floor)
902-494-2205

The Dalhousie Student Advocacy Service (DSAS) can help you navigate university policies and formal/informal procedures related to: academic integrity, discipline, Code of Conduct, harassment, and discrimination. 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
• filing harassment, sexual harassment/assault and discrimination complaints
• responding to charges under the Student Code of Conduct
• alleged unfairness or bias in the application of academic regulations or procedures

DSAS provides anti-oppression, cultural competency, survivor support, and advocacy skills training to all its student advocates to ensure competent and effective service provision.

The Academic Integrity Officer in your faculty is another resource to help you work with your professor to get back on track.
Equity and Accessibility Office
dsu.ca/equity

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.

Anti-oppression refers to the practice of challenging all forms of oppression based on race, gender, sexuality, class, religion, immigration status, country of origin, age, physical ability, and mental health status.

Student Dispute Resolution
dal.ca/think

Dalhousie can provide assistance and mediation if you are dealing with:
- student–student conflicts
- student–neighbour issues
- student–landlord problems
- student–faculty issues

The Manager, Student Dispute Resolution oversees the Dalhousie Restorative Justice Project, a collaboration between students, community, and campus partners to help resolve disputes (including certain criminal charges) in a restorative and respectful manner. Visit the website to find out how to take part in the program.

Ombudsperson
dsu.ca/ombudsperson

The Ombudsperson is a mediator who ensures everyone at Dalhousie is treated fairly and respectfully. They provide accessible, independent, impartial, and confidential support to help you get a fair and equitable resolution of any university-related issue (academic or non-academic).

Sexual Harassment
dal.ca/hrehp
dalrespect@dal.ca
902-494-6672

If you experience any form of sexual harassment, contact the advisor of harassment prevention/conflict management. Sexual harassment can include:
- sexual innuendo
- gender specific insults
- sexual propositions or invitations
- threats of a sexual nature
- homophobic remarks
- persistent unwanted contact after the end of a consensual relationship
- suggestive staring or leering
- unauthorized distribution of sexually explicit material involving specific people
- stalking
- sexual assault

UNIVERSITY POLICIES
For lists and information on all of Dal’s academic and non-academic policies, visit dal.ca/secretariat