LIVE LEARN LEAD

DALHOUSIE

student success guide

Halifax edition 2018-19

A book of student support services and resources at Dalhousie
We know the transition to university can be overwhelming. Navigating resources, meeting new people, and facing new academic challenges are all part of the experience. But have no fear! The faculty and staff at Dalhousie are here to support you as you make your way through your first year and beyond. Use this guide as a resource to learn about the supports that are available to you, to help you think intentionally about setting goals, and to help you learn well, live well, and lead well.

5 tips to continue on your track to success

#1 SET GOALS
Create experiences that help to connect what you are doing academically with your future goals. The more interested you are in something, the more motivated you’ll be!
• Create short- and long-term academic and career goals.
• Engage with your faculty. Join an academic club or talk to your TAs about their experiences.

#2 GET INVOLVED
Students who are more involved on campus are more likely to do better academically. Join a club or society. If you’re in Arts or Science, join a First-Year Interest Group (FIG). Explore different research areas and connect with faculty as early as possible.

#3 ASK FOR HELP
Use this guide to understand the resources and services available to you, and don’t be afraid to ask for help. That’s what we’re here for!
• Visit your professors during office hours.
• Check out free academic resource centres like the Writing Centre and the Math Resource Centre.

#4 EXPAND YOUR HORIZON
Immerse yourself in the university culture, and understand what it means to be a citizen of Dal. Our values are focused around being an inclusive and diverse environment. Expand your horizon and take part in a study abroad experience.

#5 HONE YOUR STUDY SKILLS
Know what it means to be a student. Successful students understand expectations and excel in study strategies like time management and note taking.
• Use your course syllabus. It has important information like your professor’s office hours, the grading scheme, and what you need to do to be successful in the course.

DID YOU KNOW: The Start on Track – Online modules are available to all new Dalhousie students through our online learning management system, Brightspace. dal.ca/ontrack
For a full searchable list of services available to Dal students, click on the “Current Students” tab at the top of dal.ca.
USEFUL DAL APPS

DalU
Campus info, campus maps, news, events, + more.

DalSAFE
Security Services, Tiger Patrol, interactive maps, campus notices, parking info, + more.

Dalhousie Student Union
Events, student societies, campus resources, connect with Dal students, + more.

Sell Books Dalhousie
Scan and sell your used textbooks to the Dal Bookstore.

INFO FOR NEW STUDENTS
dal.ca/newstudents

Campus maps
dal.ca/maps

Checklists
dal.ca/newstudents/checklists

Events on campus
dal.ca/studentevents

Family & Friends
dal.ca/parents

Financial tips and help
dal.ca/moneymatters

Gender neutral washrooms
dal.ca/dalally

Helpful tips
dal.ca/helpfultips

Important dates
dal.ca/dates

Parking on campus
dal.ca/parking

Services & resources
dal.ca/campuslife

ENJOY YOUR FIRST YEAR at Dalhousie!
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 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. Use the goal-setting worksheets to create a plan to map them out and how you plan on getting there. Try to make your goals as specific as possible. Set timeframes for each one, and include both short- and long-term plans. Break each goal into chunks so it’s more manageable.

Next, brainstorm what you need to make your goal happen. If your goal is to get a 3.0 GPA at the end of first term, you might want to meet with an advisor to create a plan, go to a study skills workshop, or meet with your TA. Write down any roadblocks you think you might face. This will help you push through them.

Finally, write down how you’re going to celebrate when you reach your goal! Celebrating your achievements is an important part of the process!

Use our goal-setting worksheets on pages 13, 25, and 35 to help you meet your health, academic, and career targets.
Life as a university student is challenging and fun, but 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.
SERVICES

Taking care of your physical and mental health

dal.ca/livewell
902-494-2171
LeMarchant Place (2nd floor)

The Student Health & Wellness Centre offers an on-campus clinic with a diverse and interprofessional team to support a variety of health care services. We offer same-day and booked appointments. Call 902-494-2171 to set up an appointment.

Our team includes:
• nurses
• doctors
• social workers
• psychiatrists
• counsellors
• registered psychologists

Our services include:
• on-call doctor for urgent health issues
• medical exams and consultations
• prescriptions
• mental health support
• walk-in counselling
• sexual health education and support
• STI and pregnancy testing
• immunizations and flu shots
• gender transition support and trans health
• psychiatric and specialist referrals
• learning disability screening and counselling

If you have questions but can’t make it to the clinic, submit them anonymously online at dal.ca/askanurse.

Student Health & Wellness offers free programs and workshops throughout the year on couples and relationships, eating disorders, grief, anxiety, sleep, resilience training and more.

We have an online self-help program to assist you with feelings of stress and anxiety that you can use for free, anytime, anywhere. Register at dal.ca/welltrack.

If English isn’t your first language, or you are more comfortable speaking in another language, you can use our free and confidential interpreter service.

STAY CONNECTED TO YOUR MENTAL HEALTH
Drop in and chat with our peer support workers about your studies, friendships, relationships, or life in general. dal.ca/stayconnected
Health & Dental Insurance

dsu.ca/healthplan
dsuhealth@dal.ca

Student Union Building (3rd floor)

All full-time students 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 automatically enrolled and billed for the DSU International Student Health Plan.

DSU Health Plan coverage is mandatory unless you have provincial or equivalent coverage that provides you with basic health insurance coverage like doctor and hospital visits. Visit the website for information about opting out of the plan(s).

Visit studentvip.ca/dsu to download your DSU Health Insurance card. If you’re an international student, visit internationalhealth.ca/dsu to fill out the card pick-up form.

Wellness Room

dsu.ca/wellnessroom

Student Union Building (basement)

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.

DID YOU KNOW:

Need a sick note? You may not need to go to the clinic to get one! The Student Declaration of Absence Form is available in some courses. dal.ca/studentabsence

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.
Eating on Campus
dal.ca/foodservices
Facebook /DalFoodServices
Twitter @DalFoodServices
Email @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, Shirreff, and O’Brien residences, or simply pay at the door. We also have many retail food outlets on campus. Visit 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 To Go, where you can pick up a meal, snack, fruit, veggies, baked goods, and amazing salads to take home. Check the Food On Campus section of 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 (10am–5pm) and Wednesday (10am–4pm) in the SUB, and on Sexton Campus every Wednesday (11am–3pm). You can even order a food box filled with great local produce for pick-up or delivery within peninsular Halifax ($3 fee)!
GET ACTIVE!

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. Space is limited, and thousands of students play intramurals every year so register early. Registration opens August 31 at dal.ca/intramurals (click on the IM Leagues Login button). Ways to register:

- 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 on IMLeagues as a free agent to connect with other teams and/or be placed on a team

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!

DID YOU KNOW:
Dalplex also offers First Aid and CPR certification with discounted rates for students!

Work Out @ Dalplex
dalplex.ca
902-494-3372
6260 South St.

If you’re a full-time student, you already have a membership to Dalplex, the university’s primary fitness centre, which includes:

- climate-controlled fitness centre with cardio and strength-training equipment
- 4 studios with over 35 weekly drop-in fitness classes
- spin studio
- 8-lane, 50m indoor pool
- 1/6-mile indoor running/walking track
- basketball, volleyball, badminton, pickleball, squash, racquetball courts
- outdoor turf field
- table tennis
- 2 outdoor tennis courts
- 2 climbing walls
- 6 locker rooms with day-use or rental lockers
- complimentary equipment rentals

Work Out @ Sexton
dal.ca/sextongym
902-494-6053
Building A, Sexton Campus

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

dalplex.ca
902-494-3357

Your Dalplex membership gets you access to the 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.

Fitness Programs & Classes

dalplex.ca
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 classes to fee-based ones there’s something for everyone. Check online for info about classes including:

• Aquafit
• Body Strong
• Boot camp
• Kickboxing
• Spin
• Step
• Yoga
• Zumba

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

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 shuttle service.
• 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, online or in person) to a stranger.
• Keep a written record of obscene telephone calls and harassing behaviour, and save harassing emails, texts and letters for further action/documentation.
• 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.

DAL SAFE APP
Download the DalSAFE mobile app 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 or DalSAFE app for details on routes and schedules.
You may want to give up smoking or start a workout plan. You may decide to get help if you have anxiety. Use this worksheet to create a goal on how you will improve your health this year.

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

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

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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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HELPFUL TIPS for your Health & Wellness

MAKE SURE YOU:

- Transfer your medical records to Dal’s Student Health & Wellness
- Know about your Dalhousie Student Union Health & Dental Plan and how to make a claim
- Download your DSU Health Insurance card
- Complete the Start on Track – Online orientation modules that deal with your health
- Stop by Student Health & Wellness for a free STI screening or check the mobile clinics on campus
- Get your flu shot at Student Health & Wellness or one of the mobile clinics on campus
- Book your dental check-up at one of Dal’s Dental Clinics
- Get the amount of sleep you need
- Find out if any of your courses accept the Student Declaration of Absence Form instead of sick notes

LEARN MORE ABOUT:

- Dal’s university-wide mental health initiative: dal.ca/Thrive
- Tips for taking care of yourself and your friends: thePROsocialproject.com
- How to eat healthy and the nutritional value of the food at Dal: dal.campusdish.com
- How to support yourself or your friends who you suspect have substance abuse issues: keepitsocial.ca
- How to reduce stigma and change how we think about talk about mental health and wellness: dal.ca/inquiringminds
YOU CAN ALSO:

- Download the WellTrack app and get help managing any stress, anxiety, or depression you may be experiencing
- Get answers to your mental health questions from the Stay Connected peer support workers
- Sign up for a counselling group or workshop at Student Health & Wellness (topics include self-care, mindfulness, eating disorders, and more)
- Meet with our social worker at Student Health & Wellness
- Add certified resilience training to your resume through the Q-Life Program.
- Explore your beliefs and faith at Multifaith Services
- Ask a nurse your general health questions and receive a direct reply within 48 hours (dal.ca/askanurse)
- Connect with a peer ally for support on LGBTQ2SIA+ issues
- Pick up free condoms at Student Health & Wellness
- Take a tour of our athletic facilities to discover what you have access to, and learn more about our clubs, intramurals, and the Dal Tigers
- 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 and interests
- Check out health and wellness events at the DSU Wellness Room
The academic support services at Dalhousie can help you realize your full potential. From before you 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 at your disposal on campus. But don’t 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.
The Registrar's Office manages the enrolment elements of your program. The team can answer questions about:

- applications to academic programs
- course registration
- declaring majors
- information/documentation for student loans
- scholarships and bursaries
- exam schedule
- courses from other universities (transfer credits and letters of permission)
- declaring majors
- academic transcripts
- letters of confirmation of enrolment
- graduation

Many of the services are also available on the website or dalonline.dal.ca.

Advisors are available to help you understand your program requirements, choose your courses, set goals, and plan your academic path. They can help you map out your personal academic plan, learn how to use your strengths, and reach your educational, career, and life goals.

Advisors are available through the Bissett Student Success Centre (SUB, 4th floor), and through your faculty, department, or program to help with more specific questions about your degree, major, graduate school options, and research.
Dalhousie has services to assist you if you need accommodations to fully access your campus living and learning environments. If you experience barriers as a result of a disability (e.g. learning, physical, mental health, vision/hearing, chronic health), religious obligation, or any other characteristic protected under Nova Scotia human rights legislation, the team in the Student Accessibility Centre can explore such accommodations as more time to finish exams, hiring a note-taker for classes, preferred residence room selection, and assistive technology.

Drop by the Student Accessibility Centre in the Killam Library Atrium (room G28) or the Sexton Campus Student Services Centre. Or book an appointment online through my.dal.ca.

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 upper-year or graduate students who focus on building your skills and help you learn how to learn. They will:

- offer study techniques
- guide your development and use of effective study strategies
- provide tips for exam prep
- refer you to other services as needed

Coaches can meet with you on a drop-in basis in Room 446A on the 4th floor of the SUB, or book online at my.dal.ca or call to make an appointment.
Develop Your Writing Skills

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

No matter what you study, you will be evaluated based on your writing. Want to understand written assignments and do better in your classes? The Writing Centre offers writing support in all subjects. Set up a one-on-one appointment to discuss your work or sign up for a group event or seminar. The Centre has experienced staff and tutors to help explain expectations for written assignments, review your work, and help you adapt to the university experience.

Writing Centre advisors don’t proofread or edit your work—they help you learn how to write independently, and provide support with:

• research papers and 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, Computer Science, and Engineering
• English as Another Language support for course work

Call to make an appointment or drop in to any of our Halifax locations: Killam Library rm. G40C (main floor learning commons), Sexton Campus, Black Student Advising Centre, Indigenous Student Centre). Or book online at my.dal.ca. Check the website for hours.

Develop Your Study Skills

dal.ca/sfs
sfs@dal.ca | 902-494-3077

Whether you’re doing well and want to do better, or 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 and listening techniques
• multiple choice exams
• presentation and speaking skills
• managing time and avoiding procrastination
• memorization and concentration
• working in a group
• setting smart goals

Improve Your English

dal.ca/esl
esl@dal.ca | 902-494-6060

If English isn’t your main language of communication, Dalhousie’s College of Continuing Education offers many different English as a Second Language (ESL) courses for you to improve your skills and level of expertise.
Top 4 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

4) Go anywhere: apply for the Go Beyond Borders bursary worth up to $1,500

Go on Exchange or Study Abroad
dal.ca/exchange
international.centre@dal.ca
@dalexchange
/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. You can even apply in your 1st year to go abroad the next year. Applications are due January 1 and June 15. There are plenty of bursaries and scholarships available to help make your exchange a reality.
Purchase Textbooks & Supplies dal.ca/bookstore ( /TheDalBookstore) @dalbookstore

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: Building B on Sexton Campus, and a temporary storefront in Jenkins Hall, on the Agricultural Campus.

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 TIGERS SPIRIT!
The Bookstore sells a great range of Dal gear, including hoodies, T-shirts, jackets, socks, toques, scarves, and mittens.

5 great critical reading techniques
1) Scan the introduction, 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.

Brought to you by DAL STUDENT LIFE

For more good study tips, follow the Dal Student Life blog at blogs.dal.ca/dalstudentlife.
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, and the MacRae Library in Truro. See the campus map for all the locations.

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

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

Every year the Dalhousie libraries run Dal Reads, a program that brings first-year students together by reading the same book and taking part in events like in-person talks by the author. The selection for 2018–19 is Brown Girl in the Ring by Nalo Hopkinson.

DID YOU KNOW:
Each faculty has opportunities to experience and participate in research throughout your degree. Chat with your professors and TAs about exploring potential research interests and to get an idea what’s available for you at Dal.
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.
dal.ca/libguides.com

2. Watch our online video tutorials
These videos can help to familiarize you 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 through the Libraries' website. Use your NetID to access them all.
libraries.dal.ca/help/remote-access.html

4. Ask a librarian
Don’t get stuck—contact a librarian via Live Help (IM, on the landing page of the Libraries 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.
libraries.dal.ca/research/subject-liaisons/directory.html

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
Email, Computer, and Tech Support

dal.ca/its
helpdesk@dal.ca
902-494-4357

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.

IT services include:

- **Dal Alert**: email and text messages about important events on campus (e.g. storm closures and security bulletins)
- **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 Microsoft Office, SPSS, and Read & Write Gold
- **Wi-Fi access**: free on campus with your NetID sign-in

You can find the Help Desks at:

1. **Wallace McCain Learning Commons**
   (between Life Sciences Centre and Chemistry Building)
2. **Killam Library**
   (Killam Library, rm. G45)
3. **Kellogg Library Learning Commons**
   (Collaborative Health Education Building)
4. **Sexton Library**
   (Buildings A and B, 1360 Barrington St., 3rd floor)

ON-CAMPUS COMPUTER REPAIR

Hardware Services (located in room G45, Killam Library) can help you with computer hardware repairs (PC and Apple).
dal.ca/hardwareservices
You may want to improve your study habits or work on your writing skills. Use this worksheet to create a goal on how you will achieve your academic success this year.

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<th>WHO CAN HELP YOU ACHIEVE YOUR GOAL?</th>
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<th>CELEBRATE! How will you reward yourself when you achieve your goal?</th>
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For more detailed digital campus maps, visit www.dal.ca/maps

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

- dal.campusdish.com/locations for food locations on campus
- dal.ca/parking for parking locations on campus
- dal.ca/dalally for a list of gender-neutral washrooms on campus
HELPFUL TIPS for your academic success

- Find the location of each of your classes BEFORE they start.
- Familiarize yourself with and start using Brightspace, Dal's online learning support platform (Start on Track – Online is a great place to start!)
- Read the full syllabus for each of your courses on the first day to plan your term.
- Take time to reflect on why you’re in university and what goals you hope to achieve.
- Take an elective that challenges you to learn more about yourself.
- Pay attention to important dates for paying your tuition and adding/dropping courses (dal.ca/dates).
- Register for a First-Year Interest Group and delve deeper into your interests with other students (for Science and Arts & Social Sciences students).
- Complete the modules in the Start on Track – Online Orientation (dal.ca/ontrack).
- Get help accessing journal articles and doing research at the Dal Libraries — they’ll also help you with your references and citations.
- Use the online assignment calculator to manage the time you have to complete your research paper.
• Visit your professors during office hours

• Contact the Student Accessibility Centre if you require an academic accommodation

• 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 and essay exams, strategies for multiple choice, presentation and speaking skills, managing your time, working in a group, and concentration and memorization

• Meet with a student success advisor at the Bissett Student Success Centre to create an educational plan, discuss your courses, major, minor, and career options

• Register for Stay on Track (dal.ca/ontrack)

• 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

• Talk to your professors about getting involved in initiatives, research projects, clubs, and student societies in your department

• Visit the Math Resource Centre, Chemistry Resource Centre, or Computer Science Learning Centre to get specific topic help
You need to make a lot of decisions about your education, work, and personal life when you plan your career. The more you’re invested in the process, the smoother your career planning will go.

Look inward to identify your goals when it comes to career aspirations. Explore things like your interests, personality preferences, values, skills, dreams, and experiences to help guide you towards your future career.

Dal has plenty of services and resources available to support you in your career planning, so make sure you use them.
SERVICES & RESOURCES

Online Career Support
mycareer.dal.ca

MyCareer is your one-stop, online career and leadership solution. By logging in 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 44)

You will also find other useful resources, including 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.

Career on Track
dal.ca/ontrack

Career development goes beyond finding a job after you graduate—it’s a process that takes time and thought to ensure you’re heading in the right direction. The Career on Track program for first- and second-year students in Science and Arts and Social Sciences helps you understand how careers develop and why you need to start planning early. Working one-on-one with an advisor, you will gain insight into your interests, skills and strengths, identify your goals, and create your own plan for career success.

GET A JOB!
Looking to make some extra cash or increase your skills? Dalhousie has many part-time jobs and volunteer opportunities available on each of our campuses. Check mycareer.dal.ca regularly to see what’s available.
The Bissett Student Success Centre is here to assist you with career resources, advice, and support. Drop by to meet with one of our peer advisors who can support you with:

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

We also have student success advisors who can help you navigate the world of work and connect your academic and non-academic activities with your future plans and career options. Come talk to an advisor about exploring career paths and options, and identifying your strengths and goals. Call to make an appointment.

DID YOU KNOW:
Every September Dalhousie participates in the Halifax University Career Fair, where you can meet with dozens of organizations looking for bright, engaged students like you! halifaxcareefair.ca
GAINING VALUABLE EXPERIENCE

Part-time work, volunteering, and leadership programs are great ways for you to get hands-on experience throughout your degree. You can develop certain skills and discover career options that interest you. Look for workshops on campus to develop your leadership skills. Visit the Bissett Student Success Centre for help with your resume and cover letter. And get involved in any way you can!

Leadership Skills Through Volunteering

dal.ca/dalconnects

Student Union Building (4th floor)

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 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.

Tailor your experience to suit your interests, passion, or career aspirations:

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

dal.ca/sfs
902-494-3077
(/DalhousieStudyingforSuccess)
@DalStudySuccess

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

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
- Engineering
- Information Technology
- Science

BUILD YOUR RESILIENCE

Strengthen your career skills and add certified resilience training to your resume by completing the Q-Life program. Being trained in resilience and having the skills to cope with uncertainty and bounce back after difficult times will help prepare you for your future career, whatever that may be.

dal.ca/resilienceproject
How are you going to build your skills and experience to help you when you graduate? You may want to start volunteering or get involved with a society. Use this worksheet to create a goal for planning your career.

**GOAL:**

**TIMEFRAME:**

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

**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?*
HELPFUL TIPS for career planning and readiness

- 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 Bissett Student Success Centre
- Browse MyCareer for on and off-campus job postings and apply for a part-time job
- Drop by the Bissett Student Success Centre and have your resume and/or cover letter reviewed by a peer advisor before applying for a job
- Volunteer on campus—Community Day in September is a great place to start!
- Attend the Society and Volunteer Expo in September
- Create a Co-Curricular Record (CCR) to get your extracurricular achievements officially recognized
- Meet with an advisor to explore your interests and develop a career plan
- Attend the DalLead conference—a great way to learn more about yourself and expand your leadership potential
- Take part in a mock interview session at the Bissett Student Success Centre
- Register for the DalConnects leadership program to explore career options and gain hands-on work and volunteer experience
- Attend the Dalhousie Job and Career Fair and Halifax Universities Career Fair to meet with potential employers
- Attend the East Coast Student Leadership Conference in November
Students who are more involved on campus and in campus activities are more likely to be academically successful. It's true!

That's why Dal has numerous opportunities for you to engage in the campus community. While there are over 300 active student societies here, there are also opportunities to volunteer, take part in research, and discover your strengths and passions.
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.

Get involved with the Student Union

dsu.ca
dsumemberservices@dal.ca

The Dalhousie Student Union represents the collective voice of over 18,000 students at Dal. The DSU advocates for student rights, builds community on campus through events, supports over 300 societies, and provides services to foster a supportive and positive student experience.

There are five executive members who are overseen by Council, with representatives from 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, including the annual TEDx Dalhousie event! Browse the “Get Involved” section of the website or email to get more info.
GET INVOLVED

Join a Society or Club

dsu.ca/connect-with-societies

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 (dsu.ca/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 January. 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

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 support and promote a safe and welcoming environment through peer support, programming/events, and implementing community standards. 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.
The number of international students at Dal is 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 and study space for all students, 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
Opportunities in Sport  

dalplex.ca

Getting involved in sports at Dal is a great way to get active, 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 are 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 badminton. Find out more about sport clubs at dal.ca/sportclubs.

Volunteer with Student Health & Wellness  

livewell@dal.ca

Join our diverse team of student leaders to help organize and run various initiatives focused on mental health, sexual health, and substance harm reduction to promote health and wellness on our campuses. You’ll get experience coordinating, promoting, and facilitating:

- mental health resilience training
- Dal After Dark activities
- sexual health programming
- safe substance use education outreach
- physical activity and recreation opportunities
- Multifaith Services outreach
**Be a Dal Ally**

dal.ca/dalally

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
Nighttime Activities on Campus
dal.ca/afterdark

Dal After Dark offers fun and free/low-cost activities in alcohol-free settings. You can do everything from a terrarium-building workshop to skating on the Emera Oval. Stop by for a few minutes or a few hours!

Be the Dal Tiger
studentlife@dal.ca

Want to be a Dal icon and get people pumped up at various campus events? If you’re outgoing, energetic, reliable, and friendly, you can work with the Dal Student Life Street Team and get paid to wear the Dal Tiger suit! Email with your resume and a cover letter that shows off your fun side.
GET RECOGNIZED

Co-Curricular Record  
dal.ca/CCR

Start building your Co-Curricular Record (CCR) today! It’s an official university document that recognizes your accomplishments and experiential learning that happens outside of the classroom, including campus life and community engagement, volunteer and service leadership, and awards for amazing contributions. It’s a fantastic complement to your resume and transcript that showcases your whole university 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 at dal.ca/impact to nominate yourself or someone else who deserves to be recognized. The awards are presented at a big gala event every March.
IDEAS FOR GETTING INVOLVED | 15 ways to get involved

1. Join your faculty or program student society
2. Attend the Society and Volunteer Expo and find out more about opportunities that interest you
3. Attend a varsity game and cheer on your Dalhousie Tigers
4. Sign up for an intramural or club sports team
5. Volunteer on campus—check out opportunities with: DSU, Dal Bike Centre, International Centre, Student Health & Wellness
6. Visit the Dalhousie Art Gallery
7. Attend programming that happens in your residence!
8. Go to a Dal After Dark event
9. Attend a fitness class at Dalplex
10. Attend a performance at the Dalhousie Arts Centre
11. Get your free copy of the Dal Reads book at any library or residence front desk—this year’s book is Brown Girl in the Ring
12. Pursue your desire to travel with an exchange or study abroad program
13. Connect with students on campus through the International Centre, Black Student Advising Centre, Indigenous Student Centre, or South House
14. Download the DSU mobile app and have society and events information at your fingertips
15. Keep up to date on what’s happening at Dal at dal.ca/studentevents

For other ideas, visit dal.ca/getinvolved
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.
COMMUNITY CONNECTIONS

Black Student Advising Centre  

dal.ca/bsac  
bsac@dal.ca | 902-494-6648  
1321 Edward St. (2nd floor)  

( /dalBSAC)  

If you’re a student of African descent, BSAC can provide you with academic support, confidential advising and advocacy, and mentorship programs. We have 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.

Indigenous Student Centre  

dal.ca/indigenous  
isc@dal.ca | 902-494-8863  
1321 Edward St. (1st floor)  

The Indigenous Student Centre helps create a sense of belonging for Indigenous students at Dal. Our Indigenous Student Advisor provides support and advocacy for you and the Centre has a number of educational, cultural, and career resources to enhance your university experience:

• math and writing tutors, study skills coaches  
• cultural activities (including traditional smudging)  
• scholarship and bursary info  
• referrals to supports on and off campus including the campus Elder

International Centre  

dal.ca/international  
international.centre@dal.ca  
902-494-1566  

LeMarchant Place (1st floor)  

( /dalhousie.ic)  
@dalinternational  

As an international student, you’ll benefit from Dal’s international student societies, on-campus advisors, and specialized programs and services. Drop by the International Centre for fun and informative orientation programs and cultural events, a welcoming lounge and study space for all students, and referral and advising services related to immigration, health care, finances, travel, and personal matters.

Call or email to meet with an advisor, or book online at my.dal.ca.

Doing an international exchange or study abroad for a semester or full year is a great way to experience different cultures and learn new languages, as well as immerse yourself in your area of study. Visit dal.ca/exchange to find out about all your overseas opportunities.
LGBTQ2SIA+ Collaborative
dal.ca/hres
hres@dal.ca
(/DalAllies)

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, DalOUT, OUTLaw, South House Sexual and Gender Resource Centre, and more.

Email the office to contact these groups directly or make an appointment with the education advisor.

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
dsu.ca/connect-with-societies

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

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

Multifaith Services
dal.ca/multifaith
multifaith@dal.ca | 902-494-2287
Student Union Building (4th floor)

Drop by Multifaith Services if you’re looking for a place to worship on campus, somewhere quiet to study, or someone to listen when you need a person to talk to. 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. They can also help you find a local worship community that’s part of your tradition.

There are also Quiet Rooms available in the Killam Library, LeMarchant Place, the SUB, the Dentistry building, and on Sexton Campus.
SOLVING PROBLEMS

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. dal.ca/srr

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

Dalhousie is committed to fostering an inclusive working and learning environment where we all share the responsibility for ensuring a climate of respect. If you feel you’ve been harassed, discriminated against, or experienced sexual violence, contact HRES for confidential support and advice about your options for resolution. Call or email to make an appointment.

Equity & Accessibility Office
dsu.ca/equity
dsuequity@dal.ca
Student Union Building (3rd floor)

The Equity & Accessibility (E&A) Office addresses issues of systemic discrimination and institutional oppression at Dalhousie and within the Dalhousie Student Union. The E&A Office strives to implement a framework of anti-oppression in the work of the DSU to make union operations more equitable and accessible for all.

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.

Ombudsperson
dal.ca/ombudsperson
ombuds@dal.ca | 902-494-2665
Student Union Building (4th floor)

The ombudsperson provides independent, impartial, and confidential assistance and advice to students who may have university-related concerns or conflict. Check the website for more information and email to make an appointment.

Sexualized Violence
dal.ca/hres
hres@dal.ca | 902-494-6672

Sexualized violence is never OK and is not tolerated at Dalhousie. If you or someone you know has experienced campus sexualized violence, including sexual harassment or sexual assault, contact the sexualized violence advisor in HRES for confidential advice and consultation about safety planning, health and wellness support, reporting options, and any academic accommodations you may need. Visit the website for more information about sexualized violence and to learn about Dal’s Sexualized Violence Policy.

UNIVERSITY POLICIES
Find Dalhousie’s academic and non-academic policies, including the new Sexualized Violence Policy at dal.ca/secretariat
Social Worker

dsu.ca/livewell
hazel.ling@dal.ca | 902-494-2171
LeMarchant Place (2nd floor)

Our social worker helps you address concerns about things like housing, finances, food, stress, sleep, roommates, and relationships, and help you navigate resources on and off campus. Call or email for an appointment.

DSU Student Advocacy Service

dsu.ca/dsas
dsas@dal.ca | 902-494-2205
Student Union Building (3rd floor)

The Dalhousie Student Advocacy Service (DSAS) helps you navigate university policies and formal/informal procedures. Volunteer student advocates provide free, confidential service 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

Student Conduct Office

dal.ca/think

Using informal and formal processes, the Student Conduct Office provides assistance, support, and processes if you’re dealing with: student–student conflicts, student–neighbour issues, student–landlord problems, or 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.

Survivor Support Centre

dsu.ca/survivorsupport
902-292-1376
Student Union Building (3rd floor)

The Dalhousie Student Union’s Survivor Support Centre provides advocacy, support, and education around issues of sexual assault, harassment, and consent. The SSC also runs the Sexual Assault and Harassment Phone Line and active listening services to provide support outside office hours. For more information, check the website, call or drop by the Centre in the society hub on the 3rd floor of the SUB.

SUPPORT FOR SURVIVORS OF ADULT SEXUAL ASSAULT

PEGaSUS is a 10-week program run by experts of sexual violence support and response that offers survivors of all genders a supportive and safe space to connect and work towards self-empowerment. dal.ca/pegasus
Managing your money

**dal.ca/moneymatters**

Developing a budget and managing finances is an important life skill that everyone needs. You’ll need to factor in expenses like books, rent, insurance, and food. The **Money Matters** website provides answers to many questions regarding tuition, budgets, student loans, bursaries, and money problems.

Scholarships & bursaries

**dal.ca/scholarships**

Each year, over $5 million in scholarships, awards, bursaries, and prizes is distributed through the Registrar’s Office to promising Dalhousie students. Check the website to find out what you may be eligible for.

If you can demonstrate financial need, you may be eligible for a bursary. It won’t be your main source of financial support, but it can help ease some pressure. Applications are due in the middle of each term. Visit the Funding Sources section of **dal.ca/moneymatters** for more info about bursaries and student loans.

DalCard

**dal.ca/dalcard**

Your **DalCard** is your essential, all-in-one, all-access campus pass. It’s your official identification card, building access card, library card, gym pass, meal card, and debit card all rolled into one.

Add money to your DalCard online and use it to purchase items at locations across campus and selected off-campus vendors. Bookstore and food vendor purchases also **earn 5% cash back**.

If you’re a full-time student you’ll receive a **Universal Bus Pass (UPass)**, a sticker on your DalCard that lets you ride the Halifax Transit buses and ferries during the academic year (including three routes that run straight through our three Halifax campuses). And it’s cheap: over $400 cheaper than buying a regular Halifax Transit pass! If you take classes as a full-time student in the summer, you may be eligible for a summer UPass from May through August. Check **dal.ca/upass** for more info about UPass.

**DID YOU KNOW:**
The **On Track Microbursary Program** can help first- and second-year students with up to $500 in emergency financial support!

**dal.ca/ontrack**