

As a friend or family member, you have a big influence in your student's life choices and decision-making process. (You may not think they are listening to you, but they are!)

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



For more important dates, including add/drop dates for courses, second year course registration dates, and when to reapply to live in residence, visit dal.ca/dates

SEPT

A time of transition

Your student will:

- be adjusting to new relationships, freedoms & responsibilities

Ask your student:

- in what ways will they get involved on campus

Strategies:

- brainstorm options
- help them build resiliency
- encourage them to sign up for Stay on Track

1. Sa	Residence move-in
2. Su	
3. Mo	Labour Day – closed
4. Tu	Classes begin
5. We	
6. Th	
7. Fr	
8. Sa	
9. Su	
10. Mo	
11. Tu	
12. We	
13. Th	
14. Fr	
15. Sa	
16. Su	
17. Mo	
18. Tu	Fees due
19. We	
20. Th	
21. Fr	
22. Sa	
23. Su	
24. Mo	
25. Tu	
26. We	
27. Th	
28. Fr	
29. Sa	
30. Su	

ORIENTATION WEEK (1-8)

OCT

Getting into the swing of things

Your student will:

- be establishing a new schedule & managing time

Ask your student:

- if they have visited their faculty during office hours

Strategies:

- express interest in your student's academic pursuits
- encourage them to sign up for Career on Track

1. Mo	Exam schedule posted
2. Tu	
3. We	
4. Th	
5. Fr	
6. Sa	
7. Su	
8. Mo	Thanksgiving – closed
9. Tu	
10. We	
11. Th	
12. Fr	
13. Sa	
14. Su	
15. Mo	Fall bursary deadline
16. Tu	
17. We	
18. Th	
19. Fr	
20. Sa	
21. Su	
22. Mo	
23. Tu	
24. We	
25. Th	
26. Fr	
27. Sa	
28. Su	
29. Mo	
30. Tu	
31. We	

NOV

Increasing workload and stress levels

Your student may:

- feel stressed with papers, projects and exams

Ask your student:

- how they are planning to relieve stress

Strategies:

- encourage your student to maintain healthy behaviours

1. Th	
2. Fr	
3. Sa	
4. Su	
5. Mo	
6. Tu	
7. We	
8. Th	
9. Fr	
10. Sa	
11. Su	Remembrance Day
12. Mo	Remembrance holiday
13. Tu	Fall Study Break: Nov 13-16
14. We	
15. Th	
16. Fr	
17. Sa	
18. Su	
19. Mo	
20. Tu	
21. We	
22. Th	
23. Fr	
24. Sa	
25. Su	
26. Mo	
27. Tu	
28. We	
29. Th	
30. Fr	

DEC

Winter exam period

Your student will:

- be experiencing their first exam period

Ask your student:

- if they met their academic goals for the term

Strategies:

- provide referrals to academic resources across campus

1. Sa	
2. Su	
3. Mo	
4. Tu	Classes end
5. We	
6. Th	Exam period : Dec 6–16
7. Fr	
8. Sa	
9. Su	
10. Mo	
11. Tu	
12. We	
13. Th	
14. Fr	
15. Sa	Truro residences close
16. Su	
17. Mo	Halifax residences close
18. Tu	
19. We	
20. Th	
21. Fr	
22. Sa	
23. Su	
24. Mo	
25. Tu	Closed (Dec 25–Jan 2)
26. We	
27. Th	
28. Fr	
29. Sa	
30. Su	
31. Mo	

JAN

New Year, new beginnings

Your student may:

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

Ask your student:

- if they have spoken with a faculty or student success advisor

Strategies:

- if your student struggled academically in Fall term, encourage them to sign up for Back on Track

1. Tu	New Year's Day --closed
2. We	University re-opens
3. Th	
4. Fr	
5. Sa	
6. Su	Residences re-open
7. Mo	Classes begin
8. Tu	
9. We	
10. Th	
11. Fr	
12. Sa	
13. Su	
14. Mo	
15. Tu	
16. We	
17. Th	
18. Fr	Fees due
19. Sa	
20. Su	
21. Mo	
22. Tu	
23. We	
24. Th	
25. Fr	
26. Sa	
27. Su	
28. Mo	
29. Tu	
30. We	
31. Th	

FEB

Winter midterms and study break

Your student may:

- experience low energy and motivation

Ask your student:

- how they are keeping track of their tests and assignments

Strategies:

- help your student create a plan for Study Week

1. Fr	Munro Day – closed
2. Sa	
3. Su	
4. Mo	Exam schedule posted
5. Tu	
6. We	
7. Th	
8. Fr	
9. Sa	
10. Su	
11. Mo	
12. Tu	
13. We	
14. Th	
15. Fr	Winter bursary deadline
16. Sa	
17. Su	
18. Mo	NS Heritage Day – closed
19. Tu	Winter Study Break: 18–22
20. We	
21. Th	
22. Fr	
23. Sa	
24. Su	
25. Mo	
26. Tu	
27. We	
28. Th	

MAR

High academic pressure and registering for courses

Your student may:

- experience the "winter blues"

Ask your student:

- if they are excited about any upcoming events

Strategies:

- talk to your student about any free time and provide support with time management

1. Fr	
2. Sa	
3. Su	
4. Mo	
5. Tu	
6. We	
7. Th	
8. Fr	
9. Sa	
10. Su	
11. Mo	
12. Tu	
13. We	
14. Th	
15. Fr	
16. Sa	
17. Su	
18. Mo	
19. Tu	
20. We	
21. Th	
22. Fr	
23. Sa	
24. Su	
25. Mo	
26. Tu	
27. We	
28. Th	
29. Fr	
30. Sa	
31. Su	

APR

Final exams and celebrating the end of the academic year

Your student will:

- be thinking of plans for next year

Ask your student:

- if they have spoken with an advisor about setting some goals for next year

Strategies:

- help your student stay motivated as the end is in sight!

1. Mo	
2. Tu	
3. We	
4. Th	
5. Fr	
6. Sa	
7. Su	
8. Mo	Last day of classes
9. Tu	
10. We	Exam period: Apr 10–26
11. Th	
12. Fr	
13. Sa	
14. Su	
15. Mo	
16. Tu	
17. We	
18. Th	
19. Fr	Good Friday – closed
20. Sa	
21. Su	
22. Mo	
23. Tu	
24. We	
25. Th	
26. Fr	
27. Sa	Halifax residences close
28. Su	
29. Mo	
30. Tu	

ACADEMIC SUPPORT

dal.ca/learnwell

Accessibility
dal.ca/accessibility
access@dal.ca | 902-494-2836

Libraries
dal.ca/libraries

Bissett Student Success Centre
Halifax: dal.ca/studentsuccess
 Student Union Building, 4th Floor | 902-494-3077
advising@dal.ca

Student Success Centre
Truro: dal.ca/acstudentsuccess
 Student Success Centre Dairy Building
 902-893-6672 | scc@dal.ca

Study Skills & Tutoring
Halifax: Student Union Building, 4th Floor | 902-494-3077
sfs@dal.ca
Truro: Student Success Centre, Dairy Building
 902-893-6672 | ssdalac@dal.ca

Writing Centre
Halifax: Killam Library, rm. G28
 902-494-1963
writingcentre@dal.ca
Truro: Main floor, MacRae Library
patricia.cove@dal.ca

GPA Calculator
dal.ca/gpa

On Track program
dal.ca/ontrack

CAREER PLANNING & PREPARATION

dal.ca/leadwell

On campus employment MyCareer: mycareer.dal.ca

Career Advising
Halifax: dal.ca/studentcareers
 Bissett Student Success Centre Student Union Building, 4th Floor | 902-494-3537
career.services@dal.ca

Truro: dal.ca/acstudentsuccess
 Student Success Centre, Dairy Building | 902-893-7895

COMMUNITY CONNECTIONS

dal.ca/campuscommunities

Black Student Advising Centre (BSAC)
dal.ca/bsac

Halifax: 1321 Edward St., 2nd Floor
 902-494-6648 | bsac2@dal.ca
Truro: Student Success Centre, Dairy Building | 902-893-6672
ssdalac@dal.ca

Indigenous Student Centre (ISC)
dal.ca/indigenous

Halifax: 1321 Edward St., 1st Floor
 902-494-8863 | isc@dal.ca
Truro: Dairy Building | 902-896-4486
arthur.stevens@dal.ca

International Centre
dal.ca/internationalcentre

Halifax: 1246 LeMarchant St.
 902-494-1566
international.centre@dal.ca
Truro: 157 College Rd.
 902-494-1566 | ssdalac@dal.ca

Multifaith Services
dal.ca/multifaith
Halifax: 902-494-2287
multifaith@dal.ca

COMMUNITY CONNECTIONS

dal.ca/campuscommunities

LGBTQ2SIA+ Collaborative:

Dal Allies | dal.ca/dalally

DalOUT | dalout@dal.ca

Dal OUTLaw
 [search Dal OUTLaw](#)

South House Sexual & Gender Resource Centre
southhousehalifax.ca

Halifax: 1443 Seymour St.
 902-494-2432
outreach@southhousehalifax.ca

FOOD & RETAIL

Bookstore
dal.ca/bookstore

Halifax: Student Union Building,
 902-494-2460 | bookstore@dal.ca
Truro: Cox Institute, Room 142
 902-893-6728

DalCard
dal.ca/dalcard

Upload photo at:
dalcard-photo.dalcard.dal.ca

DSU Food Bank (Halifax)
dsu.ca/foodbank

Halifax: Student Union Building basement | 902-494-1106

DSU Market (Halifax)
dsumarket.ca

Food Services
dal.ca/foodservices
dal.campusdish.com/locations

Loaded Ladle (Halifax)
loadedladle.com
 902-494-6662
info@loadedladle.com


GETTING INVOLVED ON CAMPUS

dal.ca/getinvolved

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

Ways to get involved
dal.ca/getinvolved

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

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

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

Dalhousie Tigers
daltigers.ca
 (/daltigers)

Dalhousie Rams
dal.ca/rams

Intramurals
dal.ca/intramurals

Sports clubs (Halifax)
dal.ca/sportclubs

HEALTH & WELLNESS

dal.ca/livewell

Fitness and Recreation
Halifax: Dalplex Fitness Centre
dal.ca/dalplex | 902-494-3357
 Sexton Gym | dal.ca/sextongym
Truro: Langille Athletics Centre
dal.ca/langille | 902-893-6660

Health Insurance Plan
dsu.ca/healthplan
Halifax: 902-494-2850
dsuhealth@dal.ca
 Studley office: Student Union Building, 3rd Floor
 Sexton office: B Building, Rm A102
Truro: 902-893-4904
 Dairy Building, Main Floor
dsuhealthtruro@dal.ca

Health & Wellness
dal.ca/studenthealth
Halifax: 1246 LeMarchant Street, 2nd Floor | 902-494-2171
Truro: Student Success Centre, Dairy Building
 902-893-6369 | ssdalac@dal.ca

Inquiring Minds
dal.ca/inquiringminds

Q-Life
dal.ca/resilienceproject

Stay Connected
dal.ca/stayconnected

Well Track app
dal.ca/welltrack

HOUSING

Residence
dal.ca/residence
Halifax: 902-494-1054
residence@dal.ca
Truro: 902-893-7519
resdalac@dal.ca

Off-Campus Housing
dal.ca/och

SOLVING PROBLEMS

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

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

DSU Equity and Accessibility Office
dsu.ca/equity

Ombudsperson
dal.ca/ombudsperson
ombuds@dal.ca

Student Conduct Office
dal.ca/think

Social Worker
hazel.ling@dal.ca | 902-494-6351

SAFETY & RESPECT

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

Security Services
dal.ca/security
Halifax: 902-494-6400
 emergency: 902-494-4109
Truro: Student Success Centre, Dairy Building
 902-893-4190

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

Dal Safe App
dal.ca/dalsafe

Dal Alert
dal.ca/dalalert

MONEY MATTERS

dal.ca/moneymatters

Student Accounts
dal.ca/moneymatters
Halifax: Henry Hicks Building, Rm. 29
Truro: Enrolment Services Centre, Rm. 100, Cox Institute

Registrar's Office
dal.ca/registrar
Halifax: Henry Hicks Building, Rm. 130 | 902-494-2450
admissions@dal.ca
Truro: Enrolment Services Centre Cox Institute, Room 100
 902-893-6722
enrolment.services@dal.ca

Fee calculator
dal.ca/feecalculator

INFO FOR NEW STUDENTS

dal.ca/newstudents

Campus maps
dal.ca/campusmaps

Checklists
dal.ca/newstudents/checklists

Family & Friends
dal.ca/parents

Gender neutral washrooms
dal.ca/dalally

Helpful tips
dal.ca/helpfultips

How to get to campus from the airport
dal.ca/gettingtocampus

Important dates
dal.ca/dates

Parking on campus
dal.ca/parking

Services & resources
dal.ca/campuslife

