

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 student's 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, 2nd year course registration dates, and when to reapply to live in residence, visit [www.dal.ca/dates](http://www.dal.ca/dates)

# SEPT

A time of transitions

Your student will:

- be adjusting to new relationships, freedoms & responsibilities

Ask your student:

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

Strategies:

- Brainstorm options
- Help them to build resiliency

1. Fr
2. Sa <i>Residence move-in</i>
3. Su
4. Mo <i>Labour Day - closed</i>
5. Tu <i>Classes begin</i>
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 <i>Fees due</i>
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

ORIENTATION WEEK (2-9)

# OCT

Getting into the swing of things

Your student will:

- be establishing a new schedule & managing time

Ask your student:

- Have you visited your faculty during office hours?

Strategies:

- Express interest in your students' academic pursuits

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

# NOV

Increasing workload and stress levels

Your student may:

- feel stressed with papers, projects and exams

Ask your student:

- How are you planning to relieve stress?

Strategies:

- Encourage students to maintain healthy behaviours

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

# DEC

Winter exam period

Your student will:

- be experiencing their first exam period

Ask your student:

- Did you meet your academic goals for the term?

Strategies:

- Provide referrals to academic resources across campus

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

# JAN

New Year, new beginnings

Your student may:

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

Ask your student:

- Have you spoken with an academic advisor?

Strategies:

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

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

# FEB

Winter midterms and study break

Your student may:

- Experience low energy and motivation

Ask your student:

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

Strategies:

- Help your student create a plan for Study Week

1. Th
2. Fr <i>Munro Day - closed</i>
3. Sa
4. Su
5. Mo
6. Tu
7. We
8. Th
9. Fr
10. Sa
11. Su
12. Mo
13. Tu
14. We
15. Th
16. Fr
17. Sa
18. Su
19. Mo <i>NS Heritage Day - closed</i>
20. Tu <i>Winter Study Break: 19-23</i>
21. We
22. Th
23. Fr
24. Sa
25. Su
26. Mo
27. Tu
28. We
29. Th
30. Fr <i>Good Friday - closed</i>
31. Sa

# MAR

High academic pressure

Your student may:

- experience the "winter blues"

Ask your student:

- Are you excited about any upcoming events?

Strategies:

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

1. Th
2. Fr
3. Sa
4. Su
5. Mo
6. Tu
7. We
8. Th
9. Fr
10. Sa
11. Su
12. Mo
13. Tu
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 <i>Good Friday - closed</i>
31. Sa

# APR

Final exams and celebrating the end of first year

Your student will:

- be thinking of plans for next year

Ask your student:

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

Strategies:

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

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

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

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

**Libraries**

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

**Student Success**

*Halifax:* advising@dal.ca or first.year.advising@dal.ca  
902-494-3077

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

**Study Skills & Tutoring**

*Halifax:* 902-494-3077 | sfs@dal.ca  
*Truro:* Student Success Centre,  
Dairy Building  
902-893-6672 | ssdalac@dal.ca

**Writing Centre**

*Halifax:* 902-494-1963  
writingcentre@dal.ca  
*Truro:* Main floor, MacRae Library  
m.rovers@dal.ca

**GPA Calculator**

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

**Back On Track program**

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

**CAREER PLANNING & PREPARATION**[dal.ca/leadwell](http://dal.ca/leadwell)**On campus employment**

**MyCareer:** [www.mycareer.dal.ca](http://www.mycareer.dal.ca)

**Career Counselling**

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

**Career Information**

*Halifax:* Student Union Building,  
4th Floor | 902-494-3537  
cldc@dal.ca

*Truro:* Student Success Centre,  
Dairy Building | 902-893-7895

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

[www.dal.ca/bsac](http://www.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)**

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

*Halifax:* 1321 Edward Street  
902-494-8863

*Truro:* Dairy Building|902-896-4486  
arthur.stevens@dal.ca

**International Centre**

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

*Halifax:* 1246 LeMarchant Street  
902-494-1566

international.centre@dal.ca

*Truro:* 157 College Road  
902-494-1566 | ssdalac@dal.ca

**Multifaith Services**

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

*Halifax:* 902-494-2287  
multifaith@dal.ca

**COMMUNITY CONNECTIONS**[dal.ca/campuscommunities](http://dal.ca/campuscommunities)**LGBTQ2SIA+ Support:**

**Dal Allies** | [www.dal.ca/dalally](http://www.dal.ca/dalally)

**DalOUT** (Hfx)  @DalOUT  
**DalOUT** (Truro)  @DalOUTT

**Dal OUTLaw**

 search Dal OUTLaw

**South House Sexual & Gender Resource Centre**

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

*Halifax:* 1443 Seymour Street  
902-494-2432

outreach@southhousehalifax.ca

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

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

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

**Dalcard**

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

Upload photo at: <http://dalcard-photo.dalcard.dal.ca>

**DSU Food Bank** (*Halifax*)

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

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

**DSU Market** (*Halifax*)

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

**Food Services**

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

**Loaded Ladle** (*Halifax*)

[www.loadedladle.com](http://www.loadedladle.com)

902-494-6662  
info@loadedladle.com

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

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

**Ways to get involved**


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

**Leadership Programs**

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

**Dal After Dark**

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

 (/dalafterdark)

**Societies**

For society listings and events,  
download the DSU App:  
[www.dsu.ca/app](http://www.dsu.ca/app)

**Dalhousie Tigers**

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

 (/daltigers)

**Dalhousie Rams**

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

**Intramurals**

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

**Sports clubs** (*Halifax*)

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

**HEALTH & WELLNESS**[dal.ca/livewell](http://dal.ca/livewell)**Dal Thrive**

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

**Fitness and Recreation**

*Halifax:* Dalplex Fitness Centre  
[www.dal.ca/dalplex](http://www.dal.ca/dalplex) | 902-494-3357  
Sexton gym | [dal.ca/sextongym](http://dal.ca/sextongym)  
*Truro:* Langille Athletics Centre  
[www.dal.ca/langille](http://www.dal.ca/langille) | 902-893-6660

**Health Insurance plan**

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

*Halifax:* 902-494-2850  
dsuhealth@dal.ca

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**

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

*Halifax:* 1246 LeMarchant Street,  
2nd floor | 902-494-2171  
*Truro:* Student Success Centre,  
Dairy Building  
902-893-6369 | ssdalac@dal.ca

**PRO Social**

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

**Stay Connected**

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

**Well Track**

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

**HOUSING****Residence**

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

**Off-Campus Housing**

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

**MONEY MATTERS**[dal.ca/moneymatters](http://dal.ca/moneymatters)**Student Accounts**

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

*Halifax:* Room 29, Henry Hicks  
Building  
*Truro:* Enrolment Services Centre,  
Room 100, Cox Institute

**Registrar's Office**

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

*Halifax:* Room 130, Henry Hicks  
Building  
902-494-2450 | admissions@dal.ca  
*Truro:* Enrolment Services Centre  
Cox Institute, Room 100  
902-893-6722 | enrolment.  
services@dal.ca

**Fee calculator**

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

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

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

**Security Services**

[www.dal.ca/security](http://www.dal.ca/security)  
*Halifax:* 902-494-6400  
emergency: 902-494-4109  
*Truro:* Student Success Centre,  
Dairy Building | 902-893-6369 |  
ssdalac@dal.ca

**Getting home safely**

*Halifax:* Tiger Patrol  
[www.dal.ca/tigerpatrol](http://www.dal.ca/tigerpatrol)  
902-499-1831 or 902-718-9908  
*Truro:* Safewalk Service  
[www.dal.ca/safewalk](http://www.dal.ca/safewalk)  
902-893-4190

**Dal Safe App**

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

**Dal Alert**

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

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

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

**DSU Student Advocacy Service (DSAS)**

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

**Equity and Accessibility Office**

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

**Ombudsperson**

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

**Student Conduct Office**

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

**INFO FOR NEW STUDENTS**[dal.ca/newstudents](http://dal.ca/newstudents)**Campus maps**

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

**Checklists**

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

**Family & Friends**

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

**Gender neutral washrooms**

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

**Helpful tips**

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

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

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

**Important dates**

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

**Parking on campus**

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

**Services & resources**

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

