LIVE LEARN LEAD

DALHOUSIE
student success guide

Agricultural Campus edition 2018–19

A book of student support services and resources at Dal AC
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 start you 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. 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 ones 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.

**WHAT’S IN THE GUIDE**

<table>
<thead>
<tr>
<th>6</th>
<th>HEALTH &amp; WELLNESS</th>
<th>SERVICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>SERVICES</td>
<td>Everything from a health clinic and counselling to bike rentals and tasty food.</td>
</tr>
<tr>
<td>9</td>
<td>GET ACTIVE!</td>
<td>Our fitness facility, programs, and intramurals will keep you happy and healthy.</td>
</tr>
<tr>
<td>10</td>
<td>SAFETY</td>
<td>Dal security, a walk-home service, and the Dal SAFE app help ensure a safe campus</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>13</th>
<th>ACADEMIC SUPPORT</th>
<th>SERVICES &amp; RESOURCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>SERVICES &amp; RESOURCES</td>
<td>Dal has everything you need to be a successful student in the classroom: from advisors and tutors, to incredible libraries and study abroad opportunities.</td>
</tr>
</tbody>
</table>

**DID YOU KNOW:** The Start on Track – Online modules are available to all new Dalhousie students through our online learning management system, Brightspace. One of the modules is on helping you develop a budget! [dal.ca/ontrack](http://dal.ca/ontrack)

**FINANCES**

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. 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 11, 22, and 36 to help you meet your health, academic and career targets.

ENJOY YOUR FIRST YEAR at Dalhousie!
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.

HEALTH & WELLNESS

SERVICES

Health Services (38)
dal.ca/achealth
902-893-6369 or 902-893-6300
Dairy Building

Student Health Services offers an on-campus clinic to support a variety of health care services, including:

• nursing assessments
• prescriptions
• sexual health support
• mental health support
• immunizations and flu shots
• STI and pregnancy testing
• contraception
• psychiatric referrals
• specialist referrals

Visit the staff at Health Services for unbiased advice, information, and resources 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

DID YOU KNOW:
Student Health Services has flu shot and STI screenings. Drop by Health Services for more information.

WellTrack
dal.ca/welltrack

WellTrack is a free, online self-help program that targets depression, anxiety, stress, and phobias. Simply select the module(s) you are interested in to access information, resources and tools anytime.

Free, confidential, and convenient. You can even sign up for a WellTrack Coach to answer your questions and help you stay on track.

To sign-up or for more information, visit dal.ca/welltrack.
GET ACTIVE!

Work Out @ Langille Athletic Centre (3)
dal.ca/langille
902-893-6660

If you’re a full-time student, you already have a membership to the Langille Athletic Centre, the campus’s fitness centre, which includes:
- cardio equipment
- weight room
- weekly fitness classes
- basketball, volleyball, badminton, squash, racquetball, table tennis courts

Intramurals (3)
dal.ca/acfitness
Langille Athletic Centre

Throughout the academic year, the Langille Athletic Centre has student intramurals which double as house challenge events through the Dalhousie Agricultural Students’ Association (DASA). Intramurals include basketball, volleyball, indoor soccer, dodgeball, table tennis, and badminton. Grab your friends and compete for those coveted house points!

Fitness Programs & Classes (3)
dal.ca/acfitness
902-893-6660

To help you develop and maintain a healthy and active lifestyle, the Langille Athletic Centre has a wide variety of fitness classes available. These include:
- Lunchtime fitness
- Yoga
- Zumba
- Kickboxing

Eating on Campus (40)
dineoncampus.ca/ac
Jenkins Hall

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 at Jenkins Hall or simply pay at the door.

Visit the website for nutritional information on the meals served in the dining hall, additional locations for snacks on campus, and a full list of the menus.

Bike Rentals: Free Wheeling Program (3)
dal.ca/agbikerental
Langille Athletic Centre

The Free Wheeling Program is run by the Langille Athletic Centre and supplies 12 bikes for rent in the fall and spring months. Sign out a bike and enjoy a ride through the community!

Health & Dental Insurance (38)
studentvip.ca/dsu
dsuhealth@dal.ca
Dairy Building

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.

Health & Dental Plan
Submit claims, check coverage, find a health professional and more on the Member Services portal or with the Medavie mobile app for iPhone & Android.

medavie.bluecross.ca

Worldwide Travel Assistance
Canada and U.S.A.
1-800-563-4444
Elsewhere in the world
1-506-854-2222 (Call collect)

Student ID Number: 1-888-873-9200
Customer Service: Health & Dental Plan
Policy Number: 000124836
Claiming benefits implies consent to Blue Cross Privacy Protection Practices.

studentvip.ca/DSU

0091936000

000123456
SAFETY

Security on Campus (38)
dal.ca/security
dal.ca/agsecurity
Dairy Building
@dalsecurity
General info/parking questions:

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 Safewalk 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 or in person) to a stranger.

DAL SAFE APP
Download the DalSAFE mobile app for quick access to Security Services, interactive maps, health and wellness, and more. dal.ca/dalsafe

• 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 (902-893-4190).
• 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.

Safewalk Service
dal.ca/safewalk
902-893-4190

The Safewalk Service is provided to any student who requires an officer to walk with them to or from any building on campus. This service is offered to ensure your safety while travelling within the campus boundaries. Call 902-893-4190 to make a Safewalk Service request.

SETTING GOALS | HEALTH & WELLNESS

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 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?
HELPFUL TIPS for your Health & Wellness

KEEP YOUR HEALTH IN CHECK

- Know about your Dalhousie Student Union (DSU) Health & Dental Plan and how to make a claim
- Pick up your health card from the DSU Health Plan Office (Dairy Building)
- Familiarize yourself with the services and supports offered at Health Services. Visit the office in the Dairy Building to meet the team and find out about services available for you!
- Stop by Student Health Services for a free STI screening (Dairy Building)
- Connect with a Peer Ally (LGBTQ2SIA+) for support on Rainbow issues (dal.ca/collaborativeplus)
- Take a tour of the fitness facilities at the Langille Athletic Centre and learn more about what you have access to
- Find a fitness class that works with your schedule
- Sign up for intramurals to keep active and meet new friends
- Be sure you’re getting the sleep you need
- Get your flu shot at Student Health Services (Dairy Building)
- Keep an eye out for blue elephants around campus (dal.ca/blueelephant)
- Download the WellTrack app and get help managing your stress, anxiety and depression
- Learn tips for taking care of yourself and your friends at KeepItSocial.ca
- Download the DalSAFE App for access to Security Services and health and wellness information
- Learn more about the Q-Life Resilience Project (dal.ca/resilienceproject)
- Visit the Food Services webpage (dineoncampus.ca) for information on how to eat well and keep a well-balanced diet

LEARN WELL www.dal.ca/learnwell

ACADEMIC SUPPORT

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.
On Track

dal.ca/ontrack

Our On Track programs and advisors can support you throughout your Dal journey. Stay on Track helps you identify your strengths and develop goals to be successful in school and beyond. If you struggle during your first term, Back on Track can help you by teaching study skills and other ways to boost your GPA.

ACADEMIC SUPPORT

Enrolment Services Centre

dal.ca/registrar-dac
enrolment.services@dal.ca
1-888-700-6722
Cox Institute, Room 100

Enrolment Services 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/acstudentsuccess

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 potential. Advising can help:
- 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

Visit the Student Success Centre or Enrolment Services for more information.

Develop Your Study Skills

dal.ca/acstudentsuccess
sspdalac@dal.ca
902-893-6672
Dairy Building

Whether you’re doing well and want to do better, or if you’re experiencing academic difficulty, Study Skills can help you reach your potential. You can schedule a one-on-one meeting to discuss coaching or check out free workshops that deal with:
- creating a personal academic plan
- connecting to campus supports
- setting goals and measuring outcomes
- effective reading strategies
- taking short answer & essay exams
- note-taking & listening techniques
- taking multiple choice exams
- presentation & speaking skills
- working in a group
- managing time & avoiding procrastination
- memorization & concentration
- making career connections
- healthy living on campus

Find a Tutor

dal.ca/acstudentsuccess

If you need help understanding specific course content and assignments, or preparing for tests and exams, the Student Success Coordinator can help you connect with a tutor (there is a fee for tutoring services). Stop by the Student Success Centre to pick up a Tutee Request Form and get information on rates.

Math and Physics Support

If you take math, physics or statistics-based courses, the Math and Physics (MAP) Centre offers free help with assignments, homework, or specific problems you have with your work. Drop by the basement of the Dairy Building to meet with a MAP Centre tutor. Check the website for a schedule of afternoon and evening hours.
Develop Your Writing Skills (9)
dal.ca/acwritingcentre
dacwrite@dal.ca
MacRae Library

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 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

Stop into the Writing Centre in the MacRae Library or email to make an appointment.

Go on Exchange or Study Abroad (11)
dal.ca/acstudentmobility
dacsmo@dal.ca
902-893-6252
International Office in Dewolfe House, 157 College Road

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.

Student Mobility at the International Office can help set you up with a study abroad opportunity for a semester or full year, a short international course or internship abroad. You could tour state-of-the-art dairy facilities in Finland or study wildlife conservation in South Africa!

In addition to the opportunities on the Truro Campus, Dal’s International Centre in Halifax also offers a wide range of exchange programs with partner universities, most of which are open to Agricultural students. Visit dal.ca/exchange for more information.

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
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/libraries

2. **Watch 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 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 front 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

---

**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.

---

**Libraries (9)**
dal.ca/macrae
902-893-6669

Get research assistance; browse the shelves containing academic books and journals; use the computers, book a meeting room; find a quiet study space; do 3D printing; and much more. And remember, if you’re looking for something that you can’t find in the MacRae Library, you also have access to the four libraries in Halifax: Killam Memorial Library, Sir James Dunn Law Library, W.K. Kellogg Health Sciences Library and Sexton Design and Technology Library (engineering, architecture and community planning).

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.
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.

Purchase Textbooks & Supplies (40)
dal.ca/agbookstore
Jenkins Hall

The Dal Bookstore is your one-stop shopping spot 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 AC, both at the store in room 142 of the Cox Institute and online.

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

Email, Computer, and Tech Support (4)
dal.ca/dalacstudent
902-893-6308
helpdesk.dalac@dal.ca

Information Technology Services (ITS) is your lifeline to the digital world at Dal AC—everything from online learning to email management and everything in between. Visit the help desk in the MacRae Library, or email helpdesk.dalac@dal.ca, if you need technical assistance or printing.

Some of the services you can access:

- **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 SPSS and Read & Write Gold
- **Wi-Fi access**: free on campus with your NetID sign-in

SHOW YOUR DAL SPIRIT!
The Bookstore sells a great range of Dal gear, including hoodies, T-shirts, jackets, socks, toques, scarves, and mittens.
You may want to improve your GPA or work on your writing skills. Use this worksheet to make a goal (or two) on how you will achieve your academic goals this year.

**SETTING GOALS | ACADEMIC SUCCESS**

**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?***

---

**HELPFUL TIPS for your academic success**

- Take time to reflect on why you’re in university and what goals you hope to achieve
- Familiarize yourself with and start using Brightspace (dal.ca/brightspace)
- Read the full syllabus for each of your classes on the first day to plan out your semester
- Contact the Student Success Centre if you require an academic accommodation (dal.ca/acstudentsuccess)
- 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)
- 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
- Get feedback on your papers at the Writing Centre before you submit them
- Meet with an academic advisor to create an educational plan, discuss your courses, major, minor, and career options
- 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 MacRae Library—the staff there will 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
- Pick up a free agenda from Dalhousie Agriculture Students’ Association (Student Learning Commons, MacRae Library)

**STAY ON TOP OF YOUR ACADEMIC GOALS**
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.

---

**Online Career Support**

[mycareer.dal.ca](http://mycareer.dal.ca)

*MyCareer* is your one-stop, online career and leadership solution. By logging in through [my.dal.ca](http://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

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 Support** *(38)*

[dal.ca/acstudentsuccess](http://dal.ca/acstudentsuccess) 902-893-6672  
Student Success Centre, Dairy Building

Whether you’re looking to earn some extra money or opportunities to prepare you for your future career, we can assist you with career resources, advice, and support. Drop by to meet with an advisor 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

---

**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](http://mycareer.dal.ca) regularly to see what’s available.
LEADERSHIP & VOLUNTEER OPPORTUNITIES

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.

Explore the Student Advancement in Leadership (SAIL) program

dal.ca/sail

Want to expand your leadership skills? The Student Advancement in Leadership program is focused on engaging you to be an active participant in your own leadership development.

The SAIL program focuses on professional, career, and leadership development alongside volunteering opportunities over the course of two years.

The program is completed through a series of modules, workshops and events and participants receive a certificate following completion of the program.

To acknowledge your participation in this program, a banquet is held each year and those who complete the program receive a certificate. All SAIL activities are also recognized on your Co-Curricular Record.
Get involved with the Student Union (9)
Lounge located in the Student Learning Commons, MacRae Library
(search Dalhousie Agricultural Students’ Association)
@Dal_Ag_Students

The Dalhousie Student Union represents Dal students across all four campuses (dsu.ca), while the Dalhousie Agricultural Students’ Association (DASA) is your representation at Dal AC.

Want to make your mark on the student experience? Getting involved with DASA is a great way to make a difference. DASA acts as the collective student voice on campus and works to ensure the best possible student experience at Dal AC—from student rights advocacy to building a sense of community on campus. There are five executive members who are overseen by over 40 voting council members representing various student groups across campus.

DASA provides part-time employment opportunities on campus and has a variety of honorarium positions. These include Orientation, Shinerama, College Royal, Graduation, Golden Ram, and the Community Garden. If you want to build such skills as teamwork, event planning, project management, and budgeting, DASA also has numerous volunteer opportunities for you!

Engage in Residence Life
dal.ca/acreslife

Dal AC residences are diverse and energetic communities, and instrumental in making student life as vibrant as it is. They’re also great places to get more involved with the university and develop valuable leadership skills such as conflict management and team building.

Each residence building has a Residence Council of elected students who represent their peers, run events and much more. There are positions on council for almost any interest, so talk to your RA or House Council president about getting involved! Student Residence Life staff include Residence Assistants (RAs) who provide peer support and community programming/development, and other assistance to students in residence. Sound interesting? You’ll need to apply by January to be an RA. Check with your RA to find out how to get involved with other leadership opportunities in residence.

Join a Society or Club (9)

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.

Be sure to watch for the Club Fairs in early September during Orientation Week and in the winter semester. These events are opportunities for all societies to tell their stories to other Dal AC students. Drop by to discover clubs, societies, and organizations that share your own interests and sign up to get involved.

Drop by the DASA lounge, located in the Student Learning Commons in the MacRae Library to find out more!
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

Work as a Tutor
dal.ca/acstudentsuccess

Want to get paid to help other students with their studies? The Student Success Centre has opportunities for you to work as a 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.

Work with the Writing Centre
dal.ca/acwritingcentre

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.

Attend the Dal Lead! Conference
dal.ca/dalead

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.
Getting involved with student life and taking on leadership roles around campus can make you eligible for certain scholarships and financial awards. Be sure to check the website and talk with the Enrolment Services Centre staff about available scholarships and awards.

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.

SAIL Impact Awards
dal.ca/sail

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

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

The awards ceremony takes place every spring.
SETTING GOALS | CAREER & LEADERSHIP

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 worksheet to make a goal (or two) about 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:

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?

HELPFUL TIPS for career planning and readiness

GET A HEAD START ON YOUR WORK AND CAREER EXPERIENCE

- Learn more about yourself by exploring different classes and majors and getting involved in campus life
- Learn more about potential careers using the job and career resources at the Student Success Centre
- Volunteer on campus – Open House in October is a great place to start
- Make an appointment with the Student Success Centre to have your resume and/or cover letter reviewed
- Attend the DalLead conference – a great way to learn more about yourself and expand your leadership potential
- Browse MyCareer for on and off-campus part-time and summer job postings
- Take part in a mock interview session at the Student Success Centre
- Create a Co-Curricular Record (CCR) to get your extracurricular achievements officially recognized
- Check out the Student Success Centre Facebook page for job postings (@acstudentsuccess)
- Attend one of the many career workshops during the academic year
- Attend the East Coast Student Leadership Conference in November
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/LGBTQ2SIA+ Support
dl.ca/dalally
peerally@dal.ca
dalally@dal.ca
(@DalAllies)

Dalhousie is a respectful and inclusive community and we want everyone to feel like a valued part of our community. Allies work with students, staff and faculty to offer programs, services, training, support, referrals, and resources to members of the Dalhousie Rainbow (LGBTQ2SIA+) community. Email Allies for confidential discussions or get in touch with a specific Ally directly from the online list or by looking for the Allies triangle stickers on office doors around campus.

The education advisor in Human Rights & Equity Services in Halifax (dal.ca/hres) works with a number of groups who offer LGBTQ2SIA+ support, resources, and training, including Dal Allies. Dalhousie Student Union, DalOUT, OUTLaw, and South House Sexual and Gender Resource Centre. Email hres@dal.ca for more information or to make an appointment with the education advisor.

Indigenous Student Resources
dl.ca/acindigenous
Cox Institute, Rm. 154 (4)
Manager of Indigenous Students
lcoated in Dairy Building (38)
902-956-9270

Dalhousie welcomes students of Indigenous ancestry to discover outstanding educational opportunities that will inspire you and help shape your future. Services and programs offered include:

• Academic and career advising
• Indigenous culture-based activities, workshops, and performances
• Elder sessions (story sharing & stress relief)
• Mi’kmaq History Month activities (October)
• Lunch and learns
• Lecture series/guest speakers
• Tutoring services
• Student advocacy/liasing

International Student Support
dl.ca/acstudentsuccess
Dairy Building, Student Success Centre
ssdalac@dal.ca
902-893-6905

As an international student, you’ll benefit from Dal’s international student societies, international student advisor, and specialized programs and services. Staff and volunteers host fun and informative orientation programs and cultural events, as well as act as a referral source to other university resources. In addition, the international student advisor is available to provide students with advising services related to immigration, health care, finances, travel and personal matters.

Black Student Support
dl.ca/bsac
bsac@dal.ca
902-494-2210

If you’re a student of African descent, the Black Student Advising Centre (BSAC) on the Halifax campus can provide you with support from a distance.

Call or email for confidential advising, advocacy and mediation services or for more information on employment, scholarships, bursaries, and events in the African Nova Scotian community.

Student Clubs & Societies
Dalhousie Rams represent students at the Agricultural Campus in badminton, basketball (men’s only), women’s rugby, soccer, women’s volleyball, woodsmen, equestrian, cross country, and golf. The varsity teams that compete in the Atlantic Collegiate Athletic Association and as members of the Canadian Collegiate Athletic Association also have the right to compete at nationals, should they win the ACAA title. Wear your black and gold and come cheer on your Rams!

Cheer on the Rams
dl.ca/rams
902-893-5660

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

Stop by the DASA Lounge, Cox 32, for more information and make sure to check out the DASA Club Fair during Orientation Week.
HELPFUL TIPS for getting involved

- Attend the DASA Club and Society Fair during Orientation and find out more about opportunities that interest you
- Take part in intramurals at the Langille Athletic Centre
- Volunteer on campus
- Check out opportunities with: DASA, the International Office
- Attend programming that happens in your residence!
- Go to an Aggies at Night event (for residence students)
- Attend a fitness class
- Cheer on your Dalhousie Rams
- Pursue your desire to travel with an exchange or study abroad program

SOLVING PROBLEMS

* Although the offices for many of the services mentioned below are located on the Halifax campus, the services are accessible to Agriculture students by phone or email.

DSU 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.

DSU Survivor Support Centre*
dsu.ca/survivorsupport
902-292-1376

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 Student Union Building in Halifax.

DSU Student Advocacy Service*
dsu.ca
disas@dal.ca
902-494-2205

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

Your Academic Integrity Officer, Keltie Jones (keltie.jones@dal.ca) is another resource to help you work with your professor to get back on track.
Scholarships & bursaries

dal.ca/agscholarships

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 Source part of dal.ca/moneymatters for more info about bursaries and student loans.

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.

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.

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.

Ombudsperson*
dsu.ca/ombudsperson
ombuds@dal.ca

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.

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/agscholarships

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 Source part of dal.ca/moneymatters for more info about bursaries and student loans.

DID YOU KNOW: The On Track Microbursary can help out first- and second-year students with up to $500 in emergency financial support!
dal.ca/ontrack

FINANCES