

# DALHOUSIE

family & friends guide

INFORMATION  
FOR SUPPORTING  
YOUR DALHOUSIE  
STUDENT, 2019-20





# WELCOME to DALHOUSIE

*I'm thrilled to welcome both you and your student to Dalhousie!*

*Your learner has chosen a truly outstanding university. They're joining a diverse community of bright, hard-working and conscientious students as well as passionate, dedicated staff and faculty members who are committed to their success.*

*At Dal, there are countless ways for students to get involved outside of the classroom. Taking advantage of these opportunities to connect with peers from across Canada and around the world will enrich their university experience and help them develop skills that will contribute to their success for years to come. The transition to university life is exciting and significant, and like any major life change, it brings ups and downs. This guide outlines some common challenges students may face when they arrive at university for the first time. It also provides information about services and resources that are available to support both you and your student during this transition.*

*Thank you for choosing Dal, and I wish you and your student the very best in the year ahead.*

*Sincerely,*



**Dr. Teri Balsler**  
Interim President and Vice-Chancellor

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# PREPARING TO COME TO DAL

To help prepare for their start at Dalhousie, we have a **checklist** of all the important things your student needs to do before they arrive.

We have also compiled a list of **helpful tips**, which answer some common questions such as “how do I access Wi-Fi?” or “what do I need to pack?”

All this information and more can be found on our [www.dal.ca/newstudents](http://www.dal.ca/newstudents) website.



## Start ON TRACK

Support for your student starts even before they arrive on campus. The **Start on Track – Online** modules will help them learn tips and tricks for being successful in their first year (and every year after) at Dal. There's also an **in-person Start on Track orientation session** in Halifax that you and your student can attend. [www.dal.ca/ontrack](http://www.dal.ca/ontrack)

## CHECKLIST

Things your student needs to do **before they arrive on campus**. Have they...

- Paid their admissions deposit
- Set up their Dal email account
- Activated their DalOnline account
- Looked into applying for a scholarship or bursary
- Decided where to live
- Applied for a study permit (international students only)
- Selected and registered for classes
- Signed up for Orientation(s)
- Completed the Start on Track – Online modules
- Uploaded their photo for their DalCard
- Registered online for their DSU health insurance card

For help completing these tasks, visit the “Checklist” page on [www.dal.ca/newstudents](http://www.dal.ca/newstudents)





# ON TRACK



*Our On Track programs and advisors support your student throughout their Dalhousie journey.*

1

## **Register ON TRACK**

Simplify their course registration.

2

## **Start ON TRACK**

Prepare for university life online and on campus.

3

## **Stay ON TRACK**

Identify their strengths and goals through personalized meetings with an advisor.

4

## **Back ON TRACK**

Learn study skills and find the help needed to boost their GPA.

5

## **Career ON TRACK**

Meet with an advisor to start their career development plan.

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

# MONEY MATTERS

There's a lot to consider when preparing for university and finances are a major factor that can impact you and your student's decisions. Expenses vary depending on the lifestyle of your student, what program they are enrolled in, and where they choose to live. For an estimate of tuition and fees, you can check our **online fee calculator** ([www.dal.ca/feecalculator](http://www.dal.ca/feecalculator)).

The cost of university will vary based on a number of factors, such as:

- course selection and number of courses
- textbooks and course materials
- living accommodations and meals
- transportation
- entertainment and lifestyle expenses
- citizenship status

Every year, over \$5 million in **scholarships, awards, bursaries, and prizes** are distributed through the Registrar's Office to promising Dalhousie students at every stage of their academic life. A wide variety of scholarships and bursaries are also available to students based on financial need, including the **On Track microbursaries**—emergency bursaries of up to \$500 for first- and second-year students who find themselves in need. For more information, visit [www.dal.ca/ontrack](http://www.dal.ca/ontrack).

The Money Matters website ([www.dal.ca/moneymatters](http://www.dal.ca/moneymatters)) provides answers to many of the questions you and your student may have about tuition, budgets, loans, bursaries, and dealing with money problems.



There's a *Start ON TRACK* module about managing money in university.

## RESOURCES

### 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

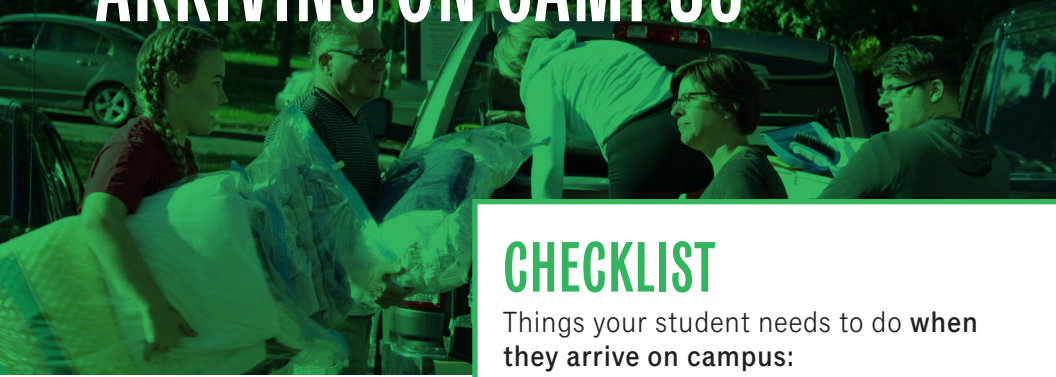
### Registrar's Office

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

### Fee calculator

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

# ARRIVING ON CAMPUS



## WELCOME TO CAMPUS!

To help ease the transition to Dal, there are various **orientation activities and events** happening on both the Halifax and Truro campuses.

**Orientation** is a great way for students to get connected and start to navigate their way around campus, so encourage your student to attend! Family and friends are also encouraged to attend sessions designed just for you. Register at [www.dal.ca/orientation](http://www.dal.ca/orientation).

## RESIDENCE MOVE-IN

Check the website for details about your student's residence move-in plan, move-in dates, parking info, and much more. Please note that most residence buildings are **substance-free** (including alcohol) until September 9, 2019. Smoking and vaping (tobacco and cannabis) is always prohibited in residence. [www.dal.ca/residence](http://www.dal.ca/residence)

## LOST ON CAMPUS?

Visit [www.dal.ca/campusmaps](http://www.dal.ca/campusmaps) for maps of all Dalhousie's campuses.

## CHECKLIST

Things your student needs to do **when they arrive on campus**:

- Pay tuition and fees at Student Accounts
- Pick up their DalCard (all students) and UPass (Halifax only)
- Accept or opt out of the health insurance plan
- Download Dal's mobile apps

For help completing these tasks, visit the "Checklist" page on [www.dal.ca/newstudents](http://www.dal.ca/newstudents)

## BOOK A CAMPUS TOUR

Familiarize yourself and your student with campus by taking a free tour. During your 1.5-hour guided walking tour, you will visit campus buildings, residences, classrooms, labs, and study spaces.

Tours are offered Monday to Friday, but try to book your tour at least a week prior to your visit.

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



## HOW TO GET TO CAMPUS FROM THE AIRPORT

Find transportation options and directions from the Halifax airport at [www.dal.ca/gettingtocampus](http://www.dal.ca/gettingtocampus).

# ADJUSTING TO UNIVERSITY

Starting university, whether from high school, another university or college, another country, or as a mature student can be stressful. New students are adapting to new environments, people and responsibilities, all while trying to be academically successful.

## What can students expect?

### CLASSES ARE DIFFERENT

- Classes can be large and students come to Dal from across Canada and around the world.
- Students are responsible for selecting their own courses and making their own course schedule.
- Instruction is primarily lecture-based and students take notes independently. Some classes will also have lab or tutorial sessions, often facilitated by a teaching assistant (TA).
- There are typically fewer hours of in-class time and many more hours of homework and independent study. According to experts, students should spend a minimum of 2–3 hours of study for every hour of class.




### DID YOU KNOW?

Wondering when exams are or when Dal's holidays start so you can plan visits from your student? Check [www.dal.ca/dates](http://www.dal.ca/dates) for all of our important dates.

There's a *Start ON TRACK* module about preparing for university academics.







**DID YOU KNOW?**  
Each of Dalhousie's libraries have resource librarians who are discipline specific? Students can meet with a librarian to talk through research questions, learn how to navigate the library system, or find the highest quality resources for their research.

### GRADING IS DIFFERENT

Students are assigned an academic standing code at the end of their first year. This determines whether they can continue their studies at Dalhousie. There are three different types of academic standing: good standing, probation, and academic dismissal.

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

### SELF-MANAGEMENT & ORGANIZATION

Each course doesn't happen every day, which may leave a student's schedule with lots of perceived "free time." However, this needs to be used to read or study for assignments. Careful time management is essential to academic success and students are responsible for managing their own time.

### INDEPENDENT RESEARCH & THINKING

- Familiarity with and effective use of library resources is essential.
- There is typically less individual attention from instructors, unless initiated by students. Students are encouraged to contact professors and TAs during office hours. They can drop in and ask questions about assignments or class topics.
- Faculty and staff want students to succeed, and many personal and academic support services are available, but students need to seek out these resources and speak up if something isn't going well.
- Encourage your student to visit [www.dal.ca/academicsupport](http://www.dal.ca/academicsupport) to find out about academic supports and services.



There's a *Start ON TRACK* module about using the libraries.

# ACADEMIC SUPPORT

*for your student*

## ACADEMIC ADVISORS

Student success advisors and faculty academic advisors are available to students to help with various academic questions and concerns, course information, degree planning, and setting and achieving goals.

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

## ACCESSIBILITY

Academic accommodations are available upon request by students who require them due to a disability, religious obligation, or any other characteristic protected under Nova Scotia human rights legislation.

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

## STUDY SKILLS WORKSHOPS

Sometimes students want help with learning to manage their time or to stop procrastinating. Maybe they want tips on how to study better, or just hone their note-taking skills. Free individual and group workshops are available to students in Halifax and Truro. Tutoring in Halifax is also available for a fee and can be paid for with your student's DalCard.

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

## WRITING SUPPORT

Regardless of the discipline, students will have to write papers in university. The **Writing Centre** is available to assist all students in their writing endeavours, with an emphasis on helping them learn to write independently, including learning how to research, reference, and cite material properly.

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



## Stay ON TRACK

In our Stay on Track program students can meet with an advisor to help identify their strengths and develop goals to be successful in university.

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

## RESOURCES

### Accessibility

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

### Student Success Centre

Halifax: [www.dal.ca/studentssuccess](http://www.dal.ca/studentssuccess)  
advising@dal.ca

Truro: [www.dal.ca/acstudentsuccess](http://www.dal.ca/acstudentsuccess)  
ssdalac@dal.ca

### On Track Programs

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

### Study Skills & Tutoring

[www.dal.ca/sfs](http://www.dal.ca/sfs)  
Halifax: sfs@dal.ca

Truro: ssdalac@dal.ca

### Writing Centre

[www.dal.ca/writingcentre](http://www.dal.ca/writingcentre)  
Halifax: writingcentre@dal.ca

Truro: acwrite@dal.ca

# CAREER PLANNING & PREPARATION

It's best to look at career planning as a long-term process where many decisions about education, work, and personal lives are made along the way. Good career planning requires a commitment to this process; the more your student is invested and seeking out opportunities, the smoother their career planning and preparation will go.

Encourage your student to begin by looking inward to identify their goals when it comes to career aspirations. Exploring things like interests, personality preferences, strengths, values, skills, dreams, and experiences can help answer some important questions about future career aspirations.

To get your student started in the career exploration process, suggest that they connect with a student success advisor.



## Career on Track

Your student can meet with an advisor to start their career development plan through our Career on Track program.



## DID YOU KNOW?

Students can apply for an international exchange or study abroad program. These programs provide educational and meaningful international experiences.

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

## GAINING VALUABLE EXPERIENCE

Part-time work, volunteering, and leadership programs are great ways for your student to get hands-on experience throughout their degree. This helps them to develop soft skills and, in the process, they may discover other career options that interest them. Encourage your student to:

- Find a part-time job on campus (no more than 10 hours a week for best results!)
- Get help reviewing their resume and cover letter
- Attend workshops to develop leadership skills
- Get involved in volunteering and leadership programs

## RESOURCES

Find on-campus jobs:  
MyCareer: <https://mycareer.dal.ca>

Career Advising  
Halifax: [www.dal.ca/studentsuccess](http://www.dal.ca/studentsuccess)  
Truro: [www.dal.ca/acstudentsuccess](http://www.dal.ca/acstudentsuccess)



# SUPPORTING

*your student*

## IS YOUR STUDENT STRUGGLING?

Homesickness, anxiety, and stress can be common concerns among students. If your student is struggling, there are many ways you can help and resources they can access.

## SIGNS YOUR STUDENT MAY BE STRUGGLING

- lack of direction in what they want to do in university
- lack of interest in their coursework
- not attending classes regularly, completing assignments, or attending exams
- lack of a positive reaction when they do well in their courses
- not engaged in campus activities
- significant decrease in grades
- not registering for classes for the subsequent semester
- difficulty in balancing studying and other activities
- negative self-talk about themselves or their performance
- isolation from friends, family, and classmates
- feelings of helplessness or hopelessness
- irritability and restlessness
- experiencing personal issues outside university



## Back ON TRACK

Back on Track can help students who struggled during their first term by teaching study skills and other ways to boost their GPA.  
[www.dal.ca/ontrack](http://www.dal.ca/ontrack)

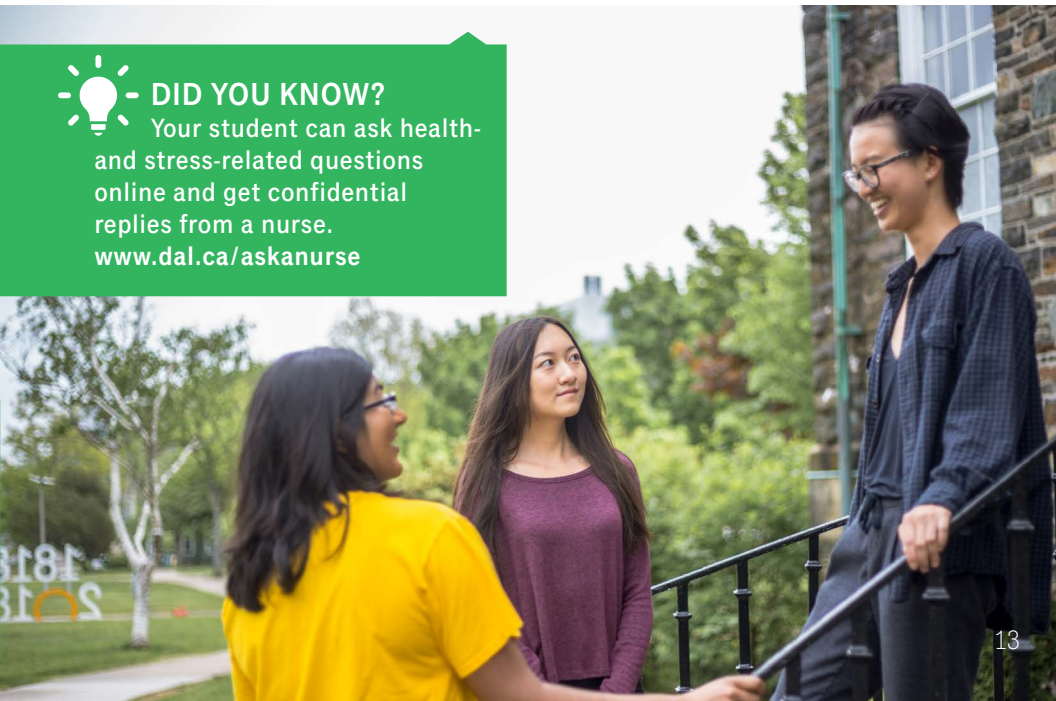
## HOW YOU CAN SUPPORT THEM

- **Prepare them** before they arrive on campus by talking to them about change and the feelings they may experience.
- **Encourage healthy habits** including nutrition, sleep, and exercise.
- **Keep the lines of communication open** and encourage regular phone calls. It's easier to notice changes in tone than in a text message.
- **Approach them honestly** and be specific about the behaviour that worries you.
- **Listen** to their concerns openly and without judgment and talk about mental health regularly.
- **Encourage them to access available resources**, including mental health resources.
- **Reassure them** that it's normal to feel the way they're feeling.
- **Encourage them to talk openly** to you, other family members, friends, professionals, or peer support workers at Dalhousie.
- **Encourage them to get involved** in campus life, including events and clubs, to connect with other students.
- **Allow mistakes.** It's unrealistic to expect your student to never experience difficult situations and make the "wrong" decision. Let them know you support them no matter what and encourage them to learn from their decisions.



### DID YOU KNOW?

Your student can ask health- and stress-related questions online and get confidential replies from a nurse.  
[www.dal.ca/askanurse](http://www.dal.ca/askanurse)



# Advice for **FAMILY & FRIENDS...**

*On behalf of the entire team at Student Affairs, I want to welcome you and your student to the Dalhousie community.*

*At Dal, we strive to create a culture where every student feels they matter and belong. To achieve this goal, we offer the wide range of supports and opportunities outlined in this guide. Many of these offerings are delivered by passionate and talented members of the Student Affairs team whose sole purpose is to help Dal students succeed and have an exceptional experience.*

*Based on evidence, we know that when students feel engaged, supported and connected to the community around them, they are more likely to thrive. In particular, we have found that one of the best indicators of student success in first year is establishing an early and ongoing connection to communities and supports on campus.*

*Given this reality, I encourage you to echo the advice your student will hear over and over again from the team at Student Affairs: reach out, get in touch, let us know how we can help, take advantage of available resources and get involved!*

*There is nothing quite like the experience of attending university, and the wonderful blend of small-school feeling and major research university resources makes Dalhousie a special place to live and learn. We look forward to engaging with your student as they set out on their learning journey, and we are honoured to partner with you in supporting them as they do.*



A handwritten signature in black ink that reads "Ivan Joseph".

**Dr. Ivan Joseph**  
Vice-Provost, Student Affairs

A young man and a woman are smiling together. The man is on the left, wearing a dark sweater, and the woman is on the right, wearing a patterned top and sunglasses. In the foreground, a laptop is open, showing a website. The background is slightly blurred, suggesting an outdoor setting.

# TIPS FOR FAMILY & FRIENDS

*of first-generation students*

Is your student the first in your family to attend university? We recommend first-generation families and friends to:

- Encourage them to get involved in leadership opportunities and learning communities, like First-Year Interest Groups (FIGs), DalConnects in Halifax, or SAIL in Truro
- Connect them with Dalhousie services to manage financial needs (including learning about different types of financial aid available)
- Discuss with them the benefits of participating in mentorship programs
- Encourage them to get involved in social events across campus ([www.dal.ca/studentevents](http://www.dal.ca/studentevents))
- Encourage them to connect regularly with an academic advisor

**Remember!** We have resources to support your student so point these out and empower them to seek support when needed.

*(Adapted from Education Advisory Board)*

**Useful websites:**  
[www.dal.ca/moneymatters](http://www.dal.ca/moneymatters)  
[www.dal.ca/academicsupport](http://www.dal.ca/academicsupport)  
[www.dal.ca/campuslife](http://www.dal.ca/campuslife)

# HEALTH & WELLNESS

Your student's health is important to their academic success. Living away from home and looking after their own health may be a first for some students, so it's important they know about the resources available.

## PHYSICAL HEALTH

When they arrive on campus, it's important they register with a family physician. **Health clinics** are located on campus (Halifax and Truro) and offer Dal students a wide range of services.

Our Halifax and Truro campuses provide updated **athletic facilities** (including our new \$23-million fitness centre in Halifax), free of charge for full-time students! Students can take fitness classes, work out in the weight room, or play squash. There is something for everyone!

## MENTAL HEALTH

Most students enjoy their university experience and newfound independence. However, with all these changes can come increased stress and anxiety. It is not uncommon for students to experience issues with sleep, depression, or relationships. Dalhousie has online and in-person programs and services with health-care professionals available to support students.



There's a **Start ON TRACK** module about taking care of your health in university.

## RESOURCES

### Health & Wellness

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

Truro: [www.dal.ca/achealth](http://www.dal.ca/achealth)

### Fitness & Recreation

Halifax: Dalplex Fitness Centre

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

Halifax: Sexton Gym

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

Truro: Langille Athletics Centre

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

Stay Connected (peer support program)

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

### Online programs:

Ask a Chaplain

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

Ask a Nurse

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

Q-Life (resilience program)

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





## HEALTH INSURANCE

Students at Dalhousie are automatically enrolled in the **DSU Health and Dental Plan**. This is a student-oriented benefits plan that provides coverage for prescriptions, dental, travel, accident, vision, and many other services and perks. If your student is covered by another plan, they can opt out.

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



## DID YOU KNOW?

Dalhousie's campuses are all smoke-free! That means there's no smoking of tobacco or cannabis allowed in any Dal buildings or on Dal property.

## ALCOHOL USE

Before they arrive at Dalhousie, talk to your student about safe and responsible drinking habits to reduce the risk of harm, and remind them that not all university students choose to drink alcohol. [www.dal.ca/alcoholsafety](http://www.dal.ca/alcoholsafety)

### Low-risk drinking is:

- Knowing your limit
- Thinking about whether you will drink and what you will drink, before the party
- Eating a complete meal before drinking
- Always knowing what you are drinking
- Alternating with alcohol-free drinks throughout the evening
- Having a plan, and knowing how you will get home safely
- Making sure you and your friends take care of each other

### High-risk drinking is:

- Chugging, drinking games, pre-gaming, drinking anything out of a punch bowl, trough, hose, or funnel
- Drinking to get drunk
- Drinking too much, too fast
- Going to parties where people drink too much
- Not knowing what is in your glass or leaving it unattended
- Mixing alcohol with medications or other drugs



There's a **Start ON TRACK** module about alcohol & substance use safety.

# SOLVING PROBLEMS

## UNIVERSITY POLICIES

Information on all of Dal's academic and non-academic policies can be found online. [www.dal.ca/secretariat](http://www.dal.ca/secretariat)

## HUMAN RIGHTS AND EQUITY SERVICES (HRES)

Dalhousie is committed to fostering an inclusive working and learning environment where we all share the responsibility for ensuring a climate of respect.

HRES offers a range of educational equity programs and trainings, including: **PEGaSUS** (a group that supports survivors of sexual assault), the **Elephant in the Room** (a diversity and inclusivity conversation series), and the **Be Counted** campaign (which supports the Dal census).

If your student feels they've been harassed, discriminated against, or experienced sexualized violence, they should contact HRES for confidential support and advice about their options for resolution.



## DSU STUDENT ADVOCACY SERVICE

The **Dalhousie Student Advocacy Service (DSAS)** helps students 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
- reporting and responding to complaints under the Sexualized Violence Policy
- responding to charges under the Student Code of Conduct
- alleged unfairness or bias in the application of academic regulations or procedures

## SOCIAL WORKER

Our **social worker** in Halifax helps students address concerns with things like housing, finances, food, stress, sleep, roommates, and/or relationships. They can also help students navigate their resources on and off campus.

## RESOURCES

### Human Rights & Equity Services

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

### DSU Student Advocacy Service (DSAS)

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

### Social Worker

Book online at [www.dal.ca/studenthealth](http://www.dal.ca/studenthealth)  
902-494-2171



## EQUITY & ACCESSIBILITY OFFICE

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

The **ombudsperson** provides independent, impartial, and confidential assistance and advice to students who may have university-related concerns or conflict. Email [ombuds@dal.ca](mailto:ombuds@dal.ca) for more information or to make an appointment.

## CODE OF STUDENT CONDUCT

Everyone at Dalhousie is expected to treat others with dignity and respect. The **Code of Student Conduct** allows Dalhousie to take disciplinary action if students don't follow this community expectation. The Code covers many types of behaviour, including:

- offences against people
- offences involving property
- alcohol and drug use
- unauthorized use of university facilities, equipment, or services

For more information about the Code, visit the “Student Conduct” page in the “Student Life” section of [www.dal.ca/srr](http://www.dal.ca/srr).



## SURVIVOR SUPPORT CENTRE

The Dalhousie Student Union's **Survivor Support Centre (SSC)** provides advocacy, support, and education around issues of sexualized violence and consent. The SSC also runs the **Sexual Assault and Harassment Phone Line** and active listening services.

**DSU Equity & Accessibility Office**  
[www.dsu.ca/equity](http://www.dsu.ca/equity)

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

**Student Conduct Office**  
[www.dal.ca/think](http://www.dal.ca/think)

**DSU Survivor Support Centre**  
[www.dsu.ca/survivorsupport](http://www.dsu.ca/survivorsupport)  
902-494-1367

# RESPECT & SAFETY

Every person at Dalhousie has the right to be respected and safe. We believe inclusiveness is fundamental to education. The office of **Human Rights & Equity Services (HRES)** works to educate all members of the Dalhousie community about respect and safety across a number of areas, including issues of discrimination, sexualized violence, equity, inclusion, harassment and conflict.



There's a **Start ON TRACK** module about creating a culture of consent on campus.

## SAFETY ON CAMPUS

We are committed to ensuring the safety of students, faculty, and staff, and provide a number of resources: **Tiger Patrol** is a free shuttle service available to Dalhousie students in Halifax. The shuttle runs on half-hour intervals from 6pm–1:15am, with departures from the Student Union Building. Route information and questions can be directed to: **902-499-1831** or **902-718-9908**.

**Safewalk** is a service provided by the Security Officers on the Truro Campus. Any student, staff, or faculty member who requires an officer to walk with them to or from any building on campus should call **902-893-4190**.

## RESOURCES

**Human Rights & Equity Services**  
[www.dal.ca/hres](http://www.dal.ca/hres)  
[hres@dal.ca](mailto:hres@dal.ca)

*Truro:* An advisor is available for in-person meetings. Please contact the Halifax office to book an appointment.

**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

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

# YOUR STUDENT'S PRIVACY

While Dalhousie University understands that you have a keen interest in your student's progress and accomplishments, and you may be paying for some or all of the costs, the information we can provide is restricted due to the *Freedom of Information and Protection of Privacy Act*.

This **restricted information** includes, but is not limited to:

- grades and transcripts
- medical information
- financial information
- daily schedule
- location of classes
- personal information

Dal is allowed to disclose this information only if the student has given specific, written consent, or in the event that a student's emergency contact needs to be reached.

If you have concerns about your student's well-being, keep talking to them—they'll need your support.

*Tip: Be open, positive, and nonjudgmental with your student and they will be more likely to share information with you.*



## DID YOU KNOW?

Due to the nature of shared information, each Dal office will require different consent. For example, if your student gives permission to the Residence Office to share information with you, this does not apply to the Registrar's Office. Each office will have different processes on sharing information.

## YOUR STUDENT'S DALCARD

This is their all-access campus pass and is essential to campus life. The DalCard acts as their official identification, building access, library card, varsity sports admission, debit card, and much more.



You can add money to your student's DalCard online. Money can be used at locations across campus and selected off-campus vendors. Bookstore and food vendor purchases also qualify for 5% back.

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

# COMMUNITY CONNECTIONS

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 others who have similar backgrounds, interests, and personal circumstances, and that our services reflect the diversity within our student population.

## INDIGENOUS STUDENT SUPPORT

The **Indigenous Student Centre** in Halifax and our **Indigenous Student Advisor** in Truro help create a sense of belonging for Indigenous students at Dalhousie. Our student advisors provide support and advocacy for all of Dalhousie's Indigenous students. A number of resources are available to enhance your student's university experience:

- Math and writing tutors, study skills coaches
- Cultural activities (including traditional smudging)
- Scholarship and bursary information
- Social events including networking opportunities
- Referrals to supports on and off campus including the campus Elder



## BLACK STUDENT SUPPORT

The **Black Student Advising Centre (BSAC)** in Halifax provides support to students of African descent through one-on-one advising, mentoring, advocacy, and referrals to other support services. The Centre is equipped with two computer labs, a meeting room, study room, lounge with kitchenette, and outdoor space.

Encourage your student to drop by BSAC to connect with their peers, and for information on scholarships, bursaries, and events on campus and in the African Nova Scotian community.

## SPIRITUALITY ON CAMPUS

Students can drop by **Multifaith Services** if they are looking for a place to worship on our Halifax campuses, somewhere quiet to study, or someone to listen. Our 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. Multifaith Services can also help your student find a local worship community that's part of their tradition. Your student can also ask questions about faith and spirituality online and get confidential replies from one of our chaplains.

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



There's a **Start ON TRACK** module about becoming a citizen of Dalhousie.

## RESOURCES

**Indigenous Student Centre (Halifax)**  
[www.dal.ca/isc](http://www.dal.ca/isc) | [isc@dal.ca](mailto:isc@dal.ca)

**Indigenous Student Advising (Truro)**  
[www.dal.ca/acaboriginal](http://www.dal.ca/acaboriginal)  
[arthur.stevens@dal.ca](mailto:arthur.stevens@dal.ca)

**Black Student Advising Centre**  
[www.dal.ca/bsac](http://www.dal.ca/bsac)  
**Halifax:** [bsac@dal.ca](mailto:bsac@dal.ca)  
**Truro:** [ssdalac@dal.ca](mailto:ssdalac@dal.ca)

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

## INTERNATIONAL STUDENTS

All students are welcome at the **International Centre!** Our friendly staff care about your student and will help them settle into campus life. The Centre in Halifax offers a great study space, a kitchen area, and games to help students relax.

**Immigration help:** Certified immigration advisors in Halifax and Truro can help with study permit and visa issues, and also offer free monthly workshops about long-term immigration options.



## SEX & GENDER RESOURCES

**South House Sexual & Gender Resource Centre** 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, accessible space that offers a resource centre, library, and free meeting space for woman-positive and anti-oppression organizing and gathering.

## LGBTQ2SIA+ COLLABORATIVE

**LGBTQ2SIA+ Collaborative (Collaborative+)** is a forum for communication and collaboration between campus groups who work to foster a climate of respect and inclusion for LGBTQ2SIA+ individuals. It works to increase awareness of support services, strengthen educational programming and initiatives, and influence positive shifts in the campus climate for and with LGBTQ2SIA+ students, faculty, and staff. Visit [www.dal.ca/collaborativeplus](http://www.dal.ca/collaborativeplus) for more information and a list of participating groups.

## RESOURCES

**International Centre**  
[www.dal.ca/international](http://www.dal.ca/international)

**Halifax:**  
[international.centre@dal.ca](mailto:international.centre@dal.ca)  
**Truro:** [ssdalac@dal.ca](mailto:ssdalac@dal.ca)

**Human Rights & Equity Services**  
[www.dal.ca/hres](http://www.dal.ca/hres) | [hres@dal.ca](mailto:hres@dal.ca)

**Collaborative+**  
[www.dal.ca/collaborativeplus](http://www.dal.ca/collaborativeplus)

**South House Sexual & Gender Resource Centre**  
[www.southhousehalifax.ca](http://www.southhousehalifax.ca)  
[outreach@southhousehalifax.ca](mailto:outreach@southhousehalifax.ca)

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



# TIPS FOR FAMILY & FRIENDS...

## WITH STUDENTS IN RESIDENCE

Dal has a vibrant residence community and lots of activities and supports for students who are living in residence.

- Check out [www.dal.ca/residence](http://www.dal.ca/residence) for all the important dates and instructions related to residence move-in, suggestions on what to bring, and more.
- Did you know that your student can order their textbooks online and have them delivered directly to their residence? The Dal Bookstore also offers a wide assortment of items (such as bedding and mini-fridges) for your student's room as part of the Home & Dorm Essentials program, which can also be delivered to their residence. [www.bookstore.dal.ca/booksinres](http://www.bookstore.dal.ca/booksinres) [www.bookstore.dal.ca/hde](http://www.bookstore.dal.ca/hde)
- Every Dal residence has trained residence assistants and residence life managers who your student can turn to when they need advice, support, or just someone to talk to.

## WITH COMMUTER STUDENTS

Living off campus is a unique experience and can be a challenge for your student. It can be difficult to feel connected to the university and other students. Encourage them to get involved on campus as much as possible—whether it's through their faculty, student societies, student events, or going to varsity games.

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



- All communities have rules and regulations that must be followed to provide a safe and inclusive environment. Ensure that you and your student know and understand the rules of living in residence, and the consequences of infractions. [www.dal.ca/residencecodeofconduct](http://www.dal.ca/residencecodeofconduct)
- No matter what your student may tell you, there is laundry in residence. They just need their DalCard (or some coins), detergent, and any tips from you on not mixing colours and whites!
- Want to keep up to date on all the happenings in residence? Be sure to follow Dal Residence on Instagram, Facebook, and Twitter (#DalSweetDal).

Students who live off campus can get a taste of residence life by purchasing a meal plan and eating in our dining halls!

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

Visit [www.dal.ca/offcampushousing](http://www.dal.ca/offcampushousing) for great resources about living off campus.



# GETTING INVOLVED

Students who are more involved on campus and in campus activities are more likely to be academically successful. That's why we provide a number of opportunities for Dal students to engage in the campus community. In addition to over **300 active student societies**, Dal also offers opportunities for students to volunteer, engage in research, and discover their strengths and passions.



## CO-CURRICULAR RECORD

Every Dalhousie student has a

Co-Curricular Record (CCR)—an official document from Dal that recognizes students' accomplishments and the experiential learning that occurs outside of the classroom. This can include campus life, community engagement, volunteering, service leadership, awards, and exemplary contributions. A CCR is a great way for students to reflect on their leadership skills and consider the transferable skills they gain through involvement.

## LEADERSHIP PROGRAMS

Our Halifax and Truro campuses have free student leadership programs aimed at helping students to enhance their skills, discover their interests, and gain leadership competence. Workshops, volunteer experiences, and leadership retreats are all part of the programming.



## STUDENT EVENTS

For a list of upcoming events, visit [www.dal.ca/studentevents](http://www.dal.ca/studentevents).

## RESOURCES

Dalhousie's Co-Curricular Record  
[www.dal.ca/ccr](http://www.dal.ca/ccr)

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

Leadership Programs:  
*Halifax:* DalConnects  
[www.dal.ca/dalconnects](http://www.dal.ca/dalconnects)

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

## AFTER-HOURS ACTIVITIES ON CAMPUS

**Dal After Dark** offers students in Halifax fun and free/ low-cost activities in **alcohol-free settings**. Events range from terrarium-building workshops to skating at the Emera Oval and laser tag. Students can stop by for a few minutes or a few hours to meet other students and explore new interests. **Aggies at Night** is a similar program offered to Truro residence students.

## STUDENT CLUBS & SOCIETIES

With hundreds of clubs and organizations at Dal, joining a student society may be the perfect way for your student to meet people with similar interests. Students will have opportunities to find something that excites them during the **Society & Volunteer Expo**, or they can browse and connect with all societies online at **[dsu.ca/connect-with-societies](http://dsu.ca/connect-with-societies)**. There are also numerous intramurals in Halifax and Truro for students.

## SCHOOL SPIRIT

The **Dalhousie Tigers varsity program** includes men's and women's teams in basketball, cross country, hockey, soccer, swimming, track and field, and volleyball. On the Truro Campus, the **Dalhousie Rams** compete in soccer, woodsmen, equestrian, cross country, and badminton, to name but a few!

Students get **free admission to home games** with their DalCard!

## RESOURCES

### Dal After Dark

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

### Societies

[www.dsu.ca/connect-with-societies](http://www.dsu.ca/connect-with-societies)


### Intramurals

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



### Dalhousie Tigers

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

 (/daltigers)



### Dalhousie Rams

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



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



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