We know that starting a graduate or professional program 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. Use this guide as a resource to learn about the supports that are available to help you succeed at Dal and beyond.

5 TIPS to continue on your track to success

#1 SET GOALS
Create experiences that help to connect what you are doing academically with your future goals. The more interested you are in something, the more motivated you’ll be!

- Create short- and long-term academic and career goals.
- If you’re doing a thesis, discuss expectations with your supervisor.

#2 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 (if applicable) or talk to your graduate coordinator.
- Check out free academic resource centres like the Writing Centre.

#3 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.

#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.

#5 HONE YOUR STUDY SKILLS
Successful students understand expectations and excel in study strategies like time management.

- If applicable, 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.

For student life hacks and much more:

www.dal.ca/studentlife
HEALTH & WELLNESS
6 Services
Everything from a health clinic and counselling to bike rentals and tasty, healthy food.

9 Get active
Our fitness facilities and programs, clubs, and intramurals will keep you happy and healthy.

11 Safety
Dal Security, a free shuttle service, and the DalSAFE app help ensure a safe campus.

ACADEMIC SUPPORT
14 Services & resources
Dal has everything you need to be successful in the classroom, laboratory, or field.

GET INVOLVED
26 Opportunities on campus
From student government and societies to volunteer positions and part-time jobs, Dal has a ton of ways to get involved on campus.

32 Get recognized
The Co-Curricular Record tracks all your extracurricular activities and the Impact Awards celebrate everything you do at Dal.

COMMUNITY & CULTURE
34 Community connections
Our support services meet your diverse personal, social, and cultural needs.

37 Solving problems
If you face problems of any nature, there are supports available to you on campus.

FINANCES
39

WHAT'S INSIDE

For a full searchable list of services available to Dal students, click on the “Current Students” tab at the top of www.dal.ca.
USEFUL DAL APPS

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

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

INFO FOR STUDENTS

Campus maps
www.dal.ca/maps

Dal Student Life
www.dal.ca/studentlife

Events on campus
www.dal.ca/studentevents

Financial tips and help
www.dal.ca/moneymatters

Helpful tips
www.dal.ca/helpfultips

Important dates
www.dal.ca/dates

Parking on campus
www.dal.ca/parking

Services & resources
www.dal.ca/campuslife
SETTING YOUR GOALS

Writing down your goals is a great way to work towards achieving them.

CREATE A VISION... AND DREAM!

Make a wish list: if you could have anything, be anything, or do anything, what would it be? Write down everything that comes to mind. Be as specific as possible. Don’t worry about being realistic. Just write.

Think about your short- and long-term goals. What do you want to accomplish in the next four months, year, or four 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. 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 12 and 24 to help you meet your health and academic targets.
Taking care of your physical and mental health

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

The Student Health & Wellness Centre offers an on-campus clinic with a diverse and interprofessional team to support your needs. We offer same-day and booked appointments. Book online at www.dal.ca/studenthealth/bookonline or call 902-494-2171 to set up an appointment.

Our team includes:
• nurses
• doctors
• social workers
• psychiatrists
• counsellors
• psychologists
• health promotion expertise

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

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

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

Good2Talk provides free, anonymous and confidential telephone counselling and is available all day, every day. Call 1-833-292-3698.

The Q-Life resilience program (www.dal.ca/resilienceprogram) helps you better prepare for everyday challenges and stress.

BOOK YOUR APPOINTMENTS ONLINE
Booking your appointments online for the Student Health & Wellness Centre is easy and convenient!
www.dal.ca/studenthealth/bookonline
Health & Dental Insurance

**www.dsu.ca/healthplan**  
dsuhealth@dal.ca  
**Student Union Building (3rd floor)**

All full-time students are automatically enrolled in the **DSU Health and Dental Plan** that provides you with insurance coverage for medical, dental, travel, accident, vision, and many other services. If you’re an international student, you’re automatically enrolled and billed for the **DSU International Student Health Plan**, providing coverage for visits with a doctor.

The DSU Health Plan(s) are mandatory unless you have comparable coverage. Visit the website for information about opting out of the plan(s) or including your family in the plan(s).

Visit **www.studentvip.ca/dsu** to download your drug & dental plan card. If you’re an international student, visit **www.internationalhealth.ca/dsu** to download your international health plan card.

**Wellness Room**

**www.dsu.ca/wellnessroom**  
**Student Union Building (lower level)**

Need a quiet spot to escape the daily hustle and bustle? The DSU Wellness Room is the perfect place for a nap, meditation, prayer, yoga, or curling up with a good book.

**Bike Loans & Maintenance**

**www.dalbikecentre.ca**  
**Studley Gym**

The Campus Bike Centre is run by the Dalhousie Bike Society, and is the perfect spot to tune up your bike. Drop in to one of the sessions on bicycle repair and maintenance and cycling safety education. Don’t have your own set of wheels? No problem—you can borrow a bike on a short-term basis at the Centre in Studley Gym.

**DON’T FORGET**

Before visiting the Student Health & Wellness Centre, **be sure to learn about what’s included in your health plan**, and remember to bring your health card with you to your appointment.
Eating on Campus

www.dalfood.ca

@DalFoodServices

@dalfood

Even if you’re not living in residence, you can buy all-you-care-to-eat or one-at-a-time meal plans to use in the Howe, Shirreff, and O’Brien dining halls, or simply pay at the door. We also have 14 retail food outlets on campus, including Starbucks and Subway. Visit the website for nutritional information on the meals served in the dining halls and a list of retail locations on campus.

The Dalhousie Student Union (DSU) also has a number of healthy food options in the Student Union Building (SUB), including To Go, where you can pick up a meal, snack, fruit, veggies, and amazing salads to take home. Check the “Food On Campus” section of dsu.ca to find out about all the food offerings in the SUB.

The Loaded Ladle (loadedladle.com) is a student-run co-op that serves fresh and healthy free lunches in the SUB a few days a week.

DSU Food Bank

www.dsu.ca/foodbank

Student Union Building (lower level)

If you need long-term assistance or just a few meals to get by, the volunteer-run DSU Food Bank helps all members of the Dalhousie community. It’s open throughout the week (check the website for updated hours).

DSU Market

www.dsumarket.ca
dsumarket@dal.ca

The DSU wants you to have access to fresh, local food, so it runs a weekly market with affordable prices. Student staff and volunteers run it every Tuesday (10am–5pm) and Wednesday (10am–4pm) in the SUB, and on Sexton Campus every Wednesday (11am–3pm). You can even order a food box filled with great local produce for pick-up.
GET ACTIVE!

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

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

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

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

If you’re a full-time student, your DalCard also gets you into the newly renovated Sexton Gym, which includes:

- climate-controlled fitness centre with cardio and strength-training equipment
- new fitness studio with drop-in fitness classes
- 3 locker rooms (women’s, men’s, universal)
- gymnasium with hardwood basketball/badminton courts (limited availability)

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

Sport Clubs
www.dal.ca/sportclubs

Looking for something a bit more competitive? Dal has more than 25 sport clubs, including baseball, badminton, cheerleading, curling, dance, football, field hockey, rowing, rugby, and sailing.
Fitness Programs & Classes
www.dalplex.ca
902-494-3372

To help you develop and maintain a healthy and active lifestyle, Dalplex and Sexton Gym have a wide variety of classes, programs, and lessons available. From free drop-in group fitness classes to fee-based ones, there’s something for everyone. Check online for info about classes including:

- body strong
- boot camp
- kickboxing
- spin
- step
- yoga
- zumba

Aquatics
www.dalplex.ca
902-494-3357

Your Dalplex membership gets you access to the 8-lane, 50-metre indoor pool featuring:

- daily lane swims and weekend open/family swims
- deep and shallow-end aquafit classes
- 1- & 3-metre diving boards
- 5-metre diving tower
- accessible change rooms

Register online or call for lifesaving classes and instructor training programs, or join the Dal Masters Swim Club.

Climbing
www.dal.ca/climbing
902-494-1605

Your Dalplex membership also includes access to two indoor climbing walls: the unsupervised bouldering wall in the fieldhouse and the Rock Court on the lower level. All climbers need to complete an accreditation clinic (for a small fee) at Dalplex before being allowed to climb in the Rock Court. There are also plenty of programs offered for novice to advanced climbers.

Kids Camps
www.dalplex.ca

Dalplex offers camps for kids on P.D. days, March Break, and during the summer—everything from soccer and basketball to climbing and junior leadership—and your Dalplex membership gets you a discount on fees! Check the "Kids & Camps" section of the website for all the details.
Safety

Security on Campus

www.dal.ca/security

Emergency: 902-494-4109

General info/parking questions:
902-494-6400

1252 Lemarchant St.

@dalsecurity  @dal_security

We live in a wonderful community, but you should still take steps to improve your personal safety:

• Travel with others at night or use our Tiger Patrol shuttle service.
• Be alert to your surroundings and the people around you. Walk confidently and at a steady pace.
• In social settings, keep an eye on your drink and never accept a drink from someone you don’t know.
• Look out for one another—if you see something, say something!
• If you feel uncomfortable with a situation or person, leave.

• Keep your bag, wallet, and electronic devices with you or locked up.
• Never give confidential information (over the phone, online or in person) to a stranger.
• Keep a written record of obscene telephone calls and harassing behaviour, and save harassing emails, texts and letters for further action/documentation.
• Report graffiti, homophobic, racist or other harassing or suspicious behaviour, as well as suspicious activity, crime and property damage to Dal Security (902-494-6400) or via real-time chat using the DalSAFE app

Nighttime Shuttle Service

www.dal.ca/tigerpatrol

902-499-1831 or 902-718-9908

If you need a safe ride home from campus at night, Tiger Patrol makes regular trips throughout peninsular Halifax. The best part? It’s free to all students with a valid Dal ID. The two shuttle vans each hold five passengers and operate from 6:30pm–1:15am daily, with longer hours during exam times. Check the website or DalSAFE app for details on routes and schedules.
You may want to give up smoking or start a workout plan. You may decide to get help if you have anxiety. Use this worksheet to create a goal on how you will improve your health this year.

GOAL:

TIMEFRAME. Short-term? Long-term? Be specific!

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

WHO CAN HELP YOU ACHIEVE YOUR GOAL?

OBSTACLES. What roadblocks could you run into and what will you do to overcome them?

CELEBRATE! How will you reward yourself when you achieve your goal?
HELPFUL TIPS for your health & wellness

- Learn about your Dalhousie Student Union Health & Dental Plan and how to make a claim at www.dsu.ca/healthplan
- Download your DSU Health Insurance card and bring it with you to your appointments
- Stop by the Student Health & Wellness Centre for an STI screening or check the mobile clinic screening on campus
- Get your flu shot at the Student Health & Wellness Centre or one of the mobile clinics on campus
- Get answers to your mental health questions from the Stay Connected Mental Health Project peer support workers
- Meet with our social worker at Student Health & Wellness for help with practical problem-solving, dealing with stress, or navigating resources
- Explore your beliefs and faith at Multifaith Services or direct your questions to a chaplain online (www.dal.ca/askachaplain)
- Ask a nurse your general health questions and receive a direct reply within 72 hours (www.dal.ca/askanurse)
- Pick up free condoms and dental dams at the Student Health & Wellness Centre
- Take a tour of our athletic facilities to discover all the amenities and learn more about our clubs, intramurals, and the Dal Tigers
The Registrar’s Office manages the enrolment elements of your program. The team can answer questions about:

- technical aspects of course registration
- information/documentation for student loans
- academic transcripts
- letters of confirmation of enrolment (professional programs)
- graduation (professional programs)

Check for services on the website or https://dalonline.dal.ca. For faculty-specific services, check with your faculty’s student affairs or student services office.

The Faculty of Graduate Studies is the home faculty of all graduate students in all departments at Dalhousie. It provides support with:

- scholarships and bursaries
- travel grants
- changes to programs
- thesis submission and defense
- graduation
- letters of confirmation and enrolment (graduate programs)
Get Academic Advice

Graduate coordinators, supervisors, and advisors are available to help you understand your program requirements, choose your courses, set goals, and plan your academic path. They can help you map out your personal academic plan, learn how to use your strengths, and reach your goals.

Advisors are available through your faculty, department, or program to help with more specific questions about your degree and research.

Develop Your Study Skills

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

Whether you’re doing well and want to do better, or you’re experiencing academic difficulty, Studying for Success can help you reach your potential. Check the website for downloadable handouts you can use to help you become a more effective learner. Our workshops deal with:

- effective reading strategies
- taking essay exams
- note-taking and listening techniques
- multiple choice exams
- presentation and speaking skills
- managing time and avoiding procrastination
- memorization and concentration
- working in a group
- setting smart goals

Register for workshops at https://my.dal.ca or just show up! Check the website for workshop times and locations.
Dalhousie has services to assist you if you need accommodations to fully access your campus living and learning environments—including co-op, fieldwork and other co-curricular activities.

If there are aspects of the design, instruction, and/or experiences within your courses that result in barriers to your inclusion, or you’ve had accommodations at your previous school, the team in the Student Accessibility Centre (SAC) can explore ways to reduce or eliminate those barriers. The Centre also hosts an assistive technology lending library.

Drop by the SAC in the Killam Library Atrium (room G28) or the Sexton Campus Student Services Centre (limited hours). Or book an appointment online through my.dal.ca.
No matter what you study, you will be evaluated based on your writing. Want to understand written assignments and do better in your classes? The Writing Centre offers writing support in all subjects. Set up a one-on-one appointment to discuss your work or sign up for a group event or seminar. The Centre has experienced staff and tutors to help explain expectations for written assignments, review your work, and help you adapt to the university experience.

Book online at my.dal.ca, call or drop in for an appointment to any of our Halifax locations: Killam Library room G40C (main floor learning commons), Sexton Campus, Black Student Advising Centre, Indigenous Student Centre.

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

- thesis writing
- academic integrity
- sourcing and citing research material
- grammar, punctuation, and mechanics of writing
- 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

If English isn’t your main language of communication, Dalhousie’s College of Continuing Education offers many different English as a Second Language (ESL) courses for you to improve your skills and level of expertise.
The Dal Bookstore is your one-stop shop for all the gear you’ll need for a successful academic experience, offering everything from binders to bags, pens to portfolios. And yes, you can also find textbooks for pretty much every class at Dal, both in the stores and online. You can buy new or used textbooks, and they even have a textbook rental program.

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

Apart from the main bookstore on the lower level of the SUB, Dal has two other specialized locations: Building B on Sexton Campus, and a temporary storefront in Jenkins Hall, on the Agricultural Campus. All locations accept DalCard, which lets you earn 5% back on your purchases.

For certain programs and classes, you may need to visit the King’s Co-op Bookstore next door at the University of King’s College (www.kingsbookstore.ca).
IT services include:

- **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**
- **Free software downloads**: including Microsoft Office, SPSS, and Read & Write Gold
- **Wi-Fi access**: free on campus with your NetID sign-in

You can find the Help Desks at:

1. **Wallace McCain Learning Commons** (between Life Sciences Centre and Chemistry Building)
2. **Killam Library** (Gord Downie and Chanie Wenjack Legacy Space, 1st floor)
3. **Sexton Library** (Buildings A and B, 1360 Barrington St., 3rd floor)

You can find information about Dal’s IT services through the “Find a Service” tab in your personal information portal, myDal. Or visit one of the Help Desks for help finding and using a service, answers to technical questions, computer repairs, and even printing.

Email, Computer, and Tech Support

[www.dal.ca/libraries/helpdesk](http://www.dal.ca/libraries/helpdesk)
support@dal.ca
902-494-4357
For more information about food, parking and gender-neutral washrooms, you can also check out:

- [www.dal.campusdish.com/locations](http://www.dal.campusdish.com/locations) for food locations on campus
- [www.dal.ca/parking](http://www.dal.ca/parking) for parking locations on campus
- [www.dal.ca/dalally](http://www.dal.ca/dalally) for a list of gender-neutral washrooms on campus

**DIGITAL MAPS**
For digital campus maps and building information, visit [www.dal.ca/maps](http://www.dal.ca/maps).
Get research assistance; browse the shelves containing academic books and journals; use the computers, scanners, and book scanner; book a meeting room; find a quiet study space; do 3D printing; and much more.

There are four Dalhousie libraries and two separate learning commons in Halifax. The MacRae Library is in Truro. See the campus map for all the Halifax locations.

1. Wallace McCain Learning Commons
2. Killam Memorial Library & Learning Commons
3. Sir James Dunn Law Library
4. W. K. Kellogg Health Sciences Library
5. Kellogg Library Learning Commons
6. Sexton Design and Technology Library

If you need a late-night place to study for exams, the Night Owls program keeps the Killam Library and the Kellogg Library Learning Commons open until 3 a.m. during the last five or six weeks of fall and winter terms.
TOP 5 TIPS FOR USING THE DAL LIBRARIES

1. Check out the subject guides
Start your research using subject guides (LibGuides). They’ll help you locate the best sources of information for your assignments, and are organized by field of study. Find them under "Subject Guides" in the Quick Links on the website.

2. Watch our online video tutorials
These videos can help to familiarize you with various resources that will make your research assignments easier. Find them in the "Help" section of the website.

3. Access resources from anywhere
Wherever you are, you can use your NetID to access millions of articles, ebooks, and other electronic resources through the Libraries' website. Check for off-campus access in the "Help" section of the website.

4. Ask a librarian
Don’t get stuck—contact a librarian via Live Help (IM, on the landing page of the Libraries website), email, phone, or at any service point in our five libraries. There are also liaisons for every subject area you can contact with questions. Check for subject liaisons in the "Research" section of the website.

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. Register it in the "Borrow" section of the website.
SETTING GOALS | ACADEMIC SUCCESS

You may want to improve your study habits or work on your writing skills. Use this worksheet to create a goal on how you will achieve your academic success this year.

GOAL:

TIMEFRAME. Short-term? Long-term? Be specific!

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

WHO CAN HELP YOU ACHIEVE YOUR GOAL?

OBSTACLES. What roadblocks could you run into and what will you do to overcome them?

CELEBRATE! How will you reward yourself when you achieve your goal?
HELPFUL TIPS for your academic success

☐ Familiarize yourself with and start using Brightspace, Dal's online learning support platform

☐ If you're in a thesis-based program, connect with your supervisor to begin setting expectations

☐ Read the full syllabus for each of your courses on the first day to plan your term

☐ Pay attention to important dates for paying your tuition and adding/dropping courses (www.dal.ca/dates)

☐ Get help with your research at Dal's libraries—they'll also help you with your references and citations

☐ Use the online assignment calculator to manage the time you have to complete your papers

☐ If applicable, visit your professors or supervisors during office hours

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

☐ Attend a study skills workshop on topics like effective reading strategies, presentation and speaking skills, managing your time, working in a group, and concentration and memorization

☐ Get one-on-one tutoring to understand specific course content and prepare for tests and exams

☐ Talk to your instructors and/or supervisors about getting involved in initiatives, research projects, clubs, and student societies in your department
GET INVOLVED

OPPORTUNITIES ON CAMPUS

Get involved with the Student Union

www.dsu.ca
dsumemberservices@dal.ca
f  v  i (@DalStudentUnion)

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

There are five executive members who are overseen by Council, with representatives from all faculties and various groups on campus. The DSU also hires nearly 100 part-time staff members for jobs throughout the university.

If you want to build such skills as teamwork, event planning, project management, and budgeting, the DSU has numerous volunteer opportunities for you, including the annual TEDx Dalhousie event! Browse the “Get Involved” section of the website or email to get more info.

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.
Engage in Residence Life
www.dal.ca/residence

Dal residences are home to over 2,500 students. They’re diverse and energetic communities, and great places to get more involved with the university and develop valuable leadership skills such as conflict management and team building.

Student Residence Life staff include residence assistants (RAs) and residence programming assistants (RPAs) who support and promote a safe and welcoming environment through peer support, programming/events, and implementing community standards.

Be sure to check out the wide range of events happening in residence!

Interested in becoming an RA or RPA? Hiring starts early, so keep an eye out for info in December and January for the following September.

Each residence building also has a Residence Council of elected students who represent their peers, run events, and much more. Talk to your RA about getting involved with Residence Council or Residence Life.

Join a Society or Club
www.dsu.ca/connect-with-societies

Participation in university clubs and societies is a great way to develop organizational and leadership skills, and always looks fantastic on your resume. With so many of them on campus, not only will you find plenty of people who share common interests, you’ll have an opportunity to try something new. And don’t forget to check with your faculty or program to find out what societies are available to join, such as the Dalhousie Association of Graduate Students (www.dags.ca).

Watch for the Society & Volunteer Expo in September and January. Drop by to talk with members of various student societies and sign up for things that interest you.
Work with the Writing Centre
www.dal.ca/writingcentre
writingcentre@dal.ca

The Writing Centre hires 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 thesis statement in an English literature supplemental class.

Work as a Tutor
www.dal.ca/sfs

Want to get paid to help other students with their studies? Studying for Success has opportunities for you to work as a personal coach or 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.
Support Dal’s International Students
www.dal.ca/international
icvolunteer@dal.ca
(f/dalhousie.ic)

The number of international students at Dal keeps increasing, and the International Centre is the place that helps smooth their transition to life in Halifax. Staff and volunteers host fun and informative orientation programs and cultural events, offer a welcoming lounge and study space for all students, and provide referral and advising services for immigration, health care, finances, travel, and personal matters.

Whether you’re a Canadian or international student, by volunteering with the International Centre, you’ll gain experience working with different cultures, languages, and customs. You’ll also create friendships that last a lifetime. Positions include:

- orientation leaders
- welcome buddies
- Tiger mascot
- social event leaders
- student panelists
- residence and airport welcome crews
- ESL coach or tutor
- peer advisors

Opportunities in Sport
www.dalplex.ca

Getting involved in sports at Dal is a great way to get active, develop leadership and organizational skills, and practice team building. Dal’s Athletics department also provides great part-time jobs as referees, camp leaders, customer service reps, lifeguards, varsity game staff (including the Tiger mascot!) and more.

Intramurals allow students to get involved as players and in other roles, including: intramural sport representatives, team captains, intramural officials, and sport convenors. Jobs in Athletics are posted at https://mycareer.dal.ca and you can find out how to sign up to play intramurals at www.dal.ca/intramurals.

Sport clubs need at least three executive officers for their general management and organization. If there’s a sport you’re active in, but no club or team yet at Dal, you can always start one. Current tier one clubs run the gamut from lacrosse to cheerleading, while tier two clubs include figure skating, judo, and badminton. Find more information about sport clubs at www.dal.ca/sportclubs.
Volunteer with South House

www.southhousehalifax.ca
volunteer@southhousehalifax.ca

South House Sexual & Gender Resource Centre is a DSU service and Halifax’s only full-time women’s centre. It’s a volunteer-driven, student-funded, gender-inclusive safe space for all members of the Dalhousie community.

Contact the Centre about opportunities to help with daily operations and administration of the Centre and/or work on woman-positive and community-building projects in the Dalhousie and Halifax communities. Get involved with:

- activity and event planning
- media, marketing, and fundraising
- resource management
- advocacy

Volunteer with Student Health & Wellness

livewell@dal.ca

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

- Dal After Dark activities
- sexual health programming
- safe substance use education outreach
- physical activity and recreation opportunities
- Multifaith Services outreach
Cheer on the Tigers
www.daltigers.ca
902-494-2137
facebook /daltigers
twitter @DalTigers

The Dalhousie Tigers varsity program includes men’s and women’s teams competing in Atlantic University Sport (AUS) and U Sports basketball, cross country, hockey, soccer, swimming, track and field and volleyball.

Students get into all home games for free! Bring your DalCard, wear your black and gold, and come to cheer on your Tigers!

After-Hours Campus Activities
www.dal.ca/afterdark

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

If you have ideas for programming, you can apply for grants of up to $750 help get your ideas off the ground! Check the website for the details.

BE THE DAL TIGER
Want to be a Dal icon? If you’re outgoing, energetic, reliable, and friendly, you can work with the Dal Student Life Street Team and get paid to wear the Dal Tiger suit! Email studentlife@dal.ca your resume and a cover letter that shows your fun side.

We’re also always looking for talented writers, photographers, videographers, and social media experts who are passionate about Dal and living the student life!
GET RECOGNIZED

Co-Curricular Record
www.dal.ca/ccr

Start building your Co-Curricular Record (CCR) today! It’s an official university document that recognizes your accomplishments and experiential learning that happens outside of the classroom, including campus life and community engagement, volunteer and service leadership, and awards for amazing contributions. It’s a fantastic complement to your resume and transcript that showcases your whole university experience.

Student Impact Awards
www.dal.ca/impact

Dal students are known for academic excellence, and your achievements outside of the classroom are just as impressive. The Impact Awards celebrate your contributions to Dal and the broader Halifax community in areas such as entrepreneurship, academic life, activism, student life, student societies, community service, residence life, and recreational athletics. From recognizing “Rising Stars” to students who have been making a difference during their entire time at Dal, the Impact Awards shine a light on the best of Dalhousie.

Look for nomination forms online at www.dal.ca/impact to nominate yourself or someone else who deserves to be recognized. The awards are presented at a big gala event every March.
IDEAS FOR GETTING INVOLVED | 12 ways to get involved

1. Join your faculty or program student society
2. Participate in the annual Three-Minute Thesis Competition
3. Attend the Society and Volunteer Expo and find out more about opportunities that interest you
4. Attend a varsity game and cheer on your Dalhousie Tigers
5. Sign up for an intramural or club sports team
6. Volunteer on campus—check out opportunities with: DSU, DAGS, Dal Bike Centre, International Centre, Student Health & Wellness
7. Visit the Dalhousie Art Gallery
8. Attend programming that happens in your residence
9. Go to a Dal After Dark event
10. Attend a fitness class at Dalplex
11. Attend a performance at the Dalhousie Arts Centre
12. Connect with students on campus through the International Centre, Black Student Advising Centre, Indigenous Student Centre, or South House

For other ideas, visit www.dal.ca/getinvolved
If you’re a student of African descent, the Black Student Advising Centre (BSAC) can provide you with academic support, confidential advising and advocacy, and mentorship programs. We have two computer labs, a meeting room, study room, lounge with kitchenette, and outdoor space. Drop by the Centre for information on employment, scholarships, bursaries, and events on and off campus and in the African Nova Scotian community.

The Indigenous Student Centre (ISC) helps provide a home away from home and sense of belonging for Indigenous students at Dal. The ISC has a number of educational, cultural, and career resources to enhance your university experience:

- on-site confidential advising
- math and writing tutors
- student success skills sessions
- smudging and other traditional activities
- scholarship and bursary info
- computer lab and printing
- lounge and kitchen with tea, coffee, snacks and monthly feasts
- great backyard space
- referrals to supports on and off campus including the campus Elder
As an international student, you’ll benefit from Dal’s international student societies, on-campus advisors, and specialized programs and services. Drop by the International Centre for fun and informative orientation programs and cultural events, a welcoming lounge and study space for all students, and referral and advising services related to immigration, health care, finances, travel, and personal matters.

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

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

Drop by Multifaith Services if you’re looking for a place to worship on campus, somewhere quiet to study, or someone to listen when you need a person to talk to. Chaplains from various faith traditions offer confidential support on personal and spiritual issues, and provide opportunities for prayer and worship, retreats, workshops, lectures, and social activities. They can also help you find a local worship community that’s part of your tradition.

If you have faith or spirituality questions but can’t make it to Multifaith Services to see a chaplain, submit them anonymously online and have them answered at www.dal.ca/askachaplain.

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

Child Care
www.ucc.dal.ca

The University Children’s Centre has two locations on Studley Campus, on South Street and the Life Sciences Centre. There are limited available spaces and the wait list can be quite long. Contact the Centre for information about availability.

There are numerous other licensed child care centres in Halifax, which can be found on the provincial government website (www.novascotia.ca).
South House Sexual & Gender Resource Centre
www.southhousehalifax.ca
outreach@southhousehalifax.ca
902-494-2432
1433 Seymour St.

South House is a volunteer-driven, student-funded DSU service and Halifax’s only full-time women’s centre. It’s a gender-inclusive safe space for all members of the Dalhousie community—a trans- and queer-positive, wheelchair-accessible space that offers a resource centre, library, and free meeting space for woman-positive and anti-oppression organizing and gathering.

LGBTQ2SIA+ Collaborative
www.dal.ca/collaborativeplus
hres@dal.ca | /DalAllies

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 the website for more information and a list of organizations that make up Collaborative+.

Student Societies
www.dsu.ca/connect-with-societies

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

Go online to connect with societies, or stop by the Society & Volunteer Expo in September and January to find something that interests you. If you can’t find the right fit, why not start one yourself? Email dsumemberservices@dal.ca for more information.
SOLVING PROBLEMS

It’s important to know your rights and responsibilities as a Dal student, and to be aware of the different avenues of support and assistance for any issues that may arise while you are at Dalhousie. By being aware of these rules and regulations, we hope your academic experience will be enhanced, your stress and conflict will decrease, and your overall student experience will improve. www.dal.ca/srr

Human Rights & Equity & Services (HRES) 3
www.dal.ca/hres
hres@dal.ca | 902-494-6672

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

Ombudsperson 12
www.dal.ca/ombudsperson
ombuds@dal.ca | 902-494-2665
Student Union Building (4th floor)

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

Sexualized Violence 3
www.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.

Equity & Accessibility Office 12
www.dsu.ca
dsu equity@dal.ca
Student Union Building (3rd floor)

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

Anti-oppression refers to the practice of challenging all forms of oppression based on race, gender, sexuality, class, religion, immigration status, country of origin, age, physical ability, and mental health status.
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.

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 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

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

SUPPORT FOR SURVIVORS OF ADULT SEXUAL ASSAULT
PEGaSUS is a 10-week program run by experts of sexual violence support and response that offers survivors of all genders a supportive and safe space to connect and work towards self empowerment. www.dal.ca/pegasus
Scholarships & bursaries  
www.dal.ca/scholarships

Each year, the faculties of Dentistry, Graduate Studies, Law, and Medicine distribute millions of dollars in scholarships, bursaries, awards, and stipends. Check with your faculty and program to find out what is available and what you may be eligible for.

Managing your money  
www.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.

DalCard  
www.dal.ca/dalcard

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

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

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