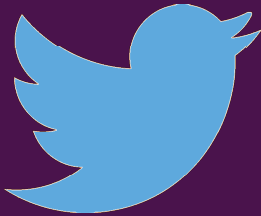


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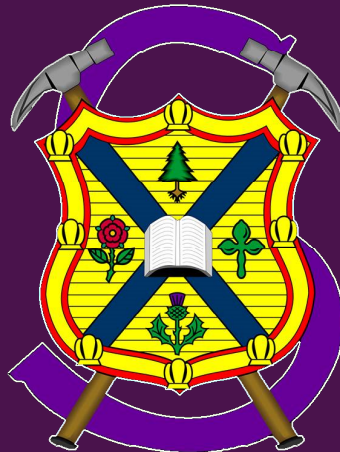
[@EngSocQueens](https://twitter.com/EngSocQueens)

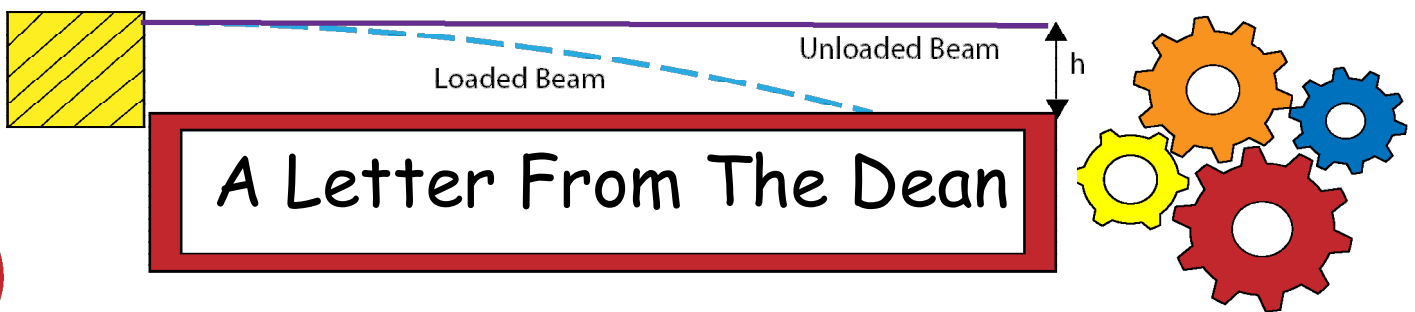


youtube.com/QueensEngSoc



instagram.com/QueensEngSoc





A Letter From The Dean

Welcome to the Faculty of Engineering and Applied Science at Queen's University! I am very pleased that you have chosen Queen's Engineering, and I congratulate you on this accomplishment!

You are about to start an exciting and transformational time of your life. You will be meeting people from diverse backgrounds and experiences. Many will become lifelong friends and colleagues. You will enjoy a new level of independence as you navigate through the many options available to you at Queen's University. As Engineering students, you will learn the fundamentals of applied science and the practical application of that knowledge to solve complex problems. Our academic programming is designed to prepare you as engineers who will be solving some of the world's most important challenges.



There will be many opportunities for you to learn and grow outside of the classroom through many extracurricular activities in Engineering, on campus, and in the Kingston community. I encourage you to take advantage of the many resources to help you flourish and succeed during your time here. We have amazing staff in the Student Services office (room 300 Beamish-Munro Hall) who will be happy to answer your questions and to provide any assistance you may need.

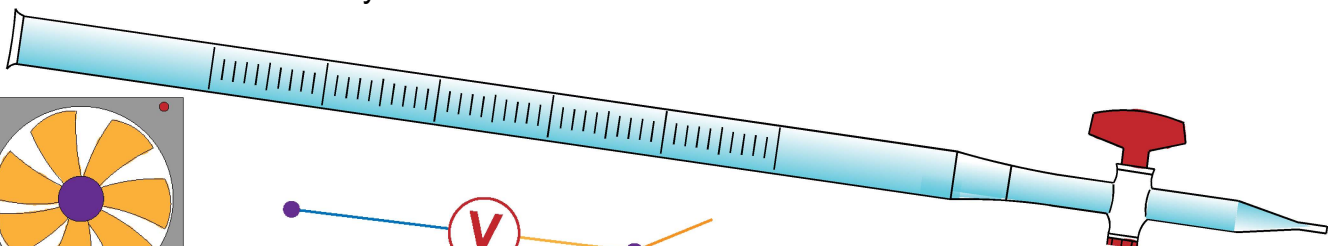
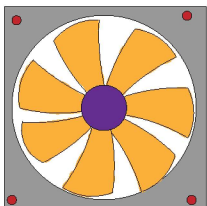
This is an exciting time to become a Queen's Engineer! I look forward to seeing you at orientation week and to your eventual success at graduation. Work hard, support your fellow students, have responsible fun, and make the most of your time at Queen's. Welcome!

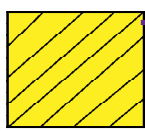
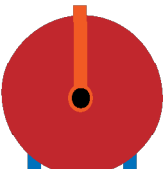
Sincerely,

A handwritten signature in black ink that reads 'Kevin Deluzio'.

Kevin Deluzio, Ph.D., P.Eng.
Dean, Faculty of Engineering and Applied Science
Queen's University

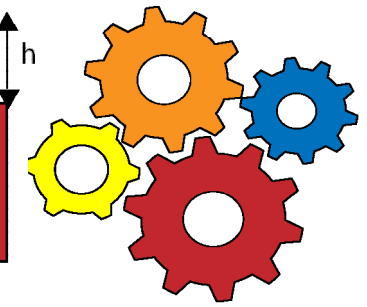
Arts 22! Arts 22! Sci 21! = year! Are you really reading this frosh you're so silly





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Director Of First Years



Oh, hey there!

It seems as if you've stumbled upon the page where I just so happen to have a letter written, just for you! Yes, you! What an amazing coincidence!

My name is Nick Dal Farra and I am the Director of First Year for soon-to-be-a-year Sci' 21. Basically, my job is to make sure that you guys have a low-stress transition from high school into Queens Engineering and the Engineering Society (EngSoc). I'm here to answer any and all questions that you may have before and during the year. Here's a list of just some of the things that I know how to answer: "Where are all of my classes?", "What is the engineering society?", "When and how do I choose a discipline?"; "How do I get involved in First Year?", "what is the meaning of life?"

These things and more can be made known to you, and all you have to do is ask me!

Being from Ottawa, when I came to University I had to learn to do a lot of stuff by myself. The first time I did laundry was at University. I used twice as much detergent as I needed to, wasn't sure if I should wash the whites separately, generally it was a mess. Mastering my sleep schedule definitely took a while and I am still trying to learn how to make time for exercise.

I guess what I'm trying to say is that I know a lot of things can be hard when you're starting to live by yourself. You're going to have to learn to rely on the people and resources around you, because coming from the perspective of someone who just finished first year, things aren't always going to be easy. University is inherently different from high school because it's a new place with new faces and nobody to tell you how to adult. As the Director for First Year, I will always be an available resource to talk to if the going gets tough. While I can do my best to give advice, I understand that sometimes the only thing people need is someone to listen to them. I want to help you, and that's the job that I signed up to do :)

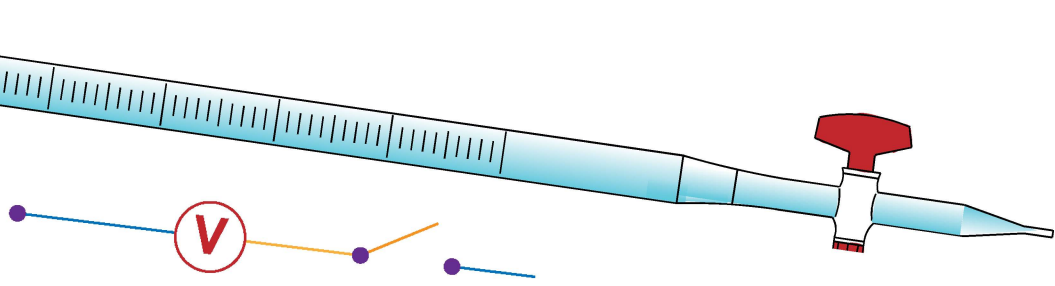
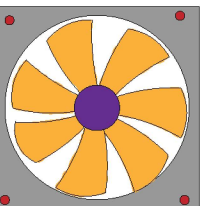
I honestly can't tell you how FIRED UP I am to see y'all in September. If you spot me anytime during or after the week, ask me to show you my magic trick. I promise it's a good one.

Anyways, that's it for now. If y'all have any questions before you get here and want to reach out to me, make sure to hit me up at firstyear@engsoc.queensu.ca, where I'll be more than happy to answer any questions you may have. See you soon, and get ready for the time of your life :)

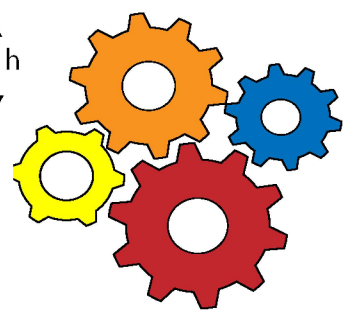
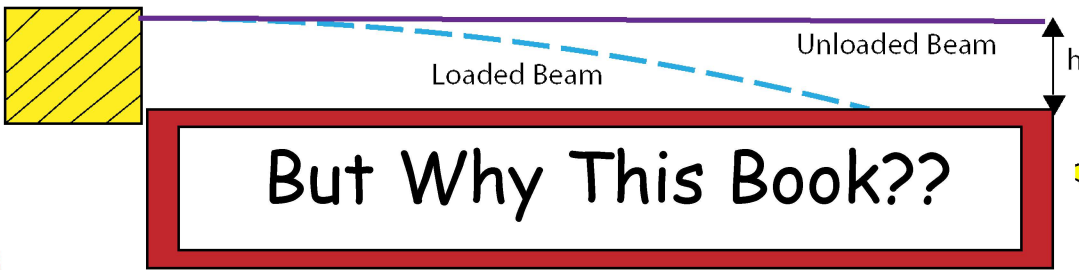
Nick Dal Farra – firstyear@engsoc.queensu.ca

$$\int_0^{100} \mathbb{R} \text{ quick } d\text{frosh}$$

(I'll help integrate you from 0-100 real quick. Hope you like math jokes)



Arts 221 Arts 221 Sci' 21 I= year{} Are you really reading this frosh you're so silly



But Why This Book??

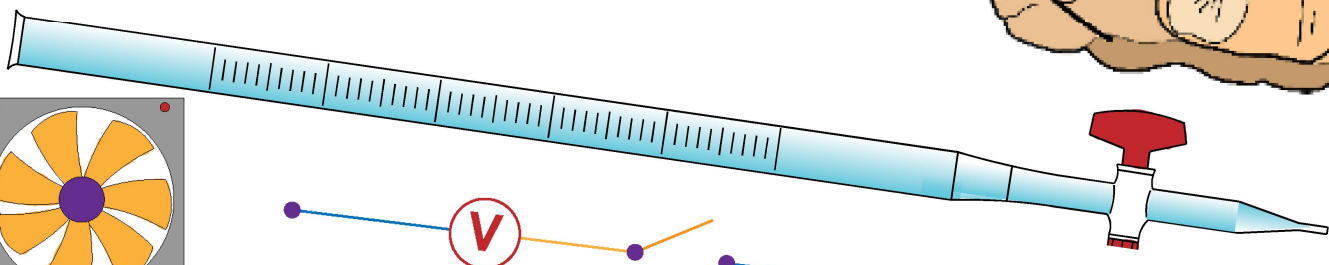
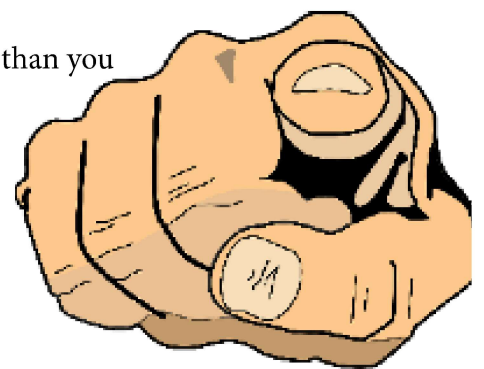
You are about to move into a new and important chapter in your life. So you have been given a sacred piece of literature that will help you adapt (kind-of). The following piece of advice will be the most important sentence that you will read in the next 3 seconds.

READ THIS BOOK FRONT TO BACK

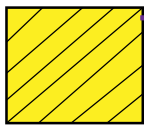
I cannot stress this enough, Frosh. This book is truly a gift from above. Think of The Primer as the kind of thing that you will snuggle up to at night like your favorite teddy bear. But enough with the analogies, this book better prepares you for the upcoming events than any substitute imaginable. In order to give you the best week of your life (frosh week), a special group of people must join forces. No... not the special like when mommy says when she found out you thought cats and dogs were the same animal. Im talking about FREC Committee, also known as FC who are each special in a “Clark Kent - Superman” kind of way. However we’re also very humble people, which is why we only have a half page poem dedicated to ourselves:

We are as smart as a Nobel prize winner
 We are armed with the technology of a Bionical
 As quick as an Olympic swimmer
 All purple, and kitted out we look demonical
 Stronger than the Mountain from Game of Thrones
 More Gentian Violet than Shoppers Drug Mart
 We always be making bones
 Mom’s Spaghetti
 FREC Committee is way more awesome than you

Who’s Silly?
 You are.



Arts 221 Arts 221 Sci' 21 != year! Are you really reading this frosh you're so silly



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Comité Frec '17, Baguette



Name: Thomas "Burial at Sea" Breijinck
Position: uncomfortably squished
About Me: Consuming more vegetable juice than someone on a cleanse and sleeping less than something that doesn't sleep a lot, Timmy has somehow managed to make it to second year in one piece. However, Timmy won't be considered a success by his family until he can rap all of 'Look at me Now' and stop talking in the third person.



Name: Sam "Time 2 Kill" Roper
Position: Shrek is the best movie of all time
About myself: My patronus would be a salmon. Slam-on is a handy anagram to remember how to spell salmon. Salmon is delicious with maple. Maple trees are not actually native to Canada. Moose live near maple trees. You know what's another fun animal? Samon. Wait. Slam-on. Salmon. Nice.



Name: Jack "Can't hold It" Ellis
Position: Side Piece
About Me: With the face of a goat, the diet of a 6-year-old, and the street credit of mickey mouse, I've been able to handle any challenge thrown my way. My favourite juice box is an Allen's Peach Cocktail because it reminds me of my childhood. Why am I telling you this? That's for you to decide.



Name: Jonathan "Conflict Of Interest" Stroz
Position: Little Spoon
About Me: "9/10 Guy" – (Jonathan's Mom, 2017)
Below average GPA, above average guy I live breath and eat meme, I once browsed 3467 different memes in a single Lin Alg lecture, while simultaneously taking notes. I once ate 87 pieces of sushi in one sitting so some would say I am a big boi.



Name: Levi "Find My Friends" Stringer
Position: Unknown
About Me: I grew up on a small farm north of the North pole. What kind of farm? The mud farm. I'm bringing you free range, organic mud, which is also gluten free. I've raised this mud since it was born and you're lucky that I'm sharing. Is this what you need to hear? Or want to hear? Probably not. But you better buy some damn soap, because you'll never be clean again after my day.

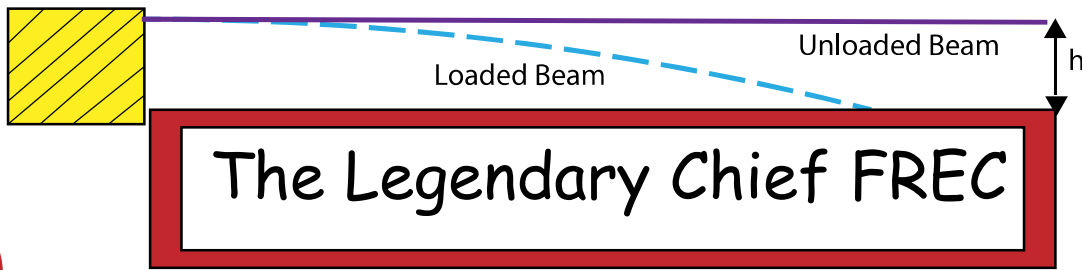


Name: Nick "Bienvenue" Del Ferra
Position: Hump Day
About me: It takes a village to raise a child, but it only takes a child to raze a village. I am that child.



Name: Cooper "Where's My Pride?" Midroni
Position: Speed Itself
About Me: Tranquil as a forest, but a fire within. Most often referred to as the best thing since sliced bread, this man does not slow. Average grades but above average freestyle abilities, he is an intrepid explorer of a sea of troubles. Catch him at the local watering hole.

Arts 221, Arts 221, Sci 21 != year! Are you really reading this frosh you're so silly



The Legendary Chief FREC

Reading this page with all your high school knowledge still won't tell you who I am. But for now, let's focus on you. Look at you go! You graduated high school and got into Queen's Engineering! You managed to get through school taking derivatives, and maybe drawing some free body diagrams (let's hope you can at least draw a circle...oh Frosh!). You got your mommy and daddy to proof read your PSE and obtained some decent marks to get into Queen's (along with some other sub-par schools like McGill, UBC, or dare I say... Western... oh so silly Frosh...). Prepare for everything you think you know to change.

Engineering is tough. 112 is unfathomably tough. You will be tossing and turning in your bed the night before your Calculus midterm thinking about the hundreds of other assignments, labs, and projects you still have to do. That healthy lifestyle you live now? Replace that with burgers, pizza, and the occasional chicken pesto to treat yourself before a beautiful all-nighter of self-deprecating lab write ups. But don't panic, many who once felt smart will also feel just as stupid and lost as you. You aren't the only one who didn't take IB or AP, you're just almost the only one that didn't take IB or AP. Also, don't think that taking IB or AP means that you're in the clear, your MEA 1 mark will strip any confidence you have (cocky Frosh).

But on a more serious note, although there will be times where Engineering will seem impossible and you will have times when you wonder why you decided to put yourself through it, I promise it will be entirely worth it. Even when I find myself sprinting alone to the ILC with 3 hours of sleep to get to my 8:20am meeting on time (who would schedule a meeting at 8:20am??) with hot coffee spilling all over my hands, knowing very well I will be taking an L on my coding quiz later that day, I still have an overwhelming feeling of happiness. Why? Because I am a part of something amazing that is so much bigger than me, and now, you are too (lucky Frosh). This is a community. A family. That's the thing to remember Frosh; university might seem scary, and you might feel alone right now, but you're a part of the family that is Queen's Eng. Yes, there will be over 700 students with different backgrounds and stories, but come September, you will be welcomed into this one family, and you too will be seeing this indescribably beautiful thing for which no primer could prepare you. You are not alone. From late night study sessions with your best friends, to the glory in getting 5 chicken pieces in your 4 piece on a late-night trip to Lazy, to smiling at strangers, to ordering pizza to the ILC at 2am, to jumping off the Pier on a sunny day, to walking into the EngSoc lounge knowing you will see someone you can talk to... there is so much good in your future, and you have nothing to be afraid of.

Now, I know what you're thinking Frosh, how can I be great like Chief? Well, here's some advice that I don't always follow, but you should. Do your laundry and clean your room (also yourselves, you smelly Frosh). Smile at strangers. Stop judging others, or yourself. Give the woman in the ARC the biggest hug you have ever given (you will know what I mean soon enough). Eat well and exercise when you can. Say hi to that cute Frosh in your 172 class. Avoid the pies at Lenny; they will never be good. Don't let grades define you, and never compare yourself to others. Get involved ASAP! Whether it's with EngSoc, a design team, the AMS... Just get involved. You will have thousands of incredible opportunities around you, *take* them. Don't stop learning and growing. Most importantly, don't ever forget about the culture, network, and support that exists here at Queen's.

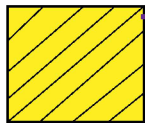
Back to reality. You're probably thinking: "who is this incredible human giving me, a silly Frosh, advice?" Well, I am Chief FREC. I am the descendent of old OCs and EngSoc Presidents who have molded me into this position from birth. Some may call it destiny; I prefer calling it genetic superiority (have you noticed my appropriate use of semi colons?). I, along with 13 other wonderful creatures who were birthed out of Clark Hall Pub's womb make up FREC Committee (FC). Our job is to welcome you to Queen's, and we have organized a week you will remember for the rest of your life. Your FRECs, the glorious purple people that you will soon have the privilege of meeting, will greet you on September 6th, 2017 (prepare accordingly Frosh). They are here to introduce you to Queen's, and to help you through your first year here (as they have conquered it themselves), and they can't wait to meet you.

I shall now grant you one final piece of Chief-advice: sleep more than you study, study more than you party, and party as much as you possibly can.

See you all soon, much love,
Chief FREC

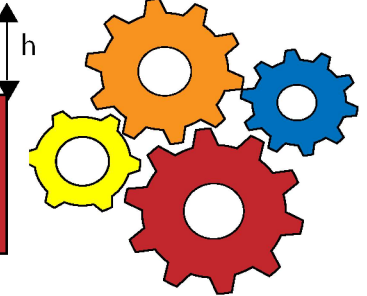
P.S One of the people on the FREC Committee page is me. What? You don't know which one? Silly Frosh, I told you before, I'm Chief FREC, but I'm feeling generous, so I'll give you a hint. I have a tiny, tiny notch in one of my eyebrows. Look harder Frosh, it's there.

Arts 221 Arts 221 Sci 21 I= year{} Are you really reading this frosh you're so silly



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The Frosh (Aka You)

Tam - One on the pole and one on your head, neither should be removed anytime soon

Underwear - Finally a good call Frosh

Clothing - A cute sweater that your mom bought you, bad move frosh. You should be wearing the new Sci 21' fall collection.

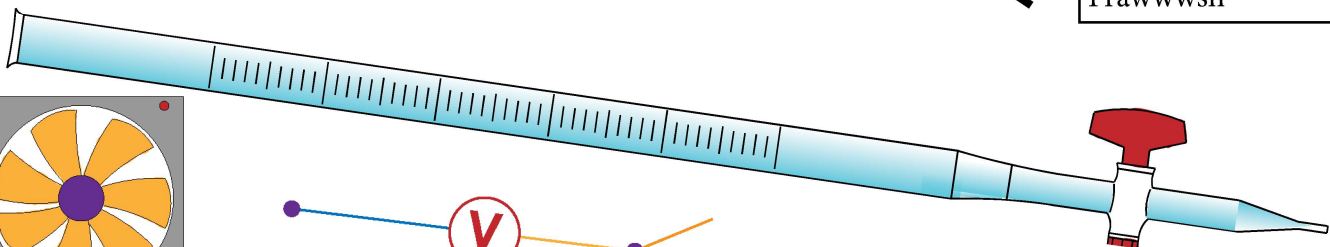
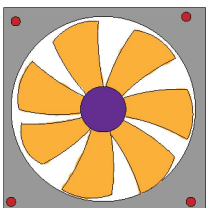
Electronics - Unless the electronics are certified mud, oatmeal, flour, grease, and water proof I strongly suggest you leave them in your room with your favorite teddy bear you brought from home.

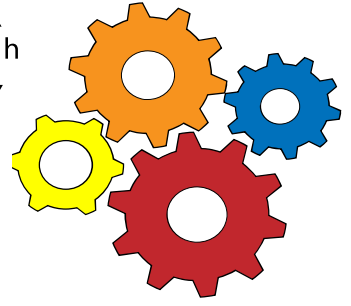
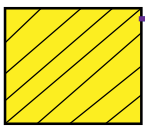
Shaking Knees - What are you so nervous about frosh? We don't bite, i promise we only NIBBLE.

Weak Calves- these legs were not built for moshing Frosh. Don't worry you have a little bit of time before Frosh week to train those calves as best as you can



Fresh Kicks - Bad idea Frawwwsh





The First Day

Wednesday, September 6th, 2017

“A day designed to be 1.5 thumbs up”

It's time to kiss the old socks and shoes goodbye and time for you to get ready for one of the best weeks of your lives. Today is the day that it all starts, the day you meet your FRECS, and the first day where you get a taste of the Queen's Engineering culture. This day will get a bit dirty, and a little bit messy so **DO NOT** bring anything expensive (cameras or jewelry) and leave them in your room. Only bring a cellphone if it is wrapped in a plastic bag, which you can leave with your FRECs for safekeeping.

Beamish-Munroe Hall

Registration

8:30-11:30

Registration is a very critical part of frosh week, as no registration = no frosh week 4 u. Frosh week is an incredible week and if you do not register you will miss out on a whole bunch of fun stuff and incredible traditions. Frosh week is the start of the best 4 years of your life and I couldn't recommend it more. However, if you do not participate you are still welcome to participate in Academics 101 on Sunday. IF you do register, you will get a frosh bag filled with frosh goodies and a frosh bracelet which is literally your golden ticket to events! You will also get a group number so you know which awesome people to meet first. Please do not switch frosh groups, frosh week is designed for you to meet new people and for safety reasons you cannot switch groups. Also: **PREREGISTER** it will make all of our lives easier. Frosh not living in residence or were too silly to send in a picture ahead of time can pick up their student IDs before 11:30 at Wallace Hall.

Grant Hall ya goofus

Grant Hall Welcome

11:45-1:15

Once inside Grant Hall, you must find the row that matches the number on your shirts and sit there. The people with the same number are part of your frosh group so make friends! In Grant Hall you will have the pleasure of listening to some keynote speakers, like the Dean and EngSoc President, so keep your ears peeled. Remember: **DO NOT BE LATE FOR THIS!** As long as you've registered you can get your ID later! Leave everything in your room **DO NOT BRING ANYTHING TO GRANT!**

Agnes Benedickson Field

What's Your Faculty?

1:15-6:00

Now that you've had a chance to embrace the Eng cut it's time for you to get better acquainted with what it means to be an engineer. First, off, you'll be doing a short tour with your FRECs where they'll show you all the important engineering related buildings on campus. Lastly, we will introduce you to some of the incredible people that help make Queen's Engineering Society as great as it is.
Time to embrace the wonders of an Eng Cut! Your FRECs will all have one; so look to them for some inspiration. If you don't feel like messing up your hair, then go help your frosh group make their cuts even cooler. Plan to sleep with whatever design you choose. Engthreads will be an alternative option for those who don't want to get their hair made into an Eng cut where you will be able to design your very own Eng style t-shirt

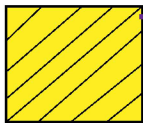
Agnes Benedickson Field

APSC Challenge

7:00 - 10:00

This starts immediately after Grant Hall so don't even think about making a trip back to Res. Keep close to your frosh group and FRECs. If you feel uncomfortable with the events occurring at this time, let your FRECs or a yellow shirted FREC Committee member know and they can help you out.

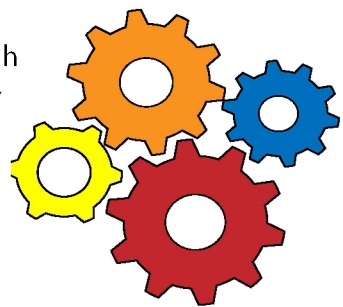
Arts 22! Arts 22! Sci 21 != year! Are you really reading this frosh you're so silly



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The Third Day

Friday, September 8th, 2017

“I had so much fun I lost my friends”

You may have noticed people start to look at you differently. It might be because they have the hots for you, but most likely because of the cloud of stink that you have developed. Don't worry Frosh; they'll definitely remember you now. Make sure you go to bed early tonight because tomorrow is the big day where you don't get the tam. This is also the perfect day to get to know your frosh group better because most of them will be in your classes... if you're not Arts by then.

Leonard Caf

FRECfast

8:30 - 12:30

Much like breakfast, but more awesome because it is with your FRECs. This is your chance to see, chat and eat with your super cool FRECs and forget about not being a year. So sit back, eat your bacon (which should be at least half sizzled by now), your muffins (that should have risen) and chill out with some of your new and amazing friends

Dunning Hall

Prof Talks

9:30- 12:30

This is your first chance you get to meet the legends affectionally know as profs, professors or simply the person that stands at the front of the lecture hall and talks. On occasion, some of the best professors the great faculty of engineering has to offer will take time out of their busy days to tell you about the great things you can expect from first year's classes.

City Park

G.E.C.O

12:15-12:45

Ever feel like if got your shot you could be the next big star? Maybe someday, but for now let's put those vocal chords to a good cause. The great engineering cheer off (GECO), is not all us playing with geckos as you might have hoped, sorry pal you're at the wrong zoo. We're on a hot winning streak, you better get your singing voices ready because its going to get heated.

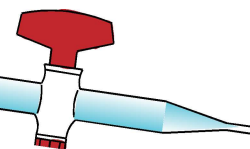
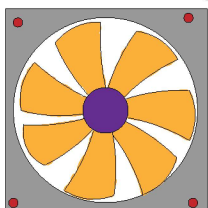
City Park

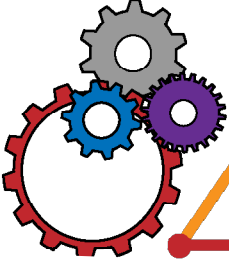
Highland Games

1:00-4:45

Mud, mud, and more - you guessed it moshing. This day is all about getting down and dirty. You better have calves made of titanium if you're going to make it through this day. Remember, if the events ever feel overwhelming there is always the Highland Hut where you can revel in the beauty of Highland Games from a nice clean tent. You might never be clean after this event. Be sure to bring an extra pair of socks, this is of the utmost importance. Remember should the day be a bit overwhelming there's always the Highland hut to revel in the beauty of highland from a nice clean tent.

Arts 22! Arts 22! Sci' 21 != year! Are you really reading this frosh you're so silly





The Pole'th Day

Saturday, September 9th, 2017

“Why can't it be the grease box? That would be so much easier to climb”

This is it frosh, the day you've all been waiting for is finally here! Set your alarm clocks, your watch and have your mom waiting to call you to wake up so that you are on time! This is one that you do not want to be late for! Be sure to have a hearty breakfast and be on time to meet your FRECs so that you don't miss the bus.

Remember to dress in your most dashing attire (consisting of clothing and shoes that you are willing to throw away). Trust me frosh, last year I ended up throwing away my new running shoes because I wore them to the pole. If you need to, go buy a \$5 pair of shoes that you can throw them away after. Be sure that you DO NOT wear sandals or boots because they are unsafe for both you and the other people in the pit. If you don't wear the proper footwear then you will not be allowed to enter the pit. A little secret I'm going to let you in on is to wear runners then duct tape them onto your feet so they don't fall off in the pit! Duct tape is something that is essential to making it through first year engineering and this is one of the first opportunities that you will get to use it. Its also a good idea to keep in mind that you will be covered from head to toe in mud, sweat, lanolin, and water when you get out of the pit so bring a dry towel and hoodie to stay warm. I brought a towel to the pit and I was nice and warm until I realized I didn't bring an extra shirt so I had to bus back to res shirtless. Steamy! ;)

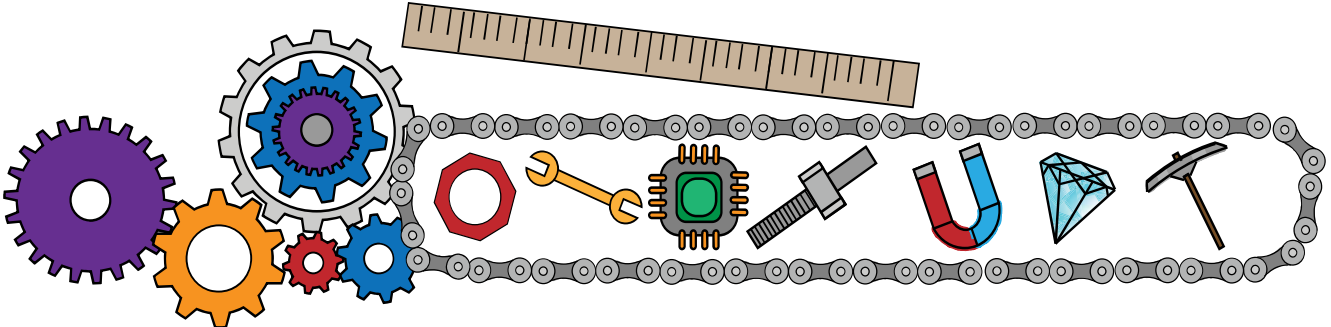
Also, remember to not wear contact lenses! Wear glasses if you have them but do so at your own risk. If at any point you feel the need to quench your thirst or if you feel super hungry you can always get out of the pit and grab a granola bar and some water. Make sure that you bring sunscreen frosh! It might be a little warm outside for the climb so make sure that you consider that unless you want to look like a lobster for your first week. Don't bring anything that you wouldn't want to lose! This means your phone, any cherished piece of jewelry or even your favorite Tamagotchi. Do bring: your health card, student card, and res keys to your FRECs before the climb.

Tindall Feild Parking Lot	Bus Ride To Hell	7:30 - ???
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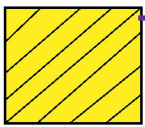
Don't be late to meet up with your FRECs today, (not quite) Sci 21s because you will miss out on a ride. Some say that this is the most exciting bus ride that you will ever have and that during the bus ride you might even be able to see your future. Even though you may be having the ride of your life, please remember to take a moment because you may be unprepared for what's coming next.

Area 51 (Top Secret)	The Grease Pole	??? - ∞
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How tall is the pole frosh? Sooooo tall. This is it frosh, the Grease Pole. Getting to know your 800 new best friends in a pit filled with mud, frigid water and the tallest object you've ever seen in your life is surprisingly quite enjoyable. When you first see the pole you may be stunned a bit just you wait until you are in the pit. It is tall, oh so very tall, an island in the coldest of all water, But I promise that you work together with everyone in the pit, you might have a 0.001×10^{-9} chance of retrieving the tam. This is where you'll be able to prove yourselves and we will find out if you have what it takes to become the year known as Sci' 21.



How Tall is the pole frosh? SOOOOO TALL
How smelly r u frosh?
You'll never pass 112



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The Fifth Day

Sunday, September 10th, 2017

“Academics? What do you mean Academics?”

In the slim chance you become a year, (an I mean slim like how close my GPA was to 4.3, just kidding frosh, try dividing that by two) we came up with a nice relaxing day for you to enjoy. You can finally wear those nice clothes again, or not. Its really up to you what you wear now.

Jeffery/Dunning

Academics 101

10:00-3:30

This event may be the most useful event all week in terms of your education. There is going to be a ton of information to help you through first week and the rest of the year. Upper year students will be running you through the Do's and Don'ts of university and everything else they think needs to fill your frosh brain so you are successful this year. Come check it out, I promise you feel at least 18 times smarter afterwards.

Grant Hall

ENG DAY

10:00-3:30

Today's your day to see what Queen's has to offer other than your FRECs good looks and free foosball in the EngSoc lounge. There will be tons of clubs and groups to answer your questions and show you what they do. From saving the environment to building a concrete canoe.

Ban Righ/Grant Hall

Banquet

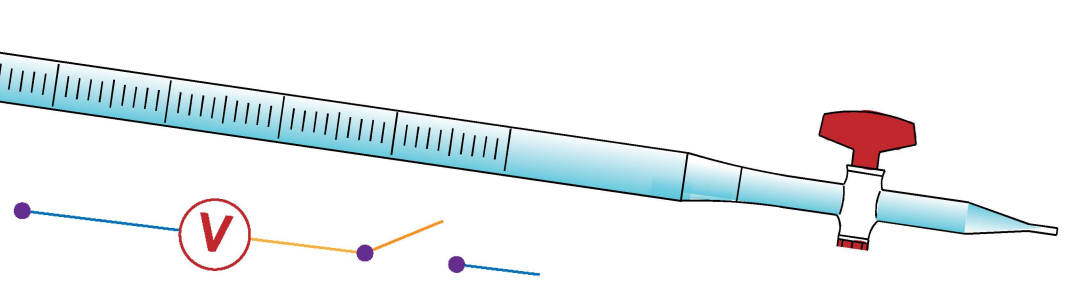
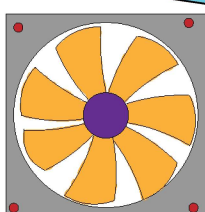
5:30 - 9:00

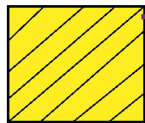
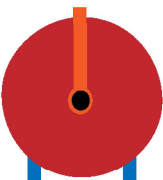
Nothing beats a catered meal that is delicious for both herbivores and omnivores alike. This meal is all about you and your Frosh group, so sit back, relax and let the good times roll. The hardcore and evolution awards for your frosh group will be given out to one lucky frosh per group, a great honour indeed, It will also link you to your FRECs in an additional way as well as chain you to Frosh week history. This is a great time to reflect on your frosh week and of how much fun you've had, make the most of it!

DO NOT FORGET to bring old clothes and extra socks to wear for Frosh week. You **WILL** get dirty! If you any accesibility or participation concerns for any of the events please feel free to contact email oc@engsoc.queensu.ca

queensu.ca

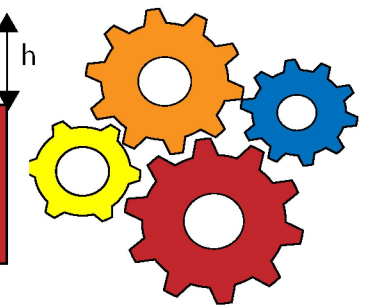
Arts 22! Arts 22! Sci 21! = year! Are you really reading this frosh you're so silly





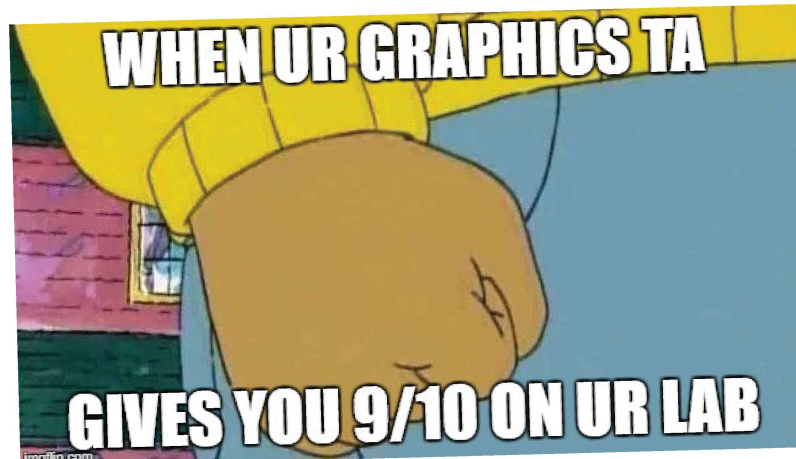
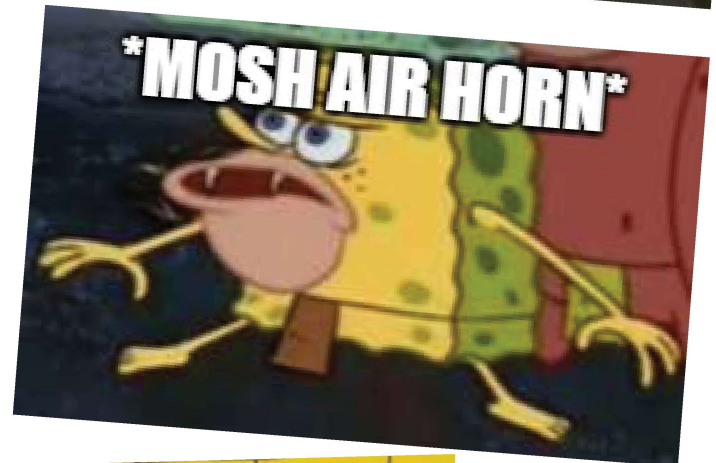
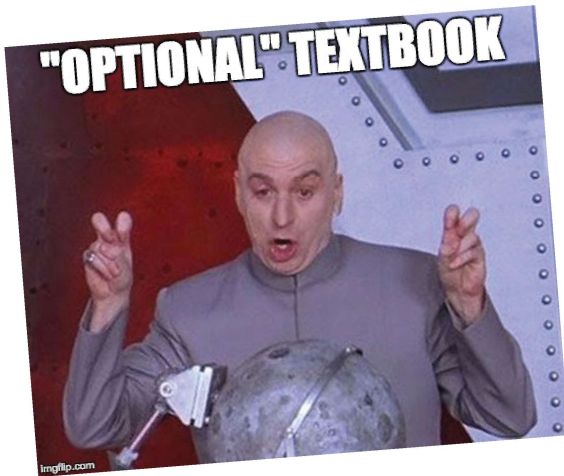
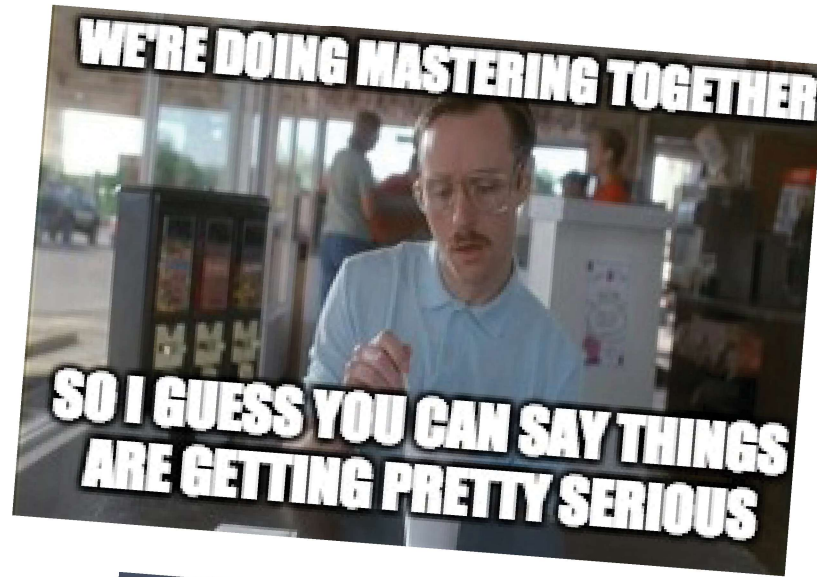
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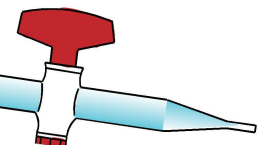
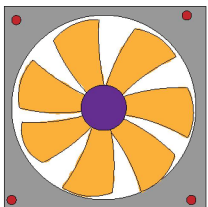


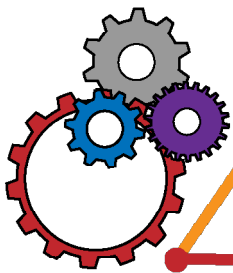
Don't Let Your Dreams

Honestly, who doesn't love some memes. Hopefully these are still applicable and funny as I wrote this book in March 2017. These memes might not be applicable to your every day life before Queen's but they definitely will once you get here. The meme market changes and things go in and out of style but I hope u appreciate them none the less.



Arts 221 Arts 221 Sci' 21 != year{} Are you really reading this frosh you're so silly



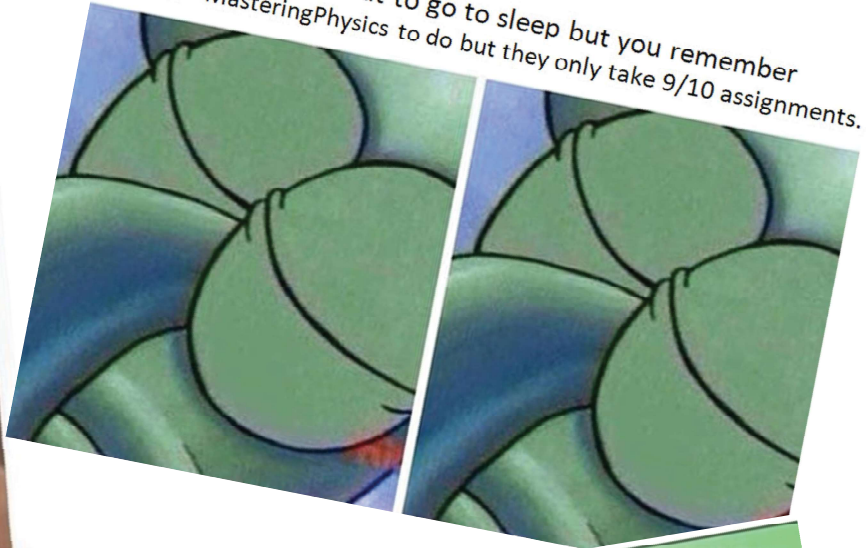


Be Memes

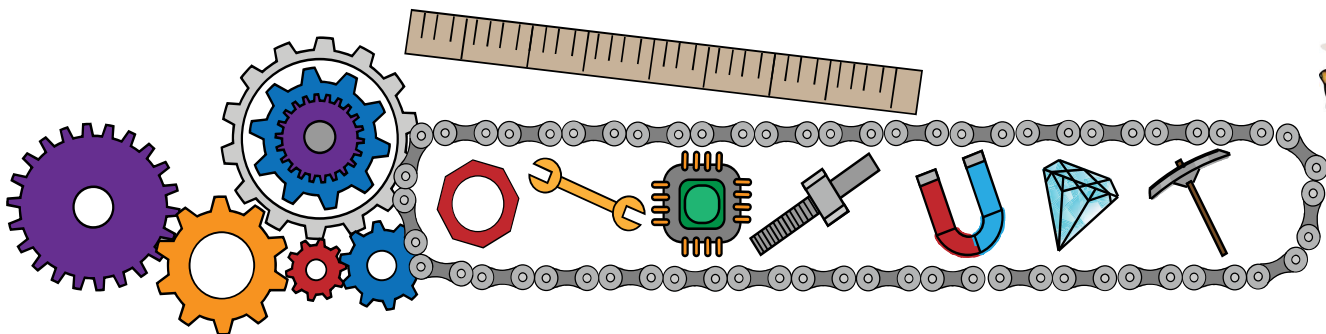
When Newstead ends your lecture 10 minutes early

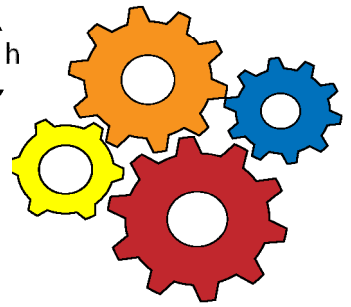
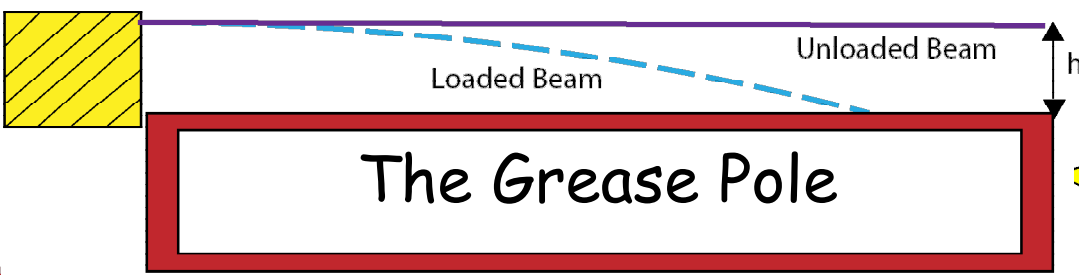


When you're about to go to sleep but you remember you have MasteringPhysics to do but they only take 9/10 assignments.



Me: don't touch the GPA
Inner me: touch the GPA





The Grease Pole

The legendary Grease Pole! Your FRECs have conquered it- and they became a year. Upper years have conquered it- they are all years. Alumni have conquered it- and they are most definitely a year. You however, have not and therefore are not a year. I'd say that the odds of you climbing this beast are about one in e^{∞} .

The history of the Pole dates to the 50's, when there was no rivalry fiercer than the one between the Queens Golden Gaels and the Toronto's Varsity Blues football teams. Queen's Gaels would body The Varsity Blues in football every game, and we would celebrate by tearing their wooden goalposts out of the ground. U of T had enough and tried to outsmart us, so they installed steel posts.

The goofus's at U of T didn't realize that the Queen's engineers were brilliant because they passed 112 Frosh. The Queens Engineers broke into the varsity stadium and cut through half of each goal post, but managed to keep them standing with padding. When the game was over, Queen's students rushed the field, took down the posts and shipped them to Kingston.

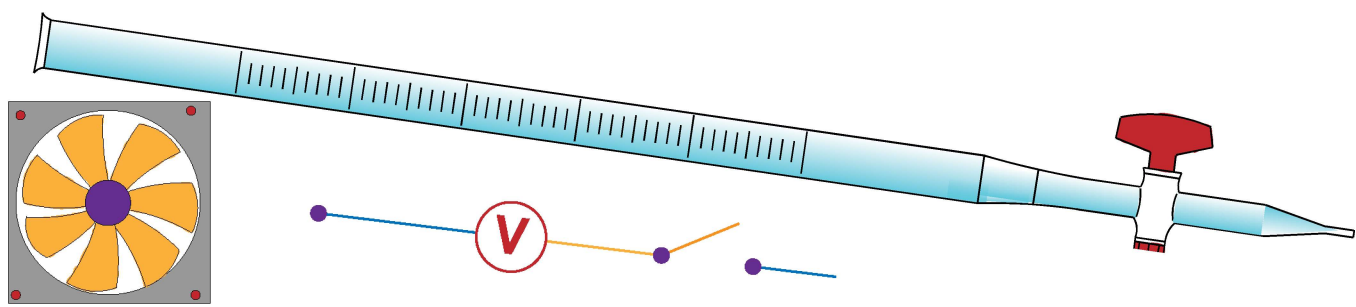
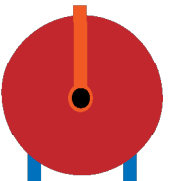
The pole is hidden in a TOP SECRET location for a very good reason. It was once stolen by U of T, but reclaimed by the heroes know as the Dirty Thirty

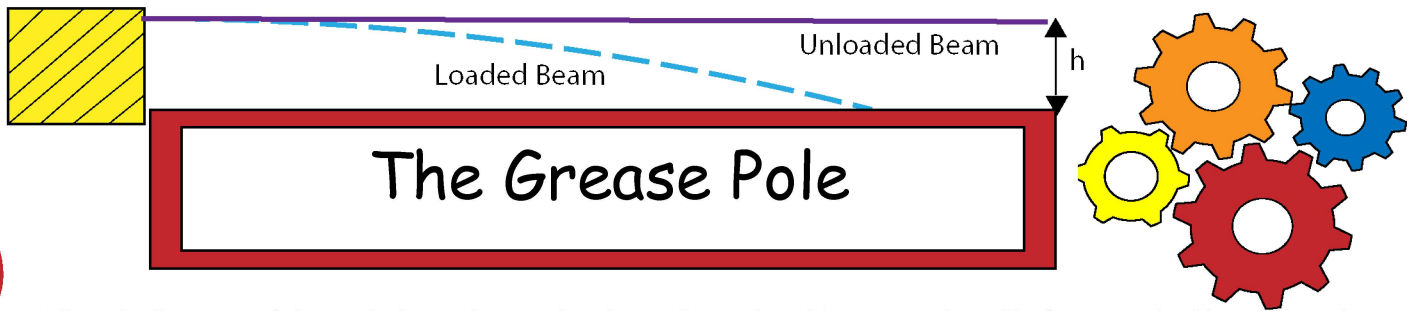
People have worked hard to procure and protect the pole for you. It's a shame you'll never make it to the top.

You better get the tam off the top of the pole frosh, because if you don't you'll never become a year and the uppers will have to chip you Froshicles out of the pit in December for winter break. Just find the ladder and it will make it much easier.



Arts 221: Arts 221: Sci 211 = year{} Are you really reading this frosh you're so silly





The challenges of the pole have been clearly outlined, but I know you're silly frosh so I will mention them again.

Step 1:

Climb the Pole

Step 2:

Retrieve The Tam

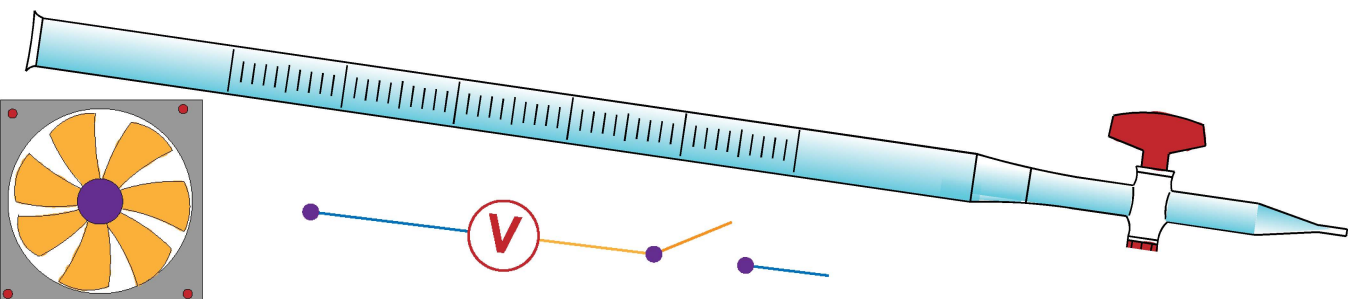
If steps 1 and 2 are completed then you become a year, but I seriously doubt your climbing abilities. But I know that some of you are especially silly Frosh and are thinking something along the lines of "This is preposterous. Of course we will make it to the top of the pole! Every other year has despite having upper years tell them that they can't. It doesn't sound too hard on paper but when you realize how tall the pole really is you might rethink your previous thoughts. Also... who would EVER chant Sci 21' that's ridiculous. That's not a thing nor will it ever be!

Try not to be cocky frosh because cockiness leads to laziness, laziness leads to being tired, being tired leads to sleep, sleep leads to a bed, a bed relates to residence, which leads to Queen's which then leads to Engineering, that leads to the grease pole, which leads to cocky frosh. So, don't be cocky frosh.

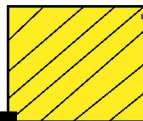
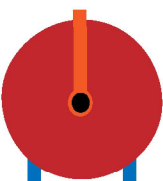


Understand Frosh, the grave perils of heading down this road. Should you approach Pole Day "knowing that you will reach the top", the tam shall remain on the pole for always and eternity. Allow me to elaborate. You will first be compelled by your overconfidence to believe that you don't need to work hard to get the tam. If you do not climb the pole, you will go back to Rez, the tam still on the pole. You will rest your weary head on your pillow, drift off to sleep and wake up, realizing that your ideal level of effort is better suited for making ice than it is to engineering.

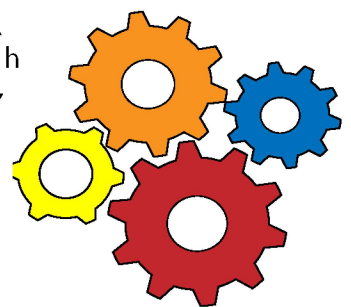
And hence the birth of the Ice Making graduating class of 2021
 .. So try not to be cocky frosh.



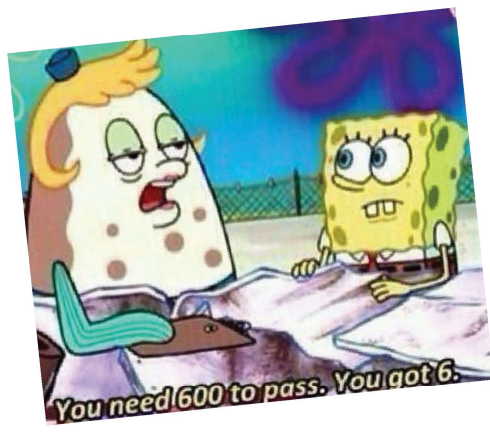
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$d(\text{memes})/dx$



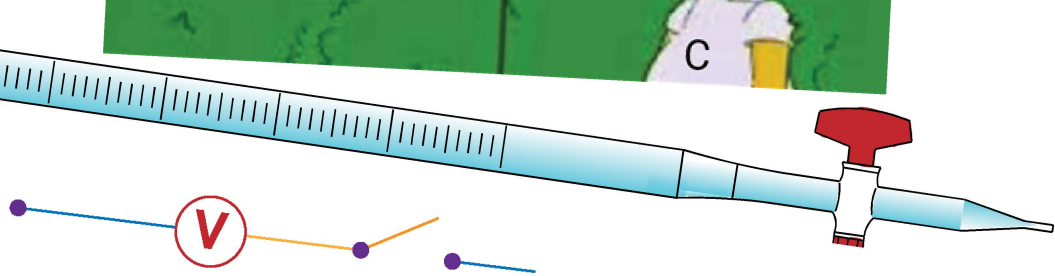
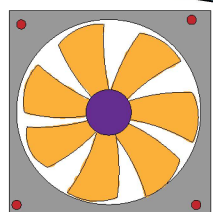
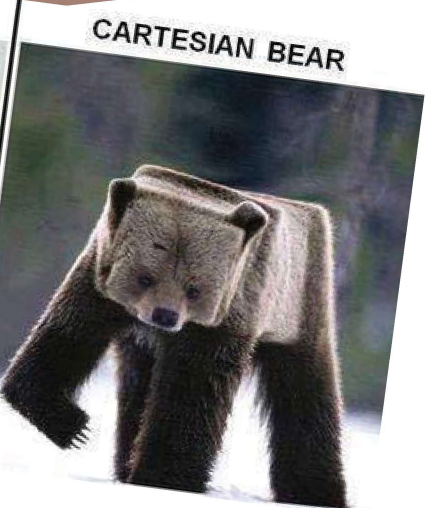
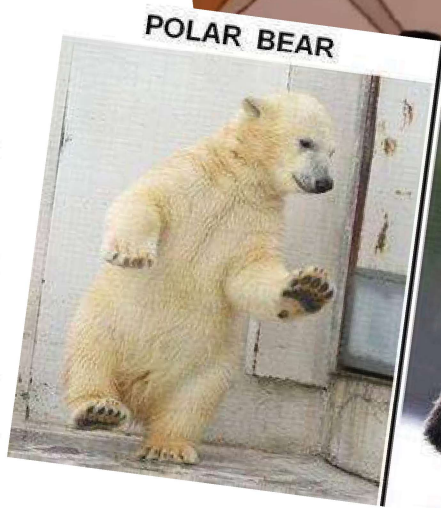
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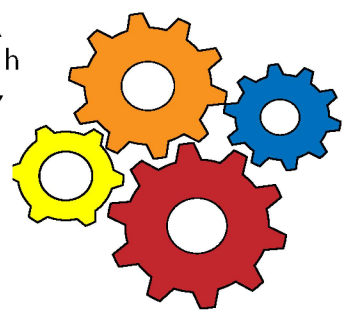
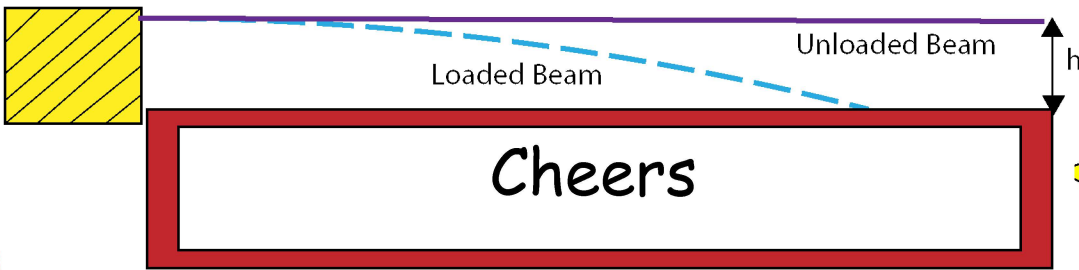
Mat: What should we call this mathematical construct?

Mit: How about a mitrix?

Mat: I have a better idea.

$$\begin{bmatrix} 0 & -1 & -2 & -3 \\ 1 & 0 & -1 & -2 \\ 2 & 1 & 0 & -1 \end{bmatrix}$$





Listen up Froshies! This is easily one of the most important pages in this book. IT is more important than your Grammy's phone number, your home address, or the number of times you will fail 112. The key to making it through Frosh week is memorizing this page. Sing them in the shower, chant them at a sports game, chant them at the Police when they respond to a noise complaint because you were chanting too loudly. Just make sure you know them. You do not want to be the one frosh who keeps messing up all the words during the GECO and starts mumbling because they forgot the chant! That's just embarrassing!

Every engineer needs to know the lyrics to the Engineering Hymn. Engineers sing this pretty much whenever an intense amount of joy/pride is felt. Much unlike how one would feel after coming out of the 112 exams.

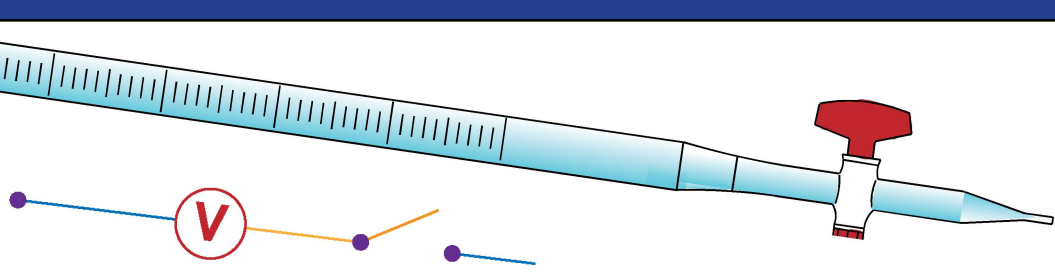
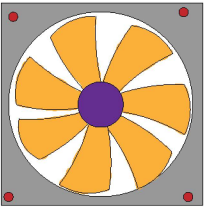
The Engineering Hymn

We are, We are, We are, We are, We are the engineers
 We can, We can, We can, We can demolish 40 beers
 Drink Rum, Drink Rum, Drink Rum, Drink Rum so come along with us
 For we don't give a damn for any old man who don't give a damn for us

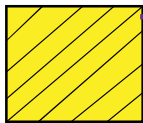
After years of schooling
 You still don't know a thing
 Your degree has nothing
 On our iron ring

Alpha, beta, theta, mu
 We know way more greek than you!
 If x is one and y is two
 Is x plus y too hard for you?

Slamming, moshing, highland games
 Climbing the pole brings us fame!
 Tesla, Coulomb, Farad, Ohm
 Kick it, Dye it, Slam it Home

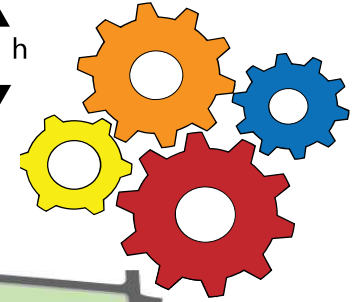


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 Are you really reading this frosh you're so silly

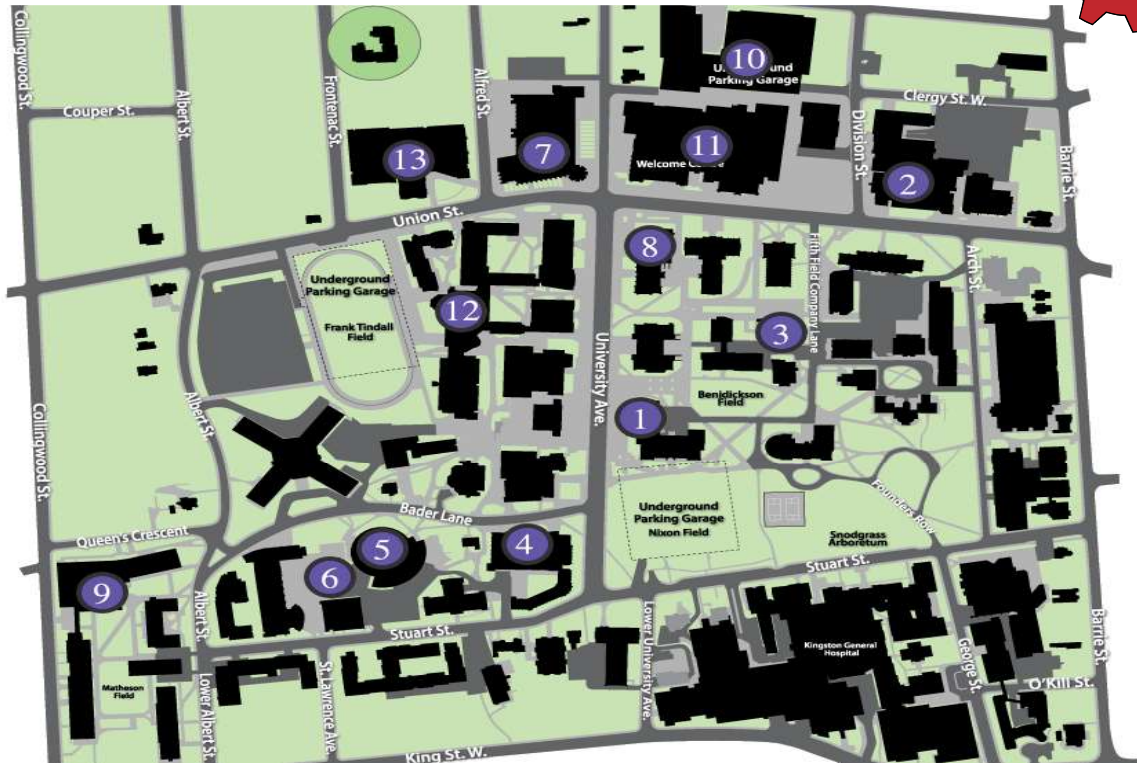


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Where the FREC am I?

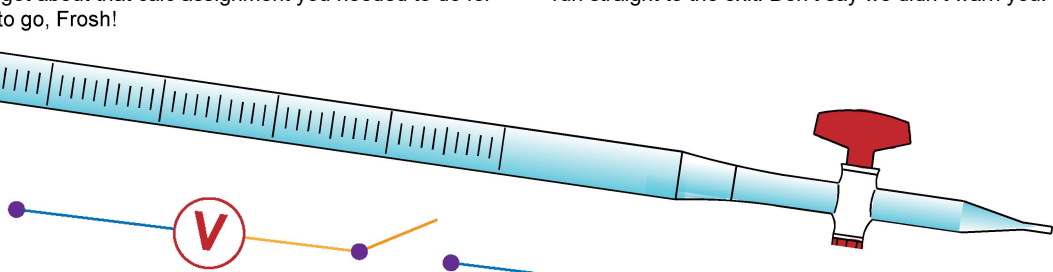
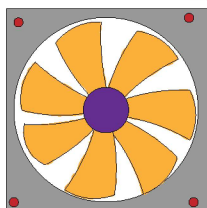


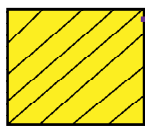
Arts 221 Arts 221 Sci 21 (= year)

Are you really reading this frosh you're so silly

- 1 – Grant Hall:** The start of it all, this is the building you'll be staring at with your silly nose pressed against the car window. You might be wondering what's waiting inside, just you wait Frosh, just you wait...
- 2 – Beamish-Munroe Hall:** Cherishly called the ILC (Integrated Learning Centre, Frosh, you should know this). This is the fortress of us engineers. The haven of progress, innovation and all-nighters. Anything is possible here!
- 3 – Clark Hall:** The Centre of the Universe, where Chief FREC hatched from his egg and graced the world with his wondrous presence. Clark Hall Pub is his throne where he looks upon all that is good. There's also a bookstore or something on the first floor.
- 4 – Ban Righ Hall:** The great dining hall, where five course meals are served to you and you can eat to your hearts content. But since you silly Froshies haven't mastered the art of getting food in the dining hall, you'll be lost in the endless lines and end up halfway to West Campus.
- 5 – Stirling Hall:** The physics building. This is basically the control center of the world thanks to its pendulum which defines the rotation of the earth. Be careful with the Eng-Phys students, they're easily startled when you tap on the glass and they'll yoink your sweet sweet Coffee Crisps.
- 6 – Chernoff Hall:** A bunch of your classes will be in this big auditorium. This is one of the only halls where you have an actual table to write on, since all the other ones are like trying to write on a Cracker Jack.
- 7 – Stauffer Library:** Club Stauff is the place to be late Friday night when you forgot about that calc assignment you needed to do for tonight Way to go, Frosh!

- 8 – Douglas Library:** I'm gonna tell you a little secret. Queen's is basically Hogwarts. Your FRECs are flying on broomsticks and fighting against He Who Shall Not Be Named's enemies. Since you're never gonna be a year, you'll probably never get to do that, but at least you can feel like you will when you study in the Harry Potter room here.
- 9 – Leonard Dining Hall:** Buffets... buffets everywhere. Cherish the sight of so much food around you.
- 10 – Athletic Recreation Center:** The ARC, the place you can go to to attempt to have calves as strong as your FRECs. Just admit it Frosh, we still mosh higher when we're doing pushups.
- 11 – John Deutsch University Centre (JDUC):** Lots of good stuff in here, Froshies. A lot of services are based here and are made for you kiddies during your time here. There's also a sweet clothing store to get all the, as it is said, "swag".
- 12- Mac-Corry Hall:** Be careful Frosh, this is the great labyrinth of the campus. It is said that once you step into these twisting halls, you'll probably never get out. The staircases move ever hour and the doors require you to solve elfish riddles. However, if you make it to the centre, the fruits of your efforts will bring you to the wonders called CGC. If you bring your FRECs they may be able to show you the way, but you must share the spoils with them.
- 13 – Goodes Hall:** Despite its name, there's nothing good about it. Don't go near this place, Frosh. This is where the commies practice their dark arts. If you ever end up in there and they who shall not be named begins approaching you, throw a quarter the other way and run straight to the exit. Don't say we didn't warn you.





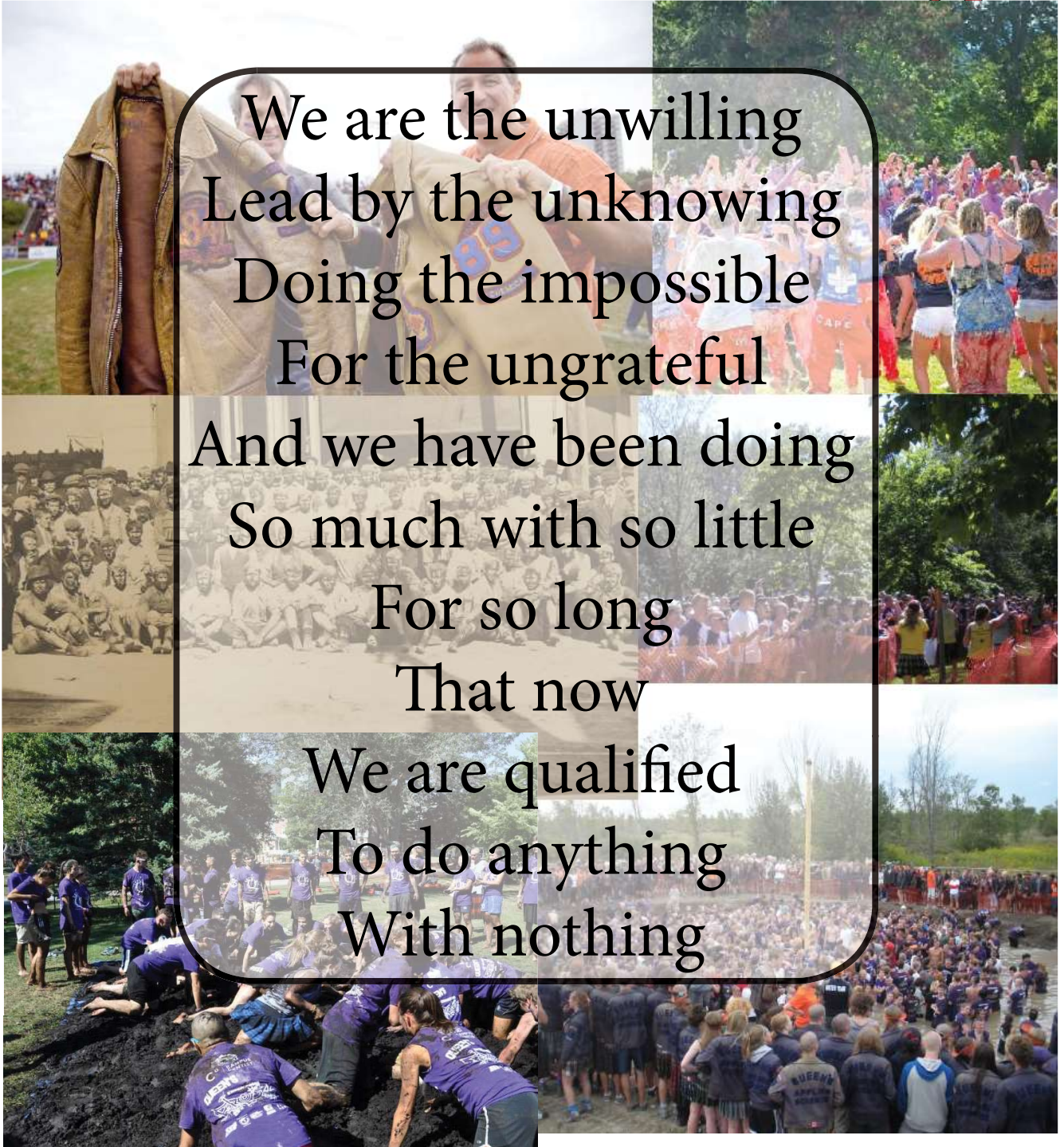
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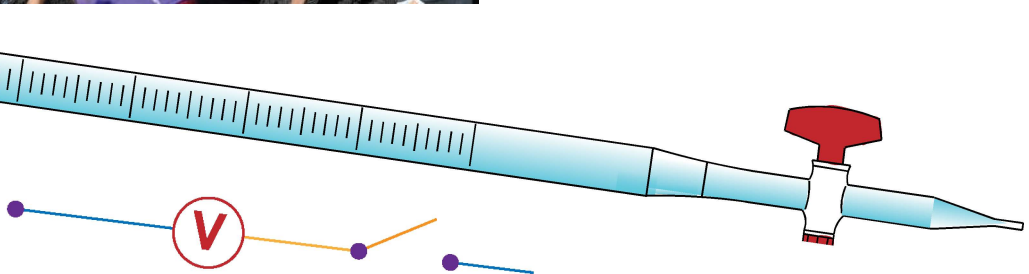
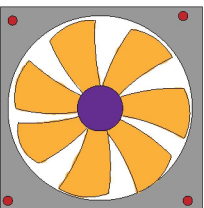


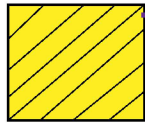
Engineering Creedo

We are the unwilling
 Lead by the unknowing
 Doing the impossible
 For the ungrateful
 And we have been doing
 So much with so little
 For so long
 That now
 We are qualified
 To do anything
 With nothing



Arts 221 Arts 221 Sci 21 != year {} Are you really reading this frosh you're so silly

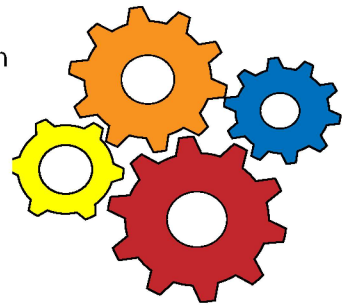




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Queen's Dictionary

ArtSci – n. An Engineer wanna be. Sleeps for 12+ hours every night with naps during their 7 hours of class, often watching Netflix in their rooms and complaining about having nothing to do.

Arts'21 – n. A class to be created in the future..

Bar – n. No Frosh, not that kind of bar. An embroidered badge on a GPA, shaped concave up, and tricoloured. Earned by those with outstanding achievements in many aspects in life.

Ban – n. Short form for Ban Righ

Centre of the Universe – n. See Clark Hall Pub.

Chief FREC – n. (1) The greatest, is superior in more ways to you than you can quantify with a number. (2) Flies faster than the speed of light (3) Once destroyed a whole building because she didn't want to walk around. Despite what you might hear, there is only ONE Chief FREC, but don't concern yourselves Frosh, you don't have the mental capacity to ever figure out who it is.

Clark Hall Pub – n. Scientifically proven to be the Center of the Universe. True home of the engineers. Great music, amazing atmosphere, and foosball. The only place to be on a Friday afternoon once one comes of age.

Commie – n. Can be seen in blazers, sprinting down the road after spotting a shiny object glinting off the back of a passing car, possibly a penny. Also can be seen driving their daddy's nice BMW through campus. Be warned Frosh they are highly skilled in the arts of pick pocketing and embezzlement.

CEO – n. Responsible for bringing you the best merchandise on campus as well as the legendary GPA. Sells very nice engineering quarter zips and also does custom clothing.

ENGCut – n. The result of a combination of sticky substance and half a can of spray paint. The work of omniscient beings that are in their most creative mindset. Commands respect from all passerbys. Feared by all other faculties.

EngSoc – n. – Your student government, found in the ILC lobby. The heart of progress for Queens engineering. Do you like to lounge? Do you like to play foosball? Then come on in!

EngSoc Council - n. Every other Thursday, 6:00 pm, Awesome time - everyone is welcome.

FREC – n. (1) Your new parental figure (2) Omnipotent (3) Utmost definition of perfection, enhanced through modern gentian technology. Deserving of your respect, admiration and trust. They are here to take care of you, and to make sure you don't do anything too silly frosh.

Frosh – n. A harmless joke nickname for first year students. You see [silly]

Fun Fur – n. Soft, furry lining of an engineer's jacket. Similar to chewbacca's fur if he used a lot of conditioner. You may be able to touch these given the benevolence of your FREC's.

Gael- n. The want to be FREC, responsible for babysitting the ArtSci's. All that they do during frosh week is "feel so good". Be wary of them Frosh, their affinity for silly cheers and their nonsensical banter is as contagious as mono and twice as deadly.

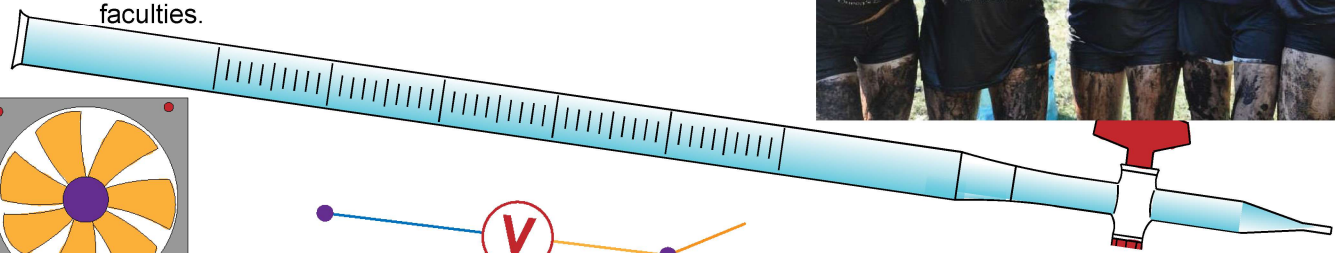
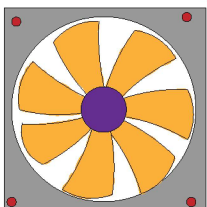
Gentian Violet- n. Concentrated purpleness, easily transferred from one subject to another and best served on a FREC or GPA. Easy to put on, hard to get off.

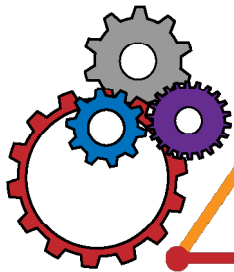
Golden Words – n. Kingston's official town newspaper. Hits news stands every Wednesday morning. Its all that will get you through each morning lecture, make sure you pick one up.



Arts 22| Arts 22| Sci 21 | = year{

Are you really reading this frosh you're so silly





#Relevant

GPA – n. Stands for Golden Party Armour. Indestructable jacket worn by Queen’s engineers upon completion of first semester exams. Far too glorious to ever be touched by the likes of you frosh. Don’t worry, we’ve ordered Golden Party suspenders, and Fun Fur earmuffs for you froshies.

Grease Pole – n. The tallest freestanding structure in the world. Very cold, and very high.

Hockey Stick – n. Length of wood used to hurl pieces of rubber at a red meshed net.

Identification – n. Commonly known as “ID” or perhaps even more commonly know for the majority of you as a “fake ID”. Used to purchase alcohol and required to participate in ritual. Don’t try using fakes kiddos, the people at Clark and all other campus bars are no fools and getting caught with a fake id ends up in you having a tri color ban. A tri color ban prohibits you for entering any campus bars for the remainder of your university career. Don’t be silly Frosh.

J-Section n. Why get out of school early when you can finish at the same time as you did in high school? Kingston is truly a beautiful city during the summer and a healthy diet of skipping class and binge watching Netflix can lead to J.

Not A year – n. See [Sci ‘21]

Mosh – The motion associated with jumping vertically up and down in a large group of people, just remember to train those calves before frosh week

Physics – n. University physics isn’t as easy as the stuff that you learned in highshcool. It’s about as fun as walking on a beach but instead of sand its pieces of lego that are also on fire.

Pit – n. Your home until Christmas break. You might as well buy some water wings because the water only gets colder.

Rez – n. Short form for Residence, probably the reason why you get sick 3 times in first semester.

Ritual – n. Weekly fluid dynamics lab held at the centre of the Universe. Reports are due directly following the completing of the experiment at 6:00 pm.

Sci’ 20 – n. The greatest year to ever exist since Sci ‘1678, instead of bearing a set of armor, their choice of apparel in battle is the Sci’20 GPA. The Sci’ GPA is so great you cant touch it, look at it, think about it, or think about looking at it.

Sci 21 – n. A year to never exist and will not exist until the tam is retrieved from the grease pole.

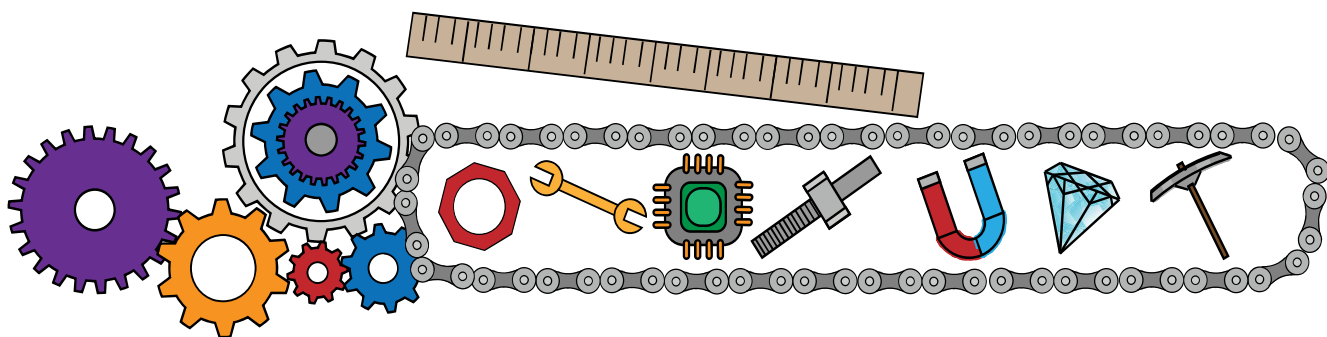
Silly – n. See [Frosh]

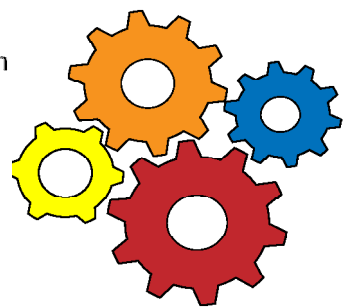
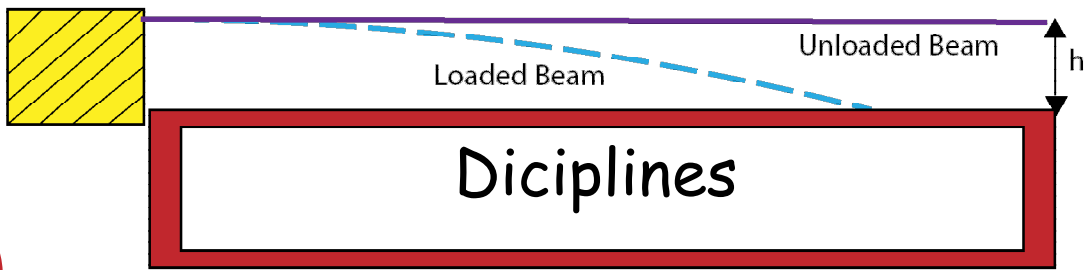
Sleep – n. Something that you will be getting a lot less of

The Tea Room – n. Located in the ILC; best tea/coffee on campus, and deserves the best chicken pesto sandwiches. Doesn’t accept the first year meal plan so be warned froshies.

Winter Break – n. Time to go visit mommy, daddy and time to watch Netflix sleep and think about 112.

Year – n. 2017, 365 Days. 8760 Hours. 31536000seconds





Diciplines



Electrical Engineering (Elec, Static Heads, The "E" in ECE)

Imagine 10 pikachu's all hitting thunderbolt at the same time.. ZAP!! Do u like wires and light? You can also become an expert at drawing boxes and lines. Nothing like trying to solve an unsolvable problem involving enough voltage to leave you more charred than some Lenny eggs left on the grill for too long.

Engineering Physics (Eng Fizz, Goodbye Life, Smarter than u)

Do you hate your life? Eng Phys students can usually be reconized by the bags under their eyes and the look of someone on edge. They go through about 6 pots of coffee in under an hour and can be spotted talking to their imaginary friends about the theories of the theories of the theories of theoretical time in space vacuum toaster theory. After gaining what is presumed to be enough knowledge to construct a frictionless pulley, eng phys students become conspiracy theorists, and join the thousand of lost souls in the basement of Stirling.



Apple Mathematics Engineering (Apple, Mathies)

Apple Math students live, eat, and breathe math. Often spotted in the basement of Jeffrey during the day as they are nocturnal. They can derive equations that will never be used until the year 3005. It is rumored that the ancient clan, the B.A Nana S. will soon peel out of hiding to challenge the apple students into a long battle of sinusoidal functions, 3-space vectors and duo-decahedral integrals.



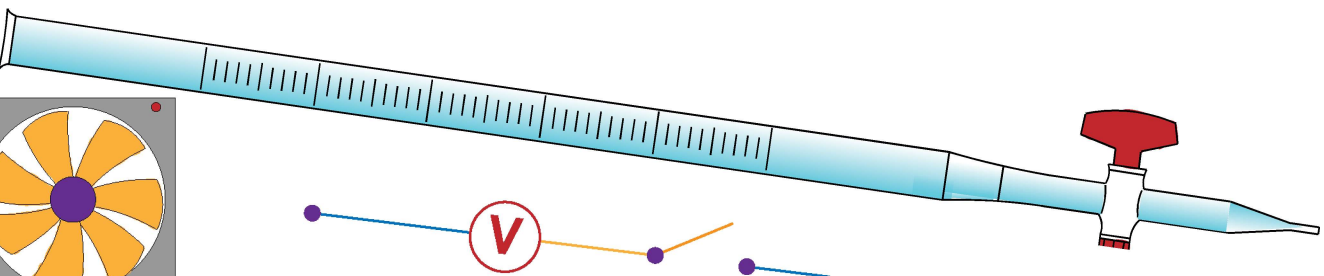
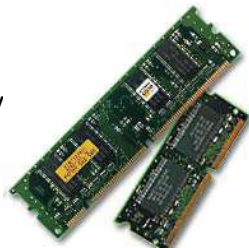
Civil Engineering (Civil, Simple Civils, Concrete mans)

Do you self-Identify with a block of concrete? Well then Civil is the perfect discipline for you as civil engineers both are as boring and visually unappealing as such. On the rare chance that they are not in a class about concrete you can find them walking around campus examining old concrete. Civil engineers are given minimal class compared to other engineers as there really isn't much to learn other than how to make concrete.



Computer Engineering (Comp Eng, ECE BAEZ, Code Monkeys)

To see one of these engineers out in the open is rarer than them seeing one of their kind not get irrationally upset by people confusing memory with storage. They spend much of their time learning the most efficient way of sorting an array of numbers. Despite their claim of having a charisma of 82 and a 75 in dexterity, these people are usually extremely social awkward people. Expect them to have the same speech options as one does in a Bethesda RPG. When you ask a Comp Eng for help, when your computer eats your project with less than four hours to go... they'll laugh and tell you that they aren't IT.



Arts 221 Arts 221 Sci 21 I= year{} Are you really reading this frosh you're so silly

#Relevant

Mechanical and Materials Engineering (Mech Eng, Gear Heads, Grease Monkeys)

This discipline is full of people who didn't have a clue what to do with their lives.

Surprisingly enough, there are only four career ambitions for these people: Cars, Biomechanics, Aeronautics and Robotics. Seriously. That's it. Even more surprising is the fact that most people will wind up doing none of the above. They instead will spend the majority of their lives calculating tolerances for a machine that makes 3 1/2 inch bolts, and then they will drive home in their Honda Civics to a stay at home spouse and continue their existence as a generic manufacturing engineer. Serving the industry and making no specific impact on the world. If you still don't know what discipline to go into after reading these descriptions, then mech is for you.



Engineering Chemistry (Eng Chem, Beaker Brains, Goo Eng)

Eng chemists are a strange type of people who figure that the best way to enjoy life is to spend it in the sanitary, fluorescently lit, white conditions of a lab. The extreme work load and constant self-justification that all this work will somehow make them better than all those regular Chemical Engineers, leads most Eng Chem people to become highly reactive to sudden movements. They spend all their time pouring, mixing, distilling, dehydrating, filtering, burning and centrifuging to produce a teaspoon of goo.



Mining Engineering (Mining, Earth Robbers, Oil Money)

About 50% of mining engineers are only in that discipline because they heard that there is a course in third year centered on blowing stuff up. After graduating, miners spend twenty or thirty years in the most forsaken lands in the middle of nowhere underground. They pillage and plunder the earth for resources until there is nothing left to mine. Some mining engineers have evolved to have advanced night vision in the mines as they do not go above ground. You can always tell that a miner is nearby by the unmistakable sound of their pick axes striking rock. Mining engineers are awarded with the most prestigious of headlamps for their underground endeavors.



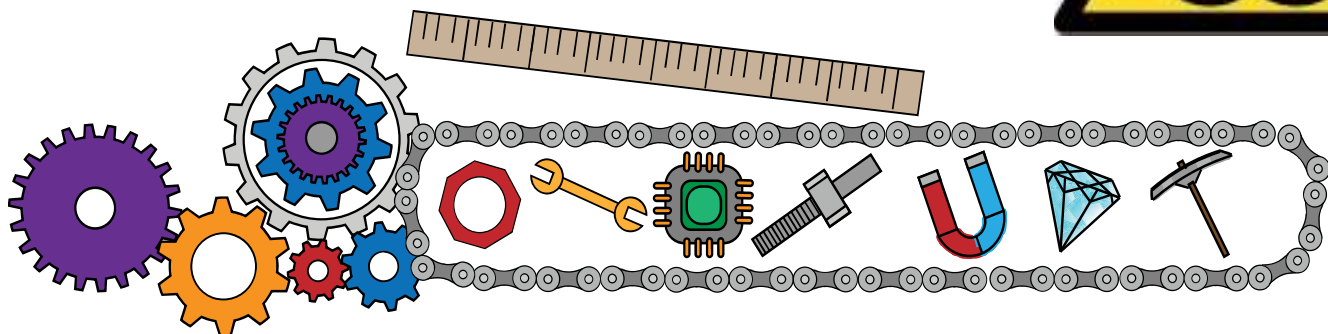
Geological Engineering (Geo, Hippies, Rock Lovers)

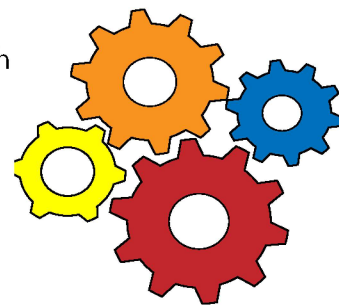
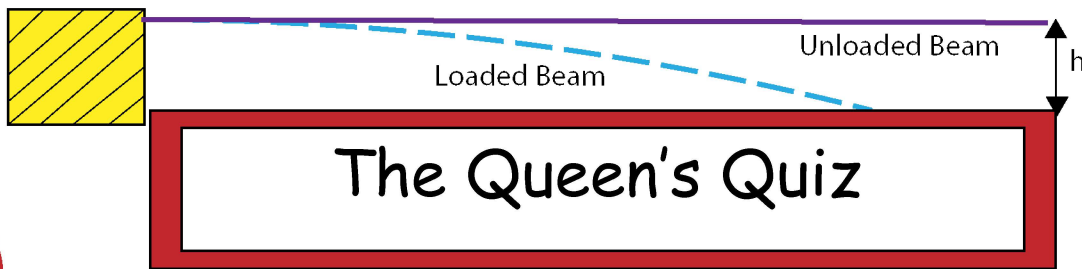
Full of the granola type, the type of people who live in tents for most of their life and have a wardrobe of 50% Patagonia, and 50% second hand clothes. Similar to the mining engineers, the geo engineers venture to forsaken lands in the middle of nowhere but they are gone way before the Mining engineers get there. Geo is full of kids who spent their childhoods playing in a quarry instead of an amusement park. Most of the Geo engineers will spend their lives off in some forest, living as one with nature.



Chemical Engineering (Chem Eng)

An outside observer may get people in this discipline mixed up with sports fans cheering on their team at a critical moment. However, upon further inspection, it becomes evident that they were just yelling, "Go, Go, Go" to will a reaction to happen at a temperature 1 degree cooler than it could have been done 50 years ago. If successful you can put one point on the board for Chem Eng! In other words, Eng chemists create new, stick, sloppy goo, while the Chemical Engineers find ways to produce goo quickly





So Frosh, I know you have chosen engineering as your discipline (and trust me it is the right decision), however, the crystal ball has been read and chances are that whole thing with the Pole won't turn out well for you (i.e. you'll never be a year). Here's a relatively simple aptitude test that you can take to re-evaluate your options:

When it comes to style you think...

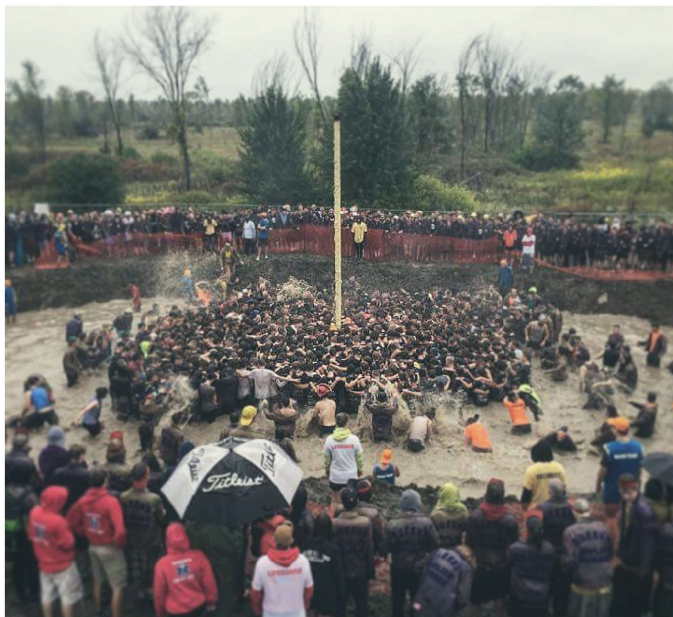
- a) Brand name matters, baby! All the big retailers at the mall should make styles to highlight a person's best features and to accent their complexion.
- b) Eating, sleeping or playing dodge ball. No matter what, it's best done in overly pricey business suits. You also worship the hair that is Donald Trump.
- c) You have better things to do than worry about what you are wearing. Besides, everything goes with a GPA, right?

Your accessory of choice is...

- a) The Tam. All year round.
- b) Your smartphone. Because nothing says "business" like pretending to text Donald Trump.
- c) GPA. Hands down.

Exams are coming up, You...

- a) Rewatch all the movies you saw in class and analyze your friends' every move to find the "psychological reasoning" behind it all
- b) Have to learn how to apply 'fractions' and 'percentages' for your exams.
- c) Have an entire semester devoted to exams.

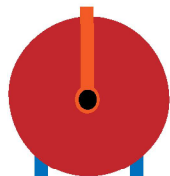


You celebrate by...

- a) Spontaneously breaking out into a choreographed dance and tell everyone that you "feel so good."
- b) Running away and jumping into a lake (Winning is relative in this case).
- c) Slamming. This has been known to cause seismic disturbances.

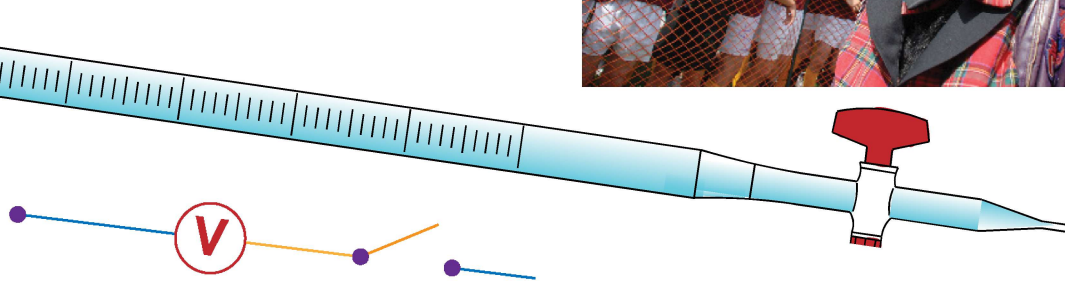
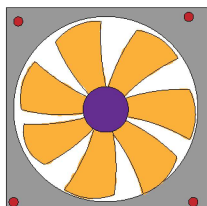
In your free time....

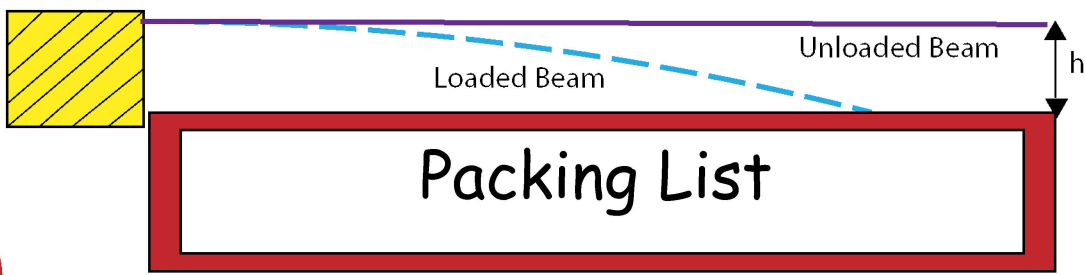
- a) Complain about how much free time you have.
- b) Like to pretend you are an engineer by buying a pseudo brown GPA.
- c) Indulge yourself in all that is purple, visit the Centre of the Universe, or even have some pickles.



Arts 22! Arts 22! Sci 21 != year!

Are you really reading this frosh you're so silly





Now that you're going to spend the next few years without Mommy or Daddy to cook your favorite meals, remove the grass stain on your jeans or even tuck you in at night, i'll share with you a list of things that you should at least consider bringing to survive on you own at Queen's. Don't bring everything you own, but don't depend completely on this list either! The best thing to do is carry a notepad for each class and write down your notes for the day. I say this, but at least half of you will still wake up one rainy October afternoon to realize that you left half of your life at home.

Arts 221! Arts 221! Sci 211 = year! Are you really reading this frosh you're so silly

Clothes:

- Pants, shirts, your supreme shirt that you spend 120\$ on, whatever you want to wear.
- Pj's ,pillow, sheets, a blankie, and a teddy
- Lots and lots of underwear (Pack one for every day you don't want to do laundry)
- Rain Gear (Kingston can be rainy)
- Cold Gear (Kingston is almost always cold)
- Semi-formal wear (for the banquet Sunday of Frosh week) and for extracurricular interviews
- Bathrobe and Shower Shoes

For Frosh week:

- Duct tape for the Pole
- Old Clothes – disposable for the pole
- Old Shoes and extra socks
- Sunscreen
- A water bottle

Appliances:

- An electric kettle/coffee maker
- A computer
- A power bar
- Extension Cord

Essentials

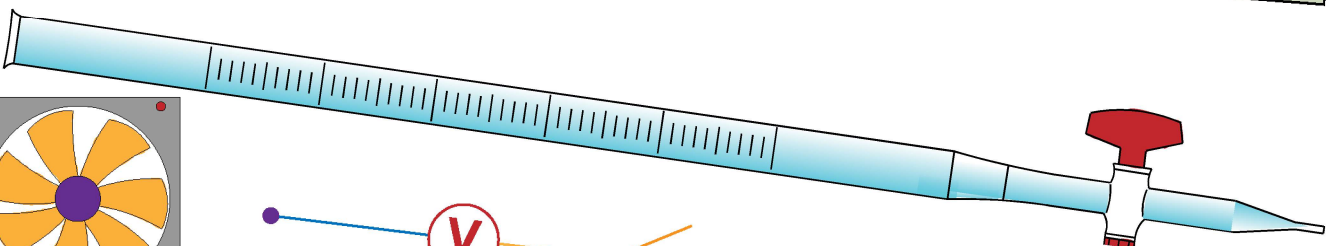
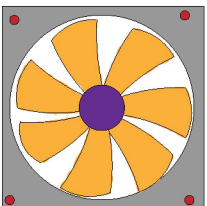
- Soap
- reusable water bottle and water filter
- Lots of Hangers
- Pictures of Mommy and Daddy

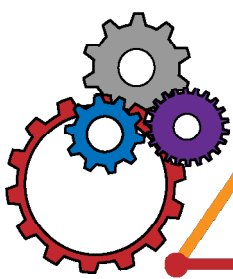
School Supplies

- A backpack and pencil case
- Binders dividers and lined paper
- Non- mechanical pencils, pens, erasers, highlighters
- A Casio fx-991 series Calculator
- A Metal/Plastic Slinky

There's a Store for Books?

Keep in mind frosh that most of the stuff listed under school supplies are available at the bookstore. The campus bookstore has a massive stock and usually sells these materials at reasonable prices Bring a notebook and pens for the first day though. Do not worry if you don't have all your books for the first weeks as I would suggest going to the book store the second week so that you avoid the long lines





4 Your Benefit

Like most Engineering students, you will probably have some questions about your first year here at Queen's. I strongly encourage to contact the Engineering Society Director of First Year (remember his letter at the beginning of the book?). Nick der Forro is one of the most friendly and approachable people I have ever met, he is a 1.5 thumbs up kind of guy. You would make his day if you sent him an email at:

firstyear@engsoc.queensu.ca

Alcohol:

First of all, you do not have to drink. No one will or can force you to drink, or do anything else for that matter. You are now (almost) an adult and you can make your own decisions and you shouldn't be afraid to stick by them. A lot of people do not drink in first year so don't feel any different if you decide not to drink. The majority of first years will be underage and if you try to use a fake ID on campus you will be banned from campus bars for the rest of your university career– its not worth it.

Grades:

Typically your marks will be lower than they were in high school. Don't worry about it.. People talk about the “freshman fifteen” where you gain 15 pounds and lose 15% of your average. This is all up to you. Ya boy (that means me frosh) hit up a freshman 20 but that's only because I had trouble adapting from high school. There are plenty of resources that you can use including the Queens Learning Strategies Development services. If you stay active, eat well and stay organized you will be surprised by how much your quality of life will improve. Just remember if you're super worried about failing a class you will always be provided with a second chance through J-section.

Cheating:

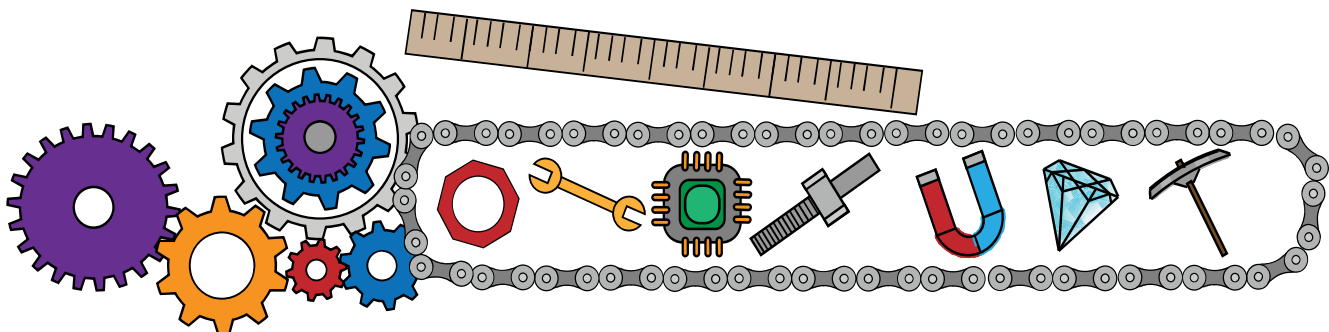
The anti-plagiarism policy is strict- everything gets checked and the penalties are heavy. People do get caught and it will be on your transcript wherever you decide to go. Keep this in mind especially with your APSC 100 Mod 2 lab reports. Again, its not worth it.

Computers:

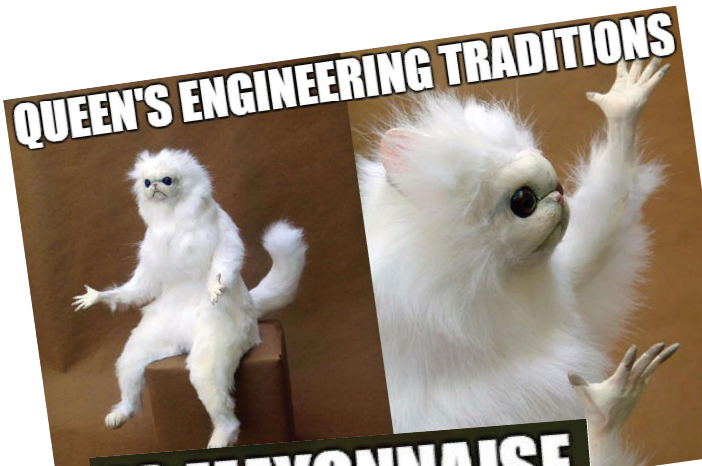
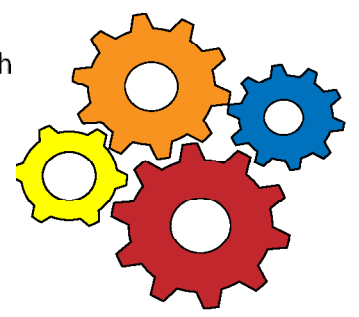
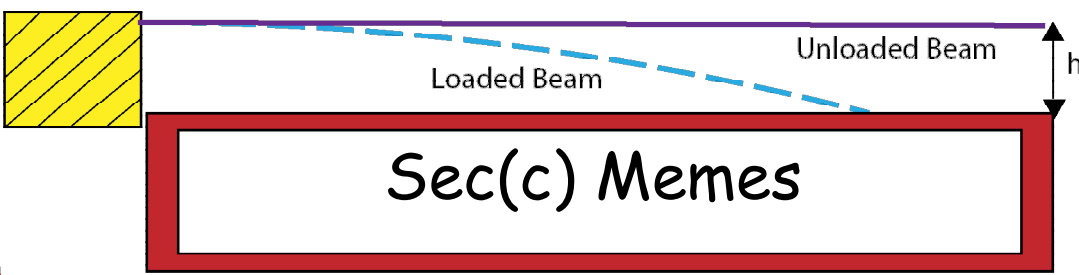
You're going to need one frosh. Typically, a list of computer specifications will be posted on the queens engineering web-site, so check out if the one you currently have is up to standards. If you don't have a computer, you'll still have access to computers at the library, in the ILC and other places throughout campus. Mac or PC? It doesn't really matter both will work just fine. The only issue is that some of the software is not compatible with Mac so you have to work on the school computers for some projects. My suggestion is to purchase a PC because it is favoured by the Faculty. In APSC 161 and APSC 142 requires software that are only compatible with a PC. Keep in mind there are ways you can still get this software on your Mac such as Parallels and Boot Camp.

Don't Waste Your Time:

You only have so much time at university so don't waste it. These are a million things that you can get involved with. The most important learning you will do is going to happen outside of class, just make sure you have done your school work first. School is important, but don't let it get in the way of your education.



How Tall is the pole frosh? SOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO TALL
How smelly r u frosh?
You'll never pass 112



Bae: Come over

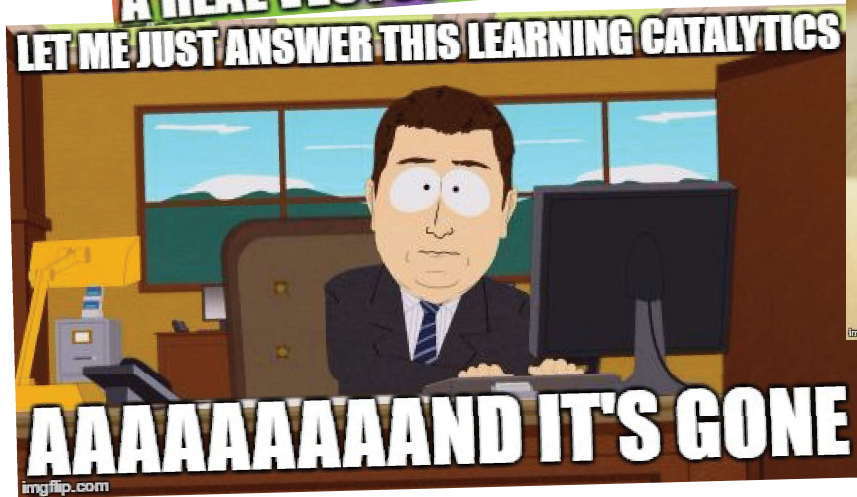
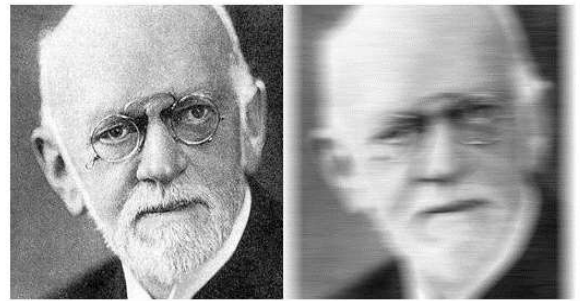
Me: I can't - I'm an arbitrary vector $|\psi\rangle$ in an N -dimensional Hilbert space \mathcal{H}

Bae: I'm a linear self-adjoint operator \hat{A} on \mathcal{H} , thus my eigenvectors form a basis meaning that every vector in \mathcal{H} can be expressed uniquely as a linear combination of my eigenvectors:

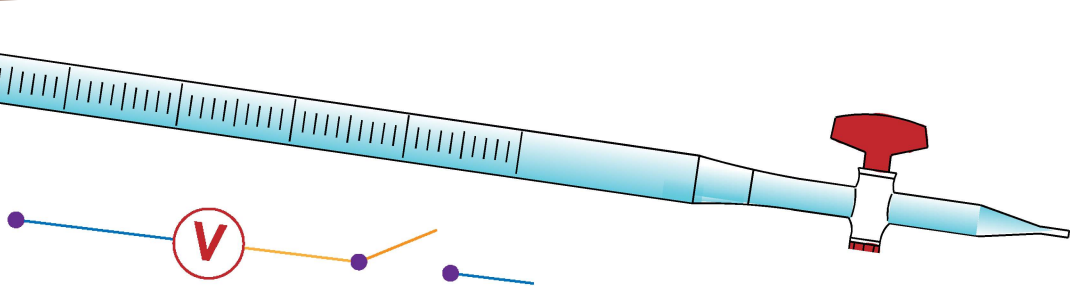
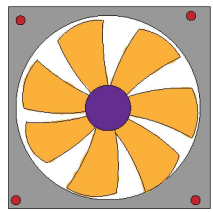
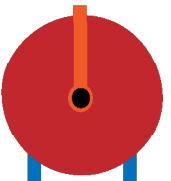
$$|\psi\rangle = \sum_{n=1}^N c_n |n\rangle : \hat{A}|n\rangle = \lambda_n |n\rangle.$$

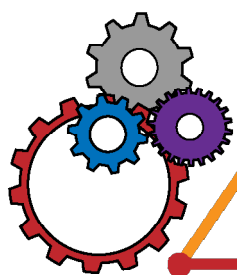


Me:

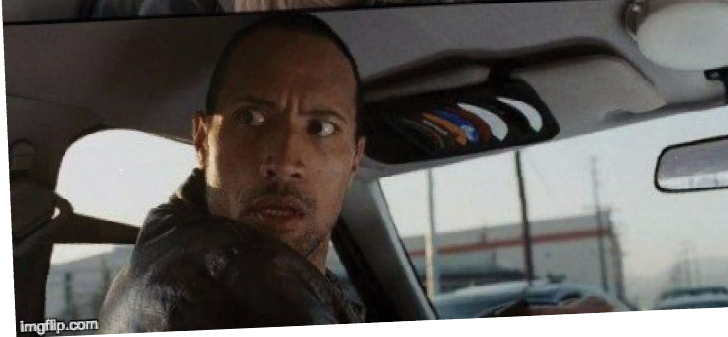
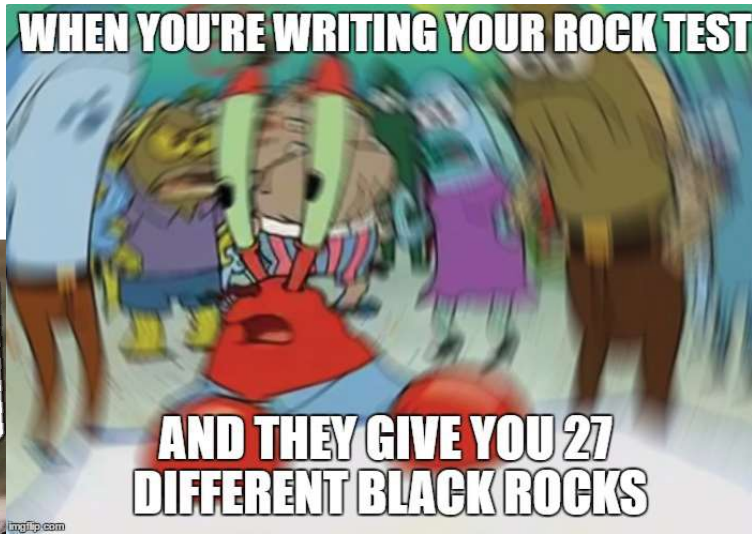


Arts 221: Arts 221: Sci 211 = year{} Are you really reading this frosh you're so silly





I Φ With The Vision



COP: whose car is this? where are you headed? what do you do?

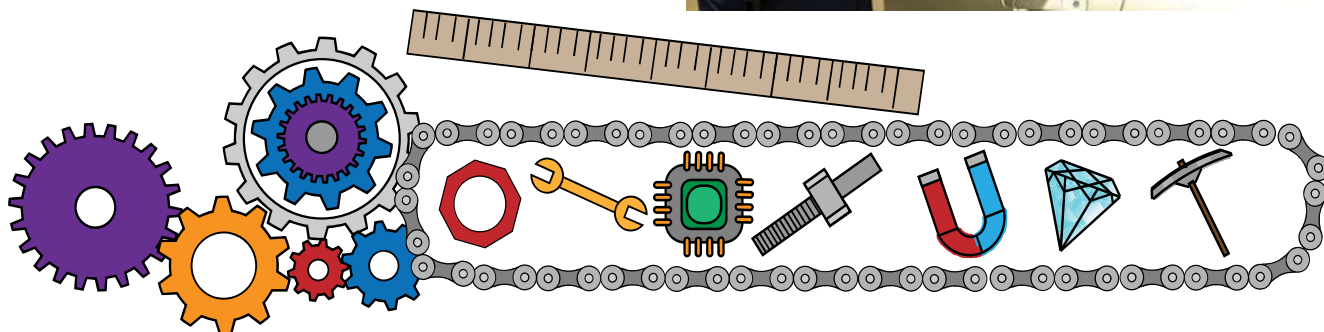
MINER: mine

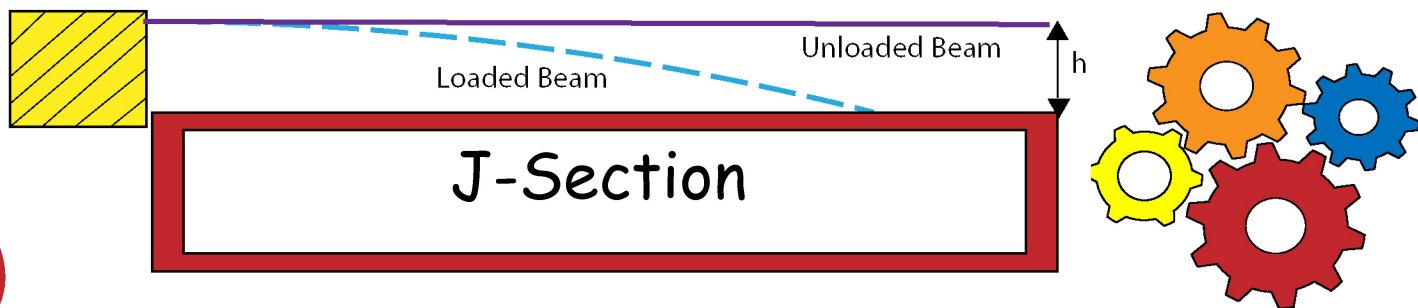


How Tall is the pole frosh? SOOOOOOOOOO TALL

How smelly r u frosh?

You'll never pass 1 1 2



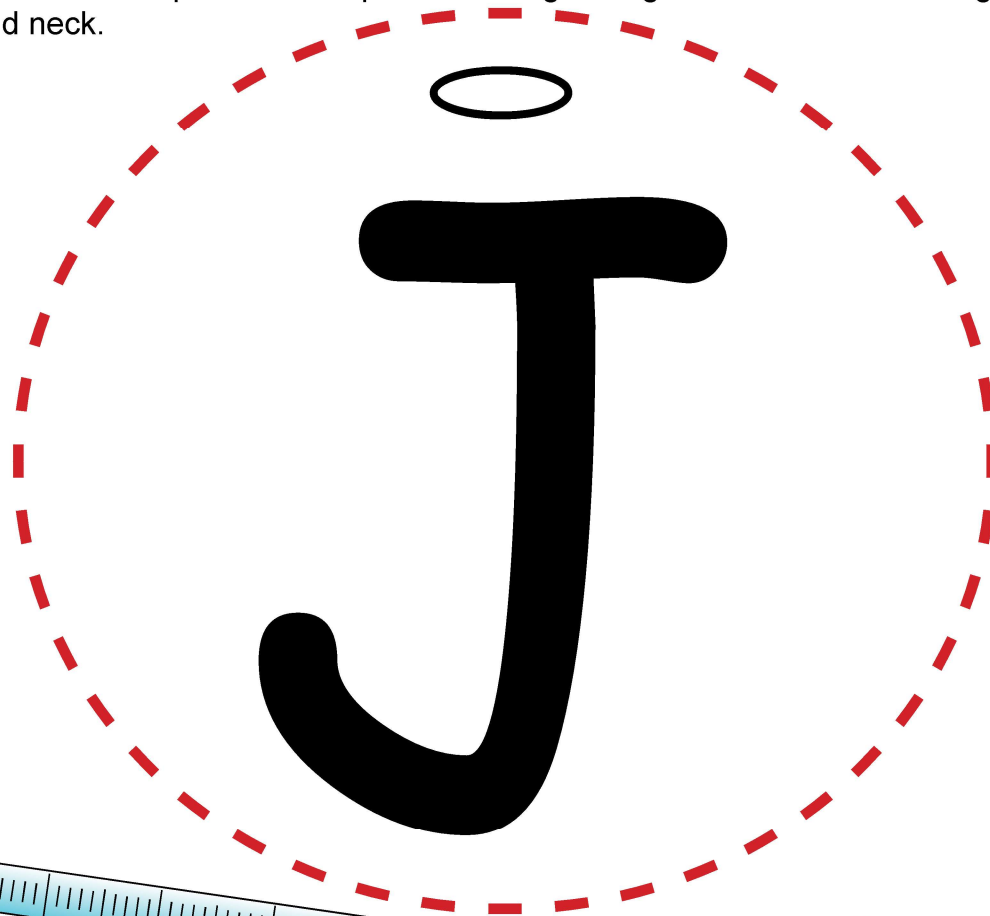


Everybody knows that Frosh are silly, but sometimes they are too silly in first semester, or just need a little bit more time adjusting to life at university. Queen's acknowledges that and has set up a program called J section or section 900. Students can choose to go into J come January if they have failed courses or wish to boost their marks. J gives froshies a second chance to redo their favorite parts of first semester and maybe brush up on their "not so favourite" parts.

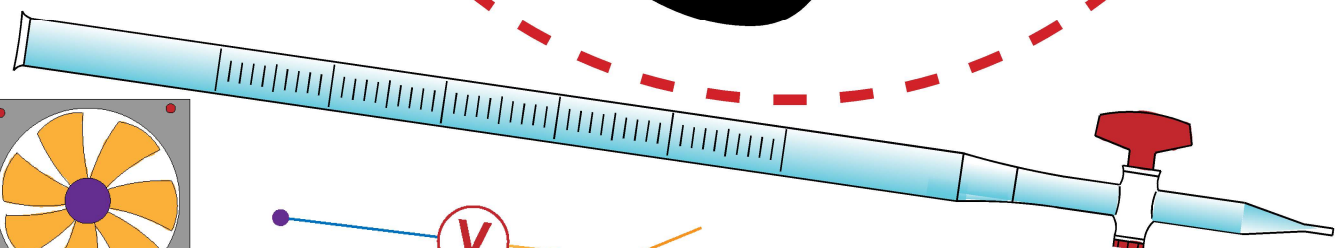
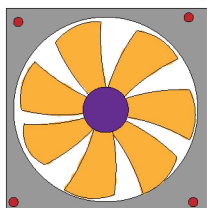
It is perfectly fine to go into J section, and don't think of anyone who goes into J section as below you if you're not in J. There are a lot of reasons why people enter J other than them having trouble adapting. These issues could include; mental, and physical health reasons. J section is a great jumpstart for those who need it. Believe me, there are some very smart people who end up going into J.

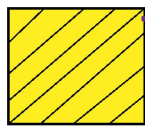
Instructions for use:

If entering into J-section, photocopy this page. Next, cut along dotted line below. Punch through black hole at top and thread peice of string through hole. Tie end of string and hang around neck.



Arts 22! Arts 22! Sci 21 != year! Are you really reading this frosh you're so silly

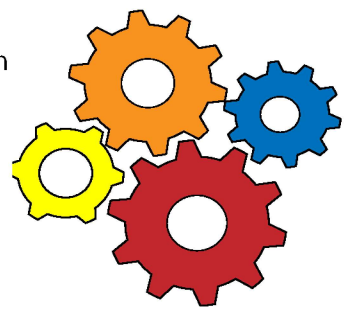




Loaded Beam

Unloaded Beam

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International FRECS



My favourite part about Queen's is how incredibly easy it is to receive help from people; from homework to exams to getting involved, there is always someone available to help. Resources like EngLinks, FRECS, Facebook groups, and even your next-door neighbor, I know I always have support around me and never have face anything alone. I think this is unique to Queen's.

- Aiden from China

A tip for the incoming international Frosh: You might want to know as well what Canada is. Try to meet as many people from as many countries as possible and branch out! Get friends phone numbers so you can stay in touch with them throughout the year.

- Matthew from France



A tip for the international Frosh It might seem like it will be hard to adapt to university, residence and new people the first couple of weeks but there are a lot of resources you can use to make the transition better.

Everyone wants you to succeed, and don't forget, your FRECs are here for you!

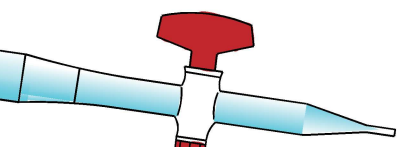
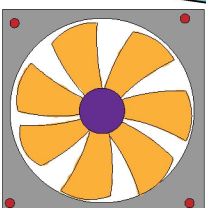
- Isabela from Mexico

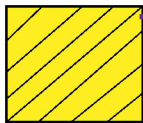
My favorite part about Queens is the sense of community, especially within engineering. It really helps when you can't figure something out for an assignment or when you have questions about disciplines or even just general questions! There is always someone there to help.

- Mukund from India



Arts 221 Arts 221 Sci 21 I= year{} Are you really reading this frosh you're so silly

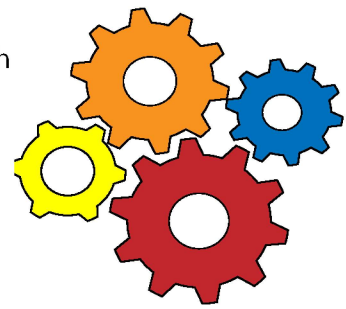




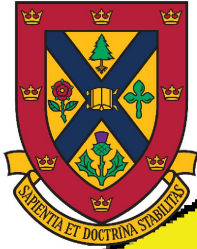
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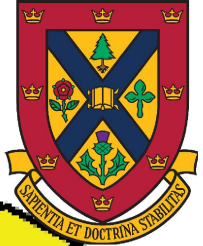


Hierarchy At Queen's



The Dean

- Leaps large buildings in a single bound
- Owns everything the light touches
- Stronger than a full grown lion expertly operating a tank
- Faster than a speeding bullet



Chief Frec

- Leaps modestly sized buildings in a single bound
- As spicy as a Habanero Pepper ^2
- Stronger than an Apache Helicopter
- Faster than the Avro Arrow



FRECs

- Leaps short buildings with a running start
- As agile as a cat
- As strong as a 16-wheeler
- Faster than a McLaren P1



Queen's Engineers

- Leaps over chip trucks at the corner of Division and Union
- Have a collective GPA of 4.2 if you add their first and second years
- As powerful as a Hummer
- Faster than Sonic the Hedgehog

Professors

- Clear park benches on a good day
- Can work a lecture capture
- Can drive a Minivan
- Can calculate the speed of a bullet

T.A.'s

- Can skip
- Know what a matrix is
- Can ride bikes
- Can model a stationary bullet in Solid Edge

You

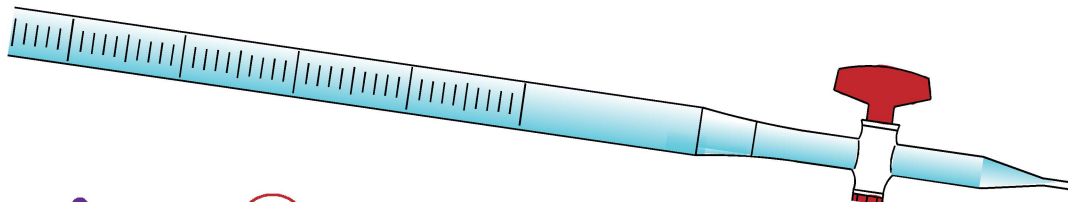
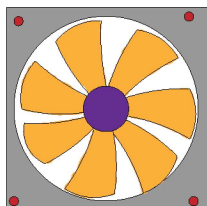
It's really only up from here, Frosh...

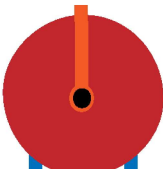
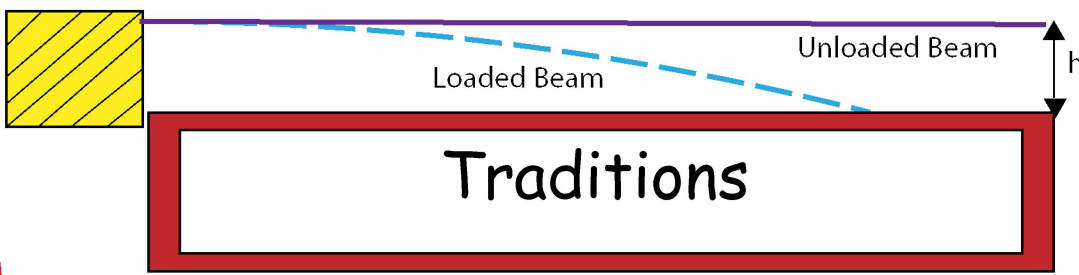
- Trip on flat surfaces
- Doesn't know that $1^5 = 1$
- As strong as an Earthworm
- As fast as an electron in a perpendicular magnetic field



Arts 221 Arts 221 Sci 21 != year!

Are you really reading this frosh you're so silly





Traditions

Iron Ring = Ultimate Respect

The Iron Ring

The simple little scrap of iron symbolizes everything you will be taught as an engineer. Every time you look down at the pinky of your working hand, you'll remember what you're doing and how important it is. Every graduate of an engineering school in Canada receives an iron ring upon graduation, in a ceremony and tradition unique to Canada called the "Ritual of the Calling of an Engineer".



Clark Hall Pub

Clark is a great place staffed by great student employees. It hosts all kinds of events including local bands, the Golden Words Science Fair, Ritual, and general pub festivities. Clark hall was built entirely by Queen's engineers and was intended to provide a meeting place for engineering students and a permanent home for the bookstore, which was founded in 1909 by Queens Engineers.

Ritual

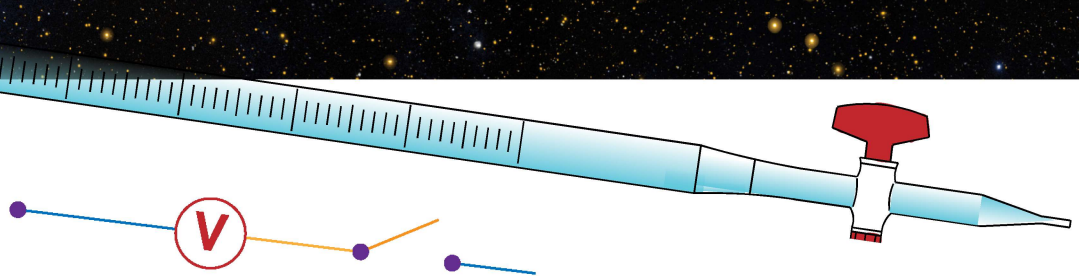
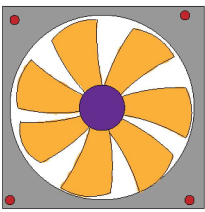
Ritual is a long-standing tradition that began when Clark hall first became host to the Engineering pub back in 1971. Every Friday from 12pm-6pm, it's a tradition that Engineers take a break from their demanding work schedule and share a drink with their fellow engineers.

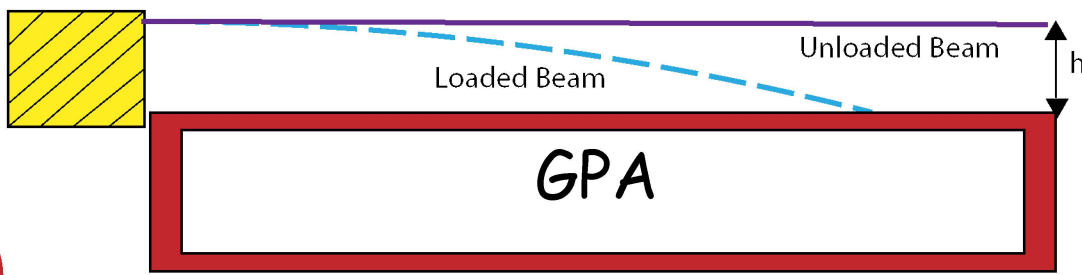
FYI

This information is fair game for any tests or quizzes that may or may not come up during Orientation Week. On top of any written tests I, "THE" Primer, am also allowed to orally test you on any of the material written in this book. I have spent an inconceivable amount of time writing this thing and I will be extremely unimpressed if it has not been read front to back by each and every one of you. Wait who am I again? I'll be that weirdo in the yellow shirt that comes up to you and your group and pretend like I know you all when I actually don't. Be prepared Frosh.

Arts 22! Arts 22! Sci 21! = year! Are you really reading this frosh you're so silly

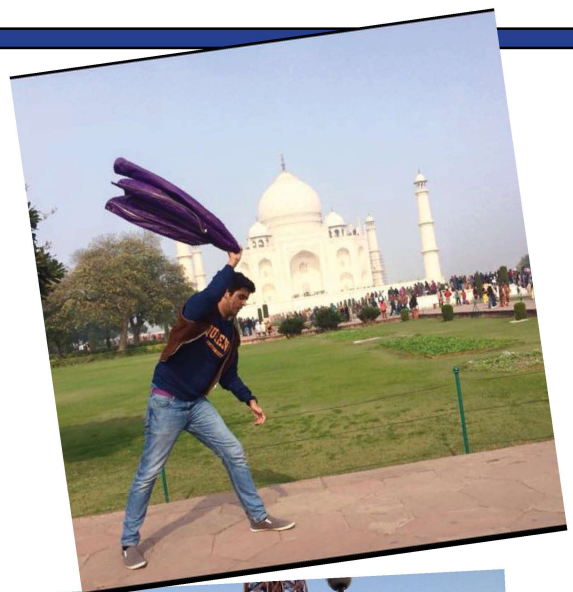
The ring came into being after the collapse of the Pont de Quebec Bridge, which collapsed during construction, killing 88 people. The ceremony began in 1922 where the iron ring is given to a graduating engineer. Both the ring and the ceremony remind engineers of the fallibility of both people and materials, and that it's our job as engineers to minimize these shortcomings. The ring is the reason why Alumni are better than everyone else.



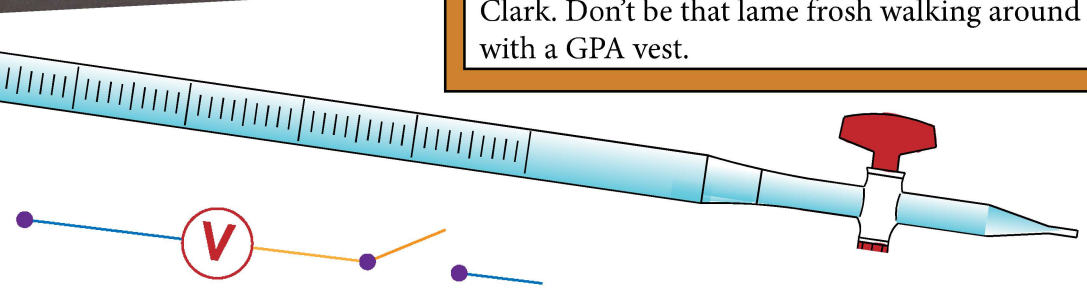
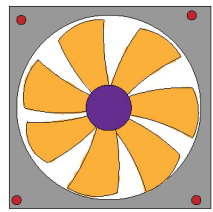


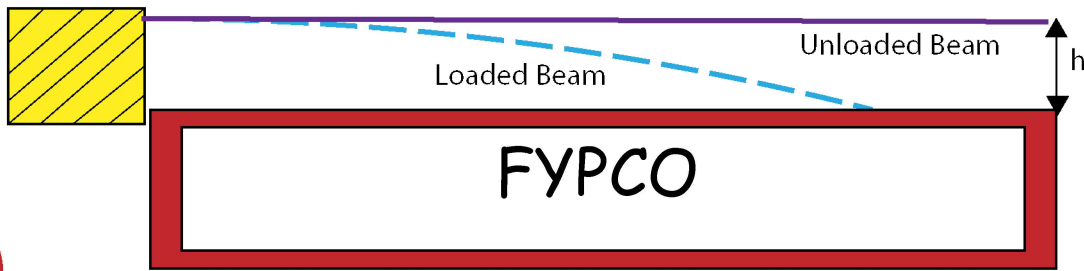
Nobody ever forgets the first time they slam, it's an unreal feeling. Slamming your jacket that is. Once you have completed your last fall exam you may proudly wear your GPA to meet with the rest of your year (which probably won't even happen because you will never become a year). Then, in celebration, you remove your GPAs to slam in unison. This is done as a sign of respect for those who have gone before you. However, it is important that the jackets are never slammed to intimidate or disturb others, and that jacket slamming is never used for destructive purposes.

Arts 221 Arts 221 Sci 211 = year{} Are you really reading this frosh you're so silly



Jacket flare includes things called bars that display the name of your frosh group, your year motto, your discipline, flags, and the revered past crest. After completing your final first year exam in the spring, you may display these on your GPA. Any frosh caught with bars on their jacket before they have completed their first year may have their sleeves ripped off by an upper year, who may then trade them in for free drinks at Clark. Don't be that lame frosh walking around with a GPA vest.





First Year Project Coordinator (FYPCO):

If you are interested in getting involved, you can have the opportunity to work alongside the EngSoc Directors!! These positions are exclusively available to first years, who are given the opportunity to take on projects and be mentored by a director! Examples of past projects are: Working on managing conferences: (Director of Conferences), helping to plan and run EngSoc council and banquet (Director of Internal Affairs), and working on the Engsoc website and servers (Director of IT). These are just a few of the many opportunities a FYPCO will have throughout the year! If you are interested/have any questions contact:

Nick Del Figglio
 Director of First Year firsyear@queensu.ca
 Engineering Society of Queen's University

And now a secret message from Chef!
 Bon Appetit

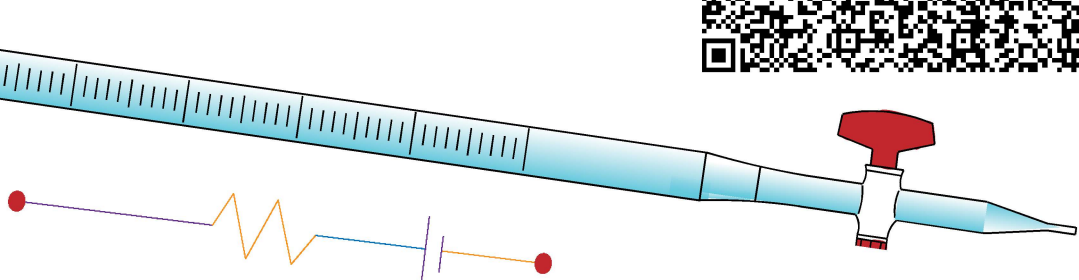
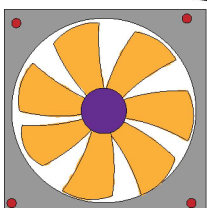


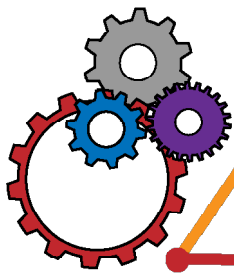
He was even gracious enough to include a QRcode



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Arts 21! Arts 21! Sci 21 != year! Are you really reading this fresh you're so silly





Get Involved

Concrete Toboggan
 toboggan@engsoc.queensu.ca
 Build and race a toboggan composed of concrete for competition.



Queen's Space And Engineering Team
 qset@engsoc.queensu.ca
 QSET is the fastest growing competitive engineering team at Queen's. If you have ever dreamed of machining, building, wiring, and programming your way into geosynchronous orbit, fire away to www.qset.ca

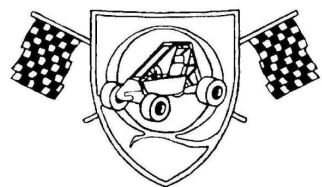
Queens Solar Design
 Qsdt.com or info.qsdt@gmail.com the QSDT is a team of students and faculty, born out of the solar car looking to build an energy autonomous home to compete in the U.S department of Energy's Solar Decathlon.

QUEEN'S SOLAR DESIGN TEAM



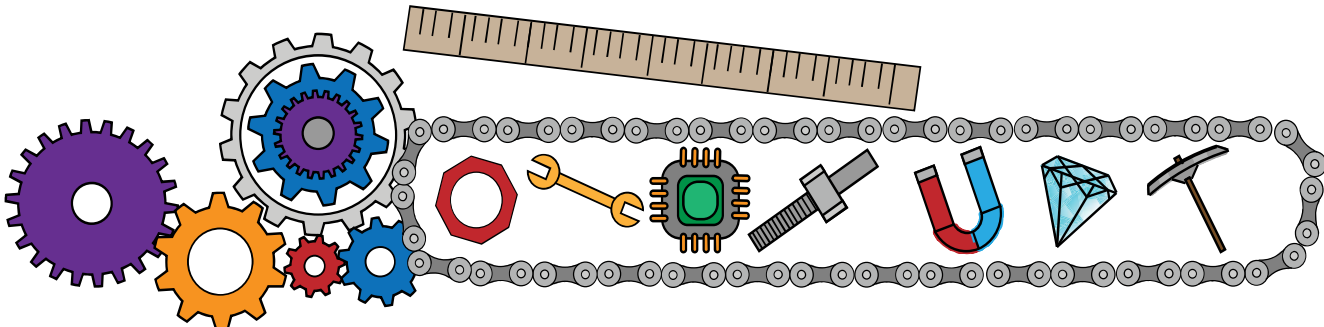
SAE Formula Car
 formula@me.engsoc.queensu.ca
 Super power and excitement draw engineering students to this event every year. Students design, fabricate, and complete with small formula style race cars.

Cirque
 cirque@engsoc.queensu.ca
 CIRQUE is a student conference on opportunities in industry and resources for university engineers. It features motivating and inspiring speakers from a variety of different backgrounds to share their experiences and insights.



Queen's University BAJA SAE

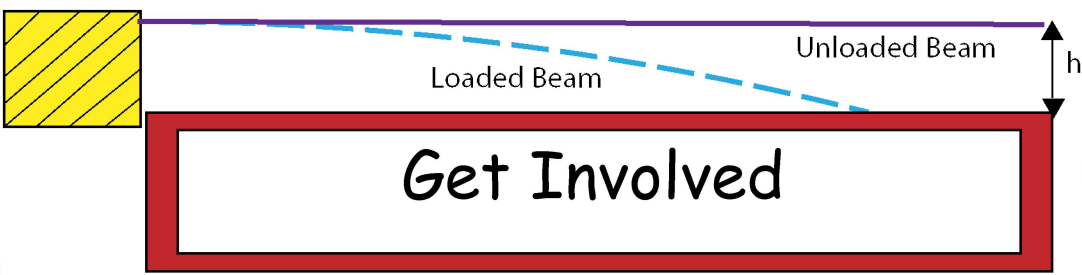
SEA Mini Baja Car
 minibaja@engsoc.queensu.ca
 The Queen's Mini-Baja team is an inter-disciplinary team of students who design and builds an off-road vehicle from scratch. The vehicle will survive the severe punishment of rough terrain and open water at 3 competitions across North America each year.



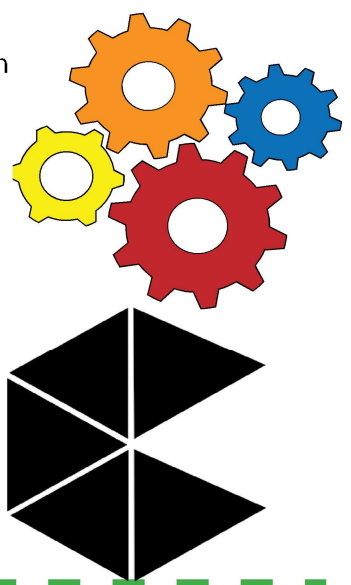
How Tall is the pole froosh? SOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO TALL

How smelly r u froosh?

You'll never pass 112



Get Involved



CEEC:

ceec@engsoc.queensu.ca

CEEC (Commerce and Engineering Environmental Conference) is an annual conference that provides a forum for discussion between students and professionals regarding environmental issues that relate to engineering and business.

Fuel Cell Team

info@qfct.ca or ww.qfct.ca

The Queen's Fuel Cell Team is an undergraduate design team dedicated to building electric vehicles, experimenting with fuel cells, and combining these activities to create new applications for the latest fuel cell technology. QFCT has three main sub-teams focused on electrical, mechanical, and chemical parts of the projects. The team's latest project vehicles are a hybrid fuel cell golf cart and an electric snowmobile.



Bridge Building Team

bridge@engsoc.queensu.ca

Remember in grade five when you built that bridge out of popsicle sticks and you were ecstatic? Well things just got real. Now you can do it again, only bigger, better and even cooler.



Aero Design Team

aero@engsoc.queensu.ca

The Queen's aero design team is a great opportunity to become involved with aviation. They design, build, and fly a large radio-controlled airplane as a part of an international competition.



Concrete Canoe Team

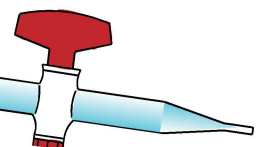
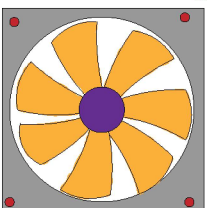
canoe@engsoc.queensu.ca

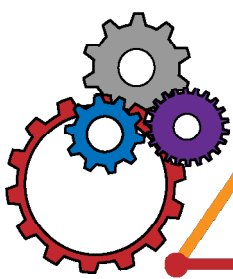
The Queen's university Concrete Canoe Team is an entirely student run design team whose undertaking is the design, development, and creation of a canoe made of concrete. The team competes annually in the Canadian National Concrete Canoe Competition with universities and colleges nation-wide.



Concrete Canoe

Arts 22! Arts 22! Sci 21! = year! Are you really reading this frosh you're so silly





Get Involved

Queen’s University International Center:

(QUIC) is located on the 2nd floor of the JDUC and is the best place to go if you need more information about being an international student, or are interested in studying abroad on exchange. Stop by or visit quic.queensu.ca and learn more about their International Students Orientation. They have everything you need to know about registering for UHIP (Universal Health Insurance Program), English Language Support (ELS) program, and any questions regarding immigration.

**Director of First Year:**

You can ask your FRECs advice about their first year experiences or speak with Nick Dal Farra, the Director of First Year. Nick will be able to answer any questions concerning the first year program. Send him an email at firstyear@engsoc.queensu.ca.

The Writing Centre:

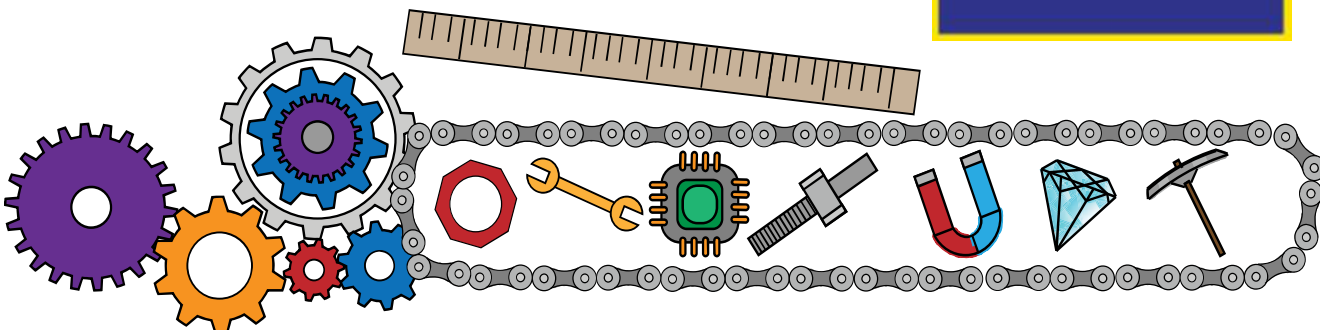
Is a great tool for students wishing to improve their English skills, wanting to have their reports reviewed before being handed in or seeking English Language support. As an engineer, writing skills are an important communication tool; if you’re having difficulties or just want to find out about writing skills required at a university levels, you could visit them at Stauffer Library. Learn more by calling 613-533-6315 or going to sass.queensu.ca/writingcentre.

**Learning Strategies Development**

Learning Strategies Development is an academic support program used by students in all years and faculties to improve their organizational, learning, and study skills to boost their confidence in their own abilities. Large classes, a heavy course load, and a high volume of work can be a big adjustment and a new approach to learning or studying may be more efficient. Drop in to the Learning Commons, located on the 1st floor of Stauffer Library.

Walkhome:

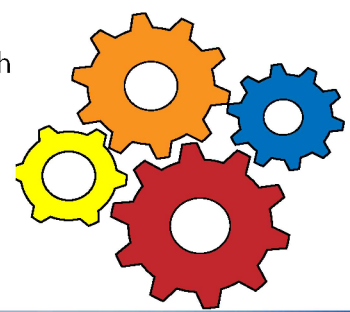
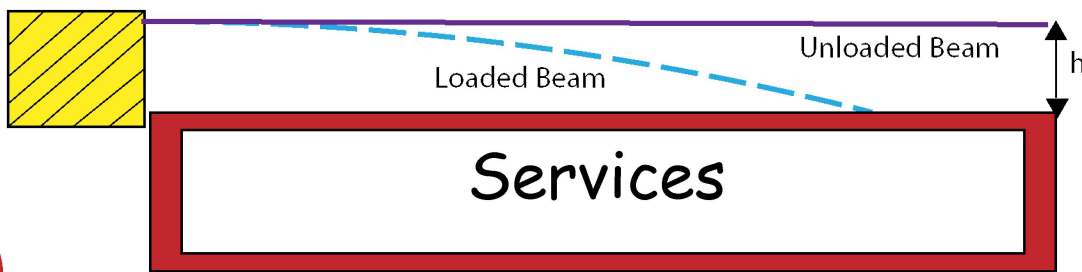
If you’re making your way around campus late at night, you can call Walkhome at 613-533-WALK to request somebody to safely accompany you to your destination of choice. Two staff members – one male and one female – are dispatched to your location. Walkhome staff are all students, and since they do not wear a visible uniform the service is completely anonymous. Check them out at www.myams/Walkhome.



How Tall is the pole frosh? SOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO TALL

How smelly r u frosh?

You'll never pass 112



Integrated Learning Center ILC:

Isn't called your 'home away from home' for no reason. If you ever need a place to study or work on a project and you're not keen on the eerie silence of the library, feel free to book a room anytime on-line for free. Chances are you'll run into plenty of buddies at the ILC so why not take advantage of it. Did I mention it's open 24/7?



The Queens ARC:

Contains new state of the art athletic facilities, including multiple gymnasiums, a swimming pool, squash courts, dance studios, weight rooms and much more. Membership is included as part of your student fees.

Math Help Center:

Do triple integrals or partial differentiation seem intimidating? Get help with any of your math courses at the Math Help Center, which is located in Jeffrey Hall in room 201.

Student Affairs:

A division whose staff champion the student experience by supporting and empowering students. They offer a huge array of support, resources, and assistance to enable your involvement at Queen's whether it is with clubs, athletics, recreational activities, faculty societies or student governments. Contact vpdean.sa@queensu.ca for more information.



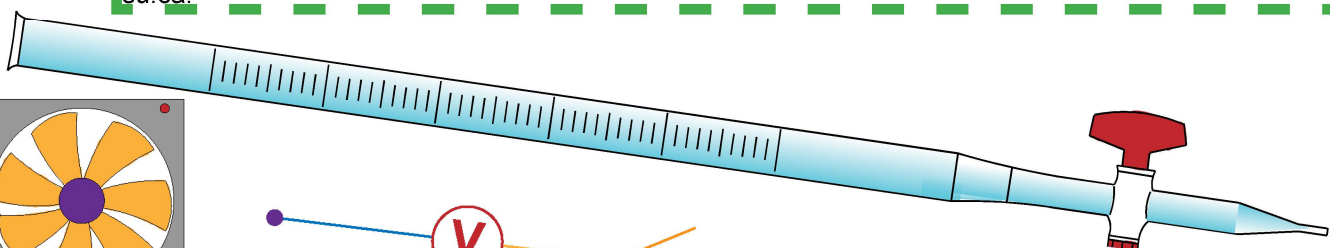
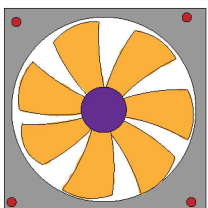
Douglas Tutorials

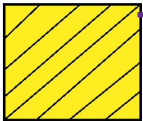
Douglas tutorials are optional services for all first year applied science students. Attendance is not mandatory, but the tutorial can be tremendously useful. Tutors are upper year students and will answer questions related to any of your courses!

Englinks:

Englinks is a peer tutoring service offered through EngSoc. They want to help you succeed in Engineering. Englinks offers one-on-one tutoring for all first year courses, midterm and final exam prep workshops, and has lots of great resources on their website: englinks.ca. Check it out for more details or email englinks@engsoc.queensu.ca.

Arts 22! Arts 22! Sci 21! = year! Are you really reading this frosh you're so silly

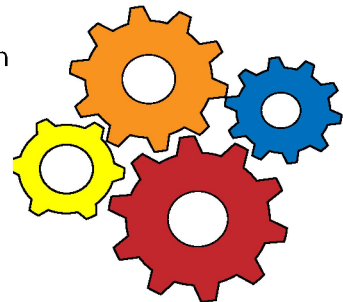




Loaded Beam

Unloaded Beam

h



Conclusion

Like all, which is well and good in the world, this primer must too come to an end. Hopefully you enjoyed reading this book as much as I enjoyed writing it and perhaps gained some insight into what Queen's engineering is about. First Year Engineering is filled with ups and downs but when you look back I can guarantee it will be a great year.

University is filled with many new and amazing opportunities, and your experience will be whatever you make out of these opportunities. My best advice is to find extracurricular activities that you truly enjoy doing. Frosh week is an excellent place to begin your new adventures, and I encourage you to participate fully, and to really get to know your FRECS and fellow frosh. Just remember that this program is very competitive to get into, so use your university experience to the fullest by doing more than just school work.

Remember, for more information on Frosh week or on First Year in general, be sure to ask questions and talk with us on Facebook at the Queen's Engineering Class of 2021 group, as well as connect with our lovely Director of First Year, Nick Dolp Fara, by emailing him at firstyear@engsoc.queensu.ca.

So enjoy your remaining days of summer, and get ready for an amazing year!

Arts 221 Arts 221 Sci' 21 != year! Are you really reading this frosh you're so silly



Get ready for the best year of your life, and make the most out of the week ahead of you. It's been a hell of a ride.

Love you, bye.

Primer, '17

Special Thanks To!

Tristan Brunet

For Endless Wisdom, Chicken and Onions

Austin Pringle

For the greatest collection of memes known to man

All The Frecs

For working hard to make frosh week a blast

Andrew Yang

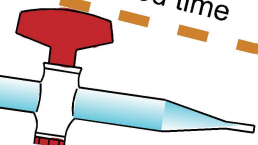
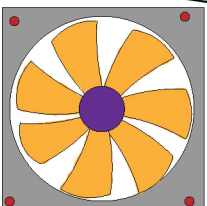
For quality memes

FC '17

For working so hard, and being like family to me. <3

FC '16

For their mentorship as well as showing us how to have a good time



Accessibility and Inclusivity Form

The Orientation Roundtable strives to ensure the creation of an inclusive and barrier free, Orientation experience. Barriers to participation can include, but are not limited to, financial, disability, personal or cultural needs. The Orientation Roundtable is committed to inclusivity and accessibility, and has created the form below as an opportunity to identify any concerns or barriers anticipating in regards to Orientation Week events.



Should you have any questions at all, please reach out to either the Orientation Roundtable Coordinator, Charlotte Corelli, at 613-533-6000 x 79159 or ort@ams.queensu.ca, or the Systems and Support Director, Aidan Thirsk, at ortsystems@ams.queensu.ca. All forms, calls and emails will remain confidential, unless otherwise requested.

We look forward to seeing you in the fall!

Charlotte Corelli
Orientation Roundtable Coordinator
ort@ams.queensu.ca

Aidan Thirsk
Director of Systems and Support
ortsystems@ams.queensu.ca

Accessibility and Inclusivity Form

Name: _____ -or- Prefer not to Disclose

Faculty: _____ -or- Prefer not to Disclose

Please list and describe any accessibility requirement with regards to participation with Orientation Week events (including but not limited to financial, disability, personal, religious, or cultural needs):

Are there any steps the Orientation Roundtable can take to ensure a more inclusive and barrier free Orientation Week for you?

Would you like to be contacted to discuss these concerns and/ or steps? **YES/ NO**

If yes, please include either your email or phone number: _____

Welcome to Queen's, Class of 2021!



Get involved today!

Volunteer positions:

Over 1000 positions in services, Commissions, and committees, all with no experience necessary!

Every fall, each AMS Commission & Office hires *first year interns*.

Internships are a great way for students new to Queen's to get involved and introduced to the AMS.

Part-time jobs:

Looking to earn some money during the year? We offer part-time, flexible positions in 7 completely student-run services, with positions reserved for first year, transfer, work study, BISC and exchange students!

This is a great way to meet people, help pay for your year, and gain valuable skills and experiences.

www.myams.org/apply

Alma Mater Society Executive



Jennifer Li - President

"Welcome, Class of 2021! You're probably wondering what the next few years at Queen's will be like and nervously awaiting September. Everyone has these feelings and it's okay. The best advice I can give you is to keep an open mind and push yourself out of your comfort zone. Queen's is a special place where you will try new things, explore your passions, and meet lifelong friends. There are so many exciting and rewarding opportunities both inside and outside the classroom that will push you to learn and grow. The best part is that you will be joining a community of learners that will be there to support you whenever you need it. The next few years will fly by quickly so embrace your time at Queen's and make your mark. The future looks good, Class of 2021!"



Brian MacKay - Vice President (Operations)

"Welcome to campus! I'm sure that a large part of your summer was spent waiting to finally come to Queen's. That dream has now become a reality, and there is no better way to celebrate than by participating in Orientation Week. Your time at Queen's will go by incredibly quickly, so take the time to try new things and find out for yourself what makes this school so special. University is a place to express yourself and be whoever it is you want to be. Embrace that, and you'll learn just as much outside the classroom—if not more—than you will inside. At Queen's, students go above and beyond academics—they partake in a rich culture of school pride and extracurricular involvement. The hundreds of opportunities offered by the AMS are a great way to get involved. If you have any questions, comments, or simply want to express your excitement about joining the Queen's family, the AMS would love to hear from you!"



Palmer Lockridge - Vice President (University Affairs)

"When I stepped onto campus in first year, I didn't know what to expect but I quickly came to feel the sense of belonging and community that is always present at Queen's. It's this unique support that has kept me going throughout my time at Queen's and has pushed me to get involved. Over the next few years, the friendships you will make and the experiences you will take away from being involved will be the ones that stay with you forever. Your time at Queen's is what you make it so don't hesitate to step out of your comfort zone to explore and discover your passions! Welcome home, Class of 2021!"

Welcome to Queen's!



Hello!

It is surreal to think that just four years ago, I was preparing to pack my bags and make the trek to Kingston. I spent the entire summer making lists of lists of items to pack, trying to figure out how to pronounce "Cha Gheill" (I'm still trying to memorize how to spell it), and reading this very handbook, front to back. I was so incredibly excited for a new adventure. What I did not realize until I arrived at Queen's, was that not only had I been accepted into a new school, but a new community and a new family.

My first few days here were a mix of emotions. Beyond the fact that I missed my dog, I missed my house, my friends, my family, and the routines that I had known for the past many years. But I was also amazed by the welcome I received. Queen's Orientation Week is unique. It is completely student run. This meant that, upon my arrival, I was embraced by the hard work and enthusiasm of over 1,200 upper year students who were simply excited to have me with them.

Whether you will be joining us for one semester, or for more than four years, these students have spent the past many months looking forward to meeting you during Orientation Week. They will be here for you on your first days, and will be here to help point you in the direction of a support system that works for you. They will be around for many laughs, cheers and memories. And so will the 5,300 incoming students around you.

You may not know the faces and names of these others yet, but many of them are going through the same emotions you might be, just about now. You may find your "crew" during Orientation Week, or maybe it will be later on in your time at Queen's. Either way, take the time to enjoy Orientation Week, and don't feel afraid to reach out to those around you, whether you need a hug, a distraction, or even a toothbrush (somehow this didn't end up on any of my lists...).

On a final note, you may be wondering, "What is the Orientation Roundtable?" Sadly, we do not own a round table. BUT, we are a team of five students who make up the core logistical body of Orientation Week. We have been working alongside the nine Orientation Committees here at Queen's, to help ensure that everything is all ready for you, come the fall. These nine Orientation Committees oversee the Arts and Science, Commerce, Computer Science, Concurrent Education, Engineering, Nursing, Kinesiology, NEWTS (New Exchange Worldly Transfer Students) and FYNIRS (First Years Not In Residence Students), Orientation Weeks. The five of us will be around throughout O-Week, so feel free to come on over and say hello!

Until we see you in September, enjoy your summer, welcome to Queen's, and welcome HOME!

For more information, be sure to check out our Orientation Website at: <http://queensu.ca/orientation/home>
As well, for updates throughout the summer, like us on Facebook at: Queen's Orientation Roundtable

Kevin Huang
Concert Director

Charlotte Corelli
Orientation Roundtable Coordinator

Bryn Raha Saar Routledge
Logistics Director

Sarah Flisikowski
Leadership Development Director

Aidan Thirsk
Systems and Support Director

Welcome to Queen's!

Dear Incoming Students,

Welcome to Queen's! I am delighted to welcome you to Kingston. It is an exciting time in the history of our university, we have just celebrated our 175th anniversary, and the future is looking bright. I know how hard you worked to get here, and I sincerely hope that you will find your years at Queen's to be some of the most rewarding and memorable of your life. The first few weeks of the academic year will undoubtedly be busy, as you adjust to your new surroundings, make new friends, and get steeped in Queen's spirit! Enjoy every moment, and stay safe.

As a Queen's graduate myself, I can remember arriving on campus as a first-year student forty-one years ago, in 1976. While I was very excited to be here, I will readily admit that as a less-than-worldly 17 year old, I was also a little nervous. Not only was I living away from home for the first time, I was also aware of a whole set of new expectations at university that left me feeling a bit overwhelmed. While it did take me some time to find my feet, before too long, I was up and running, and having a wonderful time.

In other words, I am speaking from experience when I say that if you are feeling anxious or stressed at all in the first few months of the academic year, please rest assured that you are not alone. Know that Queen's has lots of people and programs to help you navigate the transition to university with confidence, should you find yourself struggling in any way.

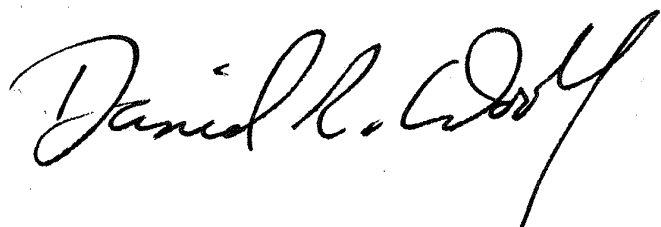
While your academic work will be the primary focus of your time at Queen's, I encourage you to round out your experience here by getting involved in extracurricular activities, both on campus and in the Kingston community. You will meet like-minded people, and will also develop skills that will serve you down the road—all while helping to beat stress. It is important to engage in activities, in addition to your studies, that bring you enjoyment. It's something I practice myself through activities such as hosting my weekly radio show on our community radio station, CFRC: no matter how hectic my schedule may get, I can always look forward to sliding behind the microphone and playing some of my favourite tunes on the air. I invite you to tune in if you have some time and also to follow me on twitter, @queensprincipal.

This is a place where you can expect to find the intellectual support to grow and learn. At the same time, you will be expected to make considered, well-informed choices both in and outside the classroom. We have policies on both sexual violence and nonacademic misconduct, which many of our students helped to create, and which are readily available for you to consult. We take the health and well-being of our Queen's community members very seriously, and count on our students to uphold the university's relationship with the city of Kingston and its residents through courteous and respectful behaviour.

Queen's is a close-knit community, where respect for others' beliefs, opinions and backgrounds is one of our most important values. We welcome students from diverse backgrounds and cultures, and we embrace these differences. As you settle into your new life at Queen's, and make new friends, please take the time and effort to meet others from different walks of life. When we are nervous and making new connections, it can seem easier to seek out those who seem most like us. However, to make friends with those who have different experiences from our own, and many have different beliefs, teaches us much, and enriches our lives immeasurably.

I wish you all the best as you begin this important chapter in your life here at Queen's.

Cha Gheill!

A handwritten signature in black ink that reads "Daniel R. Woolf". The signature is written in a cursive, flowing style.

Daniel R. Woolf (Artsci'80)
Principal and Vice-Chancellor



Dear Students,

On behalf of the City of Kingston I am thrilled to welcome you to our community! Congratulations on selecting Queen's for your post-secondary education and Kingston as your new home.

As you begin this new chapter, I hope you take time to explore and familiarize yourself with your new city. You will discover Kingston is a wonderful place to live and home to the region's best cultural attractions: our beautiful waterfront, museums, galleries and historic sites, including Fort Henry and the exciting new Kingston Penitentiary Tours.

Please know my door is always open and I would love to hear from you. Connect with me on Twitter @MayorPaterson, by e-mail at mayor@cityofkingston.ca and be sure to check out my website at www.MayorPaterson.com for updates on hot topics in the city.

Wishing you a great orientation week!

Sincerely,



Bryan Paterson,
Mayor of Kingston



Welcome to Queen's!

Dear Class of 2021,

Congratulations to YOU for being accepted to our illustrious institution! It is my pleasure and honour to welcome you to your new home, Queen's University.

Queen's is one of the oldest Canadian institutions for post-secondary education; it is older than Canada, which is celebrating its 150th as a Confederation. After more than 175 years, Queen's University is rich in history and traditions that define our student experience. In your first week here at Queen's, you will be partaking in one of our long standing traditions – faculty Orientation Week, which is completely organized and held by our students. Many of the events and activities will introduce you to our beautiful campus, our exceptional faculties, and resources that will help you to succeed during your time here at Queen's. Reach out to your peers to develop relationships, and turn to your student leaders for guidance. Indulge yourself in the vast number of traditions and songs such as The Queen's Oil Thigh. More importantly, take the time to enjoy yourself this Orientation Week.



Queen's University has always been marked by our incredible "student experience." There is no other school in Canada, and perhaps North America (maybe the world), where students can have their voice heard at high regards, or are provided with numerous opportunities to do incredible things both inside and outside of the classroom. We have long held the importance of ensuring that our actions serve to benefit the Queen's family and the greater Kingston community. As Rector, I am the third officer of the University and an equal to the Chancellor, Principal, and Vice-Principals. As a student holding this position, I represent a unique opportunity that students at Queen's are presented with to drive what goes on at our University. Whenever it is possible, I encourage you to make the most of the opportunities here and to get involved with whatever you are passionate about. During your time as a student, I implore you to contribute to creating an inclusive campus for all peoples. We are an institution where diversity makes us stronger, and the support of our family makes us better. Through the roles and positions that may hold during your time here, work to enhance the student experience for others, lead with integrity, and create sustainability so that others may have the same opportunities. Queen's endorses these opportunities with freedom and support. It is a privilege to attend Queen's, and I hope you make the most of every minute you spend here.

As the Rector of Queen's, I am here to represent and support all Queen's students. The Rector serves on the Board of Trustees, sits on AMS and SGPS assemblies, and is an observer of the University Senate. In addition, the Rector sits on various planning and advisory committees on campus. Aside from these more representation-based roles, the Rector also serves some ceremonial duties by speaking at all convocation ceremonies and conferring the Agnes Benedickson Tricolour Award on an annual basis. Lastly, but certainly not least, I am here to support you with anything you might need assistance with. If you are struggling with anything and don't know where to turn—my door is always open. If you ever need someone, please drop by my office in the upper ceiling of the JDUC (room 124). Nothing I might be working on is more important than making time for students—please don't hesitate to reach out, at rector@queensu.ca or [@queensurector](https://twitter.com/queensurector). I can also help you get involved if that is something that interests you!

Princeps Servusque Es (Be a Leader and Servant),

Cam Yung
35th Rector of Queen's University

Welcome to Queen's!



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Senate Orientation Activities Review Board (SOARB)

Welcome to Queen's Orientation Week 2017! We hope you enjoy your first week here in Kingston and invite you to take advantage of the many opportunities Orientation Week provides. During the Week, you can learn about the many resources, services, and extracurricular activities offered, meet new people, and have fun!

Remember that this week is organized with every intention of making you feel safe and settled here at the University. We want you to get excited about calling Queen's "home"!



The Senate Orientation Activities Review Board (SOARB) is a Queen's Senate committee that exists to ensure your first week here is a good one. Our Board is comprised of students, faculty, staff, and alumni from the Queen's community, and together we're responsible for setting the general policies for Orientation Week. The Orientation Roundtable (ORT) and Faculty Societies are responsible for executing these policies. We'll be attending activities throughout the week to observe events and then will report our observations and make policy recommendations to the University Senate.

If you have any concerns or comments about Orientation Week 2017, you can reach us through the secretary of the committee, Joan Jones. Her office is located in the John Deutsch University Centre (JDUC), room 135. She can also be reached by phone at 613-533-6745, or by email at jj7@queensu.ca.

Have a great week!

Cha Gheill!

Brandon Jamieson, SOARB Student Co-Chair

The goals of Queen's Orientation Week are:

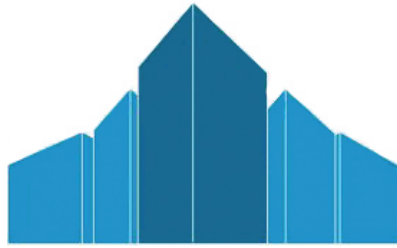
- To make all new students feel welcome;
- To facilitate a smooth transition to university;
- To build a strong and inclusive community of students;
- To make new students comfortable in their academic, social, and environmental contexts;
- To provide a solid foundation for a successful university experience.

The broad approaches we take in order to achieve these goals are:

- Foster a climate that:
 - o is positive, respectful, inclusive and discrimination-free;
 - o prepares students for academic and intellectual pursuits;
 - o promotes individual and community health, wellness and safety.
- Familiarize students with:
 - o personal support services and social opportunities;
 - o expectations for non-academic conduct;
 - o the academic culture, expectations and resources.
- Facilitate:
 - o the development of social networks and interpersonal relationships;
 - o student engagement with faculty members;
 - o student utilization of personal and academic resources.

In achieving these goals and taking these approaches, the utmost respect for the individual and the community will be shown.

Welcome to Queen's!



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Welcome to Queen's!

The Student Code of Conduct

All students are required to adhere to the Queen's University's Student Code of Conduct. Non-Academic Misconduct (NAM) is the system by which the Code is enforced; the AMS Judicial System is one unit of the University's NAM System. In general terms, acceptable conduct does not infringe on the rights of other members of the University community and conforms to the regulations of the University, its subordinate jurisdictions, and to the law of the land. Students may be held accountable for their actions both on- and off-campus wherever there is a connection to the University or its interests (including off-campus events, scenarios where students are representing Queen's, and issues of reputational damage to the University, amongst others). The University's system of Non-Academic Misconduct should not be regarded as a substitute for the civil or criminal law but rather as a complementary system that may be derived naturally from our existence as a clearly distinguishable community of interests. Similarly, AMS members are additionally required to abide by AMS policy and the AMS Constitution. On the flip side, all students and AMS members are also eligible to file a complaint under NAM (see <http://myams.org/nam/> to file a complaint).

As per Section V, Part D, Subsection B of the Student Code of Conduct (2016), the following matters shall be considered violations of AMS Policy pertaining to NAM:

- A. any breach of Section V of the Queen's Student Code of Conduct, or any violation of the laws of the land, including but not limited to provisions of the Criminal Code of Canada while in Canada, the laws of the host country while abroad, and any applicable municipal, provincial, territorial, federal, or international laws, whether the conduct occurred on- or off-campus, provided that the conduct had a real and substantial connection to the legitimate interests of the University, members of the University community, and/or the Society;
- B. vandalism, including wilful or negligent damage to the property of the AMS, the SGPS, any other University organization, any member of the University community, or any member of the general public;
- C. infringement of the rights of any member of the University community or general public, including but not limited to excessive noise and general public disturbance;
- D. failure to adhere to the laws and University regulations governing the sale, possession, and/or consumption of alcoholic beverages;
- E. actions committed as part of an unlawful public disturbance that threatens civil order and/or the safety of any member of the University community or the general public;
- F. failure to comply with any order made by the AMS Judicial Committee, including but not limited to a summons or the assignment of sanctions;
- G. perjury; and
- H. fraud.



To book an appointment:
Harry Smith
University Ombudsman
613-533-6495
ombuds@queensu.ca
Robert Sutherland Hall 421

The mandate of the University Ombudsman is to provide independent, impartial and confidential advice. This may include facilitating the informal resolution of concerns and complaints in support of University policies and procedures and in accordance with best practices in organizational conflict management.

The Ombudsman performs a variety of functions including providing information, referring inquiries to the appropriate individuals or offices, offering advice, intervening to facilitate a resolution, investigating concerns, recommending fair resolutions to individual cases, making recommendations for policy changes and addressing systemic barriers to fair processes.



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AMS COMMISSIONS

Core components of the AMS are the four Commissions that advocate on behalf of Queen's students to the University, the City of Kingston, and to the provincial government on student issues. There are a wide range of work and volunteer opportunities available within each of the Commissions. Visit myams.org to learn more.

The Academic Affairs Commission (AAC) advocates on behalf of students and supports students in all academic matters. Their mission is to educate and engage with students on post-secondary issues, to advocate on their behalf both internally and externally, and to facilitate student needs through our various committees, coordinators, and services. Contact the Commissioner of Academic Affairs, Victoria Lewarne, at aac@ams.queensu.ca



The Campus Activities Commissions (CAC) strives for the betterment of student life through social, inclusive, and entertaining extracurricular activities. They run events and conferences each year that enrich the Queen's experience for undergraduates in unique and memorable ways. Contact the Commissioner of Campus Activities, Devon Laflamme, at cac@ams.queensu.ca

The Municipal Affairs Commission (MAC) advocates for student interests at a municipal level on such issues as property standards, waste programs, and snow removal. They also facilitate a wide range of opportunities for students to volunteer in the Kingston community. Finally, the MAC helps to prepare students to live responsibly in off-campus housing. Contact the Commissioner of Municipal Affairs, Stefano Hollands, at mac@ams.queensu.ca



The Social Issues Commission (SIC) aims to speak to issues of equity while engaging with oppression at Queen's. They seek to provide students with resources and education as well as offer an open, safe space for those who face oppression and their allies. By fostering close ties with various groups and the Queen's administration as well as facilitating student learning about oppression, we aim to eliminate marginalization on campus. Contact the Commissioner of Social Issues, Ramna Safer, at sic@ams.queensu.ca

AMS OFFICES

The four AMS Offices support the activities of all students presently involved with the AMS as well as those looking to get involved. They also work toward strengthening the organizational and reputational standing of student leadership. Check out myams.org to see the opportunities in each Office.

The Advancement Office (ADO) is responsible for ensuring that the AMS has a cohesive strategy for fundraising, sponsorship, and meaningful engagement with alumni. This Office works to build and maintain relationships with donors, sponsors, and the alumni community, and works closely with the Queen's Office of Advancement on these goals. The ADO supports the functions of the AMS by securing financial contributions and mentorship opportunities that will enhance the programming and services provided by the Society. Contact the Director of Advancement, Cliff Lerebours, at advancement@ams.queensu.ca



The Human Resources (HR) Office is here to make sure that your experience within the AMS is rewarding, productive and welcoming. Whether you volunteer on a committee, work as an AMS intern, or are employed by one of the many AMS services, the HR Office is your resource. Don't know where to start? We can help with that too because recruitment is one of the primary roles of the HR Office. Contact the Director of HR, Marlee Satok, at hr@ams.queensu.ca

The Information Technology (IT) Office works to provide and maintain the IT infrastructure on which the AMS depends. The IT Office operates internally on both the government and corporate sides of the AMS to ensure the continued support and maintenance of all IT equipment and services. The IT Office works to develop applications, databases, and websites for the various AMS Services. Working as a part-time student staff member in the IT Office is a great way to develop your passion for Information Technology. Contact the Director of IT, Matthew Bowen, at ito@ams.queensu.ca



The Marketing & Communications (MarComm) Office serves as the public relations channel for the AMS and facilitates the two-way flow of information between the AMS and students. They accomplish this by conducting marketing research to gauge the opinions of the Queen's student body while monitoring the AMS's media relations with both local and national media. The MarComm Office is also responsible for the supervision and creation of AMS publications, web content, and interacting with students through social media. Contact the Director of Communications, Craig Draeger, at communications@ams.queensu.ca

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QUEEN'S UNIVERSITY

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Welcome to Queen's!



QUEEN'S CLUBS



The Clubs Office is comprised of over 250 unique organizations, ranging from cultural groups to health outreach initiatives, among others. For many students, one of the most important experiences outside of the classroom is participating in clubs on campus. The Clubs Office works to provide resources and support to AMS affiliated groups through financial means (grants, bursaries, fundraising, etc.), providing club space, insurance, and resources for event planning and marketing. There are also various workshops held throughout the year, along with the annual Tricolour Open House which allow clubs to showcase their organization to the entire student body.

The Director of Clubs is responsible for the day to day operations of the office which includes connecting with club members, students, and stakeholders (on and off campus) as well as overseeing the Assistant Director of Clubs, the HR Coordinator and the Marketing Coordinator. Additionally, they act as the main liaison between the AMS and the clubs community with regular office hours 10-12 and 1-3 Monday to Friday. A complete list of clubs and organizations can be found on the AMS website with other useful club information. Feel free to contact the Director of Clubs, Emmy Vassos, at clubs@ams.queensu.ca with any questions about this fun and exciting Office.

Welcome to Queen's!

AMS SERVICES

All AMS services are entirely student-run. We have thousands of student employees and volunteers who work hard to bring on-campus resources to those who need them, whether that's a cup of coffee at Common Ground, weekly campus news from the Queen's Journal, or academic support from the Academic Grievance Centre. Want to be a part of an AMS service? Check out www.myAMS.org for information about which services will be hiring this fall!



The **Common Ground Coffeehouse (CoGro)** is a student run coffeehouse found at the heart of the Queen's Campus in the Athletics & Recreation Centre. They offer a large variety of espresso based drinks, iced drinks, bagels, delicious sandwiches, and local baked goods. The CoGro lounge space can be used for studying, hanging out with friends, grabbing lunch, or can even be booked for events! And be sure to drop by The Brew, Common Ground's second location in the Upper JDUC (by Tricolour Outlet) to pick up a coffee, tea, or baked good on your way to class!

Located in the heart of the JDUC, the **Printing & Copy Centre (P&CC)** offers a wide variety of products and services including black & white and colour printing; scanning; faxing; business card, booklet, brochure, and program printing; rave cards; binding; poster printing and more. The staff at the P&CC will work hard to help you complete your publishing projects efficiently, effectively, and affordably – all while in a fun, welcoming environment.



Walkhome is a student-run service that provides all members of the Queen's Community with a safe and comfortable way to travel Kingston at night. It is a completely anonymous and confidential service, so our staff members do not wear any clothes identifying them as a Walkhome team. Whether you feel unsafe or just want company on your night walk please call (613) 533-WALK or visit the kiosk in the lower ceiling of the JDUC.

Since 1977, the **Queen's Pub (QP)** has been a tradition here at Queen's University. The relaxed atmosphere and great tunes will always keep you coming back. Come try the delicious menu with vegetarian options, a multitude of beers, fine wines, and cocktails. Whether you're using the Pub to meet a study group or watch sports on the HD flat screen TVs, QP staff will always make your visit the best it can be. Come in and get acquainted with the only pub you'll ever need. Cheers! The **AMS Pub Services (TAPS)** constitutes the only student-run bars in Canada, including the Queen's Pub (QP) and The Underground Nightclub. You can reach them at (613) 533-2740 or taps@ams.queensu.ca



Welcome to Queen's!



The **Housing Resource Centre (HRC)** is a confidential space where students can talk freely about their concerns with any current or potential housing situation. The HRC also offers tips on finding housemates and house hunting. You can visit them in room 040 of the JDUC or email hrc@ams.queensu.ca.

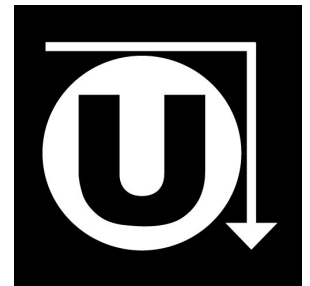
The **Peer Support Centre (PSC)** is comprised of a dedicated group of trained volunteers offering personal and social support to students at Queen's. The PSC provides a safe, non-judgmental, and strictly confidential environment for students to speak with our empathetic volunteers, as well as resource guidance and support groups. No issue is too diverse or too small! Reach them at (613) 533-6000 x 75111 or in JDUC rooms 34 and 26.



TRICOLOUR OUTLET

Tricolour Outlet is your one-stop shop that serves students, alumni, and the Queen's community. They provide high-quality options for Queen's clothing and merchandise, a means for students to save money on used textbooks, inexpensive school supplies, event tickets, and a safe and convenient bus service. Come visit them on the upper ceiling of the JDUC or check out their website: www.tricolouroutlet.ca

Versed in years of tradition since opening its doors in 1976, the **Underground** has served generations of students and alumni. Administered along with the QP by **The AMS Pub Services (TAPS)**, the Underground is the only student-operated club in the country and offers a level of acceptance and warmth that is unparalleled in the Kingston community. It doesn't matter what faculty you are from, The Underground welcomes all students who are invested in making each night special. The Underground is available for booking to all students for club events, team socials, or even birthday parties. You can reach them at (613) 533-2740 or taps@ams.queensu.ca



Studio Q is a student-run creative agency, providing professional design, photography, video, and broadcasting services. As well, they produce the Tricolour Yearbook & Agenda and livestream the Queen's Gaels home games. Contact Studio Q at (613) 533-2738 or studioq@ams.queensu.ca

The **AMS Food Bank** provides confidential and non-judgmental food options to members of the Queen's community in the most comfortable environment possible. The Food Bank (JDUC 343) helps to ensure that Queen's students can be healthy and productive as they pursue academic achievement and alleviates poverty amongst Queen's community members. You can reach them at (613) 533-6972 or foodbank@ams.queensu.ca. Learn more at www.AMSfoodbank.com



Bikes & Boards provides basic repairs for commuter, road, hybrid and mountain bikes as well as skate boards and long boards, while focusing on the promotion of social, environmental and economic sustainability through its internal operations and community outreach programming. You can also access the tools in the shop for a small fee if you know how to fix it yourself! Throughout the year, they have a selection of refurbished bikes and new longboards for sale and bike parts and accessories such as tubes, locks, lights and bells are also available for purchase. Contact them at bikesandboards@ams.queensu.ca or visit JDUC 046.



With a staff of almost 30 students, the **Queen's Journal (QJ)** puts out issues every Friday and releases online content throughout each week at www.queensjournal.ca. They welcome all students as writers and photographers as well as letters or opinion pieces from all members of the Queen's community. Feel free to drop by the Journal House (190 University Ave.) or contact the Editors In-Chief at journal_editors@ams.queensu.ca or (613) 533-2800 for more information about services and opportunities.

The **Queen's Student Constables (StuCons)** are a peer to peer security service that embodies the unique idea of students being responsible for students. StuCons work to keep everyone safe by upholding the AMS and university's rules and regulations at sanctioned events and venues. For more information, contact qsc@ams.queensu.ca



The **Academic Grievance Centre (AGC)** is the place to go if you have any questions or concerns about academic grievances, discipline, or regulations. The volunteers that work in the centre (JDUC 040), are very knowledgeable about the academic policies of the University and can be a resource and support if you have a problem or simply need someone to listen. You can reach them at (613) 533-6434 or agc@ams.queensu.ca

The **Student Maintenance and Resource Team (SMART)** provides property maintenance and community clean-up services to students, landlords, and others living in and around the University District. SMART focuses on lawn care and garbage removal for their clients throughout the summer months. As students arrive in the fall, SMART ensures that the University District is clean and safe through community-wide clean ups, paying particular attention to times of the year like Orientation Week, Homecoming, Halloween, and St. Patrick's Day. They also provide a free student housecheck program for summer and holidays. Reach them at smart@ams.queensu.ca or visit www.smartkingston.ca for more information.





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FIRST YEARS NOT IN RESIDENCE STUDENTS (FYNIRS)

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3RD-5TH

ORIENTATION
WEEK 2017

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Welcome to Queen's!



Student Life Centre

Space • Information • Resources

The **Student Life Centre (SLC)** is a collaboration of facilities, services, and resources dedicated to enhancing the quality of student life at Queen's. Encompassing the John Deutsch University Centre (JDUC), the Queen's Centre (QC), the Mackintosh-Corry Student Street (MC), and the Grey House, the SLC provides space for societies and clubs, bookable spaces for meetings and performances, and public spaces for a wide range of student and community uses. The SLC Information Desk is located beside the Union St. entrance of the JDUC, where friendly SLC staff can provide you with information about space bookings, equipment and locker rentals, poster approvals, and conference or event set-up. In the long term, the JDUC revitalization project will create transformative new opportunities for student life and engagement. Contact the SLC at (613) 533-6000 ext. 32794, or www.studentlifecentre.ca



Welcome to Queen's!

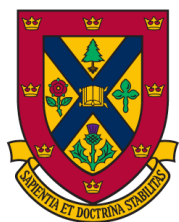
ON-CAMPUS SERVICES

These University and community services encompass a wide range of support available to Queen's students.



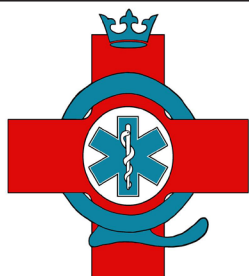
The **Four Directions Aboriginal Students Centre** seeks to enhance the development and well-being of the Queen's University Aboriginal Community. Four Directions welcomes and encourages all students to develop an awareness and appreciation of the Aboriginal experience in Canada. In keeping with the teachings of the Four Directions, the Centre strives to support individual Aboriginal Students in balancing their academic, spiritual, physical, and emotional needs. The Four Directions Student Center is located at 146 Barrie St. For more information please contact 4direct@queensu.ca

Career Services is available to assist you with everything you need to know, and do, to make your next career move a success. We help you learn how to choose a program that leads to an interesting career, where to look for a summer job, how to navigate out of school and into the world of work. Book an appointment with a Career Counsellor or attend one of our many workshops to learn what works (and what doesn't) with networking, resumes, cover letters and interviews. Visit Career Services in Gordon Hall or on the web at <http://careers.queensu.ca>



The Queen's **Human Rights Office** mandates to provide advice, support, and resources to any community member with concerns in the area of human rights. The Human Rights office's Advisory Service is a confidential service that assists individuals or groups at Queen's who wish to pursue informal or formal routes of complaint resolution following an incident of harassment or discrimination. All inquiries are confidential. Visit the Human Rights Office online at www.queensu.ca/humanrights/

Queen's Athletics & Recreation - A healthy body supports a healthy mind - over 81% of our student population is active in sports or recreational activities on campus. Join an intramural team, workout or participate in one of our many fitness and wellness offerings to keep in shape. If you're interested in competitive or high performance sport—why not try out for one of our varsity sports? At Queen's, students have a multitude of athletic activities to choose from and enjoy while taking a break from their studies. For more information visit www.gogaelsgo.com.



Queen's First Aid is on call 24 hours a day, 7 days a week during the academic school year and provides confidential, professional First Aid Response. You can request QFA to attend a situation by calling the Campus Security Emergency Report Centre at (613) 533-6111, or by activating the closest Emergency Blue Light. QFA is also available to provide First Aid Coverage at your event. For more information, visit www.queensfirstaid.com.

AMS HEALTH & DENTAL PLAN

MAKE THE MOST OUT OF YOUR PLAN

WHY AN AMS HEALTH & DENTAL PLAN?

The Plan is a critical service of the AMS designed to fill the gaps in provincial health care.

WHO'S COVERED?

All full-time undergraduate students in the Fall Term who are AMS members, including full-time international students paying Queen's fees and on UHIP, are automatically enrolled in the AMS Health & Dental Plan.

CHANGE-OF-COVERAGE PERIOD

- ▶ Fall (family enrolments and opt outs):
SEPT. 1 – OCT. 2, 2017
- ▶ Winter (family and self-enrolments for new students only):
JAN. 4 – 25, 2018

Follow the instructions at www.studentcare.ca.

THE EASE OF CLAIMING AT YOUR FINGERTIPS

Discover the **Studentcare mobile** app, which lets you submit claims and get reimbursed in 5 quick, secure steps. Download it for free from the **App Store** or **Google Play**.

MORE THAN
\$10,000

HEALTH-CARE COVERAGE



Prescription drugs
Psychologists
and more...
Vaccinations
Physiotherapists

UP TO
\$275

VISION COVERAGE



Eye exam
Laser eye surgery
and more...
Eyeglasses and
contact lenses

UP TO
\$5,000,000

TRAVEL COVERAGE



Travel health coverage (120 days per trip, up to \$5,000,000 per incident), plus trip cancellation/interruption in the event of a medical emergency

UP TO
\$1,000

DENTAL COVERAGE



Checkups
Fillings
Extractions
Cleanings
Root canals
and more...

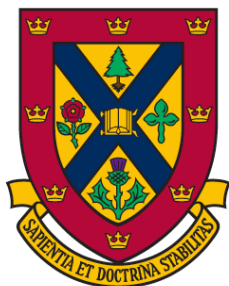
SAVE MONEY WITH THE STUDENTCARE NETWORKS

You're covered for the insured portion of your Plan regardless of the health-care professional you visit, but you can see a Network professional to save more money on services like:

- ▶ Dental
- ▶ Vision
- ▶ Psychology
- ▶ Physiotherapy
- ▶ Chiropractic



Questions?
9 am to 5 pm on weekdays
Toll-free: 1 877 795-4420
www.studentcare.ca



Chaplain's Office - Queen's has a University Chaplain, appointed by the University, as well as a number of Christian Chaplains who, with the University Chaplain, form the Queen's Chaplaincy Team. There is also a Muslim Chaplain in one day a week, as well as contacts with most faith groups. These chaplains are here to help students in any way they can, from deeply spiritual or personal problems to the very practical aspects of living and adjusting to University life. The Chaplains are committed to fostering a climate of respect for the variety of faith traditions at Queen's. Students are encouraged to drop by the University Chaplain's Office, room 142B in the JDUC anytime!

The **Positive Space Program** brings visibility and support to lesbian, gay, bi, trans, and queer communities at Queen's. Positive Space stickers posted at the entrance to work, living, or study areas encourage the Queen's community to celebrate the gender and sexual diversity that exists on campus and to work to overcome subtle and overt forms of heterosexism, homophobia, and transphobia. This program is a reflection of Queen's commitment to welcome and include all members of the community and to create a campus that is free of discrimination based on gender and sexual identity. Information can be found at <http://www.queensu.ca/positivespace> or posspace@queensu.ca.



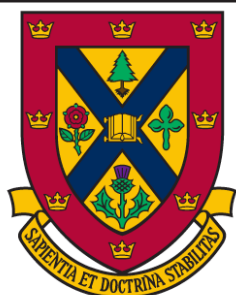
POSITIVE SPACE



Queen's
Legal Aid

Queen's Legal Aid (QLA) offers free legal services to students with certain tenancy, criminal, civil, employment and government benefits problems. Law students provide these services under the supervision of staff lawyers. QLA is located in Macdonald Hall, room 406 and can be contacted at (613) 533-2102. Alternatively, visit their website at <http://law.queensu.ca/students/legalAid.html>.

The **Queen's University International Centre (QUIC)** is an international education support service for all students, faculty and staff at Queen's. Through its activities the Centre promotes an internationally informed and cross-culturally aware university community. Visit us at www.quic.queensu.ca or drop by the centre on the upper ceiling of the JDUC to see what QUIC can offer YOU. There's something for everyone!



The Ban Righ Women's Centre is a meeting place and a resource that offers its services without charge or membership. The Centre has informed and helpful staff to assist women of all ages continue formal or informal education, especially those who are returning to study after a time away from formal education or starting university for the first time later in life. Students find help with academic, financial, social or technical issues; share experiences, network with peers, give and receive support. They can be found at 32 Bader Lane and our website is <http://banrighcentre.queensu.ca>.

We Accept Undergraduate & Graduate Students

C^D | CAMPUS DENTIST

In partnership with the Studentcare Dental Network

OPEN TO THE COMMUNITY
17/18

OPEN TO THE COMMUNITY

- New Patients, Walk-ins & Emergencies Welcome.
- All Insurance Plans Accepted.
- Free Whitening with new patient Exam & Cleaning.
- Free  invisalign® Consultation.
- Direct Billing.
- Fully Licensed Dentist.

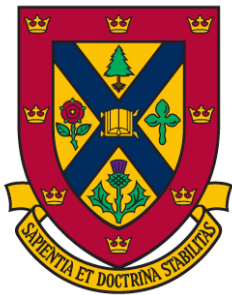


WE ARE OPEN YEAR ROUND

613.549.3840

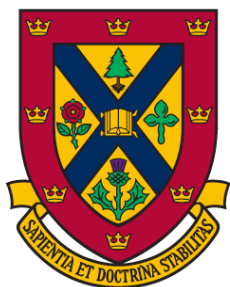
BOOK YOUR APPOINTMENT ONLINE
queens@campusdentist.com | www.campusdentist.com

Welcome to Queen's!



The **Interfaith Council** is a council of people representing various faith traditions at Queen's whose goal is to assist the University in promoting and enhancing the environment of religious tolerance, diversity and freedom of expression. Members of the Council represent faith traditions such as Christianity, Judaism, Hinduism, Aboriginal, Islam, Bahai and Buddhism and Wicca. Students are encouraged to exercise their own judgement as to the extent to which they participate in Orientation Week and are reminded that all activities are voluntary. To contact a member of the Interfaith Council, call (613) 533-2186.

CFRC is Queen's campus and community radio station, broadcasting at 101.9FM, channel 282 on cable, and CFRC.ca online. CFRC is your gateway to diverse Kingston communities and to underground music from around town or across the globe. CFRC offers free broadcast and journalism training. To get involved, contact cfrsprogram@ams.queensu.ca, call (613) 533-2121, or drop by the station in Lower Carruthers Hall.



Queen's University Libraries have the information resources you need to complete assignments, write research papers, find class readings and explore any subject. The Queen's Library also consists of the Queen's Learning Commons (QLC), the Writing Centre, and the Learning Strategies Development Program. The QLC offers an inviting, collaborative learning space where students can pursue and share ideas and also unites staff from several service units who assist students through individual consultation, workshops, peer mentoring, and collaboration. The Writing Centre offers one-on-one tutorials, workshops, and credit courses for students from all subject areas. The Learning Strategies Development Program supports academic success through enhancing the skills and self-confidence of students through workshops, individual sessions, and the peer mentor program. These three services are all located in Stauffer Library.

Telephone Aid Line Kingston (TALK) is a crisis, distress, befriending and information line that is open from 7pm until 3am every night of the year. The telephone lines are staffed by well-trained, caring volunteers who are there to provide confidential, anonymous, and nonjudgmental listening. Don't hesitate to call (613) 544-1771 if you need to talk. For more information visit us at www.telephoneaidlinekingston.ca

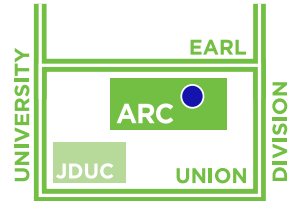


Telephone Aid Line Kingston
We're here to listen



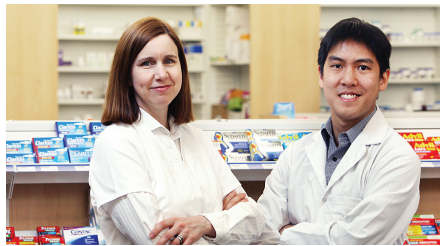
The office of **Town-Gown Relations** can help navigate through problems in the Queen's/Kingston equation while respecting confidentiality at all times. This office can educate you on your responsibilities and advocate for your rights as a student-resident of Kingston. For bylaw questions, assistance with rental situations or tips for making yourself truly "at home" in Kingston, Town-Gown Relations is your starting point. We are located in the JDUC in room 315 or you can contact us at (613) 533-6745 or towngown@queensu.ca. Our website is <http://towngown.sa.queensu.ca>

DRUGSMART PHARMACY



Transferring your prescriptions and insurance from any pharmacy in Canada is easy! Call 613-507-7775
No paperwork required.

We will gladly mail your claim forms for **FREE** during the September opt-out period.



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CAMPUS
HEALTHSHOP**



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QUEEN'S CENTRE/ARC B400-284 EARL STREET, KINGSTON ONTARIO K7L 2H8

TEL 613 507 7775 | FAX 613 507 7773 | DSP101@DRUGSMARTPHARMACY.CA

WWW.DRUGSMARTPHARMACY.CA | FACEBOOK /DRUGSMART PHARMACY | TWITTER @DRUGSMARTPHARM

CAMPUS SECURITY

Campus Security is a service department with the main objective being to promote a safe and welcoming environment that recognizes and is respectful of the diverse nature of the Queen's Community. The Campus Security staff is available 24/7, 365 days of the year.

CAMPUS PATROL PROGRAM - Teams of uniformed security patrols walk the entire campus every night of the year, providing a visible deterrent to crime as well as a safe resource for staff, students and visitors who require assistance. The patrols act on the direction of the on-duty Security Supervisor who coordinates all responses to emergencies on campus.

BLUE LIGHT PROGRAM - The phones are there for you to use anytime you feel unsafe, afraid or concerned. All the phones have a direct line to the Emergency Report Centre. Blue lights are an important safety feature for the university community. Any malicious or irresponsible behaviour in activating an emergency phone is a violation of the Student Code of Conduct and may result in disciplinary action by the University. Any tampering, damage, or theft of an emergency phone or associated equipment is considered an offense under the Criminal Code of Canada.

EMERGENCY NOTIFICATION SYSTEM - a public address system using a siren signal followed by voice instructions will alert the campus community to take shelter and if safe to do so, check one of the current Emergency Notification platforms (Queen's Web site, University Status Line--613-533-3333, Queen's email account) for information & instructions.

LONE WORKER PROGRAM - Students, Staff & Faculty who work/study alone outside of the regular working hours can call Campus Security and request to be checked on, either by phone or in person.

ALERT-L LIST - The purpose of the Alert-L list is to provide students, staff and faculty with notices about serious incidents on or around the campus. To subscribe to the Alert-L list, click on the "Alerts" web link at Security's main web page.

RAD (RAPE AGGRESSION DEFENCE) - Free for students and staff, the Rape Aggression Defence Systems teaches women practical defensive techniques through basic information on personal safety, awareness, risk reduction and avoidance.

PREPARE TRAINING - PREPARE is a certification course offered by the Security department at no cost to University members. Upon completion of the course, participants will be able to:

- Recognize early warning signs of anger or hostility
- Effectively utilize personal space, body language and paraverbal communication to relieve tension and defuse hostility.
- Employ verbal intervention strategies to de-escalate situations before they become more disruptive or potentially dangerous.
- Maintain an objective and professional attitude when responding to an agitated individual
- Invoke four priorities essential to your organization's Violence Response Procedures.
- Effectively debrief once Tension Reduction occurs

To learn more about these and other services provided by Campus Security, please visit our web page at: www.queensu.ca/security

Welcome to Queen's!

BED BATH & BEYOND

**CAMPUS
READY**

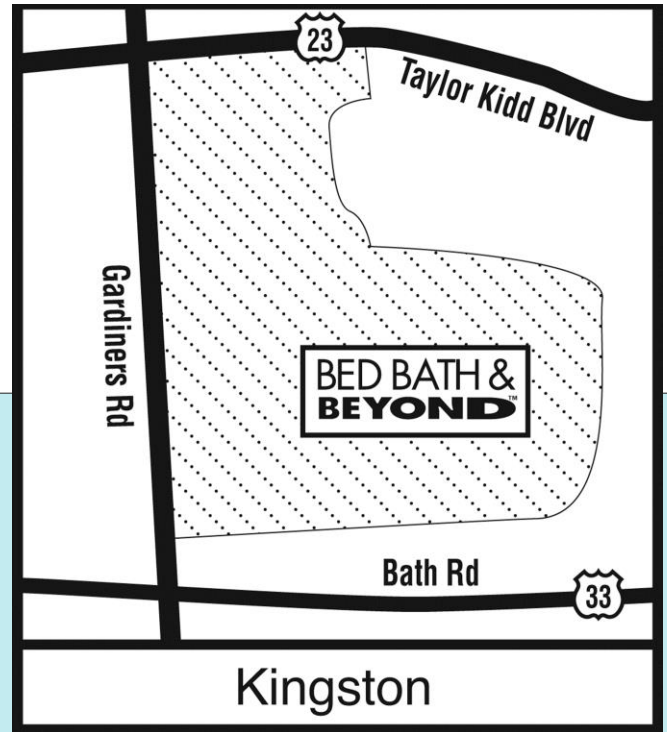
BED BATH & BEYOND KINGSTON

616 GARDINERS ROAD, SUITE 1
KINGSTON, ON K7M 9B8

PHONE: 613-634-9673

EMAIL: email2048@bedbath.com

Have questions about what you need?
Email us before you arrive in Kingston!



We'll help you get Campus Ready!



PACK & HOLD®

No trunk space? No problem. Our **FREE** service lets students shop in their Bed Bath & Beyond at home and pick their order up at the Bed Bath & Beyond in Kingston.

BRING this page to the Kingston store before September 9, 2017 and get 20% off your highest priced item at Move In!

Visit our website for all the Info you need to rock your year!
www.bedbathandbeyond.ca/offtouniversity

LOOK FOR THE THUMBS UP!



Playing favorites, we admit it. Our experts have chosen the best of the best, based on style, innovation and value.



Wondering what you really need? Our super-ultimate checklist tells you everything plus some awesome extras.

KNOW BEFORE YOU GO



Get the details on what your school provides, what's not allowed, and what you should bring.



STUDENT WELLNESS SERVICES

www.queensu.ca/studentwellness

A welcoming, confidential, integrated service to support your health and wellness needs

Health Clinic: See a doctor or nurse about physical or mental health needs. Come to the walk-in clinic for more urgent concerns. Evening clinics Mon-Thurs. Booked and Walk-in clinics during days (Mon-Fri) and evenings (Mon-Thurs). Access psychiatry through a referral from the clinic. 613-533-2506

Counselling: See a professional counsellor to support you through a personal situation or a crisis. Counsellors work out of the LaSalle building, residences, and some faculties. Access workshops, self-help workbooks, and a cross-cultural counsellor. 613-533-6000 x78264

Accessibility (for students with a disability): See an advisor for accommodation planning, referrals, coaching in self-advocacy, advice on disability, accessibility and accommodations. Register for 'Start-Up' - a transition program for first year students with a disability. 613-533-6467

Health Promotion: Meet 1-1 with a health professional to improve your sleep, nutrition, physical activity habits or to quit smoking. Peer-led programs and volunteering opportunities for students. 613-533-6712

 **Queen's University Be Well**

 **@QueensUBeWell**

 wellness.services@queensu.ca



LaSalle Building , 146 Stuart St.



Health Promotion, 140 Stuart St.



www.queensu.ca/studentaffairs

WELCOME QUEEN'S STUDENTS!
 Let Panadew help find you the perfect place in your ideal location when out of residence. Get a jump on the competition and start your search in November!

PANADEW PROPERTY MGMT.
 - Providing affordable, well maintained housing for students -

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256 Wellington Street, Kingston, ON Canada K7K 2Z1
 Ph: 613-548-4795 x 221 • Fx: 613-548-7657
 Web: panadew.ca • Email: info@panadew.ca



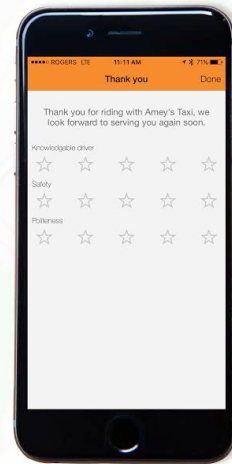
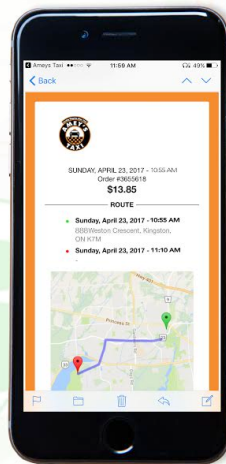
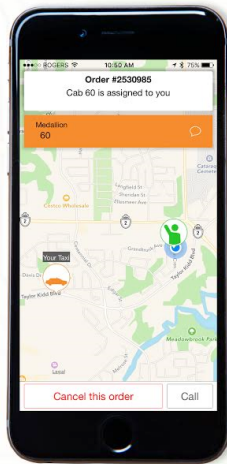
How It Works

Open the app

Booking is easy

Pay by app

Rate your ride



Psst... we are usually cheaper & faster than the gargantuan multinational





Welcome, Class of 2021!

Welcome to Queen's!



SILLY FROSH THIS IS THE BACK OF THE PRIMER

WRONG SIDE FROSH.

FRONT OF BOOK

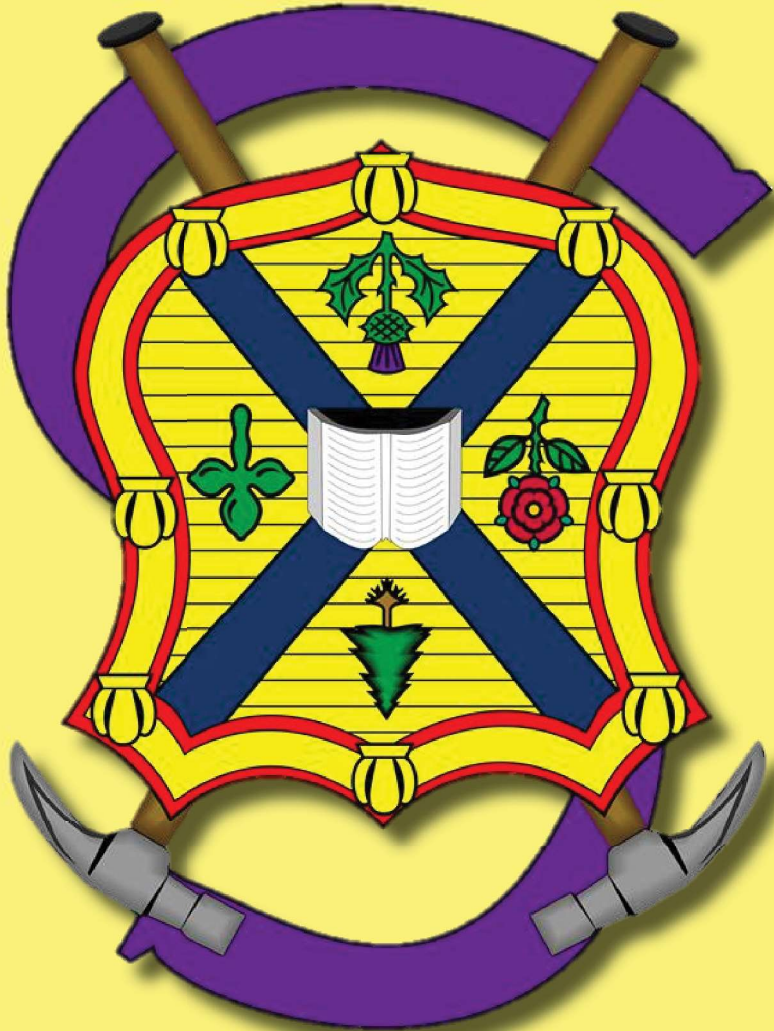
CENTRE OF UNIVERSE

SILLY FROSH CAN'T I!!

INVERTED PRISM OF PAIR SLAYERS

Orientation Handbook for First Year
Engineering Students

2017



Queen's University
Engineering Society