

SMITH COMMERCE FALL ORIENTATION 2026

THE OFFICIAL PRIMER

S M I T H C O M M E R C E

O WEEK

LAND ACKNOWLEDGMENT

The Smith School of Business and Queen's University are situated on the unceded traditional lands of the Anishinaabe, and, following a forced relocation, the Haudenosaunee peoples. In 1783, this land was colonized through the deed known as the "Crawford Purchase." In return for this large, broad, and vague claim to territory, the Crown made a disproportionate payment in the form of blankets, clothing, guns, and ammunition.

As Incoming Commerce students, we ask you to reflect on how the success of Canada's economy today is directly dependent on the historical oppression and violent colonization of Indigenous peoples. Canada's abundant natural resources have traditionally been stewarded and protected by Indigenous Nations since time immemorial. These Indigenous peoples protected the harvesting of the land and water with a treaty belt called One Dish One Spoon. Through the many attempts to challenge Indigenous peoples' sovereignty over their lands and forcibly dismantle their cultures, we recognize the actions of the Canadian government as cultural genocide – and its effects are ongoing.

Not simply acknowledging this traditional territory but doing one's part to understand and respect this land gives recognition to its history predating the establishment of the earliest European contact. It gives recognition to the pain Indigenous communities have endured and continue to endure today. It gives recognition to this territory's significance for the Anishinaabe and Haudenosaunee peoples who have lived and continue to live upon it, people whose practices and spiritualities are tied to the land and continue to develop in relationship to the territory and its other current inhabitants.

To this day, Kingston continues to be the home of the Anishinaabe and the Haudenosaunee peoples, as well as for a significant Métis community and First Peoples from other Nations across Turtle Island – creating a centre filled with Indigenous cultural identity, knowledge, language, and tradition. These Indigenous communities and their claim on the land that we gratefully live, learn, and play on today remain a present part of the Smith School of Business and Queen's University.

The Commerce Executive on Orientation is grateful that we are able to welcome Incoming Students year after year on these traditional lands, that we continue to reside on and use without permission. We recognize that this traditional territory makes Smith Commerce Fall Orientation possible, ultimately facilitating a successful university experience and prosperous career for all Incoming Students. Lasting memories, lifelong friendships, education, and personal growth are among the many things these lands have and continue to give to us. We are grateful for the countless opportunities and resources that educational institutions such as Queen's University provide students to continuously learn about the value that the land we occupy holds for the communities they rightfully belong to.

The Commerce Executive on Orientation encourages students to view reconciliation as an ongoing process that is continuously in need of support. While this process takes place at the micro-level among individuals, we also recognize that macro-level changes to law and policy among various levels of government are necessary in order to eliminate the current unequal experiences and living conditions between Indigenous and non-Indigenous inhabitants. As residents on this land, we are obliged to learn about the specific territories we occupy, the Indigenous communities they belong to, and advocate for systemic change from the Canadian government, in order to work towards a relationship that fosters reconciliation between all nations. The Commerce Executive on Orientation is committed to increasing the visibility of Indigenous communities to ensure all Incoming Indigenous students are supported in an educated, equitable, and inclusive environment.



WELCOME
HOME

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MEET THE CEO

(COMMERCE EXECUTIVE ON ORIENTATION)



Julia Vrabel
Chair
(She/Her)



Annabella Luo
Logistics Director
(She/Her)



Stephanie Lim
Logistics Director
(She/Her)



Aaron Anton
External Leadership Director
(He/Him)



Sydney Mode
Internal Leadership Director
(She/Her)



Colin Kelly
Finance Director
(He/Him)



Elias Evans
Marketing Director
(He/Him)



Clara Pare
Technical Director
(She/Her)



Haley McLean
EDII Director
(She/Her)



Madison Miller
Sponsorship Director
(She/Her)



Hannah Konigsberg
Sponsorship Director
(She/Her)

LETTER FROM ADMINISTRATION

To the Smith Commerce Class of 2030,

On behalf of the Smith School of Business and Queen's University, it is my pleasure to warmly welcome you to our academic community. You have earned your place here among a group of highly accomplished peers; you were selected for your academic strength, impressive achievements, and great promise. The journey you are about to begin will be both rigorous and rewarding; it will challenge you, inspire growth, and require your dedication and focus.

At Smith Commerce, academic excellence is at the heart of everything we do. You will engage with challenging coursework designed to sharpen your critical thinking, analytical capabilities, interpersonal skills, and business insight. The program will challenge you, our faculty will motivate you, and your commitment to studies will be key to your success. The reputation of Smith Commerce is built on the hard work and determination of students like you.

You are joining a vibrant, diverse, and supportive community of students, scholars, faculty, and alumni who are recognized worldwide for their leadership and innovation. Your unique talents and perspectives will enrich this dynamic environment, and your dedication to academic rigour and personal growth will enable you to reach your fullest potential.

At the same time, we know university life can sometimes seem overwhelming, especially as you adjust to the pace and demands of post-secondary education. Balancing academic responsibilities, extracurricular and social activities, and personal well-being is challenging, and there may be times when you need some support. Remember that you are not alone. We have a strong team of academic advisors, wellness professionals, accessibility services, and academic supports who are here to support you every step of the way. Asking for help is a sign of strength and maturity, and we encourage you to ask questions and reach out whenever you need.

As you look ahead, I hope you will take full advantage of Smith Commerce Orientation. This program is designed to help you feel at home, build lasting friendships, and understand the high standards of excellence you'll strive for as part of the Class of 2030. Orientation is an important opportunity to build the foundation for a successful university journey. Engage and enjoy this experience.

As you begin this exciting new chapter, I encourage you to face opportunities and challenges with confidence, determination, and discipline. The knowledge, skills, and mindset you develop here will help you reach your full potential and be prepared to lead and innovate in the global business world and beyond.

We are truly excited to support your growth and celebrate your achievements in the years to come. Welcome to Smith Commerce. You belong here.

Sincerely,

Christine Coulter
Associate Dean, Undergraduate Programs (Interim)



LETTER FROM THE CHAIR

Dear Class of 2030,

On behalf of the Commerce Executive on Orientation (CEO), I would like to first, congratulate you on your acceptance and on starting this exciting new chapter, and second, welcome you to the Smith School of Business. As Queen's 107th Smith Commerce Class, you are joining the ranks of trailblazers and change-makers who have come before you; I am confident that you will similarly create a lasting impact.

These past few years have been characterized by immense change, but you have demonstrated incredible resilience by overcoming the countless challenges they presented. It is undeniable that your achievements, past and future, deserve to be celebrated - the CEO team is thrilled to announce that this will occur during Fall Orientation 2026.

Smith Commerce Fall Orientation 2026 will mark the beginning of your four-year journey in the Smith Commerce Program. Over the course of four days, you will forge forever friendships, create lasting memories, receive important resources, and commemorate your accomplishments.

In 2021, with the creation of the Smith Commerce Fall Orientation Transformation Project, the CEO initiated positive change across all aspects of Orientation. In 2022, the CEO team held its first in-person Orientation in three years following the pandemic, building on this foundation. The CEO's of 2023, 2024, and 2025 were committed to furthering this transformation to create an inclusive Orientation experience. This year, in 2026, we hope to both celebrate these achievements, as well as continue to grow and change for the better. Please take a moment to reflect on the CEO's vision statement for Smith Commerce Fall Orientation 2026:

Smith Commerce Fall Orientation 2026 will enhance how transitioning into the program and the university looks and feels. Through elevating past initiatives and cultivating meaningful change, Smith Commerce Fall Orientation 2026 will ensure a sense of belonging while providing students with the tools to promote their well-being and achieve their goals.

With transparency, transformation, accountability, and support top of mind, the CEO and your Orientation Leaders have worked tirelessly to realize this vision statement and provide you with the best Smith Commerce Fall Orientation to date.

I highly encourage you to register for what I am confident will be an unforgettable four days. I am beyond excited for everything that lies ahead of you and am thrilled to welcome you into the Smith Commerce Program - we cannot wait to meet you in September!

BCom part of the family!

Sincerely,

Julia Vrabel (she/her)

Chair, Commerce Executive on Orientation of 2026



LETTER FROM THE COMMERCE SOCIETY EXECUTIVE

Dear COMM '30,

Welcome to Queen's and to the Smith Commerce community. We're so glad you're here.

We're Amber, Alexa, and Ava, your 2026–27 ComSoc Executive Team. Over the next year, we'll have the privilege of leading the Commerce Society, the student government that exists to support you throughout your Smith journey.

You'll hear a lot about ComSoc during your time here. We oversee many of the commerce clubs that make Smith such a vibrant community, whether it's through supporting student initiatives, managing finances, helping bring events to life, or advocating for student priorities across the faculty. Most importantly, we work to create opportunities for you to connect with others, find your place, and make the most of your experience here.

In February 2026, we ran as Team Triple A, grounded in three values: advocacy, community, and transparency. Those principles continue to guide everything we do.

The three of us decided to run together because we shared a vision for the Smith community, and it has already been such a meaningful experience. We've loved working alongside one another, learning from each other, and connecting with so many students. We are incredibly honoured and grateful for the opportunity to serve this community and are looking forward to the year ahead.

Before we get started, we thought we'd share a little bit about ourselves.

Amber (President) has been dancing for over a decade and loves to get lost in a book.

Alexa (VP Operations) loves the outdoors and can usually be found hiking, skiing, or snowboarding whenever she gets the chance.

Ava (VP Student Affairs) enjoys reading, playing guitar, and swimming, activities she's loved since she was young.

While our paths to Smith have all looked different, they share one thing in common: that the people who supported us, challenged us, and encouraged us along the way made all the difference. As you begin your journey here, that's what we hope to be for you. Whether you're looking for advice, opportunities, or someone to talk to, know that we're in your corner.

With that said, we wanted to share a few pieces of advice as you begin your university journey.

1. You do not need to have everything figured out right away.

It can feel like everyone around you already knows what clubs they want to join, what industry they want to work in, and exactly what their next four years will look like. The reality is that most people are figuring it out as they go. Allow yourself to explore different interests, try new things, and have the flexibility to change your mind.

2. Get to know people in every year of the program.

Some of the best advice you'll receive won't come from a textbook. It will come from upper-year students who have taken the courses, gone through recruitment processes, and navigated the challenges you're about to face. Don't be afraid to introduce yourself, ask questions, and build those connections early.

3. Get involved in the community.

Some of the most memorable experiences you'll have at Smith happen outside of the classroom. Whether it's joining a club, competing in a case competition, attending events, volunteering, or taking on a leadership role, getting involved is one of the best ways to meet people and make the most of your time here.

To stay up to date on club hiring, events, opportunities, and everything happening across the Smith Commerce community, be sure to follow @commercesociety on Instagram. It's the best place to stay connected and learn about the many ways to get involved throughout the year.

You'll see us around Goodes throughout the year, so please don't hesitate to say hello, ask questions, share ideas, or reach out if there's anything we can do to help. We're excited to get to know you, cheer you on, and see the unique impact every one of you will have on this community.

Enjoy the moments ahead, make the most of every opportunity, and remember that this is truly the start of something special. We know you'll do great things.

See you around Goodes,

Amber Graham (President)

Alexa Melo (Vice-President of Operations)

Ava Tan (Vice-President of Student Affairs)

Smith Commerce Society Executive 2026-27 | Team Triple A



FALL ORIENTATION REGISTRATION

REGISTRATION DEADLINE: AUGUST 31, 2026

Visit our website and click on the registration tab to find detailed instructions for registration. Once you have filled out the form and paid the registration fee, you will receive a confirmation email.

Cost should not be a barrier to participation. Students who require financial assistance can indicate this during the registration process.

Registration Fee: \$280

Includes four days of Orientation activities, "I Like Commerce Uniform" and COMM Coveralls



STAY CONNECTED WITH US



@smithcommerceweek



orientation@comsoc.queensu.ca



www.smithcommerceweek.com



Are you ready to begin the best four years of your life?

Nothing has prepared you for what lies ahead. You will make forever friends and memories to last a lifetime. Smith Commerce Fall Orientation is nothing short of an exhilarating experience.

Not a moment will pass where you regret the countless hours of hard work you put forth to get here. You've worked hard to join this family, and you will get the chance to rejoice with your classmates and cherish these moments. We can't wait for you to finally experience these much-awaited four days.

But before we begin Fall Orientation, there's one important person you should know about...



THE LEGEND OF HEAD BOSS

Every great tradition has a story, and at Smith Commerce Fall Orientation, that story begins with Head Boss. Legend has it that from the moment they first stepped into Goodes Hall, Head Boss was destined for greatness. During their four years at Smith, they built an unforgettable legacy by leading a prosperous, fulfilling career.

While many view Head Boss's achievements as unattainable, they compare their business success to winning a game of cards. Like business, card games have different structures and rules, as well as elements of strategy, risk, and luck. Like life, individuals are dealt a hand and must choose how to play their cards. For this reason, Head Boss holds Hearts, Diamonds, Clubs, and Spades near and dear...



Each year, Head Boss returns to Kingston to congratulate Incoming Students on earning their well-deserved place in the Smith Commerce program. They are equally excited to see students carry on their legacy - only time will tell if Hearts, Diamonds, Clubs, or Spades prevails, and if you're able to make magic out of the cards you're dealt. Head Boss can't wait to see how this plays out...

BOSS

Your Orientation Leaders (BOSES) have been hand-picked by Head Boss. They were chosen because of the limitless potential and vigour they demonstrate. Your BOSES will lead you through Fall Orientation and the rest of your time at Queen's. With undying passion and allegiance, they truly are the essence of the Commerce family.

They are your mentors, your resources, and the people you can turn to throughout your Commerce journey. Get to know them, learn from them, and maybe even find out who the only person the BOSES answer to is...

HEAD BOSS

Meet Your

DIAMOND

Bosses

Watch Them Shine...

BOSS AX



NOTORIOUS FOR
CUTTING PEOPLE OFF
MID-SENTENCE

DEMOTED TO
SAFETY SCISSORS

UPON PROMOTION WILL
SPLIT THE GROUP
CHAT IN HALF

BOSS BENCH



NOTORIOUS FOR
SITTING OUT AND
STILL GIVING
FEEDBACK

DEMOTED TO
FOLDING CHAIR

UPON PROMOTION WILL
MAKE EVERYONE
'CIRCLE BACK' ON LEG
DAY

BOSS BOB



NOTORIOUS FOR
HAVING THE MOST
SUSPICIOUSLY
NORMAL NAME

DEMOTED TO
ROBERT

UPON PROMOTION WILL
RENAME THE WHOLE
TEAM BOB

BOSS CAP



NOTORIOUS FOR
SAYING 'NO CAP'

DEMOTED TO
VISOR

UPON PROMOTION WILL
INSTITUTE A
MANDATORY HAT
POLICY

BOSS DREAM



NOTORIOUS FOR
HAVING BIG PLANS
AND NO CALENDAR
INVITE

DEMOTED TO
NAP

UPON PROMOTION WILL
MANIFEST A BUDGET
INCREASE

BOSS DRIVE



NOTORIOUS FOR
TAKING THE SCENIC
ROUTE

DEMOTED TO
PASSENGER SEAT

UPON PROMOTION WILL
PARALLEL PARK

BOSS FOLD



NOTORIOUS FOR
FOLDING LAUNDRY
WRONG ON PURPOSE

DEMOTED TO
WRINKLE

UPON PROMOTION WILL
MASTER THE PERFECT
FITTED SHEET FOLD

BOSS GADGET



NOTORIOUS FOR
ASKING TO BORROW
YOUR CHARGER

DEMOTED TO
AIRPLANE MODE

UPON PROMOTION WILL
UNLOCK SECRET
AGENT STATUS

BOSS GAME



NOTORIOUS FOR
SAYING 'ONE MORE
ROUND' FOR THREE
HOURS

DEMOTED TO
TUTORIAL MODE

UPON PROMOTION WILL
GAMIFY ATTENDANCE

BOSS GEM



NOTORIOUS FOR
BEING A LITTLE TOO
POLISHED

DEMOTED TO
PEBBLE

UPON PROMOTION WILL
SPARKLE
AGGRESSIVELY IN
DIRECT SUNLIGHT

BOSS HEEL



NOTORIOUS FOR
OVERDRESSING

DEMOTED TO
CROC

UPON PROMOTION WILL
TURN EVERY
ENTRANCE INTO A
CATWALK

BOSS JACKET



NOTORIOUS FOR
LEAVING
IMMEDIATELY AFTER
SAYING 'I'LL BE WARM
ENOUGH'

DEMOTED TO
HOODIE STRING

UPON PROMOTION WILL
CONTROL THE
THERMOSTAT

BOSS LASAGNA



NOTORIOUS FOR
HAVING TOO MANY
LAYERS

DEMOTED TO
PLAIN NOODLE

UPON PROMOTION WILL
MAKE EVERY AGENDA
ITEM 'BAKE FOR 45
MINUTES'

BOSS MUSIC



NOTORIOUS FOR
CONTROLLING AUX
LIKE IT'S A PUBLIC
OFFICE
DEMOTED TO
ELEVATOR MUSIC

UPON PROMOTION WILL
ADD WALK-UP SONGS
TO MEETINGS

BOSS OCCUPATION



NOTORIOUS FOR
ASKING WHAT
EVERYONE WANTS TO
DO WITH THEIR LIFE

DEMOTED TO
LINKEDIN HEADLINE

UPON PROMOTION WILL
REQUIRE RESUMES
FOR CASUAL
HANGOUTS

BOSS POTION



NOTORIOUS FOR
MIXING DRINKS WITH
SUSPICIOUS
CONFIDENCE
DEMOTED TO
TAP WATER

UPON PROMOTION WILL
FINALLY UNLOCK THE
CORRECT RECIPE

BOSS RAINFOREST



NOTORIOUS FOR
BEING HUMID IN
EVERY ROOM

DEMOTED TO
HOUSEPLANT

UPON PROMOTION WILL
MAKE THE DRESS
CODE 'TROPICAL
FORMAL'

BOSS SKI



NOTORIOUS FOR
EXPLAINING SKI TRIPS
TO PEOPLE WHO DID
NOT ASK

DEMOTED TO
BUNNY HILL

UPON PROMOTION WILL
REPLACE STAIRS WITH
BLACK DIAMONDS

BOSS SLIME

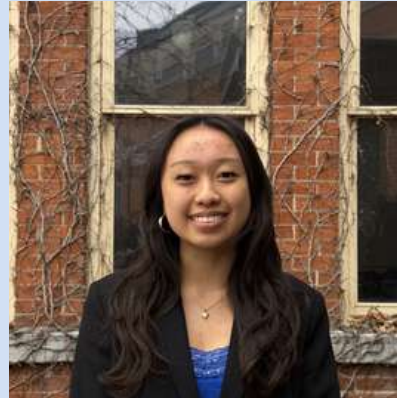


NOTORIOUS FOR
ADDING EVERY
COLOUR

DEMOTED TO
GLUE STICK

UPON PROMOTION WILL
OBTAIN 'SLIME HANDS'

BOSS STAGE



NOTORIOUS FOR
TREATING EVERY
ROOM LIKE AN
AUDIENCE

DEMOTED TO
STEP STOOL

UPON PROMOTION WILL
ADD SPOTLIGHTS TO
INTRODUCTIONS

BOSS STORY



NOTORIOUS FOR
SAYING 'QUICK STORY'
AND LYING ABOUT
QUICK

DEMOTED TO
FOOTNOTE

UPON PROMOTION WILL
REQUIRE A THREE-ACT
STRUCTURE

BOSS SUIT



NOTORIOUS FOR
DRESSING LIKE
THERE'S A
SHAREHOLDERS
MEETING AT 2

DEMOTED TO
TIE CLIP

UPON PROMOTION WILL
MAKE CASUAL FRIDAY
'BUSINESS CASUAL
FRIDAY'

BOSS SUNSHINE



NOTORIOUS FOR
BEING AGGRESSIVELY
POSITIVE BEFORE 9
A.M.

DEMOTED TO
DESK LAMP

UPON PROMOTION WILL
BAN BAD VIBES

BOSS TALE



NOTORIOUS FOR
EMBELLISHING EVERY
DETAIL

DEMOTED TO
RUMOUR

UPON PROMOTION WILL
MAKE LORE
MANDATORY

BOSS MOUSE



NOTORIOUS FOR
OUTSMARTING
EVERYONE

DEMOTED TO
LEAVING PAW PRINTS
BEHIND

UPON PROMOTION WILL
SECURE THE WHOLE
CHEESE SUPPLY

BOSS TECH



NOTORIOUS FOR
KNOWING EVERY
SHORTCUT

DEMOTED TO
LOW BATTERY MODE

UPON PROMOTION WILL
BECOME TECH
SUPPORT HERO

BOSS DENY



NOTORIOUS FOR
LEAVING MESSAGES ON
READ AND DENYING
SEEING THEM

DEMOTED TO
'ACCESS DENIED' POP
UP

UPON PROMOTION WILL
RESPOND EVENTUALLY

BOSS VLOG



NOTORIOUS FOR
NARRATING
EVERYTHING LIKE
THERE'S ALWAYS A
CAMERA ON

DEMOTED TO
SILENCE

UPON PROMOTION WILL
GO VIRAL

BOSS WILD



NOTORIOUS FOR
DOING THINGS 'FOR
THE PLOT'

DEMOTED TO
UNEXPECTED PLOT
TWIST

UPON PROMOTION WILL
BECOME ONE WITH
THE GREAT OUTDOORS

Meet Your
HEARTS
Bosses

Love Them Endlessly...

BOSS BARN

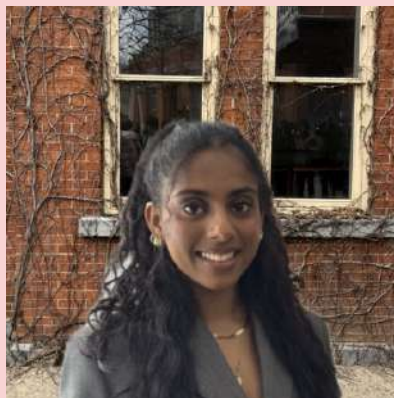


NOTORIOUS FOR
LEAVING EVERY DOOR
OPEN

DEMOTED TO
SHED

UPON PROMOTION WILL
HOST MEETINGS IN A
FIELD

BOSS BOOM



NOTORIOUS FOR
MAKING ENTRANCES
AUDIBLE FROM TWO
BUILDINGS AWAY

DEMOTED TO
POP

UPON PROMOTION WILL
ADD SOUND EFFECTS
TO ANNOUNCEMENTS

BOSS BROCCOLI



NOTORIOUS FOR
BEING
MISUNDERSTOOD

DEMOTED TO
SIDE SALAD

UPON PROMOTION WILL
PUT GREENS IN THE
SNACK BUDGET

BOSS BUBBLE

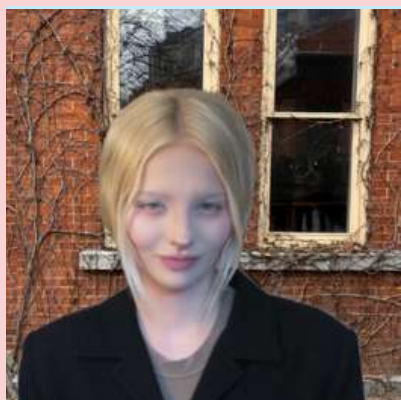


NOTORIOUS FOR
FLOATING THROUGH
RESPONSIBILITIES

DEMOTED TO
SOAP FOAM

UPON PROMOTION WILL
MAKE EVERY PROBLEM
'LIGHT AND AIRY'

BOSS PARK



NOTORIOUS FOR
CONVINCING
EVERYONE TO STAY
'JUST ONE MORE HOUR'

DEMOTED TO
CLOUDY DAY

UPON PROMOTION WILL
HOST THE BEST
MEMORIES

BOSS BUS



NOTORIOUS FOR
SAYING '2 MINUTES'
AWAY FOR 12 MINUTES
STRAIGHT

DEMOTED TO
TRANSIT DELAY

UPON PROMOTION WILL
MAKE EVERY EVENT A
FIELD TRIP

BOSS COMMITTEE



NOTORIOUS FOR
CREATING A
SUBCOMMITTEE TO
CHOOSE LUNCH

DEMOTED TO
ACTION ITEM

UPON PROMOTION WILL
SCHEDULE A MEETING
ABOUT SCHEDULING
MEETINGS

BOSS CUBED



NOTORIOUS FOR
MAKING SIMPLE
THINGS THREE-
DIMENSIONAL

DEMOTED TO
SQUARE

UPON PROMOTION WILL
REQUIRE MATH FOR
VIBES

BOSS DIVIDE



NOTORIOUS FOR
SPLITTING THE BILL
INTO MORAL
CATEGORIES

DEMOTED TO
FRACTION

UPON PROMOTION WILL
MAKE EVERY DECISION
50/50

BOSS FAST



NOTORIOUS FOR
WALKING LIKE THE
BUILDING IS ON FIRE

DEMOTED TO
BUFFERING

UPON PROMOTION WILL
END MEETINGS
BEFORE THEY START

BOSS VINE



NOTORIOUS FOR
LOOPING AROUND
SITUATIONS

DEMOTED TO
CORNER PLANT

UPON PROMOTION WILL
COVER THE WHOLE
SPACE IN GOOD
ENERGY

BOSS FOREST



NOTORIOUS FOR
GETTING LOST IN
THEIR OWN
EXPLANATION

DEMOTED TO
SHRUB

UPON PROMOTION WILL
REPLACE MAPS WITH
VIBES

BOSS GOLF



NOTORIOUS FOR
SAYING 'BUSINESS
HAPPENS' ON THE
COURSE

DEMOTED TO
MINI PUTT

UPON PROMOTION WILL
MAKE POLOS
FORMALWEAR

BOSS IVY



NOTORIOUS FOR
CLIMBING SOCIALLY
AND
ARCHITECTURALLY

DEMOTED TO
WEEDS

UPON PROMOTION WILL
COVER THE OFFICE IN
TASTEFUL GREENERY

BOSS WARMER



NOTORIOUS FOR
WARMING UP THE
GROUP CHAT BEFORE
CHAOS ERUPTS

DEMOTED TO
LUKEWARM COFFEE

UPON PROMOTION WILL
REACH PERFECT
TEMPERATURE

BOSS MARK



NOTORIOUS FOR
LEAVING COMMENTS
ON EVERYTHING

DEMOTED TO
HIGHLIGHTER

UPON PROMOTION WILL
GRADE VIBES OUT OF
10

BOSS OLAF



NOTORIOUS FOR
ACTING CHILL UNDER
PRESSURE

DEMOTED TO
ICE CUBE

UPON PROMOTION WILL
BRING SUMMER
ENERGY TO WINTER

BOSS PAL



NOTORIOUS FOR
CALLING EVERYONE
'BUDDY'

DEMOTED TO
ACQUAINTANCE

UPON PROMOTION WILL
MAKE FRIENDSHIP
MANDATORY

BOSS PITCH



NOTORIOUS FOR
TURNING CASUAL
IDEAS INTO SHARK
TANK

DEMOTED TO
ELEVATOR RIDE

UPON PROMOTION WILL
REQUIRE SLIDES FOR
OPINIONS

BOSS PUNCH



NOTORIOUS FOR
MAKING EVERYTHING
FEEL LIKE A
CELEBRATION

DEMOTED TO
JUICE BOX

UPON PROMOTION WILL
TURN ANY ROOM
INTO A PARTY

BOSS SANTA



NOTORIOUS FOR
KEEPING A LIST AND
CHECKING IT LOUDLY

DEMOTED TO
MALL ELF

UPON PROMOTION WILL
DECIDE BUDGETS BY
NAUGHTY OR NICE

BOSS SPUD



NOTORIOUS FOR
BRINGING POTATO
ENERGY TO HIGH-
STAKES MOMENTS

DEMOTED TO
FRY

UPON PROMOTION WILL
MASH THE
COMPETITION

BOSS SWIRL



NOTORIOUS FOR
MAKING EVERY PLAN
DIZZY

DEMOTED TO
STIR STICK

UPON PROMOTION WILL
ADD DRAMATIC
TWIRLS TO
TRANSITIONS

BOSS THREE



NOTORIOUS FOR
NEEDING EXACTLY
THREE OPTIONS

DEMOTED TO
TWO AND A HALF

UPON PROMOTION WILL
TRIPLE-BOOK
EVERYTHING

BOSS TRACTOR



NOTORIOUS FOR

MOVING SLOWLY BUT
DESTROYING
OBSTACLES

DEMOTED TO

LAWN MOWER

UPON PROMOTION WILL

PLOW THROUGH THE
AGENDA

Meet Your
SPADES
Bosses

You'll Dig Them...

BOSS APPLE



NOTORIOUS FOR
KEEPING THE DOCTOR
AWAY

DEMOTED TO
SAUCE

UPON PROMOTION WILL
REBRAND EVERYTHING
MINIMALIST

BOSS AUDIO



NOTORIOUS FOR
SAYING 'CAN YOU
HEAR ME?'

DEMOTED TO
MUTE BUTTON

UPON PROMOTION WILL
ADD THEME MUSIC TO
ANNOUNCEMENTS

BOSS BOAT



NOTORIOUS FOR
ROCKING IT ON
PURPOSE

DEMOTED TO
POOL FLOATIE

UPON PROMOTION WILL
MAKE EVERYONE
LEARN NAUTICAL
TERMS

BOSS COMMA



NOTORIOUS FOR
PAUSING
DRAMATICALLY,
CONSTANTLY

DEMOTED TO
SEMICOLON

UPON PROMOTION WILL
EDIT EVERYONE'S
TEXTS

BOSS CROWN



NOTORIOUS FOR
ACTING ROYAL OVER
SMALL WINS

DEMOTED TO
PAPER HAT

UPON PROMOTION WILL
DEMAND A THRONE IN
TUTORIAL

BOSS DAWG



NOTORIOUS FOR
CALLING EVERYONE
DAWG DURING
SERIOUS MOMENTS

DEMOTED TO
HOMIE

UPON PROMOTION WILL
END EVERY EMAIL
WITH 'WOOF
RESPECTFULLY'

BOSS BLUE



NOTORIOUS FOR
GIVING 'COOL BUT
MYSTERIOUS'

DEMOTED TO
SLIGHTLY OVERCAST

UPON PROMOTION WILL
TURN BLUEPRINTS
INTO ACTUAL PLANS
THAT WORK

BOSS HONEY



NOTORIOUS FOR
BEING SWEET WHILE
PLOTING

DEMOTED TO
SYRUP PACKET

UPON PROMOTION WILL
RULE THE HIVE

BOSS TEA



NOTORIOUS FOR
SPILLING THE TEA

DEMOTED TO
LUKEWARM TEA

UPON PROMOTION WILL
SPILL THE RIGHT
INFORMATION AT THE
RIGHT TIME

BOSS KEY



NOTORIOUS FOR
LOSING THE THING
EVERYONE NEEDS

DEMOTED TO
KEYCHAIN

UPON PROMOTION WILL
LOCK THE AGENDA
'FOR SECURITY'

BOSS LEATHER



NOTORIOUS FOR
DRESSING LIKE A SIDE
QUEST CHARACTER

DEMOTED TO
PLEATHER

UPON PROMOTION WILL
MAKE JACKETS PART OF
STRATEGY

BOSS MEDAL



NOTORIOUS FOR
COMPETING IN
NONCOMPETITIVE
ACTIVITIES

DEMOTED TO
PARTICIPATION RIBBON

UPON PROMOTION WILL
PODIUM EVERY TASK

BOSS MOON



NOTORIOUS FOR
BEING EMOTIONALLY
AVAILABLE ONLY AT
NIGHT
DEMOTED TO
NIGHT LIGHT

UPON PROMOTION WILL
SCHEDULE MEETINGS
BY LUNAR PHASE

BOSS NAE



NOTORIOUS FOR
SAYING NO WITH
FLAIR

DEMOTED TO
MAYBE

UPON PROMOTION WILL
BRING BACK THE WHIP
AND NAE NAE

BOSS NOM



NOTORIOUS FOR
EATING THE 'SHARED'
SNACKS ALONE

DEMOTED TO
CRUMB

UPON PROMOTION WILL
MAKE LUNCH THE MAIN
DELIVERABLE

BOSS OPERATION

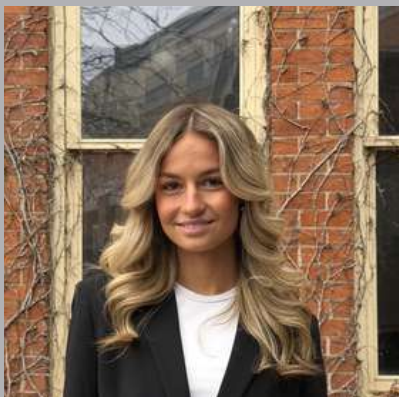


NOTORIOUS FOR
TOUCHING THE SIDES
UNDER PRESSURE

DEMOTED TO
TWEEZERS

UPON PROMOTION WILL
REQUIRE SURGICAL
PRECISION FOR
ICEBREAKERS

BOSS POP



NOTORIOUS FOR
APPEARING OUT OF
NOWHERE

DEMOTED TO
FIZZ

UPON PROMOTION WILL
BURST INTO EVERY
ROOM

BOSS RING



NOTORIOUS FOR
MAKING EVERYTHING
A COMMITMENT

DEMOTED TO
KEY RING

UPON PROMOTION WILL
PROPOSE NEW RULES
WEEKLY

BOSS SEE



NOTORIOUS FOR
SAYING 'I SEE' WHILE
ABSOLUTELY NOT
SEEING
DEMOTED TO
SQUINT

UPON PROMOTION WILL
REQUIRE VISION
STATEMENTS
LITERALLY

BOSS SHOOT



NOTORIOUS FOR
SAYING 'SHOOT YOUR
SHOT' BEFORE BAD
IDEAS
DEMOTED TO
AIRBALL

UPON PROMOTION WILL
PUT CONFIDENCE ON
THE BUDGET

BOSS SHOW



NOTORIOUS FOR
MAKING IT ABOUT
THE PERFORMANCE

DEMOTED TO
DRESS REHEARSAL

UPON PROMOTION WILL
ADD A CURTAIN CALL
TO CLEANUP

BOSS SLIP



NOTORIOUS FOR
ESCAPING
CONSEQUENCES BY
ACCIDENT

DEMOTED TO
BANANA PEEL

UPON PROMOTION WILL
MAKE PLAUSIBLE
DENIABILITY AN ART
FORM

BOSS SPIN



NOTORIOUS FOR
TURNING BAD NEWS
INTO BRANDING

DEMOTED TO
WASHING MACHINE

UPON PROMOTION WILL
MASTER THE PERFECT
PIROUETTE

BOSS STARBURST



NOTORIOUS FOR
HOARDING THE PINK
ONES

DEMOTED TO
YELLOW CANDY

UPON PROMOTION WILL
DIVIDE TEAMS BY
FLAVOUR PREFERENCE

BOSS SWIM



NOTORIOUS FOR
SAYING 'DIVE IN' TOO
LITERALLY

DEMOTED TO
PUDDLE JUMPER

UPON PROMOTION WILL
MAKE DRY LAND
OPTIONAL

Meet Your
CLUBS
Bosses

You'll Want to Join Their Club...

BOSS ANGEL



NOTORIOUS FOR
ACTING INNOCENT
WITH RECEIPTS

DEMOTED TO
HALO PROP

UPON PROMOTION WILL
BLESS THE CHAOS

BOSS APP



NOTORIOUS FOR
SAYING 'THERE'S AN
APP FOR THAT'

DEMOTED TO
LOADING SCREEN

UPON PROMOTION WILL
REQUIRE TWO-FACTOR
AUTHENTICATION FOR
FRIENDSHIP

BOSS ARIZONA



NOTORIOUS FOR
SAYING 'IT'S NOT THAT
HOT'

DEMOTED TO
DESERT SCREENSAVER

UPON PROMOTION WILL
BAN HUMIDITY

BOSS BEAK



NOTORIOUS FOR
PEEKING INTO
EVERYONE'S BUSINESS

DEMOTED TO
NOSE

UPON PROMOTION WILL
PECK AT EVERY LOOSE
DETAIL

BOSS BLUETOOTH



NOTORIOUS FOR
CONNECTING WHEN
NOBODY ASKED

DEMOTED TO
AUX CORD

UPON PROMOTION WILL
PAIR WITH THE
NEAREST DRAMA

BOSS BOSS



NOTORIOUS FOR
BEING REDUNDANT
BUT POWERFUL

DEMOTED TO
ASSISTANT TO THE
BOSS

UPON PROMOTION WILL
BECOME BOSS BOSS
BOSS

BOSS CASTLE



NOTORIOUS FOR
BUILDING WALLS
AROUND SIMPLE
PROBLEMS

DEMOTED TO
SANDCASTLE

UPON PROMOTION WILL
ADD A MOAT TO
DECISION-MAKING

BOSS CHILLI



NOTORIOUS FOR
BRINGING HEAT AND
SPELLING IT FANCY

DEMOTED TO
BELL PEPPER

UPON PROMOTION WILL
MAKE EVERYTHING
MEDIUM-SPICY
MINIMUM

BOSS COIN



NOTORIOUS FOR
LEAVING MAJOR
CHOICES TO CHANCE

DEMOTED TO
PENNY

UPON PROMOTION WILL
FLIP FOR THE ENTIRE
BUDGET

BOSS ELMO



NOTORIOUS FOR
LAUGHING AT THE
WORST POSSIBLE TIME

DEMOTED TO
TINY GIGGLE

UPON PROMOTION WILL
REFER TO SELF IN
THIRD PERSON

BOSS FIN



NOTORIOUS FOR
ENDING
CONVERSATIONS TOO
ABRUPTLY

DEMOTED TO
TO BE CONTINUED

UPON PROMOTION WILL
PUT 'THE END' ON
EVERY SLIDE

BOSS HAY



NOTORIOUS FOR
STARTING MESSAGES
WITH 'HEYYY'

DEMOTED TO
STRAW

UPON PROMOTION WILL
MAKE GREETINGS
LEGALLY BINDING

BOSS ISLAND



NOTORIOUS FOR
BEING IMPOSSIBLE TO
REACH WHEN NEEDED

DEMOTED TO
SANDBAR

UPON PROMOTION WILL
DECLARE
INDEPENDENCE FROM
THE AGENDA

BOSS LIST



NOTORIOUS FOR
MAKING LISTS INSIDE
LISTS

DEMOTED TO
STICKY NOTE

UPON PROMOTION WILL
ALPHABETIZE
EVERYTHING

BOSS LITT



NOTORIOUS FOR
CALLING EVERYTHING
LIT

DEMOTED TO
DIM

UPON PROMOTION WILL
TURN ORIENTATION
INTO A MUSIC VIDEO

BOSS LOOM



NOTORIOUS FOR
WEAVING
COMPLICATED
EXPLANATIONS

DEMOTED TO
THREAD

UPON PROMOTION WILL
MAKE MERCH OUT OF
MINUTES

BOSS MACRO



NOTORIOUS FOR
ZOOMING OUT WHEN
DETAILS ARE DUE

DEMOTED TO
CELL FORMULA

UPON PROMOTION WILL
AUTOMATE THE VIBES

BOSS MAPLE

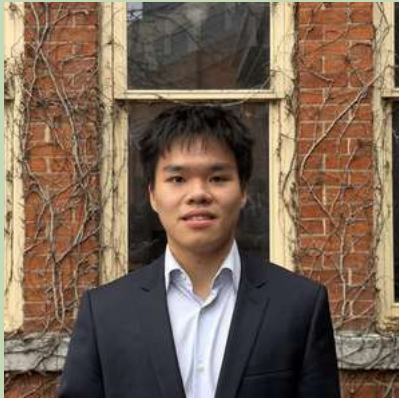


NOTORIOUS FOR
BEING AGGRESSIVELY
CANADIAN

DEMOTED TO
PANCAKE TOPPING

UPON PROMOTION WILL
APOLOGIZE BEFORE
ENFORCING RULES

BOSS MOOSE



NOTORIOUS FOR
TAKING UP SPACE
MAJESTICALLY

DEMOTED TO
ANTLER

UPON PROMOTION WILL
MAKE DOORWAYS
WIDER

BOSS ORDER



NOTORIOUS FOR
ORGANIZING FUN
UNTIL IT BECOMES
HOMEWORK

DEMOTED TO
RECEIPT NUMBER

UPON PROMOTION WILL
SORT EVERYONE BY
CHAOS LEVEL

BOSS PLATE



NOTORIOUS FOR
HAVING TOO MUCH
ON THEIR PLATE

DEMOTED TO
SAUCER

UPON PROMOTION WILL
SERVE
ACCOUNTABILITY
FAMILY-STYLE

BOSS SHARP



NOTORIOUS FOR
ROASTING WITH
PRECISION

DEMOTED TO
BUTTER KNIFE

UPON PROMOTION WILL
CUT STRAIGHT TO THE
ISSUE

BOSS SOAP



NOTORIOUS FOR
CLEANING UP DRAMA
THEY STARTED

DEMOTED TO
BUBBLE BATH

UPON PROMOTION WILL
WASH HANDS OF ALL
RESPONSIBILITY

BOSS SWAY



NOTORIOUS FOR
MAKING EVERY
SITUATION FEEL LIKE
IT HAS BACKGROUND
MUSIC

DEMOTED TO
SLIGHTLY OFF-BEAT
HEAD NOD

UPON PROMOTION WILL
FIND THE RHYTHM

BOSS TULIP



NOTORIOUS FOR
STEALING THE
SPOTLIGHT

DEMOTED TO
SEED

UPON PROMOTION WILL
STAND TALL IN ANY
SITUATION

BOSS SUN



NOTORIOUS FOR
BEING TOO INTENSE

DEMOTED TO
CLOUDS

UPON PROMOTION WILL
BRIGHTEN EVERY
ROOM INSTANTLY

BOSS WAVE



NOTORIOUS FOR
ROLLING IN
UNEXPECTEDLY

DEMOTED TO
RIPPLE THAT NEVER
FULLY FORMED

UPON PROMOTION WILL
SET THE PERFECT VIBE
EVERY TIME

BOSS THRILLER



NOTORIOUS FOR
ACTING LIKE
SOMETHING
DRAMATIC IS ABOUT
TO HAPPEN

DEMOTED TO
UNREAD CLIFFHANGER

UPON PROMOTION WILL
DELIVER THE FULL
STORY WITH PERFECT
TIMING

BOSS VENOM



NOTORIOUS FOR
BEING ICONIC

DEMOTED TO
SHADOW

UPON PROMOTION WILL
BECOME
EFFORTLESSLY
LEGENDARY



THE SCHEDULE

ACCESSIBILITY INFORMATION & INCIDENT REPORTING

Our goal is to make Fall Orientation inclusive and accessible for everyone. We hope that you will feel comfortable notifying your BOSSES or any member of the CEO of any concerns you may have at any point during Orientation Week. You can always reach out to anyone on the Commerce Orientation Executive team via email or text.

If you require accommodations to participate in Fall Orientation, please visit our request link here:

<https://www.queensu.ca/orientation/accommodation-request>

If an incident occurs during Fall Orientation, contact Julia Vrabel at 905-726-0372. If it is an emergent situation immediately call 911.

For support, please email CEO's EDI+I Director,
Haley McLean, at
24gpj@queensu.ca

DAY ZERO

Saturday, September 5th, 2026

It is extremely important you come to receive your Incoming Student Kit. This contains your Incoming Student uniform, a Queen's water bottle, lots of free merch, items from our sponsors, and Commerce Specific resources and gifts! You will have two opportunities to pick up your kit.

1. September 5th, 10:00am - 4:00pm at the ARC Main Gym
2. September 5th, 7:30pm - 10:30pm at Welcome Home Night at Tindall Field/Parking Lot

Welcome Home Night: Tindall Parking Lot/Field:

- There's something for everyone at Welcome Home Night, including tricolour crafts, a movie night, snacks, and sports! Come out and meet upper-year leaders and take an evening campus tour. We will have food trucks(\$), free snacks, and many campus partners hosting craft and activity stations!
- Join a campus tour to hear from upper-year guides about the “need to know” locations for your first month on campus. These short evening tours will introduce you to the essential locations for snacks, studying and staying fit.

DAY ONE

Sunday, September 6th, 2026
It all begins...

9:30 AM - 2:00 PM: Tricolour Parade & Stadium Welcome

Location: Tindall Field and Richardson Stadium

Join all faculties for an exciting parade, official welcome into Queen's, and lunch. After the parade, you will begin the Commerce-specific Orientation events.

2:00 PM - 5:15 PM: Wel-COMM-ing & Emerging

Location: Mitchell Hall Gym 3 and Goodes Hall Front Lawn

Wel-COMM to the first Commerce-specific event of Fall Orientation! You will meet your BOSSES and the rest of your Orientation group. You will hear from the CEO and plenty of Commerce leaders to give you the lay of the land. We will also be introducing you to a very special guest!

6:30 PM - 9:30 PM: COMM Fair

Location: Goodes Hall

Want to get involved at Queen's and Smith? This event is perfect for you! Explore all the clubs the Commerce Society and Queen's has to offer as you walk through Goodes Hall.

DAY TWO

Monday, September 7th, 2026

9:00 AM - 12:45 PM: COMM Breakfast, Cheer-Off & Coverall Painting
Location: Victoria Park

Bring the spirit this morning! The day begins with our annual breakfast at Victoria Park, followed by a cheer-off, and concluding with Queen's famous Tri-Colour Coverall Painting! Bring your phones because this will be a picture-perfect event.

5:00 PM - 9:00 PM: Red Carpet and Godfather Gala

Location: Goodes Hall Front Lawn & DoubleTree Kingston

Have your paparazzi moment with a photoshoot outside Goodes Hall, enjoy spending time with your peers, and dance the night away! It's basically the Met Gala of Commerce... be there.

DAY THREE

Saturday, September 12th, 2026

9:30 AM - 11:30 AM: Commerce Crash Course and Smith Community Brunch

Location: Grant Hall

This 2-part morning will help to connect you to resource groups, faculty members, and upper-year students who will support you during your time at Smith and Queen's.

10:00 AM - 5:30 PM: Queen's Sidewalk Sale (Optional)

Location: University Avenue

Get to know Kingston and Queen's at the Sidewalk Sale, hosted by the Faculty of Arts and Science! Walk down University Avenue with some of your new friends and check out Queen's student organizations and Kingston's very own local businesses. Keep an eye out for special coupons, samples, and goodies that will be up for grabs!

DAY THREE CONTINUED

Saturday, September 12th, 2026

2:15 PM - 5:15 PM: COMM Quest

Location: Goodes Hall, Tindall Field, Queen's Athletics & Recreation Centre (ARC) & Stauffer Library

Get ready for an action-packed afternoon filled with spirited competition and campus exploration. Through scavenger hunts, relay races, and cheer-offs, students will explore Queen's campus and show off their suit pride - it's a new event that you will not want to miss!

7:00 PM - 10:00 PM: Glow at Goodes

Location: Goodes Hall

Join us for a glow-themed celebration at Goodes Hall, featuring a live DJ, glow-in-the-dark decorations, and food trucks serving up handheld favourites. Spend the evening dancing away with your peers as the night builds toward a special surprise...

DAY FOUR

Sunday, September 13th, 2026

10:15AM - 3:45PM: Commerce Boat Cruise

Location: Meet at Goodes Hall

Join your peers for a Kingston classic boat cruise as you make your way from Goodes to the waterfront. Enjoy time on the water with music, activities, and views of the city from a unique perspective.

3:45 PM - 4:45 PM: COMM Down

Location: Summerhill

Finish off Fall Orientation in a relaxed outdoor setting. Join us for outdoor games, a refreshing sweet treat, and the opportunity to take the classic Q-picture. Finally, during this event, you will receive your Tam and officially be welcomed into Queen's University.

The Cheers

These cheers are key to showing your Commerce pride. Understand that cheers are about building pride - not bringing down others.

When the time comes, let your pride be known.

What's the best Queen's faculty?
Commerce! Commerce!
B'COMM is the best degree
You wish you were me! (HEY)
You wish you were me! (HEY)
B'COMM is the best degree, You
wish you were me

Smith what?
Smith Commerce!
Commerce what? Commerce
rules!
Rules what?
Rules Queen's!

C-O-M-M better than the rest of
them!
C-O-M-M better than the rest of
them!

Hey Commerce what's up?
We love to connect, let's
circle back

The Cheers

These cheers are key to showing your Commerce pride. Understand that cheers are about building pride - not bringing down others.

When the time comes, let your pride be known.

Who's got the hustle?
(Comm 30!)

Who's got the drive?
(Comm 30!)

Fat future salaries,
(Comm 30!)

Why is Comm the best?
(Cause we make profits climb!)

Hey Commerce, what are you
thinking about?

First Smith faculty,
Yeah, you wish you were me!
Lotta bark but not much bite,
Comm's on top, ur outta sight!

SMITH COMMERCE!!

COMMERCE (COMMERCE)
COMMERCE (COMMERCE)
Commerce, Commerce, We're the best
(Commerce, Commerce, We're the best)
Can't be beat in any test
(Can't be beat in any test)
We got spirit we got drive
(We got spirit we got drive)
Turning heads from 9 to 5
(Turning heads from 9 to 5)
COMMERCE (COMMERCE)
COMMERCE (COMMERCE)

The Cheers

These cheers are key to showing your Commerce pride. Understand that cheers are about building pride - not bringing down others. When the time comes, let your pride be known.

The stocks are down!
(The market is crashing!)

Somebody call 9-1-1, QComm's
shaking up Wall Street

Deep in the heart of the
Commerce jungle, you can
hear the first years rumble
(Ooh-Aah, Ooh-Aah-Aah,
Ooh-Aah, Ooh-Aah-Aah)

Coffee chat, coffee chat,
coffee chat

We're all in Goodes
together, once we know,
where we are, nothing
seems as far

THE COMMERCE OATH

Soon enough, you may be called upon by Head Boss to take part in a long-standing Smith Commerce tradition.

If the moment comes, you'll have the chance to recite the following:

I vow to...

respect my BOSSES, support my peers, and be an exceptional representative of the Smith Commerce Family. I will work hard to embody what it means to be a Smith Commerce student and contribute to our community.

We can't wait to celebrate the beginning of your university journey with you - Welcome to Smith!

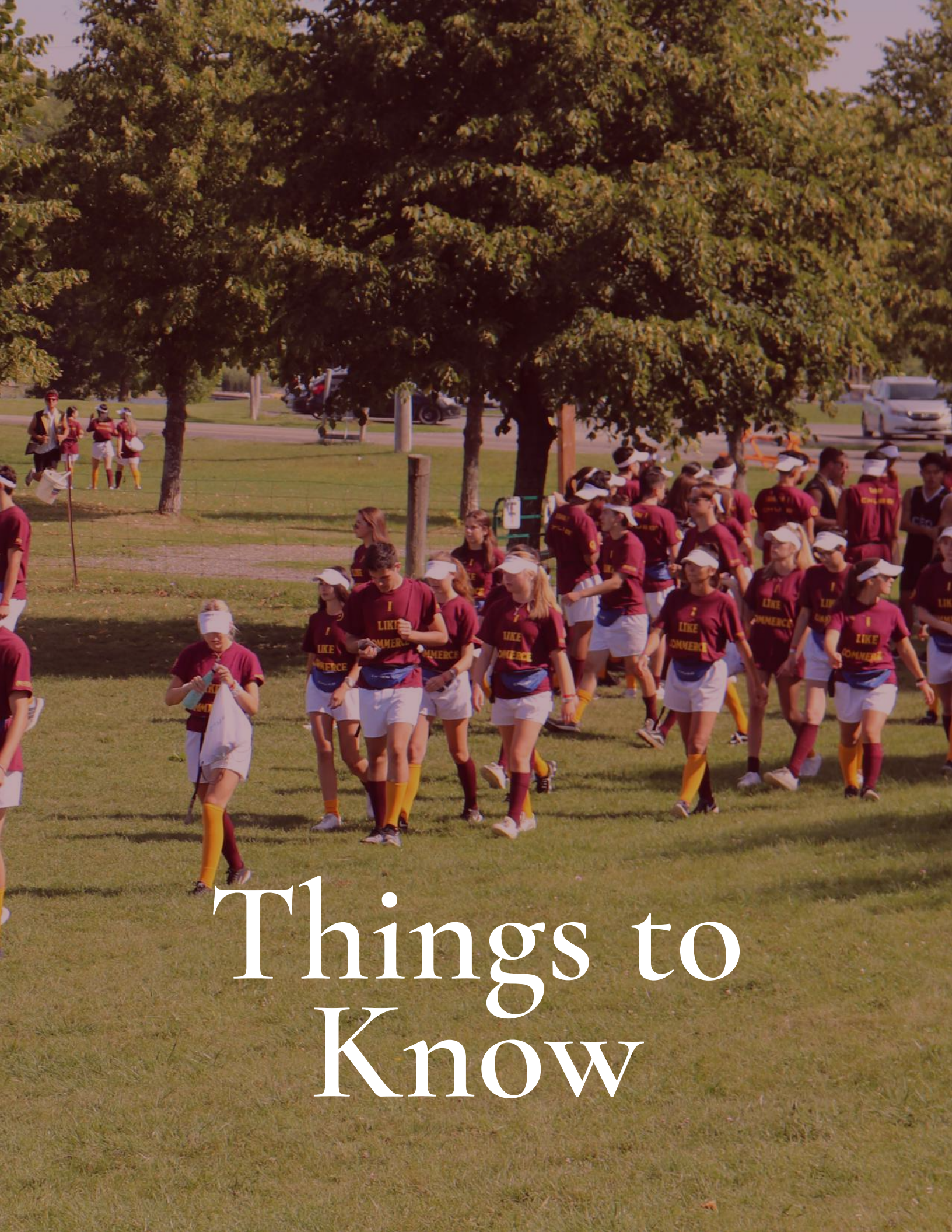
Smith Commerce Fall Orientation is excited to introduce the following sponsors who have generously partnered with us. Without them, this week would not be possible.

Thank you to all who have supported us along the way!

Thank You to Our Sponsors!

CHUBB®





Things to Know

University Transition

Everyone reacts to their university transition uniquely, and it is normal to find the transition into your first year of university to be nerve-racking. Rest assured, the Smith Commerce faculty, staff, and student body are here to help you and work to ensure that your university experience is the best possible.

Embarking on your university journey brings newfound freedom and independence. While you're in control, it's essential to make wise decisions about balancing academic and social life. Good time management and scheduling can help, so plan your days in advance, dedicating time for both study and relaxation. Don't be overwhelmed by the new environment; Queen's students are friendly and willing to assist. Reach out to upper-year students for guidance and support. Remember not to put too much pressure on yourself, embrace and learn from mistakes, and stay true to who you are. You're starting with a clean slate and the opportunity to shape your experience.

- Write down daily plans on a calendar.
- Ask peers for help navigating campus.
- Schedule study periods and relaxation time.
- Connect with upper-year students for advice.
- Embrace and learn from any mistakes.

From Your BOSSES



Us Commerce students know that knowledge is gained through experience, which is why upper-year students, AKA your BOSSES, are one of the most valuable resources to have.

Through the years, we've turned to BOSSES to provide information and advice that will ensure everyone can make the most out of their Smith journey. Consider these next few pages as a handy tool that will help you navigate your transition into the Commerce program and Queen's community.

Remember, your BOSSES are always rooting for you, and their mentorship goes far beyond Fall Orientation. Don't hesitate to reach out to any BOSSES or CEO members. We can't wait to watch each of you grow into future business leaders.



Tips and Tricks

RESEARCH POOL:

Participating in the research pool can boost one of your course grades per semester. Check course outlines and the syllabus to see if they are eligible for the research pool. Keep an eye on the research pool portal for details and deadlines.

TUTORIALS:

All tutorials in Commerce are optional, but they are highly recommended. TAs are knowledgeable, and these sessions also often provide you with one-on-one help, if needed. Refer to the course syllabus for dates and times.

QUEEN'S EMAIL:

Make sure to check this regularly. This is where you receive important information. It also has a database of all Commerce students and professors.

TEXTBOOKS:

Wait until your professor discusses the syllabus in class before you buy your textbooks. Sometimes professors will suggest an online version. Reach out to upper-year students to buy your books for cheaper — but ensure that you are getting the right edition!

BRAINTRUST:

A great student-run tutoring resource if you're ever struggling in quantitative-specific classes. All tutors are upper-year students - you can sign up to be a tutee at the beginning of every semester! <https://www.braintrusttutoring.net/>

GETTING INVOLVED:

Applying for first-year representative positions in the Commerce Society is a great way to be involved. However, there are many other ways to get involved if you are not hired as a first-year rep. For example, look at Queen's groups and get involved outside of Commerce.

MICROSOFT OFFICE:

As a Queen's student, you are entitled to a copy of Microsoft Office. Download it online, head to tech support in the basement of Goodes, or contact SmithSupport@queensu.ca for help downloading.

EVENTS AND CONFERENCES:

Attending conferences as well as Commerce events is an awesome way to meet upper-years and make new friends. This is also a great way to get involved without over-committing yourself! Keep an eye out for key dates and sign-up deadlines through the ComSoc portal.

PRINTING PLAN:

Load your student card with Tricolour cash that can be used for printing at Goodes Hall and in Queen's Libraries.

Learn the Lingo!

COGRO

The Common Ground Coffeehouse in the ARC arguably has the best sandwiches and bagels on campus. Unfortunately, it is not covered by your meal plan, but it is a great place to study. They also hire students for part-time jobs.



COMSOC

The short form for Commerce Society. Make sure to check the ComSoc website often to stay up to date with everything going on in Commerce. (Visit the website: <https://comsoc.ca>)



THE PORTAL

The Commerce portal will soon become your most checked website. This is where you will find all your class information, and your professors will upload class slides, grades, and other important information. <https://smithlearning.ca/d2l/home/8094>



TECH SUPPORT

This is one of the best Commerce resources. Located in the basement of Goodes Hall (SmithSupport@queensu.ca), they will help you with any computer problems you may have. You can also rent cameras and tripods from them (for free!)

BREAKOUT ROOMS

Breakout rooms will soon become the place to study and meet in groups in Goodes Hall. You can book a breakout room through the portal a week in advance for up to two hours per day for group meetings and group study sessions.

THE ARC

The ARC, aka the 'Athletics and Recreations Center' is where you will find the gym. In addition, there are many food outlets where you can use your meal plan to grab a bite on campus.



AMS

The AMS is the Alma Mater Society. It is the oldest and largest student government society in Canada and is for all Queen's faculties. <https://myams.org>



THE COMMONS

This is the area located directly beside Union Cafe. It is a great spot to meet up with friends or do some readings between classes.



THE STUDENT COMPUTING CENTRE

It is located in the basement of Goodes Hall and will fulfill all your printing needs. They play great music, and it makes for a great study spot.



ASSEMBLY

Assembly is the governing body of ComSoc. They oversee all the activities and operations of the society.

Trust That You Belong

Entering a top business program may feel daunting, and it's easy to compare yourself to classmates. Some students know their focus, while others are still finding their way. Initial uncertainty is normal and shouldn't be seen as a weakness. Instead of stressing too much in the first year, enjoy the freedom to explore. Even if you have a set focus, try new things as the program is highly customizable. Remember, your peers' successes are not your failures. University is a time to learn about your interests, ask questions, and explore opportunities.

- Avoid comparing yourself to classmates.
- Initial uncertainty is normal.
- Enjoy the freedom to explore in the first year.
- Try new things, even if you have a set focus.
- Your peers' successes are not your failures.
- University is for learning, asking questions, and exploring opportunities.

Academic Pressure

University academics differ from previous experiences. Achieving marks in the 90s may not always be realistic, and that's okay. You don't need a perfect GPA or to be at the top of your class. Balancing your workload is crucial, as habits formed in the first year impact later success. Set attainable goals and establish a routine to achieve them.

Take full advantage of resources for success. Each class offers TAs, office hours, and tutorials to aid comprehension. If you struggle, seek extra help proactively. During exam season, utilize resources like the Queen's exam bank, offering past exams for your courses.

Job Pressure

By second semester, summer internships may dominate conversations. Hearing peers secure internships can be daunting, but in first year, there's no pressure to land one! Working a high school job or travelling can provide valuable experiences too, so don't worry. First-year internships are often introductory and not as challenging as later ones, yet all jobs offer learning opportunities and resume-worthy skills. Focus on personal growth and challenges rather than job titles.

For those pursuing internships, Smith offers resources to navigate recruiting. The Career Advancement Centre provides guidance on resumes, cover letters, interviews, and offers one-on-one sessions with career coaches. Explore job and scholarship opportunities on Quest, LinkedIn, and other platforms to stay active in your search.

If you land your dream job, fantastic! Stay humble and acknowledge other valuable summer options like courses, volunteering, fellowships, or travel. Your summer is what you make of it, with endless possibilities beyond internships alone.

First-Year Rep Hiring

As your BOSSES, some of us were first-year reps or interns for ComSoc clubs, but most were not. Rejection can be hard, but there are only a few positions for over 650 of you. Instead of applying to many clubs or the most prestigious ones, focus on a few that truly interest you. Your passion will shine through, giving you a better chance and reducing stress. Even if you don't get the position, don't worry!

Interviews will help you in the long run. They will make you discuss your interests, who you are, and your purpose at the club, which are common recruitment questions. Use these as practice. There are always opportunities to interact with ComSoc clubs through conferences and events. Remember, while first-year rep hiring occurs in September, executives hire many more people during the March Hiring cycle, and Co-Chairs remember those who participated in their events. Also, consider AMS clubs to explore other industries and build friendships outside Smith. COMM Fair is a great resource to explore the clubs available to you at Smith and Queen's.

- Focus on a few clubs that interest you.
- Participate in coffee chat programs to better understand the clubs you are interested in.
- Use interviews as practice for future recruitment.
- Attend conferences and events to interact with ComSoc clubs.
- More hiring opportunities come during the March Hiring cycle.
- Consider AMS clubs for broader involvement and friendships.
- Attend COMM Fair to explore clubs available to you.

We want to provide you with tools to excel in any hiring process. Keep reading for interview tips, networking advice, coffee chat guidance, and more!

Interview Tips

Do Your Research

A great way to stand out in interviews is to get to know the organization you are interviewing for. Understanding an organization's culture and values will show an interviewer that you are eager to be part of the organization and help you explain why you would be a good fit. This step is also valuable for you to ensure the position aligns with your beliefs and working habits.

Know Yourself

Before any interview, it is important to reflect on yourself and why you want this position. Some variation of "why do you want this position" should always be expected. Having 3-4 experiences that you think best exemplify your relevant skills will make you more confident when answering questions.

Tell a Story

Most interviews involve a "behavioural" portion where you will be asked to describe past performance and behaviours to show your fit for the position. The inevitable "tell me about yourself" question is one of the simplest, yet most difficult questions to answer. This is the perfect time to tell your story and what makes you unique. Be sure to reflect on your past experiences and share what you have learned from them, which will help the company/club see how you'll apply your skills.

Take a Deep Breath

You don't have to rush into giving the "perfect" answer or telling the interviewer what you think they want to hear. Reflect on the question, take a moment to gather your thoughts, and remind yourself that no matter the outcome, every interview is an opportunity to learn. This will help you feel less nervous and even more ready to impress your interviewer!

Networking Tips

Leverage the Smith Community

By being part of the Smith Commerce program, you are already part of a network of hardworking and like-minded students. Most people in the program are also looking to expand their network, so don't be afraid to reach out. In addition, many alumni continue to have a strong connection with our community and are usually willing to chat with current students about their experiences.

Create a LinkedIn Profile

LinkedIn is a great platform to build your network and professional brand. It is a really easy way to create new connections and stay up to date with their professional development. It is also a great resource for job searching and for recruiters to potentially find you.

Book Coffee Chats

Coffee chats are informational meetings with an experienced individual to learn more about them, their career path, their company, their industry, and more. These conversations often last 15-30 minutes and are a great way to meet new people and learn about various industries. Don't hesitate to reach out to people, as they are often more than happy to connect. LinkedIn is a great platform to leverage for connecting with individuals.

Find Your Balance

Remember that most of the people you reach out to were in your shoes not so long ago. While it is important to be professional and respect the person's time, it does not mean you have to be overly formal with them. It often helps to start off a chat with some casual small talk or get to know the person beyond their professional achievements.

Make the Most of First Year!

Develop a Routine

In your new environment, it can be too easy to fall into a routine of staying up late and sleeping in until noon. By making an effort to be productive in the morning, you will have more time to do relaxing and fun activities. A few 8:30 AM classes may seem like a nightmare, but they can be a blessing. Prioritizing earlier wake-ups will optimize your first-year experience by creating flexibility and free time throughout your week! Also, remember to incorporate activities that get you active and outside into your routines! Getting away from your desk can be challenging during busy school periods. Even including a simple 20-minute walk into your daily routine can make all the difference!

Get Involved!

Clubs, intramurals, and interest groups are some of the best ways to meet like-minded people and build your personal network at Queen's! You can apply for ComSoc Clubs throughout your time as a Smith student, or you can apply to one of the countless clubs offered outside of Commerce. Although it may seem intimidating, applying for clubs is a win-win situation, as you will develop invaluable application and interview skills regardless of the result. Always do your best to not get discouraged throughout the process - not every club will be the perfect fit, so keep working until you find the one for you!

Other than clubs, Queen's has intramural activities, sports teams, and interest groups that are ways to get involved and make Queen's feel at home. Whether you have a group to participate with or ride solo, these activities create space for everyone to relax, enjoy themselves, and meet new people! Stay tuned for club hiring and activity sign-ups!

How do I make the most out of my summer?

Many Incoming Students feel pressure to make the most of their summer before university, but the best advice is to relax! You have worked hard to earn your place at Smith, so take this time to recharge, celebrate your accomplishments, and enjoy your summer.

That said, as you look ahead to first year, the Commerce Class of 2030 Onboarding Portal is a great resource for important updates and information. If you are looking to feel more prepared for quantitatively rigorous first-year courses, you can also find information about the Quantitative Foundations for Business summer prep courses.

How do I make the most out of Orientation?

It is a no-brainer that your first week at university can be a tough transition; make sure you take the first week to settle in! You will be surrounded by supportive upper-years and peers, so it is the perfect environment to ask for advice and make friends. Try your best to attend all Orientation events because each one is an opportunity to make a friend!

What do I bring to class?

In your first week of classes, you will receive tremendous support from faculty and staff. During the first class for each course, you will receive guidance as to what you need to bring and how you can succeed in each course. Make sure to keep an eye on the class portals in late August to see if your professors make any announcements as well!

What if I am really nervous?

We get it; you are moving to a new place, and you are transitioning to a new style of education; this can be a nerve-wracking endeavour. Please remember that you are never alone; you are surrounded by peers, staff, and faculty who are eager to support you. From accessing Queen's mental health services to asking an upper-year for advice, know that it is totally okay to ask for help if and when you need it. You can book an appointment with a Mental Health Therapist through the Portal.

On-Campus Food Guide

Lenny Dining Hall

Location: Leonard Hall (Lenny) - Residence

Description: The best place on campus to get to know people over dinner. Grab a few friends and head to Lenny for the most magical meal of your life - all-you-can-eat! Breakfast, lunch, dinner, and dessert. Complete with an egg station (breakfast only) and pizza/salad/sandwich bar (lunch and dinner only). The best part about Lenny? It opens at 7:30 AM for all who are early birds!

Payment type: Meal Swipe

Ban Righ Dining Hall

Location: Ban Righ Hall - Residence

Description: While typically less busy than Lenny, Ban Righ also offers an all-you-can-eat dining experience with a famous waffle bar station!

Payment Type: Meal Swipe

Jean Royce Dining Hall

Location: Jean Royce Hall - Residence (20 minutes West of Main Campus)

Description: All-you-can-eat buffet dining experience serving breakfast, lunch, and dinner.

Payment Type: Meal Swipe

Jean Royce Barista

Location: Jean Royce Hall - Residence (20 minutes West of Main Campus)

Description: Late-night barista open between 9:00 PM - 12:00 AM, 7 days a week. While located in the same place as the Jean Royce Dining Hall, orders placed through Late Night Barista are accounted for as TAMs.

Payment Type: TAM

Loco (Location 21)

Location: David C. Smith House - Residence

Description: TAM location known for its customizable salads and sandwiches. One of the most vegetarian-friendly places on campus!

Payment type: TAM

On-Campus Food Guide

The Lazy Scholar (Lazy)

Location: Victoria Hall - Residence

Description: Late-night TAM spot open until 1 am. Known for their Mexican station and all-day breakfast.

Payment type: TAM

Wally's

Location: Waldron Tower - Residence

Description: Takeout location that accepts meal swipes. They have warm grain bowls, yogurt bowls, wraps and paninis, salads and a BIG all-day breakfast.

Payment type: Meal Swipe

Union Café

Location: Goodes Hall

Description: Small café with all your favourite coffees, teas and sandwiches. Perfect location to grab a bite to eat before or after class!

Payment Type: TAM and Flex Dollars

Flip!t

Location: Mackintosh-Corry Hall

Description: TAM location famously known for its delicious burger station!

Payment Type: TAM

Zapies

Location: ARC

Description: TAM location combining the love of pizza with naan bread. Perfect location to grab a bite to eat after hitting the gym!

Payment Type: TAM

On-Campus Food Guide

KHAO

Location: John Deutsch University Centre (JDUC)

Description: Inspired by Asian tradition and infused with comfort food, KHAO provides everything from noodles and rice dishes to soup and spring rolls.

Payment Type: TAM

CLOVE & SPICE

Location: John Deutsch University Centre (JDUC)

Description: From Mediterranean-inspired shawarma to salads infused with herbs and spices, this TAM location offers a flavoured and savoured dining experience.

Payment Type: TAM

While this list is not extensive, there are many other places on campus to eat, including Starbucks in Mitchell Hall and Tim Hortons in the ARC. Check out the website for more information about food and dining at Queen's: <https://www.queensu.ca/food/>

Queen's Hospitality Services also supports a range of dietary needs. Chefs are often on-site and available to assist with personalized and customized dietary accommodations - always ask before you eat. Speak with a chef, manager, or supervisor about safe dining options if you have allergies or dietary restrictions.

Look for icons on menus identifying vegetarian, vegan, plant-forward, no dairy, no gluten, sustainable seafood, Eat Well, and halal offerings. These symbols are designed to help students quickly identify suitable meal options.

WHAT IS A MEAL SWIPE?

A meal swipe is a meal that you redeem with your student card at any dining hall: Leonard Hall dining, Ban Righ Hall dining or Jean-Royce Hall dining. You have 19 swipes per week.

WHAT IS A TAM?

A TAM is a “Trade-A-Meal” to be used at any retail location that is not a dining hall: Jean Royce Barista, Loco, Lazy, Wally’s, Union Cafe’, Flip!t, Zapiers, KHAO, and Clove & Spice - ON CAMPUS ONLY. You have 175 TAMs at the beginning of the year. These are also redeemed with student cards. A note of warning: these still count as meal swipes, meaning they go towards your 19 swipes per week.

WHAT ARE FLEX DOLLARS?

Flex Dollars are like a debit account on your student card. They don’t count towards your meal swipes per week and can be used at select retail locations.

CAN I EAT UNLIMITED DINING HALL MEALS AND 2 TAM MEALS PER WEEK?

No.

DO TAMs TRANSFER OVER TO 2nd-4th YEARS?

No.

DO FLEX DOLLARS TRANSFER OVER TO 2nd-4th YEARS?

Yes.

CAN I STILL EAT IF I LOSE MY STUDENT CARD?

In the first month or so, yes with your student number. Beyond that everyone has their student card finalized and you cannot redeem meals without your card. Temporary cards are available through Queen's Hospitality Service.

KINGSTON

Food

Enjoy a meal away from the dining hall and try one of Kingston's many restaurants to fit any occasion.

- Grab a coffee and a treat at Crave or Balzac's. Both of these make great study spots if you need a change of scenery.
- Jack Astors and Milestones are great places to celebrate with friends and offer a large variety of food.
- Try out the Kingston classics: Tango Nuevo, Chez Piggy, Mekong, Baja Craft and Miss Bao. Four restaurants you will hear upper years rave about at any chance they get.

Enjoying the Outdoors

As a university student, it is important to take time off every day and do some sort of physical activity to help you relieve stress from studying.

- The pier is a great place to play spikeball, soccer, volleyball, or football. Whether you're an early riser or a night owl, nothing beats watching the sunrise/sunset at the pier.
- Another thing to do during sunrise/sunset is to take a walk along Rock Dunder trails or the K&P trail along the waterfront.
- If you miss organized sports and want to have some fun, make sure to sign up for intramurals - either as part of a team or as a free agent.

Events to Look Out For

Kingston offers many events throughout the year that you do not want to miss.

- Enjoy food and entertainment at Rib Fest in September.
- In September, check out the Tri-Colour Classic basketball game.
- Once it has cooled down, the square transforms into an ice rink where you can grab some friends and get some fresh air on the ice.
- Be sure to have some hot chocolate and check out the holiday parade that makes its way down Princess Street.
- The final event you do not want to miss is the Cure Cancer Classic hockey game that occurs in March; this game is a great opportunity to show off your Commerce pride and support a great cause.



Resources and Support

Smith Portal Resources



The Career Advancement Centre (CAC) in Room 244 of Goodes Hall is your go-to for all things job-related and beyond. Access the CAC through Quest or the Smith Portal. Book appointments and explore educational career resources.

SmithSpace Book a room

Need a study space or a meeting space? Book a breakout room at Goodes. The link to book and see the availability of breakout rooms can be found on the main page of the Smith Portal.

Mental Health Counselling

Within our very own building, we have two mental health counsellors available for students to talk to (Amy Fisher and Marissa Holway). To book an appointment with them and get more details, you can click the link on the Smith Portal.

Smith SCHOOL OF BUSINESS

Certificate in Social Impact

The Certificate in Social Impact from Smith School of Business at Queen's University equips leaders with skills in social innovation, sustainability, social finance, impact measurement, and using data and AI for good in business strategies. For more details, you can check out the page on the Smith Portal.

Accommodations and Consideration

Access disability accommodations and request excused absences for emergencies, ensuring fair educational access and support.

Academic Advising

Academic advising services provide students with guidance on course selection, academic planning, and career goals.

Commerce IT Resources

Need tech support using any Smith Sites? Check out IT support.

GUIDE TO FIRST YEAR CLASSES

COMM 101 A/B - Intro to Commerce

This course provides you with the knowledge, skills, and competencies critical to success in the Commerce program. You will learn to work effectively and efficiently as individuals and with others on leadership and collaboration skills and behaviours. You will also develop an understanding of the fundamental elements of the modern enterprise and the role of the manager.

Tip: Stay on top of your work - this course has two group projects that rely on everyone's understanding of the material.

COMM 111 - Financial Accounting

This course will help you understand how the various elements of a financial statement are prepared as well as how to use them to analyze the strength of a business.

Tip: This course moves fast, so don't fall behind! If you're struggling in the first few weeks, go to office hours, reach out to your TA's, and refer to the prep content on the onboarding portal, as it will give you a solid foundation for the rest of the course.

COMM 121 - Managerial Accounting

This course will give you a better understanding of how businesses use the data they collect to inform their decisions.

Tip: Do the practice questions before the exams, as that's the best way to learn and understand.

COMM 171/172 - Principles of Economics for Business and Managerial Economics

This course explains the basic concepts of microeconomics and macroeconomics. You will learn how economies work and function.

Tip: If you learn the theory for this course, numerical problems will take care of themselves.

COMM 151 - Organizational Behaviour (OB)

OB focuses on how people within organizations interact and how managing and investing in these interactions can improve all aspects of the organization.

Tip: As you learn the theory, try to connect it to real-life situations to gain a better understanding and properly apply the concepts. Do the readings and take notes as you go—the majority of the assessments are essays that require an understanding of the material. You will spend a lot less time and effort doing the deliverables if you put in the work beforehand!

COMM 161 - Calculus

This course includes derivatives, integrals, linear algebra and a basic introduction to probability.

Tip: Do as many practice questions as possible and refer to the prep content on the onboarding portal. The questions will get easier with practice. Go to tutorials—they help solve the harder questions. COMMAdvantage and BrainTrust also run great review sessions during exam periods

COMM 162 - Managerial Statistics

An introduction to statistics where you learn how to create and analyze different types of data.

Tip: This course is so much easier if you take the time to get comfortable with Excel. Knowing Excel tips and tricks will save you so much time in the long run.

Electives

You will also take 6.0 units of non-Commerce electives in first year, which you can apply to an Arts & Science minor at the end of first year if you are interested. Contact an Academic Advisor for more information.

Welcome International Students!

We are thrilled that you chose to study abroad at Queen's in the Commerce program! To ease your transition into the program and university, here are some resources that you could check out:

Queen's University International Centre (QUIC)

The QUIC supports the Queen's community by promoting an internationally informed, cross-culturally sensitive learning environment. They offer resources and an Orientation program to help international students start their studies at Queen's and in Canada. Learn more at <https://quic.queensu.ca>.

Commerce Society International Students Relations Officers (ComSoc ISRO's)

The ComSoc ISRO fosters community within the International Student Community and advocates to bridge gaps between domestic and international student experiences.

International Academic Advisor

Commerce Academic Advisors assist with timetables, course selection, degree requirements, and other academic topics. Ryan Snowdon (he/him), the International Academic Advisor, supports international students. Book an appointment through the Commerce portal or email him at snowdon@queensu.ca.

Human Rights and Equity Office Advisors

The Human Rights and Equity Office supports students through policy advising, equity resources, and community initiatives. Connect with Equity Advisor, Ana Chuc Gamboa, at apcg@queensu.ca or Inclusion and Anti-Racism Advisor, Jermaine Marshall, at jbm15@queensu.ca for guidance and support.

CGN

The Commerce Global Network (CGN) supports incoming and outgoing exchange students, as well as international students at Smith, through events, resources, and transition support. Contact Co-Chair Tristan Trier at tristan.trier@queensu.ca to learn more.

Academic Integrity

Being accepted to Smith Commerce means you are the cream of the crop. You are some of the brightest minds that will help shape a better future. Thus, you are held to a high standard. It is important at Smith that you are aware of the rules, so you do not intentionally or unintentionally depart from academic integrity.

Violations of academic integrity are any attempt to gain an unfair advantage over others. While only a small portion are premeditated, most departures of academic integrity are spontaneous and out of desperation. If you have any concern that your actions could be wrong, they're wrong, and you should not proceed with your course of action. It is critical to be self-aware of your own limitations and seek help if struggling mentally, physically and/or academically. The Commerce program has many support systems in place to help if you are feeling overwhelmed. Your instructors want to hear your own thoughts, truly see how much you understand the course, and apply concepts appropriately. Below are some examples of Academic Integrity to avoid:

Copying & Pasting

- A web article and claiming it as your own (CHEGG included)
- Using generative artificial intelligence such as ChatGPT to generate work (modifying to suit your own writing style is still a violation)
- A friend's individual or group assignment
- A prewritten template answer
- Even your own previous work

Sharing Answers with Friends (During and After the Assessment)

- Your assessments should be kept private throughout your time at Smith; sharing your work with friends is a violation
- Avoid sharing ideas and/or working with outside members; instructors will clearly inform you if you are allowed to work in a team
- Team ideas must stay within the group and are not allowed to be shared with other groups

Using prohibited materials during assessments, such as

- Notes, the internet, or friends
- Generative artificial intelligence
- If you are ever unsure, ask your Professor if a material is allowed during an assessment

Remember to act with integrity at all times. You are not only jeopardizing yourself, but also the reputation of the Smith School of Business.

If you do receive a notice of investigation, and know you are guilty, don't deny it! Nobody is perfect and even the best of us make mistakes. Learn from the experience and bring a positive outcome from it. Your instructors might respect an honest self-reflection and will appreciate you taking ownership of your actions. Cooperating with your instructors throughout the process will go a long way and will even be taken into account when sanctioning.

At the beginning of each semester, ask your professors the following questions about course parameters:

1. What (if any) outside resources are acceptable to use and when?
2. Is group work ever allowed? If so, what's the line between collaboration and misconduct?



COMMERCE-SPECIFIC RESOURCES AND SUPPORT

Starting first year university is a difficult transition, and we are here to help and make your university experience the best possible. If you are having trouble adjusting, there are people to help you along the way.

The Commerce Office

The Commerce Office is located on the main floor of Goodes Hall (Room 130) and can be reached at commerce@queensu.ca. They are there to provide academic and non-academic support. The Academic Advisors are available in the Commerce Office to answer any questions you have. Book an appointment on the Commerce Portal!

The Career Advancement Centre

The Career Advancement Centre (CAC) is there to help you with everything job-related and more. Located in Room 244 of Goodes Hall, they provide career coaching, mock interviews, and can help with your resume. You can access the CAC through Quest or by visiting their office in Goodes.

Professors & Faculty

If you are ever struggling with a course or need an accommodation, do not hesitate to reach out to your professors. They want you to succeed and are more than happy to help.

Academic Consideration and Accommodation Support Coordinator

If you need any academic consideration or support, please contact: commerce.aacc@queensu.ca

Smith Commerce Society

Upon launching their EDII Action Plan, ComSoc has made tremendous strides to provide first-year mentorships, equity framework toolkits, reconciliation toolkits, and instituted advocacy positions (Academic Officer, Ombudsperson, Equity, Diversity, and Inclusion Officers) to provide confidential, non-judgemental, and empathetic peer-based support and serve as an additional layer of support services alongside the University. The positions offer support and guidance on any club-related concerns. Additionally, it can be a relatable outlet for students seeking a peer for comfort and guidance in any aspect of navigating EDII.

<https://comsoc.ca/>

Personal Counselling Services

The Commerce program has two full-time dedicated counsellors. This is completely confidential and free of charge. Appointments can be made through the Commerce Portal or in the Commerce Office. You can also receive counselling support through the counselling office located in Mitchell Hall.

Empower Me

Empower Me offers Equity, Diversity, and Inclusivity-sensitive service. Students can request culture, race, religion, gender identity/sexual orientation specific support.

<https://www.queensu.ca/studentwellness/empower-me>

CAMPUS WIDE RESOURCES AND SUPPORT

Queen's University International Centre

This Centre promotes an internationally informed and cross-culturally sensitive learning environment. You can visit the Centre on the 2nd floor in Mitchell Hall.

<https://quic.queensu.ca>

The Sexual Health Resource Centre

This is a confidential, non-judgmental, resource and information centre regarding sex, sexuality and sexual health. It is located in the JDUC in room 223.

<http://shrckington.org>

Queen's Student Accessibility Services (QSAS)

Queen's University strives to ensure that programs are accessible to students with disabilities. QSAS is located in Mitchell Hall and focuses on student advocacy, support and academic accommodations.

<https://www.queensu.ca/studentwellness/accessibility-services>

AMS Peer Support Centre

The Peer Support Centre (PSC) is located in room 034 in the JDUC, and is comprised of a dedicated group of trained volunteers, here to offer social and personal peer-based support to students.

<http://amspeersupport.com>

Safe Walk and AMS Walk Home

Escorted walking services so that you can feel more comfortable and safe getting around campus and the

Kingston Community. You can also download SeQure, a mobile safety app for Queen's students that provides quick access to campus security resources, including the emergency line. Call 613-533-6080 for Safe Walk and 613-533-WALK (9255) for AMS Walk Home.

Campus Observation Room (COR)

On-site non-medical detox service overseen by Student Wellness Services with the support of trained student volunteers and professional Addiction Support Workers. It is a voluntary, confidential, and non-judgmental place where students who have had too much to drink can come to sleep.

<https://www.queensu.ca/studentwellness/health-promotion/campus-observation-room-cor>

Student Wellness Services

Available to all Queen's students and provides support such as personal counselling, medical appointments and accessibility counselling.

<https://www.queensu.ca/studentwellness/>

Student Academic Success Services

The Student Academic Success Services (SASS) provides a variety of academic support. This is available both in-person and virtually. This includes workshops on study techniques, seminars, learning strategies, and a writing centre.

<https://sass.queensu.ca/>

The Queen's Shift Project

A collection of events and initiatives aimed at centering equity-deserving student experiences, providing opportunities for dialogue around topics outlined in their survey, and acting on the next steps towards improving campus culture at

Queen's.

<https://www.queensu.ca/studentexperience/queens-shift-project>

SACK

Sexual Assault Centre Kingston is a not-for-profit organization providing free, confidential, non-judgmental support for all survivors 12+ regardless of gender or identity of recent and/or historic sexual violence in Kingston, Frontenac, Lennox & Addington (KFL&A) since 1978.

The Yellow House

The Centre for Student Equity and Inclusion is dedicated to enhancing the development and well-being of the Queen's equity-seeking community and supporting initiatives to recruit and retain racialized and equity-seeking students at Queen's. The Yellow House provides dedicated on-campus space for Queen's undergraduate and graduate student clubs.

<https://www.queensu.ca/yellow-house/>

Human Rights and Equity Office

Human Rights Advisory Services provides advice to Queen's community members concerning human rights issues arising at Queen's and advocates for human rights practices and policies that respond to the needs of Queen's equity-seeking communities.

<https://www.queensu.ca/hreo/home>

Levana Gender Advocacy Centre

The Levana Gender Advocacy Centre is a student-funded Queen's University organization committed to creating and nurturing a radical community of Kingston students and residents. Devoted to fighting gender oppression and advocating for broad ideas of gender empowerment for those of any or no gender, Levana operates on anti-oppressive practices. They are committed to confronting all forms of oppression and working to dismantle oppressive systems and hierarchies, including patriarchy, racism, white supremacy, colonialism, classism, cissexism, heterosexism, and ableism. Levana exists for anyone in the Kingston community, regardless of whether or not they are Queen's students.

Queen's First-Year Off-Campus Community

Queen's First-Year Off-Campus Community supports first years living off campus.
<https://www.queensu.ca/studentexperience/occ>

QSuccess First-Year Mentoring Program

The program aims to remove barriers and contribute to a successful transition through the first year of university through ongoing engagement and one-on-one mentoring.
<https://www.queensu.ca/studentexperience/first-year-foundation/qsucccess>

BIPOC Talk

BIPOC Talk is a new initiative on-campus aimed to provide peer-to-peer support for self-identified BIPOC students (Black/Indigenous/Persons of Colour) on-campus through a multitude of methods between the PSC and the Committee Against Racial and Ethnic Discrimination (CARED). This includes, but is not limited to, designated peer support sessions/consultations for racialized students, and referrals to specific on-campus resources.
<https://www.amspeersupport.com/about-bipoc-talk/>

The Following Resources Fall Under the AMS Social Issues Commission:

The Social Issues Commission (SIC) seeks to facilitate dialogue, education, and engagement on all matters related to equity, identity, and anti-oppression. The SIC strives to foster a safer space for students, to connect students with resources, and to engage with and promote social justice and human rights issues on campus.

Services they provide include:

Peer Support Centre

The Peer Support Centre is a drop-in service providing all undergraduate students with confidential, non-judgemental, and empathetic peer-based support. Their goal is to foster a comfortable environment for students through active listening, practical assistance, and resource referrals. They welcome peers to come in to speak about: stress, academic grievances, financial assistance, oppression/discrimination, sexual assault, mental health, and more. They also encourage peers to come in to celebrate good news, have a quiet and cozy space to read, play some board games, or just to have some friendly company. Please note that they are not a replacement for health services that can provide diagnosis, treatment, or long-term support; nor are they a first point of contact in the case of an emergency.
<https://www.amspeersupport.com/>

Queen's CARED

CARED (Committee Against Racial and Ethnic Discrimination) is an anti-racist activist and educational committee that holds events throughout the year to discuss "Race," Racism, and the effects of discrimination. The committee advocates for students who have encountered incidents of racism and discrimination and aims to fight oppression through education, lobbying, and by looking at the intersections of oppression.

AMS Food Bank

The AMS Food Bank is a confidential and non-judgmental food service to members of the Queen's Community. It aims to provide clients with food services in the most comfortable environment possible.
<https://www.amsfoodbank.ca/>

Collective Reflections

Collective Reflections is a student-run, anti-oppressive publication that aims to showcase opinions, anecdotes, and any creative expressions on topics such as feminism, race & ethnicity, ability & accessibility, sexuality and gender diversity, and mental health.

Education of Queer Issues Project

EQuIP promotes education and action around queer issues locally, nationally and internationally, and works to create an environment that can truly be called a positive space for people of all sexual and gender identities. The committee works closely with campus and community groups in order to facilitate education, create awareness, and advocate for human rights.

Student Communities

EDGE Leadership

EDGE Queen's is a sub-chapter of EDGE Diversity leadership. They are a student-run non-profit organization that is focused on enabling the personal and professional growth of underrepresented students. They believe that representation contributes to the presence of diversity that is integral to the success of all reputable organizations. As such, EDGE Queens is committed to fostering more empowering and inclusive environments within STEM and business fields.

Queen's Women in Leadership

QWIL began over a decade ago as "Women in Finance", hosting only 31 delegates. The continued success of the event allowed the conference to expand into "Queen's Women in Leadership", bringing together students, sponsors, and speakers for a weekend of innovation and inspiration. The conference has come to encompass young individuals from all fields, allowing them to share their experiences and celebrate their successes.

Q+

Q+ is a committee designed to allow the LGBTQ+ community at the Smith School of Business to flourish. They offer support through recruiting opportunities, access to professional development and resources, and foster a strong LGBTQ+ community within the school. Q+ hosts events in Kingston and Toronto.

Smith Black Business Association

The Smith Black Business Association seeks to eradicate the barriers that intervene with the prosperity of Black people in the Business Industry and to provide a space that is both safe and welcoming, in which they can learn and grow.

Queen's Commerce Mental Health Association

Queen's Commerce Mental Health Association (QCMHA) promotes the conversation of mental health and wellness throughout the Commerce community. A survey was sent out to the Commerce student body, and 25% of students responded with a 4/5 or 5/5 when asked how often they felt their mental health had prevented them from reaching their full academic potential. It is clear that mental health is prevalent in our community, which is why QCMHA's driven team is striving to push the conversation and end the stigma of mental health.

AMS Clubs

For an exhaustive list of student community clubs, refer to the list provided by Queen's Alma Mater Society.
<https://www.myams.org/clubs/club-directory/>

EQUITY-SEEKING AMS CLUBS

Queen's Women of Colour Collective
Queers at Queen's
Queen's Student Diversity Project
Queer Collage Collectives
Queen's Cultural Exchange
Queen's Women in Computing

RELIGIOUS COMMUNITIES

Queen's University Muslim Student Association
Queen's Hillel
Queen's Hillel Class of 2026
Queen's Geneva House

INTERNATIONAL STUDENTS

Queen's University International Centre World Link Program
Commerce International Students Association
Smith Global Network

CULTURAL IDENTITY ASSOCIATIONS

Queen's Native Student Association
African & Caribbean Students Association
Queen's Black Academic Society
Organization of Latin American Students at Queen's University
Queen's Asian Students' Association
Queen's South Asian Association
Queen's Tamil Students' Association
Queen's Pakistani Student Association
Queen's Taiwanese Student Association
Queen's Hong Kong Students' Association
Queen's Korean Student Association
Queen's Pinoy Association
To see more cultural identity associations available at Queen's, please visit: https://www.queensu.ca/yellow-house/identity-community_.

Indigenous Student Supports

Gender Affirming Assistance Project

The Gender Affirming Assistance Project (GAAP) seeks to provide support to Two-Spirit, trans, non-binary and gender diverse Kingston members.

<https://opirgkingston.org/gaap/>

Office of Indigenous Initiatives

The Office of Indigenous Initiatives builds community, advances reconciliation/conciliation and integrates Indigenous ways of knowing and being into the fabric and life of the university.

<https://www.queensu.ca/indigenous/>

Four Directions Indigenous Student Centre

4D strives to be a home away from home for Indigenous students and a site of information and support for the broader Queen's community. You can visit the Centre at 144 & 146 Barrie

Street. <https://www.queensu.ca/fourdirections/>

Queen's Native Students Association

A group of both Indigenous and non-Indigenous students working towards Indigenous awareness on campus and in the Kingston community.

BCOM

PART OF THE

family

Julia Vrabel, Chair

julia.vrabel@queensu.ca

Annabella Luo, Logistics

annabella.loo@queensu.ca

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Clara Pare, Technical

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Haley McLean, EDII

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Madison Miller, Sponsorship

madison.miller@queensu.ca

Hannah Konigsberg, Sponsorship

hannah.konigsberg@queensu.ca

Feel free to reach out with questions, concerns or simply to check in. CEO is here to support your transition into the Smith School of Business and Queen's University.

Alma Mater Society

FIRST YEAR STUDENT WELCOME PACKAGE



Welcome to Queen's University!

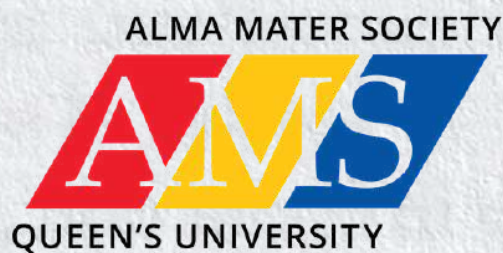


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 myAMS.org

 queens_AMS

 queensAMS

 amsCampusLife

 queens_AMS

 JDUC RM 118
9am - 6:00pm M-T
9am - 2:00pm F





2026 - 2027 Executive Team



5 Commissions
7 Offices
8 Faculty Societies
16 Student-run services
50+ Full-time Student Staff
260+ Student Clubs
700+ Part-time Student Staff
1,000+ Student Volunteers
21,000+ Student Members (including you!)

**Alma Mater Society
Queen's University Student Government
By Students, For Students**

Welcome incoming class of 2030! It's no small achievement starting your time here at Queen's, and as you will become more and more aware; this is a pivotal time in your life and career to push your comfort zone, gain new experiences, as well connect with different people and perspectives. It is important as incoming Queen's students to recognize the incredible efforts, motivation, and dedication it has taken to get here; and I recognize every Queen's student for the hard work and late nights spent to get here.

On behalf of the Alma Mater Society of Queen's University (also known as the AMS), we are super excited to welcome the incoming class to our student community here at Queen's; we are like no other experience and student government in Canada.



The AMS is the oldest student government in Canada, we exist to serve and represent all undergraduate students at Queen's University. As well we administer key student programs including overseeing our 300+ clubs, our universal transit program (Bus-It) and our supplemental Health and Dental program; in addition to our core mandates we operate over 10 services including the Common ground Coffeehouse, Queen's Pub, AMS Foodbank, and many more!

The AMS follows its motto on everything we do; and that is 'By Students, For Students'. All our departments are student-led and staffed; providing 600+ paid job opportunities on campus as the largest student on-campus employer. We are highly excited to see the incoming class in applying to AMS roles, volunteering in clubs, attending events and fun activities as some of the many ways to get involved in YOUR student government.

I encourage everyone to try new things, meet new people, and be patient with yourself in this major life transition. The AMS is always here to support its members and that includes you! Whether questions, concerns, feedback, or just a need for support on your experience or adjusting to campus life and academics; the AMS is always here to help, where you can find us in JDUC 118.

This year under Executive Team DAE for the AMS; we are advocating and working hard toward three key goals: Affordability, Accountability, and Engagement. Through this year we are excited to see big things achieved; and look forward to hearing your experience, perspective, and the mark you will leave here at Queen's. I am hoping everyone has a great introduction to Queen's and the AMS. I wish each and every one of you the most joyful experience and that you make many connections here at Queen's.

Cha Gheill,

Dreyden George
157th AMS President

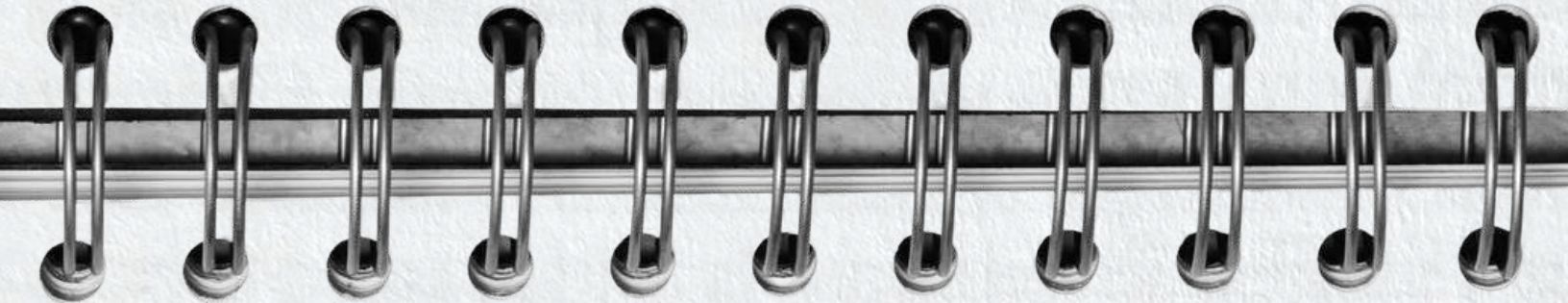
Welcome to Queen's!!! I hope you enjoy this first week of orientation and the amazing events in store for you – this is just the beginning of all the fun you will have throughout your four years here.

The transition to university can be exciting, but also scary – I encourage you all to go outside of your comfort zone, talk to new people, and take chances. Queen's University and the AMS are full of opportunities, whether that's a new club to join, an event to go to, or a student job to apply for. There is so much potential for personal growth, extending far beyond academics!

So, take it all in – embrace the chaos of first year, and know that every person around you is navigating the same unpredictable new chapter. Welcome to the Queen's community, we can't wait to see everything you accomplish!



A Papoulidis
Avery Papoulidis
Vice President, Operations



Edward Sy

Edward Sy
Vice President, University
Affairs

Hey Gaels! It is our pleasure to introduce you to a new chapter of your life. Right now, these upcoming years may seem like a long read, but I promise you, it is not. Through all the plot twists, cliffhangers, tear-jerkers, and late-nights, you'll soon find yourself on the last page, replaying memories, relationships and opportunities that you don't want to let go of just yet.

This transience is what makes the university experience so unforgettable. So, my advice, to you, is to accept it and embrace all that it has to offer, 'cause you only get this chance once in your life. Take time to explore over 300 clubs and the countless events running every week. Ask questions and figure out what you need to succeed; there are hundreds of people ready to help you, and trust me when I say, one email can get you a lot further than you'd think.

This is your time to make mistakes, learn, and grow, and I am so excited to see what you do with it!



 queensu.ort_ams

ORIENTATION ROUNDTABLE



Orientation Roundtable (ORT) is the division of the AMS responsible for the high-level advocacy, planning, and execution of Queen's Faculty Orientation. The office collaborates with all Faculty Society Orientation Committees and the Division of Student Affairs to facilitate a welcoming, safe, and inclusive Fall Orientation and transition to Queen's. We accomplish this goal by facilitating Faculty-Specific Orientation events; training Faculty Orientation leaders and executives; working alongside the Student Experience Office, Residence Life, and Residence Society to execute all events from Move-In Day to the end of Orientation; and finally, advising on Orientation Policy and Procedures with the Senate Orientation Review Committee.

See you soon Class of 2030! - ORT '26

Olivia Elmhurst - **ORT Director**

Annika Putnam - **Assistant Director**

Emmanuelle McHardie - **Logistics Coordinator**

Maia McCoy - **Systems & Support Coordinator**

Krystal Angel Magno - **Sponsorships & Media Coordinator**

Aya Alhasany - **Equity Coordinator**

Letter from the Principal

Welcome to Queen's and to Kingston.

Congratulations on this remarkable achievement. Your hard work and ambition have brought you to this moment, and I am delighted to welcome you to Queen's.

As you begin your time at Queen's, you are joining a university with a proud history and an exciting future. As we approach our bicentennial in 2041, Queen's is guided by a bold vision: to educate and empower people to lead through advancing knowledge, fostering innovation, and creating a more sustainable, inclusive, and prosperous future. That vision comes to life through students, and I look forward to seeing the unique perspectives, talents, and experiences you will bring to our community.



Your time here will be about much more than earning a degree. It is an opportunity to challenge yourself, discover new passions, ask difficult questions, and build friendships. You will learn from exceptional faculty and staff, collaborate with classmates from diverse backgrounds, and engage with ideas that will prepare you to make meaningful contributions in your career, your community, and far beyond.

I encourage you to make the most of every opportunity available to you. Explore campus, get involved in student clubs and activities, participate in research, volunteer, and discover everything that Kingston and the local area has to offer. Throughout your time here, you will find a community that is committed to supporting your wellbeing, academic success, and personal growth.

Starting university is an exciting transition, and it is also one that can feel unfamiliar at times. Be patient with yourself as you find your footing. Connect and ask for help when you need it, and take the time to check in with those around you. Some of the most meaningful learning happens not only in the classroom, but through the conversations, experiences, and relationships you build along the way.

On behalf of the entire Queen's community, welcome. I wish you every success in the years ahead, and I look forward to seeing the impact you will make, at Queen's and wherever your journey takes you.

A handwritten signature in black ink that reads "Patrick Deane".

Patrick Deane
Principal & Vice-Chancellor, Queen's University



Letter from the Rector

WELCOME HOME CLASS OF 2030!

I am glad you chose to land here for the next several years. If you're like me, this sweet town and the people within it will capture your heart.

I was elected by undergraduate and graduate students in 2024 to be a strong advocate and steady facilitator for our best interests. The Rector is the most unique role in Canadian higher education, and a testament to Queen's commitment to student voice in our shared governance system. As the Rector, I sit on the Board of Trustees and observe the Senate, AMS Assembly, and SGPS Council. I serve as liaison between students and the administration regarding important campus community matters. I also have the pleasure of presenting the Tricolour Award and shaking graduands hands at they walk the stage at convocation.

Importantly, I am a confidential resource for you during your time at Queen's. When you need a little extra support, I can help you navigate the plethora of systems designed to set you up for success. For more information and to connect, visit queensu.ca/rector, follow me on [Instagram \(@queensurector\)](https://www.instagram.com/queensurector), or come say hello in my JDUC office.

I wish you the best of luck during this transition period. Just know, like orientation, your time at Queen's will go by quicker than you'd ever imagine. As you adjust to classes, join clubs, and attend events, remember that you're only as cool as they way you treat people.

Cha Gheill!

Niki Boytchuk-Hale (she/her), ConEd'23, MEd'26, PhD Student
39th Rector, Queen's University



Letter from the Mayor

On behalf of the City of Kingston, it is my pleasure to welcome you to our community. Whether you're arriving for your very first semester or returning for another exciting year, we're thrilled to have you here. Kingston is a city with a rich history, a vibrant culture, and a strong sense of community - but what truly makes this place special is the people who call it home. And that includes you.

Students are at the heart of Kingston's energy and spirit. The Queen's University community brings creativity, innovation, and enthusiasm to our city every day. Your impact extends far beyond campus through volunteering, entrepreneurship, athletics, arts and culture, research, and community involvement. Simply put, you help make Kingston a more dynamic, welcoming, and exciting place to live. One of the greatest strengths students bring is a fresh perspective. You challenge ideas, spark new conversations, and inspire positive change. As Mayor, I've had the privilege of seeing firsthand how students contribute to the growth and success of our city. Whether you're here for one year or several, you're helping shape Kingston's future.

One of my favourite days each year is welcoming students to City Hall for the Mayor's Innovation Challenge. The creativity, passion, and bold thinking that students bring to this event never cease to amaze me - and it's a reminder of just how much talent and potential exist within our community. While you're here, I encourage you to get out and explore. Stroll along the waterfront, discover our historic downtown, support local businesses, attend a festival, cheer on a local team, or find a new favourite coffee shop. More importantly, take the opportunity to connect with people, get involved, and create experiences that will make your time in Kingston memorable.

We are excited to welcome you and look forward to seeing the many ways you'll contribute to our community. I hope your time here is filled with learning, friendship, discovery, and opportunity.



Bryan Paterson
Mayor, City of Kingston



AMS Resource Hub

The AMS Resource Hub is your go-to-place for free resources: find us by the Queen's Centre 506, just behind Common Grounds (CoGro)! Operating hours are updated on @amscampuslife on instagram.

- **Collective Closet:** A free student-run clothing swap program to donate and exchange thrifted clothing
- **Greenovations:** Sustainable student housing retrofits and compost bins offered free for all students
- **Housing, Academics and International Resource Centres:** hands-on peer-led supports and tailored resources for navigating housing, academic, and international student affairs.
- **Equity Library:** exchange student-selected books to read in our community library!
- **Menstrual Equity Shelf:** a stock of free tampons, pads and care products!



OFFICES

The **seven 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. These offices provide a wide variety of working opportunities to students, check out **myams.org** for more information!



The Marketing Office aims to promote AMS initiatives, opportunities, and services by establishing various channels to engage students with the AMS. They are responsible for the supervision and creation of AMS digital media content and interacting with students and the city through social media. The Marketing Office provides resources for all AMS sectors to assist in promotion and collaboration. Contact the Director of Marketing at **marketing@ams.queensu.ca** or via AMS Instagram **@queens_ams**



The Communications Office facilitates the two-way flow of information between the AMS and student body, communicating intended messaging from the AMS to the students, and back again. Using local and national media outlets, they manage public relations and supervise the creation of AMS publications and maintenance of AMS website. They provide resources for services, clubs, and societies to assist in event promotion, information campaigns, and media relations! Contact the Director of Communications at **communications@ams.queensu.ca**



The Office of Internal Affairs is responsible for ensuring that internal functions of the AMS are running smoothly. This includes elections and referendum, AMS Assembly (the AMS legislative body), AMS Board of Directors, the judicial branches, and keeping policy up to date. The office is managed by the Secretary of Internal Affairs and provides students with open access to the electoral processes and assembly. Contact the Secretariat at **secretariat@ams.queensu.ca**

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Student Life Centre

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 Queen's Centre (QC), the John Deutsch University Centre (JDUC), the Mackintosh-Corry (Mac-Corry) and the Grey House, the SLC provides bookable equipment and spaces for individuals, organizations and clubs to arrange meetings, performances, and events encompassing a wide range of student and community uses. Visit the SLC info desk located on the 1st floor of the QC and in the JDUC or visit their website at **www.studentlifecentre.ca** and their Instagram **@studentlifecentre_ams**



**ALMA MATER SOCIETY
HUMAN RESOURCES OFFICE**

The Human Resources (HR) Office is here to make sure that your experience at 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. 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 Talent Acquisition Manager, at **talent@ams.queensu.ca**



The Orientation Roundtable (ORT) is responsible for the high-level advocacy, planning and execution of Queen's Faculty Orientation. The commission collaborates with all Faculty Society Orientation Committees and the Division of Student Affairs to facilitate a welcoming, safe and inclusive Orientation and transition to Queen's. This commission accomplishes this goal by facilitating the planning and execution of Faculty-Specific Orientation events; training Faculty Orientation leaders and executives; working alongside the Student Experience Office, Residence Life, and Residence Society to execute all events from Move-In Day to the end of Orientation; and finally, advising on Orientation Policy and Procedures with the Senate Orientation Review Committee. Contact the ORT Coordinator at **ort@ams.queensu.ca** and follow their Instagram **@queensu.ort_ams**

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The Information Technology (IT) Office provides IT infrastructure, security and support services to the AMS and its stakeholders. These services come in the form of both individual department plans and consultation on other stakeholder initiatives that require an IT component.



COMMISSIONS

The core components of the AMS are the **five 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.



The Commission of External Affairs (CEA) advocates on behalf of students on the Municipal, Provincial, and Federal levels. In this pursuit, the Commission lobbies and advocates internally within the university administration while also lobbying externally to raise awareness about government policies regarding post-secondary education, as well as municipal issues pertaining to student life. The Commission also manages the Housing Resource Centre (HRC) and the Academic Affairs Centre (AAC).



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.



The Campus Affairs Commissions (CAC) strives for the betterment of student life through social, inclusive, and entertaining extracurricular activities. They run events and conferences each year that enriches the Queen's experience for undergraduates in unique and memorable ways.



The Commission of Environmental Sustainability (CES) works towards a sustainable campus by advocating for sustainable action and initiatives on behalf of Queen's undergraduate students. This commission encourage sustainability within the AMS, Queen's University, and the City of Kingston. Projects include the Sustainable Action Fund, the Sustainable Event Certificate, Collective Closet and so much more!

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The Commission of Clubs is comprised of an average of 300 unique organizations, ranging from cultural groups to health outreach initiatives, among others. For many students, one of the experiences outside of the classroom is participating in clubs on campus. The Clubs Commission works to provide club advocacy, resources and support to AMS ratified groups through financial means (grants, bursaries, fundraising, etc.), providing club space, insurance, and resources for event planning and marketing. Contact the Commissioner of Clubs via Instagram [@amsquclubs](https://www.instagram.com/amsquclubs)



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 Affairs Centre. Want to be a part of an AMS service? Check out www.myAMS.org for information!



The **Common Ground Coffeehouse (CoGro)** is a student run coffeehouse found at the heart of the Queen's Campus in the Athletics & Recreation Centre (ARC). 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! Be sure to drop by CoGro in the Queen's Centre to pick up a coffee, tea, or baked goods on your way to class! Check out their Instagram [@cogro_ams](https://www.instagram.com/cogro_ams) and their website at cogro.ca



Located in the brand new John Deustch University Centre (JDUC), **The Brew** is a student run coffeehouse serving students with quality, consistency and creativity. The Brew will offer a large variety of menu items and be a place for students to study, meet up with friends, and grab their favourite mid-afternoon meal. Be sure to look out for it's opening in the upcoming academic year! We can't wait to see you at the brew! Follow their Instagram [@thebrew_ams](https://www.instagram.com/thebrew_ams) for more updates!



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) 533-9255** or visit the kiosk under the stairs on the first floor of the John Deustch University Centre (JDUC). Follow their Instagram [@walkhome_ams](https://www.instagram.com/walkhome_ams) for more updates!

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The Peer Support Centre (PSC) is made up of over 100 compassionate and dedicated student staff and volunteers, here to support all undergraduate students at Queen's. Offering confidential, peer-to-peer support, the PSC provides a safe and empathetic space for students to talk about anything on their minds from homesickness, academic stress, and mental health, to experiences of discrimination, sexual violence, or personal struggles. Whether your concern feels big or small, the PSC is here to help, listen, and connect you with the right resources. For current hours, follow them on Instagram [@peersupportcentre_ams](https://www.instagram.com/peersupportcentre_ams) or reach out to the Head Manager at peersupport@ams.queensu.ca



The Queen's Student Constables (StuCons) are proud to be North America's only peer-to-peer security service. Established in 1936, the StuCons have a long-standing tradition of supporting student life by upholding AMS policies in a safe, respectful, and judgment-free environment. With a team of around 60 student staff, you'll find StuCons at some of your favourite campus spots, including Clark Hall Pub and the Grad Club. They also work closely with over 260 student-run clubs throughout the year to help promote and facilitate safe, sanctioned events. For more information or to get in touch, you can reach them at QSC@ams.queensu.ca or at Instagram [@queensstucons_ams](https://www.instagram.com/queensstucons_ams)



Society 58 is your one-stop destination for everything Queen's, proudly serving students, alumni, and the wider Queen's community. Whether you're looking to show off your school spirit with high-quality Queen's clothing and merchandise or need a reliable and affordable way to get around with their convenient bus service, Society 58 has you covered. Operated by students, for students, every purchase helps support student initiatives on campus. Stay stylish, save money, and give back to the community all in one place. Visit their website to shop and learn more: www.Society58.ca and Instagram [@society58_ams](https://www.instagram.com/society58_ams)

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The Media Centre (MC) is an on-campus provider of all media and printing needs, located in the new and improved John Deutsch University Centre (JDUC). The Media Centre provides students with media services, specializing in photography, videography, and graphic design. The Media Centre also offers on-the-spot printing, alongside other production services. Suited to meet all creative needs! For more information, contact the AMC at **mediacentre@ams.queensu.ca** or follow their Instagram **@amsmedia centre** for more updates!



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 to contribute as writers, as well as letters or opinion pieces from all members of the Queen's community. Feel free to contact the Editors In Chiefs at **journal_editors@ams.queensu.ca** or **(613) 533-2800** and follow their Instagram **@queensjournalnow** for more information about services and opportunities.



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 helps to ensure that Queen's students can be healthy and productive as they pursue academic achievement and alleviate poverty amongst Queen's community members. Keep posted with the latest location and hours updates on the Food Bank Instagram **@amsfoodbank** or on their website at **www.amsfoodbank.ca**.

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The Housing Resource Centre (HRC) offers year-round support to students living off-campus in Kingston. From lease reviews to landlord disputes, the HRC provides peer-led assistance and rights-based advocacy. Programs like Housing Rights Month and Know Your Neighbours foster safety and awareness. Collaborating with city officials and legal experts, the HRC strengthens student-renter protections and community relationships through education and policy engagement.



The Academic Affairs Centre (AAC) is a confidential, student-run service supporting peers facing academic challenges. It offers help with appeals, accommodations, academic integrity, and bursary applications. The AAC also advocates for improved academic policy and accessibility through campus campaigns and stakeholder engagement. By offering direct guidance and systemic advocacy, the Centre ensures students understand their rights and feel empowered within the academic system.



The Queen's Pub (QPR) is finally back and now open in the brand new John Deutsch University Centre (JDUC)! A beloved part of the Queen's community, the Queen's Pub is fully student-run and ready to welcome you once again. Whether you're looking to relax, catch up with friends, or enjoy some live music and classic pub eats, there's no better place to be. Come soak in the atmosphere, make new memories, and enjoy the return of a campus favourite. Good vibes, great food, and even better company at The Queen's Pub. Follow Instagram [@queenspub_restaurant](https://www.instagram.com/queenspub_restaurant) for more updates!

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PEACH Market complements other food access programs on campus and supports sustainability through food rescue. Untouched food from across Queen's Hospitality Services will be packaged and made available to students, staff, and faculty through the market's accessible 'pay what you can' operating model. PEACH Market is proudly run by student volunteers for the campus community. Follow Instagram [@peachmarket_ams](https://www.instagram.com/peachmarket_ams) and [@queensfood](https://www.instagram.com/queensfood) for more information!



The Collective Closet is a swap-based clothing initiative operated by the Commission of Environmental Sustainability (CES). The Collective Closet operates on a take one, leave one model, providing an economical clothing option while promoting slow fashion. The Collective Closet operates regular hours in its storefront, located in the John Deutsch University Centre, as well as pop-up events across campus. Check out on Instagram [@collectivecloset_ams](https://www.instagram.com/collectivecloset_ams)



BIPOC Talk is a portfolio of the Peer Support Centre (PSC) that provides support for BIPOC students. BIPOC Talk's peer support sessions are conducted by BIPOC-identifying volunteers, so students can be matched with volunteers who have similar lived experiences. BIPOC Talk volunteers are trained to the same standards of confidentiality, non-judgementalness, empathy, and preparedness as all other PSC volunteers. BIPOC Talk also hosts monthly community events for BIPOC students. For more information, follow the Instagram [@bipoc-talk_ams](https://www.instagram.com/bipoc-talk_ams)

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Queers 4 Peers is a portfolio of the the Peer Support Centre (PSC) that provides support for 2SLGBTQIA+ students. Queers 4 Peers's peer support sessions are conducted by 2SLGBTQIA+-identifying volunteers, so students can be matched with volunteers who have similar lived experiences. Queers 4 Peers volunteers are trained to the same standards of confidentiality, non-judgementalness, empathy, and preparedness as all other PSC volunteers. Queers 4 Peers also hosts monthly community events for 2SLGBTQIA+ students. For more information, follow the Instagram [@queers4peers_ams](https://www.instagram.com/queers4peers_ams)



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.

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

GENDER NEUTRAL WASHROOMS

355 King St West	LL118, LL122, 124, 125, 126, 127, 214, 216, 218, 220, 250, 251, 252, 253, 254, 308, 310, 312, 314, 343, 345, 347, 348, 349
Abramsky Hall	009, 114, 115, 217, 218, 322, 323
Benidickson House/Summerhill East	121, 122
Biosciences Complex	0591, 0594, 1389, 2288, 2289, 3288, 3289, 3490
Botterell Hall	161, restricted access: B264A, 247A, 1005
Bruce Wing	537A
Cancer Research Institute	B11C, 095, 195, 295, 395
Carruthers Hall	010, 011, 201, 305
Cataraqui Building	124, 215
Clark Hall	020, 225, 226
Costal Engineering Lab	105
Craine Building	124, 125, 322
Douglas Library	490, 491, 689
Duncan McArthur Hall	A202C, A307B, B161, B162
Dunning Hall	003, 138
Dupuis Hall	B30, G32, G55, G56, 221, 248, 385, 402
Ellis Hall	039, 137, 433, 436
Etherington Hall	1002, 1003, 2002, 2003, 2052, 3014, 3017, 3027, 3045

GENDER NEUTRAL WASHROOMS

Fleming Hall - Jemmett Wing	314
Stewart Pollock Annex	102, 116, 203, 303, 403, 502, 503
Goodes Hall	LL115, LL119, LL161, LL254, 207, 209, 277, 279, 357, 450, 452, 457, 459
Gordon Hall	491
Grant Hall	112
Harrison-LeCaine Hall	265
Haynes Hall	104
Humphrey Hall	215, 314
Isabel Bader Centre for the Performing Arts	170, 174, 175
Jackson Hall	094, 095, 104, 203, 206, 307
Jeffery Hall	121, 324, 425, 522
John Deutsch University Centre	120, 215, 334B, 428, 430L, A102, A103, A104, A202, A203, A204, A302, A303, A304
Kathleen Ryan Hall	110, 210, 310, 410
Kinesiology and Health Studies Building	114, 201B
LaSalle Building	139, 148, 151, 235, 239
Louise D. Acton Building	12-028, 032A, 125, 126, 13-136, 222CL, 223CL
MacGillivray-Brown Hall	103, 104, 203
Mackintosh-Corry Hall	B245b, D401, D570
McLaughlin Hall	101, 107B, 218A, 227, 316, 325, 403
Miller Hall	405

GENDER NEUTRAL WASHROOMS

Mitchell Hall LL107, 104, 109C, 113, 127E, 127L, 127H,
133, 137A, 137B, 143, 224A 224B, 231,
300C, 302A, 337, 341, 367, 377

Nicol Hall 301, 309

Ontario Hall 104C, 304B, 403

Richardson Labs 293, 294, 394, 395, 494, 495

Richardson Stadium E110, N107

Rideau Building 125A

Robert Sutherland Hall 102, 104, 106, 108, 110, 112, 291, 424,
490

School of Medicine 070, 075, 104, 106, 111, 113

Stauffer Library 082, 179A, 582

Stirling Hall 163, 205K, 227, 329

Summerhill West 011, 121, 122, 202

The Law Building 185, 210B, 366

Theological Hall 024, 025, 120, 121, 205, 208, 217, 417,
418

Victoria Hall 0027C, 136A, 137A

Waldron Tower 1-122, 1-123

Walter Light Hall 197A, 197B

Yellow House 197, 299

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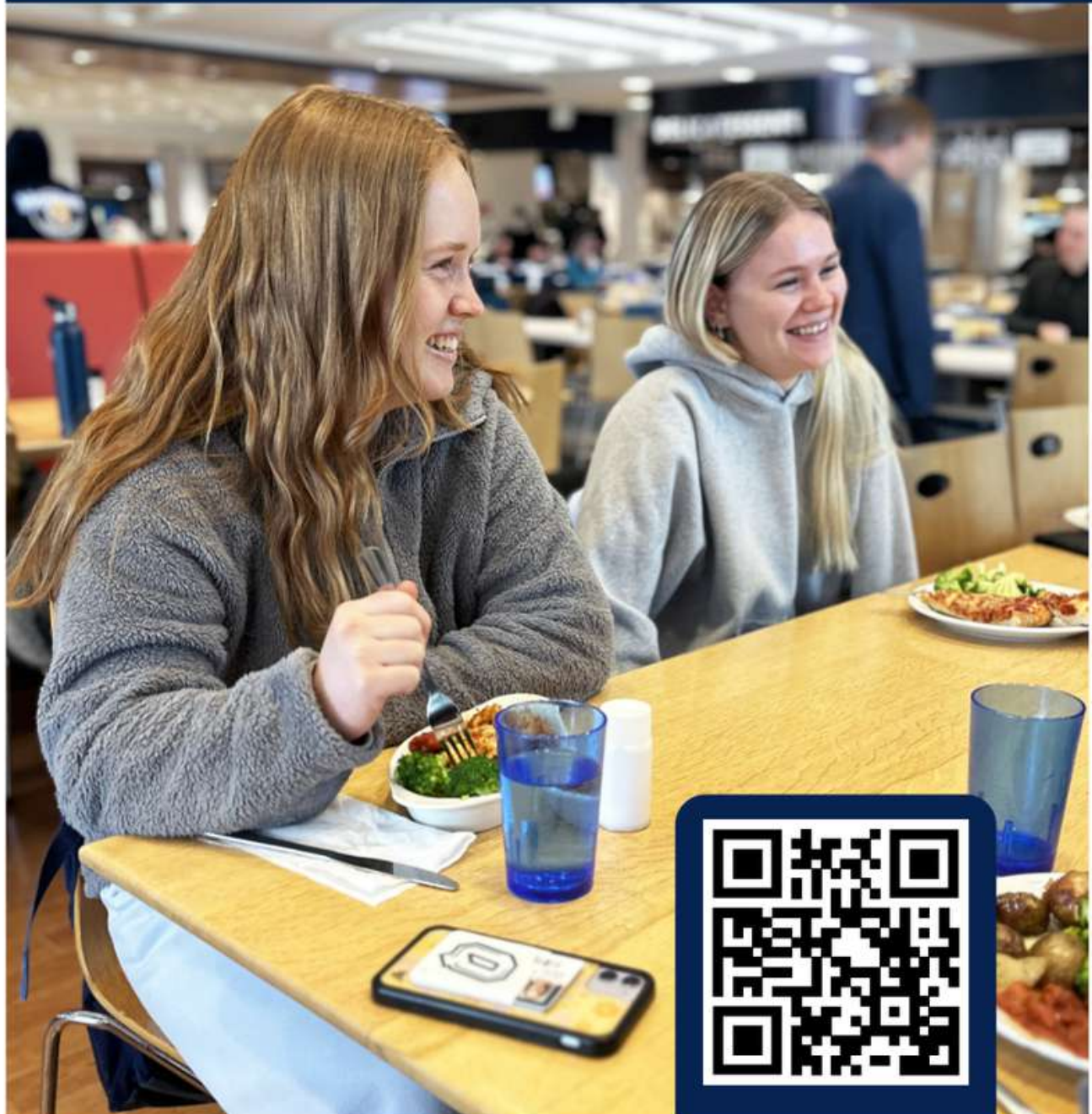


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book an appointment with
an Advisor.

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Provide information and support about police reporting, file University complaints



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