

STUDENT AFFAIRS

We are here for your success

While a career in medicine is exciting, challenging and rewarding, there are times of exhaustion, disillusionment and stress. Our Student Affairs team is there to support the personal and professional growth of medical students throughout the four years of medical school at Queen's University by providing advocacy and advice in the areas of Academics, Careers and Wellness.

We want to get to know you and support you. We will have many opportunities to meet through our wellness curriculum but know you can contact us at anytime. If you find yourself wondering about whether to contact us – please do!

For appointments, please

contact learnerwellness@queensu.ca, stop by our office in the MD Program Office or call our Learner Wellness Assistant at 613-533-6000 x78451. We look forward to meeting with you!

Our confidential fax # is (613) 533-6389.

Wellness Advising

The Wellness Advisors are available at any time to meet with students in a confidential environment. They provide assistance with any physical, personal or emotional struggles and facilitate access to resources needed. They also advocate for students who are having difficulty, and they promote wellness and resilience throughout the medical school curriculum.

Academic Advising - Academic Advisors can help you with:

- recognizing your strengths and weaknesses
- setting academic goals
- seeking help when needed
- completing academic responsibilities in a healthy way (ie managing anxiety before exams/major projects)
- maintaining a school/ life balance
- maintaining positive study habits and time management skills
- exploring options and opportunities available to support your academic career

Career Advising - Career Advisors can help with:

- Having a well-developed sense of self and goals to work toward
- Recognizing personal preferences and strengths and utilizing this knowledge in education and career decisions
- Identifying and balancing personal and educational priorities to foster future balance between personal health and a sustainable practice.

- Finding resources to help you meet those goals in a healthy way

Mentorship Program

The Queen's Mentorship Program is meant to provide guidance, both personally and professionally, to help prepare students in becoming excellent physicians and healthcare leaders. Our program places emphasis on a student-driven mentoring where onus is placed on successive generations of students, those most recently and intimately involved in the ever evolving medical education process, to create a supportive environment where advice and experiences can be shared.

All MD Program students are assigned to a Mentorship group with the expectation that they will enhance their learning experience at Queen's Medicine by participating in planned group activities, interacting with their peers and observing the career and lifestyle of their mentor(s). The groups are assigned randomly and are not based on a specific specialty.

They are designed to stay consistent from year to year, to establish a continuum so that a student has the same mentor throughout their four years of medical school.

The program is administered by the Assistant Dean, Student Affairs, Dr. Renee Fitzpatrick, the Learner Wellness Assistants, and the Aesculapian Society Vice-President of Internal Affairs.

We encourage Queen's Med students to engage in group activities and learn more about what it means to be a medical professional in the Kingston Medical Community.

LGBTQ+ Mentorship Program

The LGBTQ+ Mentorship Program is run by the Gender and Sexual Minorities in Health Committee (GSMIH) at Queen's Medicine. Its purpose is to pair LGBTQ+ medical students and residents together to create a space for discussions around navigating medicine as a member of the LGBTQ+ community. Students will be able to receive informal support and guidance from mentors, connect with peers, and engage in dialogue around LGBTQ+ identities in medicine. Mentors and mentees are encouraged to meet once or twice per semester and to attend group events organized by the GSMIH.

This program is student-run and participation is kept confidential. If you are interested in participating as a mentor or mentee, or if you have any questions, please email our coordinators at qmed.lgbtqmentorship@gmail.com.