

New Student Information Session



Acadia Counselling Centre

Presenter: Sarah Pittoello

A photograph of the Acadia University building, a large stone structure with classical columns. The name 'ACADIA UNIVERSITY' is carved into the pediment. Red-leafed trees are in the foreground on the right, and green trees are on the left.

WELCOME

Your Home Away From Home

Acadia Counselling Centre
Sarah Pittoello, RCT-C, CCC
January 8, 2021





Acadia Health and Wellness

About the Counselling Centre

- What is counselling?
 - A process where you meet with a trained counsellor to explore personal issues and difficulties you are having, and to help identify solutions.
 - It is private and confidential – your information is not shared and there is no record on your university file.
- Asking for help can be difficult:
 - Due to stigma (viewed in a negative way that leads to judgement or discrimination).
 - Cultural or religious beliefs about counselling.
 - Negative past experiences.
 - Ideas we have about what it means:
 - I should be able to handle things.
 - It means I'm broken or sick.
 - I can't share things with a stranger.



We are here to help



Counselling Around the World

- Counselling looks different in countries around the world and we have much to learn from that.
- Regardless of where we live and practice, professional counselors share a core identity, and that identity is informed and molded by culture.
- We are learning how western approaches don't always use a diverse and culturally sensitive approach.
- At the Counselling Centre, we are aware of these differences and will do our best to teach ourselves about these diverse approaches to be as culturally sensitive as possible.
 - Core values:
 - Building strong connections to create therapeutic changes so you can experience health and wellness.
 - Social justice and advocacy.
 - To help people with problems adjust to life in a healthier, happier way.

Counselling Centre

All services are online or by phone



Located in the Old SUB
(right beside the Student Union Building)

- **Mental Health Counselling**

- Loneliness and isolation
- Depression and anxiety
- Stress
- Sexual violence
- Suicidal thoughts
- Substance abuse
- Sexuality and gender

- **Career Planning and Counselling**

- Myers Briggs Personality Indicator and The Strong Interest Inventory (fees apply).
- Goals & Visions
- Plans
- Challenges

Free and confidential

What is E-Mental Health



<https://healthymindsns.ca>

- The use of the internet and other communication technologies to deliver mental health information and care.
- Effective and complementary to traditional face-to-face mental health supports.
- Not a replacement for face-to-face.
- Accessible and convenient.
- Can access anytime at no cost.
- Confidential / Anonymous.

Podcasts • Blogs/Videos

Apps • Websites

Virtual Reality • Telehealth

Texting

Good 2 Talk

Crisis Phone and Text Numbers

Good 2 Talk – Crisis Talk Line

Dial 1.833.292.3698

- You'll be connected to a [professional](#) Canadian Counsellor who can provide support for a range of topics



Crisis Text Line

Just text:

Good2TalkNS to 686868

to be connected to a volunteer-supporter from the privacy of your phone.

Powered by Kids Help Phone is a Canadian text-based [volunteer](#)-support service available 24/7/365.

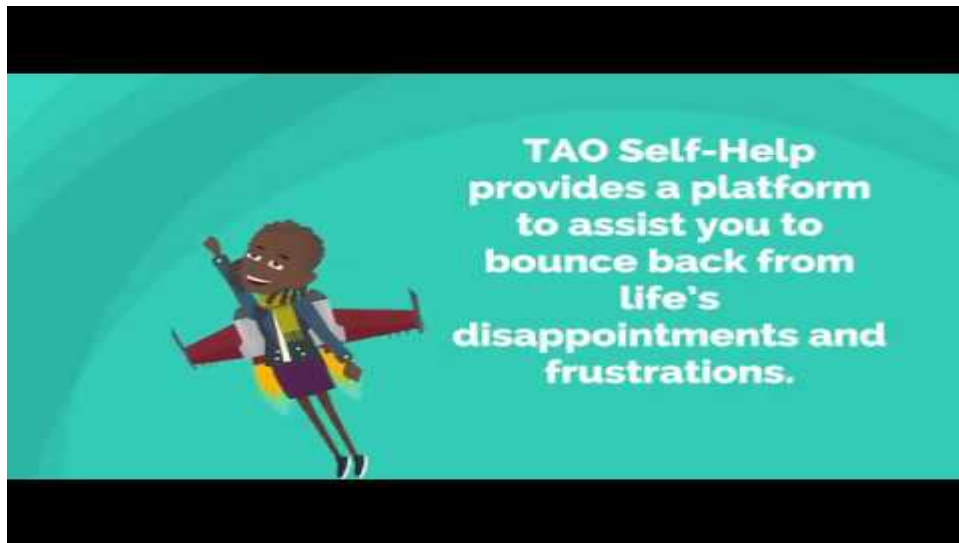
24-hours per day, 7 days per week, 365 days a year

Therapy Assistance Online



- Interactive website/phone app.
- Online access, easy to use.
- Available in English and French (in Canada).
- Service is 100% confidential.
- Free for all Acadia students.
- 9 Interactive Pathways.
- 24/7/365

thepath-ca.taoconnect.org
Use Acadia Student ID #



Student Health Centre

Non-Covid Related



Located in Dennis House – bottom floor

- Medical diagnosis and treatment of health concerns
- Sexual and reproductive health care. STI checks.
- Allergy injections and travel vaccinations (fees apply)
- Health and wellness resources
- Emergency Contraception
- Free* and Confidential

Appointments by phone or email only

What to expect at your medical appointment

- All appointments will be booked by **phone** or **email**.
- Appointments will be done **remotely** unless an in-person appointment is determined necessary by the physician.
- If you are attending an in-person appointment you will be **screened** for COVID-19 prior to your appointment and will be texted as to when you are to enter the clinic.
- There will be **no walk-in** appointments available and students with urgent needs will be referred to local health centres or hospital emergency room.



For all COVID-19 related information:

<https://www2.acadiau.ca/covid-19.html>

- Family Crisis
- Financial Concerns
- Discrimination
- Health Concerns
- Adjusting to a new country
- Homesickness
- Racism
- Academic Pressures



Factors that can affect mental health

- Ask for help
- Keep physically active
- Eat well
- Regular sleep
- Connect with others
- Do something you enjoy
- Develop coping skills
- Access the resources



Tips for looking after your mental health



Make an Appointment or Contact Us

Counselling Centre

902 585-1246

counselling@acadiau.ca

Open year round:

Monday-Friday:

8:30-12 and 1:30-4:30

<https://www2.acadiau.ca/student-life/health-wellness/mental-health.html>

Student Health Center

902 585-1238

studenthealth@acadiau.ca

Open September – April

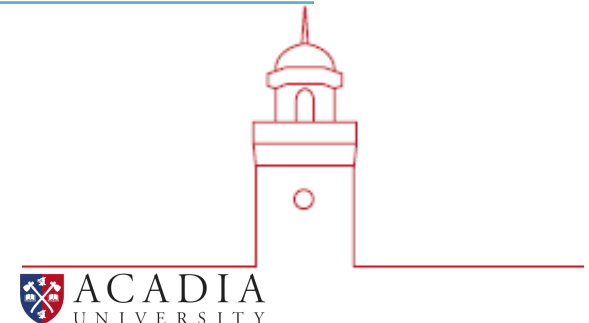
Monday - Thursday

9am - 12pm, 1:30pm - 4pm

Fridays

9am - 12pm

<https://www2.acadiau.ca/student-life/health-wellness/clinic.html>



Acadia Registrar

Presenter: Helen Tidcombe

Registrar's Office



ACADIA
UNIVERSITY

From Registration to Graduation, and Beyond

Who we are...

- Registrar **Mark Bishop**
- Associate Registrar **Shawna Singleton**
 - course schedules, advising, timetable
- Information Specialist **Sara Sponagle**
 - information requests
- Coordinator Exams and Transfer Credits
Helen Tidcombe
 - exams, intersession, transfer credits
- Client Service **Miriam Maenhout, Janet Gee
and Sarah Atkinson**



What we do?

- Keep records / update information
- Assist students and departments with Registration
- Provide documents (enrolment verifications, transcripts)
- Establish timetables and book classrooms
- Establish dates and deadlines
- Assess transfer credits
- Graduation
- Interpret academic policies



Registration and Acadia Central

- Self-registration through Acadia Central
 - central.acadiau.ca/my
- **Notifications**
- **Important Dates and Deadlines**
- **Check your schedule**
- **Register and withdraw from courses**
- **Check your grades**



Transfer Credits

- **How do I get them put on my record?**
 - **Provide**
 - **Official transcripts**
 - **Course syllabi**

You will receive an email notification of your assessment results. A minimum grade of a C- is required.



Dates and Deadlines

- Don't like the course you registered for? No problem! It's ok to withdraw and select another course.
- There are dates and deadlines to keep in mind. Withdrawing in time from courses can mean the difference between the course not appearing on your transcript, or receiving a W or an F grade.
- Refer to the RO website or the Academic Calendar for withdrawal deadlines

It is your responsibility to know the dates.



Examinations

- **Final Exams – Held in December and April**
 - Schedule posted in October and February
 - Do NOT book flights until after the final examination schedule is available.
- **Schedules can not be adjusted for travel plans**



Academic Calendar

- **Regulations, policies and procedures.**
- **Including**
 - **program requirements**
 - **dates**
 - **course descriptions**
 - **GPA scale**

It is your responsibility to know the academic calendar. Posted on Registrar's website



Program Changes

What if I don't like my program?

- You are encouraged to try different courses and disciplines through electives.
- It's ok to change programs – talk with the department into which you want to change.
- If you don't know what you'd like to take, talk with the Student Services Academic Advisor or the Head of the Department.



Grades at Acadia

Letter Grade	Grade Point Value
A+	4.33
A	4.00
A-	3.67
B+	3.33
B	3.00
B-	2.67
C+	2.33
C	2.00
C-	1.67
D+	1.33
D	1.00
D-	.67
F	0.00
W	Withdrew

Effective September 2019

- The grade point average is the weighted sum of the grade points earned divided by the number of courses attempted. Courses with a notation of 'W' are not included in the GPA.
- Only the most recent grade in repeated courses will be included in any GPA.
- Some courses have a Pass/Fail marking scheme. This is not counted in the GPA.
- A GPA calculator is available to you on Acadia Central.



Academic Standing

Academic Standing is the status of a student based on his or her grade point average.

Academic Standing is assessed once a year in the spring.

As a result of that assessment, students will find themselves in one of three situations:

Good Standing

GPA above 1.50

Probation

- registered full-time in both the fall/winter session
- sessional GPA of at least 1.00 and less than 1.50
- not already on probation

Dismissal

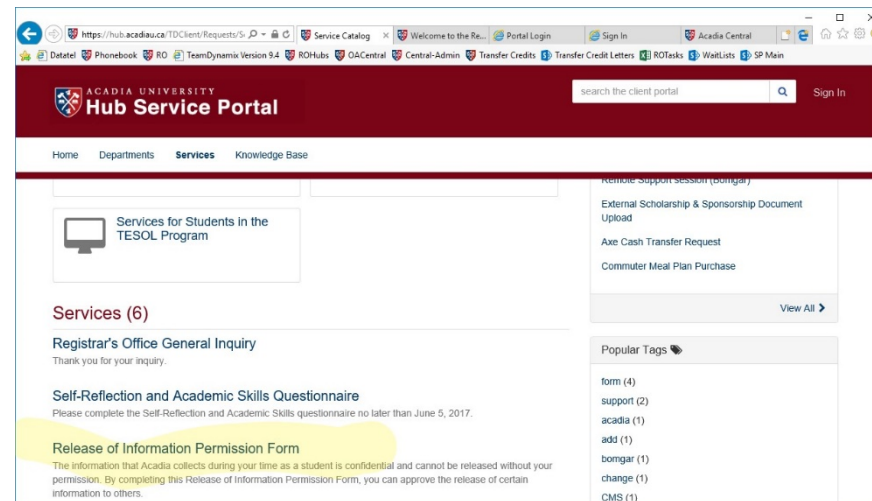
- registered full-time in both the fall/winter session
- sessional grade point average less than 1.00
- student previously on probation who obtains a GPA of less than 1.50



Release of Information

Your information is yours. We can not share it with others unless you grant us permission. If you wish us to share with a family member, please complete the Release of Information

- At: hub.acadiau.ca.
Select **Registrar's Office** from Departments.



Questions

- Please don't hesitate to contact us at any time.
We are here to help you.

Registrar's Office, University Hall – Ground Floor

Phone: 902-585-1222

Email: registrar@acadiau.ca

Web: registrar.acadiau.ca

Hub: hub.acadiau.ca

Office hours: 8:30am to 4:30pm, Mon-Fri

By appointment



Acadia Safety and Security

Presenter: Greg Deveau



Safety & Security Workshop for

International Students



grow exponentially



ACADIA
UNIVERSITY

Section 15: Canadian Charter of Rights

All persons enjoy equal recognition at law as human beings or as members of Canadian society, equally capable and equally deserving of concern, respect and consideration. Rights under section 15 include

- Racial equality
- Gender equality
- Mental disability
- Physical disability



Alcohol Consumption

- You must be over 19 years old to drink alcohol in Nova Scotia
- Fine from the RCMP (\$500)
- You must not be intoxicated in a public place
- Fine from the RCMP (\$125) and/or arrest
- You cannot carry an open alcohol bottle or can
- Fine from the RCMP (\$500)



Cannabis Use

19 is the legal age to **use, buy, grow** or possess cannabis in Nova Scotia. If you're under 19, you can be fined or face criminal charges.

Be aware of the penalties if you're underage

- If you're under 19, cannabis will be seized, and you may be fined up to \$150. Parents or guardians may be notified. Restorative justice programs may apply.



Cannabis Use

If you're under 18 and in possession of more than five grams, it is a criminal offence. You will be prosecuted in the same way as youth drug possession.

If you're over 18 and in possession of more than 30 grams, it is a criminal offence under the federal Cannabis Act.

If you sell or give cannabis to someone under 19 or involve them in a cannabis-related crime you may be fined up to \$10,000.



Cannabis Use – Know where you can use it...

The Smoke-free Places Act applies to the use of combustible cannabis in public places. You can be fined up to **\$2,000** for a violation. Municipalities may pass additional bylaws that further restrict the use of cannabis in public places. Some have, so be aware of local bylaws.

You can use cannabis in the privacy of your own home. If you rent, your landlord may amend your lease and put rules in place about cannabis smoking or growing. For more information, visit [Service Nova Scotia](#).

Cannabis in any form cannot be used in vehicles by passengers or drivers. You may be fined up to \$2,000 for consumption in a vehicle.



Cannabis Use – Know the Law

There's a limit to how much you can possess

If you're 19 or over, you can have up to 30 grams of dried cannabis (or equivalent) with you in public. There are no restrictions on how much you can keep in your home, as long as it's for personal use. Store cannabis safely and keep it away from children and pets.

There's a limit to how much you can grow

Legal age adults can grow up to four cannabis plants per household. Each apartment in a house or building is considered a separate household. Take extra care to grow safely if you have children or pets at home.

Municipalities may pass additional bylaws that further restrict cultivation. Some have, so be aware of local bylaws.



Cannabis Use – Know the Law

You can only buy cannabis legally from NSLC

The Nova Scotia Liquor Corporation is the only authorized retailer of cannabis in Nova Scotia. Cannabis can be purchased by adults 19 or over at designated NSLC stores or online. For more information, visit the Nova Scotia Liquor Corporation.

While edibles can be produced at home for personal use, it remains illegal under federal law to sell edibles, including at restaurants and markets.

Keep it closed and out of reach in your car

The rules for transporting cannabis in a vehicle are the same as alcohol. Cannabis must be in a closed, sealed package and out of reach from anyone in the vehicle. You can be fined up to \$2,000 for improper storage.



Cannabis Use – Know the Law

No changes to medicinal cannabis

Cannabis legalization does not affect the way medical patients access cannabis.

If you've been authorized by your health care practitioner and Health Canada to access cannabis for medical purposes, you can still buy it from licensed producer, grow your own for medical use, or designate someone to grow it for you. Health Canada will continue to regulate medical cannabis.



Wolfville Noise Bylaw

You may not make any noise which disturbs the peace and tranquility of Wolfville, NS.

You may not operate any device which makes a noise which can be heard on another's property (ex. stereo, TV, computer, etc).

You may be fined for violating the bylaw.



Physical Assault

You cannot physically assault anyone

This includes any force applied to another person (pushing, shoving, hitting, punching, fighting, etc.)

Domestic disputes



Verbal Threats

- You cannot threaten to hurt someone or someone's property
- Threats can happen in person, over the telephone, through text message, on Facebook, etc.



Sexual Assault

- Someone must consent for you to touch them at any time, regardless of your relationship
- “No means no” even if it was agreed to before



What is Consent?

- According to the Criminal Code of Canada consent is the **voluntary agreement** of the persons to have engaged in the sexual activity in question.
- Acadia University's policies and disciplinary procedures defines consent as the act of willingly agreeing to engage in specific sexual activity. This means that a person **freely** chooses between yes and no.
- Consent can be **given** and then **taken back** at **anytime** during a sexual encounter.





There Is NO Consent

- It is given by someone else
- The person is **incapable** of giving consent
- It is an **abuse** of trust, power or authority
- The person does **not say yes, says no, or implies no** by words or conduct
- The person **changes their mind** and **says or implies no** by words or conduct



Consent is NOT Given When...

- There is silence or non-communication
- A person is in a state of **diminished judgment**, asleep, unconscious or otherwise unable to communicate
- A person is threatened, coerced or drugged
- A person is **under the influence** of alcohol and/or drugs
- A person has a mental disability



Driving in Nova Scotia

- You must have a Canadian Driver's License
- International Driving License only valid for 90 days when you arrive
- You must register your car and have car insurance
- You must follow the rules of the road and parking rules
- You must not drive while drinking



Criminal Records

Lifelong impact for people over 18 years old

May affect future immigration applications

Study Permit

Temporary Resident Visa



Support Services

Counselling Center

Department of Safety and Security

International Office

And more.....





Safety & Security Workshop for

International Students



grow exponentially



ACADIA
UNIVERSITY

Royal Canadian Mounted Police (RCMP)

Presenter: Jeff Wilson

Cst. Jeff Wilson
Kings District RCMP

School Safety Resource Officer
Media Relations Officer

Section 15: Canadian Charter of Rights

- All persons enjoy equal recognition at law as human beings or as members of Canadian society, equally capable and equally deserving of concern, respect and consideration.
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Cannabis

- **You must be 19**

- 19 is the legal age to use, buy, grow or possess cannabis in Nova Scotia. If you're under 19, you can be fined or face criminal charges.
- **Be aware of the penalties if you're under age**
- If you're **under 19**, cannabis will be seized and you may be fined up to \$150. Parents or guardians may be notified. Restorative justice programs may apply.
- If you're **under 18** and in possession of **more than five grams**, it is a criminal offence. You will be prosecuted in the same way as youth drug possession.
- If you're **over 18** and in possession of **more than 30 grams**, it is a criminal offence under the federal *Cannabis Act*.
- If you sell or give cannabis to someone under 19 or involve them in a cannabis-related crime you may be fined up to \$10,000.

- **Know where you can use it and where you can't**

- The [Smoke-free Places Act](#) applies to the use of combustible cannabis in public places. You can be fined up to \$2,000 for a violation. Municipalities may pass additional bylaws that further restrict the use of cannabis in public places. Some have, so be aware of local bylaws.
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Criminal Records

- Lifelong impact for people over 18 years old
- May affect future immigration applications
 - Study Permit
 - Temporary Resident Visa



Canada Citizenship and Immigration Canada / Citoyenneté et Immigration Canada
CANADA
 IMMIGRATION
 BB117 532 796
 U929071662

WORK PERMIT
 CASE TYPE : 24
 TRAVEL DOC : PASSPORT
 BONDED : NO
 EMPLOYER : OPEN EA
 OCCUPATION : UNKOWN
 EMP LOC : E02
 FEE STATUS : E02
 CONDITIONS:
 1. NOT AUTHORIZED TO WORK FOR ANY EMPLOYER OTHER THAN STATED.
 2. MUST LEAVE CANADA BY 31 DEC 2007

SURNAME, GIVEN NAMES - NOM DE FAMILLE, PRÉNOMS YOUNG, LUTHER	
BIRTH DATE - DATE DE NAISSANCE 09 NOV 1980	SEX - SEXE MALE
COUNTRY OF BIRTH - PAYS DE NAISSANCE KORE REP	COUNTRY OF CITIZENSHIP - CITOYEN DE KORE REP
OFF. FILE NO. - N° DE RÉF. DU BUREAU	CLIENT ID. - ID DU CLIENT 5622 - 1001
DATE ISSUED - DATE DE DÉLIVRANCE 25 OCT 2006	VALID UNTIL - DATE D'EXPIRATION 31 DEC 2007
EXT. NO. - CODE PRIORÉ 02	

REMARKS: TEMPORARY RESIDENT STATUS MAINTAINED AS PER R189(1.6). AUTHORIZED TO UNDERTAKE EMPLOYMENT MATCH FORMS, INTEGRAL PART OF STUDIES AS CERTIFIED BY THE EDUCATIONAL INSTITUTION, HOLDER OF A STUDY PERMIT VALID TO THE SAME DATE. - RZH/DM
 THIS DOES NOT AUTHORIZE RE-ENTRY.
 CIC: CPC VEG 9518 **Canada**
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