



## News You Can Use: Bulletin for StFX Students

### August 19, 2020

#### THIS BULLETIN INCLUDES:

##### Action Required Items

- [REMINDER: Registering in Placeholder Courses](#)
- [Buy Your X-Fest Orientation Kits – on sale now!](#)
- [Student Health & Dental Plan](#)

##### Departmental Service Updates

- [Alumni Office – Neighbours Helping Neighbours](#)
- [StFX Store – Textbooks for Sale Online](#)

##### [COVID-19 Links](#)

For the most recent information concerning Academic Classes, please check the StFX website [here](#).

#### ACTION REQUIRED ITEMS

---

##### REGISTERING IN PLACEHOLDER COURSES

As a reminder, all students will need to register in a winter term placeholder course. Registration in the placeholder will indicate your intention to study in the winter term and will allow us to properly reflect your full-time or part-time status on confirmation of enrolments for registered education savings plans, health insurance, and student loans, etc.

If you have not already done so, you should register in the placeholder CRN that reflects the number of credits that you plan on taking. For example, if you plan on taking 15 credits in the winter semester you should register for CRN 55790 as per the following chart:

CRN	SUBJ CODE	COURSE	TITLE	CREDITS
55809	STFX	003:20	Holding Course 2nd term - 3CR	3

55808	STFX	006:20	Holding Course 2nd term - 6CR	6
55792	STFX	009:20	Holding Course 2nd term - 9CR	9
55791	STFX	012:20	Holding Course 2nd term - 12CR	12
55790	STFX	015:20	Holding Course 2nd term - 15CR	15

As previously communicated, StFX is using a two-step registration process this year because of COVID-19 and registration for the winter term will occur later in the fall. When registration opens, the placeholder will be dropped from student's record and students will register in their specific courses.

Students should not register in additional fall term courses in place of the winter term placeholder. Students who have done this are asked to adjust their registration to drop the extra courses and register in the appropriate placeholder as outlined above. If you run into any issues or have any questions, please contact our Registration Help Centre at [nsr@stfx.ca](mailto:nsr@stfx.ca). This mailbox is monitored from Monday to Friday from 8:30 a.m. to 4 p.m. Atlantic Standard Time.

### **BUY YOUR X-FEST ORIENTATION KITS - ON SALE NOW!**

X-Fest Orientation Kits are now **available for pre-order** for all incoming students for the 2020-21 year! This kit grants you access to all the orientation events happening throughout campus for the month of September, as well as merchandise such as a reusable mask, socks, sunglasses, stickers, and so much more items for your first few weeks back to StFX! These kits are only \$88.80 with taxes included and ensure you get the most out of your orientation experience here at StFX, so get them before they're gone! You can learn more or pre-order your kit by [CLICKING HERE](#).

The Students' Union will be running **weekly contests** on their Instagram to give students a chance to WIN their X-Fest Kit! All you have to do is purchase your X-Fest Kit now and you will be entered! More information about each draw, plus announcements for winners, can be found on the Students' Union Instagram and Facebook pages.

### **STUDENT HEALTH & DENTAL PLAN**

Full time students will be automatically enrolled in our plans and your student account will be charged for Health & Dental fees unless the **Opt Out form** is completed prior to Sept. 30<sup>th</sup>. Students who have alternative comparable health and dental coverage are eligible to opt-out.

**Studying Online/Remotely this year?** As long as you are a registered student for the 2020-21 academic year, you are still eligible to enroll in the health & dental plans and can access your benefits from service providers across Canada and have coverage for all of the same benefits. Full time students are automatically enrolled, **part time students** must complete the Opt-In option [online](#).

Please check your StFX email for complete Opt Out/Enroll instructions. To complete the online form, visit <https://www.mystudentplan.ca>, click on the Opt-Out/Enroll tab and follow the steps.

For complete StFX benefits coverage information, [CLICK HERE](#). Inquiries regarding our student health plan can be directed to [stfxplan@mystudentplan.ca](mailto:stfxplan@mystudentplan.ca).

## **DEPARTMENTAL SERVICE UPDATES**

---

### **ALUMNI OFFICE - NEIGHBOURS HELPING NEIGHBOURS**

We are looking for volunteers who are willing to provide support to students living off-campus while isolating for 14 days within our community. We have a number of volunteer opportunities available, including picking up groceries, phone check-ins, Here2Help information tables, or even those interested in contributing a talent, baked goods or care packages. For more information or to sign up as a volunteer, please visit our website [www.alumni.stfx.ca/volunteer](http://www.alumni.stfx.ca/volunteer).

### **StFX STORE – TEXTBOOKS FOR SALE ONLINE**

In an effort to better serve you during this pandemic time, the StFX Store will be selling all textbooks online. [THIS LINK](#) will take you through the purchasing steps, and also provides two videos to assist in the process. Books will be ordered online, and picked up in the MacKay Room, 3rd Floor Bloomfield Centre.

The StFX Store and X-Ring Store will remain open, with limited capacities within the location to provide a safe shopping environment for those looking for merchandise, school supplies or to purchase an X-Ring. If you have any questions, please contact the store at [Stfxstore@stfx.ca](mailto:Stfxstore@stfx.ca)

## **COVID-19 LINKS**

---

**StFX University Resources:** <https://www.stfx.ca/coronavirus>

If members of the campus community have questions/concerns that are not covered within our FAQs, please email [Comments&Questions@stfx.ca](mailto:Comments&Questions@stfx.ca). This email will be monitored 9 a.m. – 4:30 p.m., Monday to Friday.

**StFX Occupational Health & Safety:** <http://www2.mystfx.ca/ohs/covid-19-ohs>

**Province of Nova Scotia Resources:** <https://novascotia.ca/coronavirus/>

**Government of Canada Resources:** <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Healthy Minds NS  
CRISIS TEXT LINE |  
powered by  
Kids Help Phone  
Text GOOD2TALKNS to 686868 anytime to be connected with a trained crisis responder.  
HEALTHYMINDSNS.CA

A SUITE OF ONLINE MENTAL HEALTH PROGRAMS FOR NOVA SCOTIA'S POST-SECONDARY STUDENTS  
Made possible through the Government of Nova Scotia  
Healthy Minds NS  
Kognito 7 Cups TAO CRISIS TEXT LINE | GOOD 2 TALK  
powered by Kids Help Phone  
HEALTHYMINDSNS.CA

Healthy Minds NS  
Kognito  
Helping you to help others experiencing mental health concerns.  
HEALTHYMINDSNS.CA

Healthy Minds NS  
7 Cups  
free online chat 24 / 7  
anonymous & confidential  
HEALTHYMINDSNS.CA

Healthy Minds NS  
TAO  
Personalized online mental health tools.  
HEALTHYMINDSNS.CA

Healthy Minds NS  
GOOD 2 TALK  
1-833-292-3698 Nova Scotia  
Post-Secondary Student Helpline  
call anytime, on any issue 24 / 7 / 365  
free & confidential  
HEALTHYMINDSNS.CA