INTRODUCING ANOTHER WAY TO REACH OUT WITH QUESTIONS OR CONCERNS:

We have a new email box for the campus community to use should they have questions/concerns that are not covered within our FAQs. It is the opportunity for students, faculty and staff to reach out to administration with any comments, questions or concerns they may have related to COVID-19. The email box is Comments&Questions@stfx.ca

It will be monitored 9 a.m.– 4:30 p.m., Monday to Friday.

This Bulletin includes:

Departmental Service Updates

- Academic Advising
- Student Food Resource Centre
- Emergency Grant Fund

Online Events

- Voting for Senior Class Co-Presidents – Attention all third year students, first year engineering & first year education students
- Voting for Senior Class Convocation Speaker - Attention all fourth year Arts, Master of Arts, Business Administration, Music & Jazz Studies students

Helpful Student Resources

- Mindwell U

COVID-19 Links

For the most recent information concerning Academic Classes and Alternate Delivery, please check the StFX website here.
As we move to a virtual platform, **Academic Advising** remains a valuable resource for your academic needs. We are all working from home and offer phone appointments in place of the normal face-to-face option. Two of our advisors are piloting an online appointment option where you connect via online chat in the appointment. For those students who are not in a time zone in line with our regular office hours, or students who prefer this method, we offer assistance via email.

To book an appointment with Academic Advising please use the appointment booking system: [https://stfx.mywconline.com](https://stfx.mywconline.com)

Advisor's contact information:

- General inquiries email [advising@stfx.ca](mailto:advising@stfx.ca)
- Carol Bray: [cbray@stfx.ca](mailto:cbray@stfx.ca)
- Kara Deon: [kmdeon@stfx.ca](mailto:kmdeon@stfx.ca)
- Martin Capstick: [mcapstic@stfx.ca](mailto:mcapstic@stfx.ca)
- Suzanne Russell: [srussell@stfx.ca](mailto:srussell@stfx.ca)
- Tyson Ball: [tball@stfx.ca](mailto:tball@stfx.ca)

**Associate Dean, Academic Affairs**

As we navigate through this difficult time, Dr. Cathy MacDonald, the Associate Dean, Academic Affairs, is working from home and continues to meet with students via email, phone and Zoom.

To book an appointment with Dr. MacDonald, please email [ada@stfx.ca](mailto:ada@stfx.ca) and her assistant Lianne will help you with this process.

**STUDENT FOOD RESOURCE CENTRE**

Please note that the SFRC remains open at the following times:

- Wednesdays from 1–4 p.m.
- Fridays from 1–4 p.m.

The SFRC is open for donations from anyone. The centre is located through the back of MacKinnon Hall.

**EMERGENCY GRANT FUND**

On a yearly basis, the StFX Students’ Union provides funding through our Emergency Grant Program for students who can demonstrate severe financial hardship. Applicants
can apply for funding at any time throughout the academic year. All applications are evaluated on a case by case basis as stated in the Students’ Union by-laws. The link to apply is https://www.theu.ca/#/forms/.

**ONLINE EVENTS**

**Voting for Senior Class Co-Presidents - Attention all third year students, first year engineering & first year education students.**

You are eligible to vote in the election for your 2020-2021 Senior Class Co-Presidents, who serve to:

- liaise between the senior class and the Alumni Affairs Office,
- assist senior students with the transition from student to alumnus,
- provide input on behalf of the Senior Class to the Students’ Union on social events and activities,
- sit on the X-Ring Committee, and
- support fundraising efforts coordinated by the Senior Class Development Officer.

The Senior Class Co-President Campaigning:

- held **Monday, March 23 through Monday, March 30**, with
- the online election is **Tuesday, March 31** from 8 a.m. – 4 p.m.

All third year students, first year education and first year engineering students will receive an email with details on how to vote from our election platform.

The candidates are as follows, please CLICK HERE to read biographies on the candidates.

**Halla Bray & Gabriele Brownstein**  
**Sean Devanderschueren & Ally Hancock**  
**Emma Kuzmyk & Marc Sgro**

**Voting for Senior Class Convocation Speaker - Attention all fourth year Arts, Master of Arts, Business Administration, Music & Jazz Studies students**

You are eligible to vote in the election for your 2020-2021 Senior Class Convocation Speaker. The Senior Speaker Campaigning:

- held Monday, **March 23 through Monday, March 30**, with
• the online election is **Tuesday, March 31** from 8 a.m. – 4 p.m.

All students that would graduate in the afternoon ceremony are eligible to vote and will receive an email with details on how to vote from our election platform.

The candidates are as follows, please [CLICK HERE](#) to read biographies on the candidates.

**David Eliot**  
**Taylor Kennah**

**HELPFUL STUDENT RESOURCES**

**MINDWELL U**
Mindwell U is now available across Nova Scotia, as a component of online resources from the NSHA Mental Health and Addictions Program. **Mindwell U** is a free online program that can be accessed anywhere and on any device. This self-guided program challenges you to take five minutes out of your day to learn the basics in mindfulness. Each day you will complete a ‘Take 5’ session during which you learn new mindfulness skills to improve your mental health. This practice lowers stress and increases resilience. The challenge also teaches ‘mindfulness-in-action’ so you don’t have to stop what you are doing to become calmer, present and more focused. To access this program, [CLICK HERE](#).

**COVID-19 LINKS**

**StFX University Resources:** [https://www.stfx.ca/coronavirus](https://www.stfx.ca/coronavirus)  
**Province of Nova Scotia Resources:** [https://novascotia.ca/coronavirus/](https://novascotia.ca/coronavirus/)  