

An architectural rendering of a modern, multi-story building, likely the Queen's School of Medicine, at dusk. The building features a prominent glass facade on the right side, revealing interior levels with people and a bright red wall. The building is illuminated from within, and the sky is a deep twilight blue. In the foreground, there are silhouettes of trees and a few people walking on a path. The overall mood is professional and modern.

the Queen's Medicine Handbook

Queen's
UNIVERSITY

Welcome to the Queen's School of Medicine

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Introduction

from the Handbook Committee

Congratulations on your recent acceptance to Queen's School of Medicine! You are beginning what is sure to be one of the most rewarding and fulfilling chapters in your life. During this time, you will engage with a community of exceptionally talented colleagues and highly regarded faculty. To help you get oriented and started, the Queen's Medicine Handbook is your guide on everything from facilities, classes, faculty, administration and more to help you successfully navigate your four years of undergraduate medical education.

In the spirit of continuous improvement, we welcome your feedback on this handbook. If you found this useful or if you have suggested additions for subsequent versions, please let us know so we can continue to make this a useful resource for incoming students.

Once again, congratulations and welcome to Queen's!

Handbook Committee 2015-16

Malak Elbatarny

Gray Moonen

Christopher Oh

Akshay Rajaram

Lauren Wilson

Welcome

from the Dean & Associate



We are thrilled to welcome you as a medical student to Queen's, one of Canada's oldest universities. We are confident that you will flourish in our environment that combines a strong focus on the student in the context of a research intensive university. We are proud of our new Foundations Curriculum that adopts a competency-based framework for your medical education. I am confident that you will find that your teachers are incredibly dedicated to your education and are no doubt the reason why we at Queen's have one of the highest levels of student satisfaction across the country. Our vision in the Faculty of Health Sciences is that we ask questions, we seek answers, we advance care, and we inspire change. We are proud to have you join us in this vision as you embark upon the fabulous career of being a doctor of medicine.

Dr. Richard Reznick | *MD, MEd, FRCSC, FACS, FRCSEd (hon)*
Dean, Faculty of Health Sciences

Email deanfhs@queensu.ca

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Welcome to the third version of the Queen's University School of Medicine Undergraduate Student Handbook. This document has evolved considerably since its first iteration, which was largely designed by our faculty and administration, and over 150 pages long. This version is much more concise, more targeted to the needs of our first year students, much more user friendly, more practical and more relevant to student needs. The reason it's changed is very revealing, and speaks to how our school works. This very effective change occurred because two things happened: our students spoke out and we (the administration) listened. The students spoke out because they cared about the welfare of their junior colleagues, and administration listened because they recognized the comments were provided in that spirit. In a way, therefore, this handbook reflects how we do things at the Queen's School of Medicine. We work together. We respect and listen to each other. When we do, good things happen, this handbook being an example. Use it. Enjoy it. Get involved. Welcome to our school.

Dr. Anthony J. Sanfilippo | *MD, FACC, FRCPC*
Associate Dean, Undergraduate Medical Education (UGME)

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Blog <http://meds.queensu.ca/blog/undergraduate/>

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meet your Year Directors

On behalf of the year directors, I would like to welcome you to your first year of undergraduate medical education studies at Queen's. Your year directors are Dr. Heather Murray (Year 2), Dr. Sue Moffatt (Clerkship – Curricular Blocks), and Dr. Andrea Winthrop (Clerkship – Clinical Rotations), and of course, myself.



Pictured, clockwise from top left: Dr. Michelle Gibson; Dr. Heather Murray; Dr. Andrea Winthrop; Dr. Sue Moffatt

Essentially, it is our job to ensure that all the courses that run in our “years” are delivered in a manner consistent with the policies and procedures laid out by the curriculum committee and other administrative committees. On a day-to-day basis, this means we work

with all the course directors to schedule your learning events, to ensure the assessment for each course is appropriate, to facilitate integration between courses, and to follow-up on course and faculty evaluations. From a student perspective, we are the first point of contact for any issues pertaining to our portion of the curriculum that course directors can't address (e.g., needing a leave of absence over multiple days, etc.). We are always there if there is an issue you don't feel you can discuss with a teacher or course director. The four of us meet weekly to address any issues that come up, and to ensure we are being as consistent as possible when we interpret policies. We all sit on different committees to address all these issues on an ongoing basis.

Overall, though, our goal is to support you in your learning, so that you can become great doctors. This really is our intent, and we all take it very seriously. Because of this, we're always glad to see all the returning smiling faces back on campus, on the wards, or in clinic.

All the best for a successful year,

Michelle Gibson | MD, MEd, CCFP
Year 1 Director, UGME

Email gibsonm1@providencecare.ca

Twitter @MCG_MedEd

a welcome from the Aesculapian Society

On behalf of the Aesculapian Society (AS), I would like to welcome each and every one of you to the QMed family! Here at Queen's we pride ourselves on a number of things, but above all it is our sense of community and the closeness of our student body. Over the next several weeks, months and years you will discover, as we all do, why we call ourselves a family and what a privilege it is to be a part of that family.

The AS was established by Queen's medical students in 1872 and consists of all active students in the School of Medicine. This means that you are all members of the AS now and this will be a very important aspect of your time here, as the primary goal of the AS is to serve and advocate for its members. The ability to which the AS is able to do this is in no small part dictated by student engagement, involvement in AS activities, and feedback to the AS. If you have questions, concerns or feedback, do not hesitate to contact any of the AS representatives at any time. All AS meetings are open to medical students and we encourage all students to attend as many meetings as they would like.

As Orientation Week winds down and you begin to learn more about how student government works here, I encourage you to apply for a position on the Class of 2020 Council or the AS. These elections happen early on and admittedly, there isn't much time to think about running. That said, you do not need to have past student government experience. Moreover, if you feel like there is a position that fits your personality, or one you can grow into – go for it.

If you have any questions at all about Queen's Medicine, the AS, Class Council or how to get involved, find me at SOMB or shoot me a message at president@qmed.ca. I look forward to meeting all of you and on behalf of the Aesculapian Society, welcome to the family!

Sincerely,

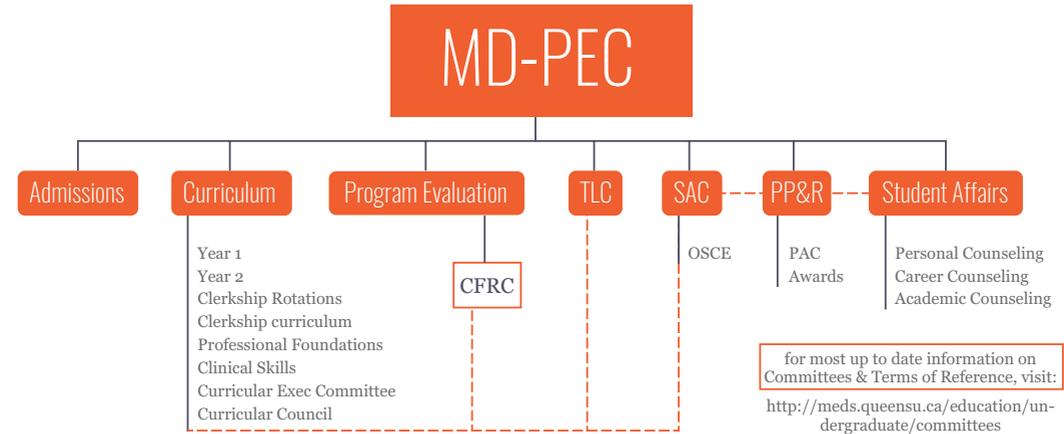
Gray Moonen *Meds '19*
President, Aesculapian Society

Email gmoonen@qmed.ca

Twitter @GrayMoonen

UGME Committees

Queen's University MD Program Committee Structure



the UGME the undergraduate medical education office

General Information

The Faculty of Health Sciences (encompassing the Schools of Rehabilitation Therapy, Medicine, and Nursing) is responsible for undergraduate and postgraduate medical programs at Queen's.

For more information, please visit this page: <https://healthsci.queensu.ca/>

Important Locations

UGME Office *80 Barrie St.*

Office of the Associate Dean of Life Sciences (Dr. Michael Kawaja) *Botterell Hall, 10 Stuart St., Room 224*

School of Rehabilitation Therapy *Louise D. Acton Building including the GlaxoSmithKline Clinical Teaching Centre (31 George St.)*

School of Nursing *Cataraqui Bldg (92 Barrie St.)*

MD-PEC | Oversight of entire MD program; policy making; responsibility for action on all committee recommendations

Admissions | Responsible for all admission policies and processes

Progress and Promotions | Sets standards and reviews student performance and promotion, and makes recommendations for remediation as required.

Students Affairs | Sets policies and operates process for student personal support, career counseling, and academic support.

Teaching, Learning & Innovation Committee | Responsible for policies and oversight of teaching methods, faculty development and promotion of innovation and scholarship.

Program Evaluation | Develops process and reviews the MD program in its entirety.

Course & Faculty Review Committee | Develops processes for and executes regular performance reviews of all curricular courses and teaching faculty

Student Assessment Committee | Sets and reviews the standards for student assessment and evaluation.

Curriculum Committee | Ensures that the undergraduate medical education curriculum is designed, managed, evaluated and revised in a coherent and coordinated fashion, consistent with accreditation and current educational standards. The Committee's schedule, agendas and highlights from the minutes are posted on this [site](#) so that all faculty members can be kept informed of the Committee's work.

Professional Foundations Committee | Oversees development and implementation of the intrinsic roles curriculum.

Stay well at QMed

Learner Wellness Contacts



Dr. Renee Fitzpatrick

MD, MRC Psych, FRCPC

Director, Student Affairs

Academic Advisors

Dr. Craig Goldie
MD, CCFP

Dr. Susan MacDonald
MD, MHSc, CCFP

Career Counsellors

Dr. Kelly Howse
BSc (Hon), MD, CCFP

Dr. Joshua Lakoff
MD, FRCPC

Dr. Susan Haley
MD, FRCPC

Wellness Advisors

Dr. Jason Franklin
HBSc, MD, FRCSC

Dr. Martin ten Hove
M. Eng, MD, FRCS(C)



the LWC Learner Wellness Centre

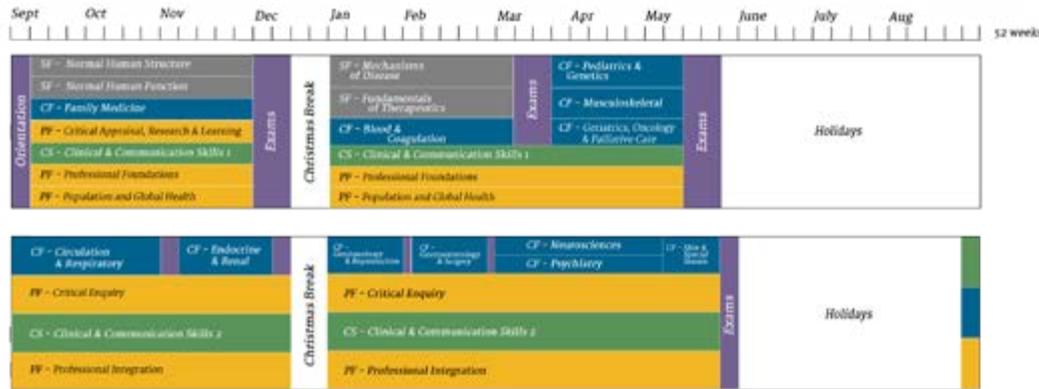
The Learner Wellness Centre provides service for general counseling, career counseling and academic counseling to all undergraduate medical students. If you are seeking advice regarding emotional, physical, career, academic, financial or spiritual wellness, the LWC may be able to assist you. If you have any questions or concerns regarding your individual wellness or the wellbeing of another student please contact the Learner Wellness Centre to arrange an appointment with the appropriate Advisor.

Location The LWC centre is located in the UGME Office at 80 Barrie Street. To arrange an appointment contact the Learner Wellness Centre assistants at learnerwellness@queensu.ca or 613-533-6000 x78451.

Making an Appointment

Personal appointments with the Career Counsellors or Academic Advisors (of your choice) can be arranged by emailing learnerwellness@queensu.ca, or 613 533 6000 x78451.

What'll we learn?



Queen's Preclerkship Curriculum

Academics Learner Wellness Centre

The four years of undergraduate medical education are comprised of two years of pre-clerkship, which is largely classroom-based learning. The final two years are known as clerkship, which is primarily experience-based learning at academic teaching centres in Kingston and across Canada. The UGME curriculum is built on the objectives established in the Competency Framework, commonly referred to as the "Red Book." The Competency Framework promotes values including learning, patient care, citizenship, schol-

arship and respect. It is structured around the CanMEDS roles of a physician: advocate, collaborator, communicator, professional, leader, medical expert, and scholar. Within each of these roles are specific program and curricular objectives that outline the general concepts of focus over the four years of undergraduate medical education. You can find more information about the CanMEDS roles [here](#). Sessional dates and academic regulations for the School of Medicine are published [here](#).

Preclerkship

The pre-clerkship UGME courses are broadly categorized as scientific foundations, clinical foundations and professional foundations. As suggested by the names, each category focuses on one aspect of the knowledge and behaviors required of a successful physician.

They work closely with residents in each program. Students traditionally enter a rotation as a part of a hospital department, such as Surgery or Pediatrics, and usually remain there for approximately six weeks. In Family Medicine, students enter into the clinical practice of family physicians. You'll find all of the rotations listed [here](#).

Clerkship

The final two years of your undergraduate medical education are clerkship. Clerkship includes traditional "rotations", including electives, and three academic blocks. During

The three academic blocks, C1, C2 and C3, are designed to put some faculty/student teaching time back into clerkship. They are practical and designed to address the specific needs of each class. C1 focuses on preparing for clerkship, C2 offers learn-



Revised February 2016

Queen's Clerkship Curriculum

rotations, students are actively involved in the hospital and other clinical settings in direct contact with patients, usually under the supervision of physicians. Students take patient histories, complete physical examinations, write progress and chart notes, and assist in surgeries and other procedures.

ing about complex presentations, and C3 provides students with a chance to review and prepare for the first part of the Medical Council of Canada (MCC) Qualifying Examination (more on this later).

Teaching, Assessment, & Clinical Skills

Methods of Teaching & Assessment

Directed Independent Learning (DIL)

DILs are learning events that allow you to work at your own pace on assigned material, often in preparation for subsequent in-class discussion. DILs may include content delivered via different media including online modules, narrated PowerPoint presentations, captured lectures and demonstrations, and patient case scenarios. Some may include a self-assessment quiz. You may require more time to master the material than is indicated by the DIL in the timetable.

Lectures

Interactive, requiring student participation during the session

Patient Contact Sessions

In these sessions faculty may interview patients, patients may share stories, or you may interact with patients through a Q&A format. An important point to remember is that these sessions are electronics free - laptops down and no cell phone use.

Small Group Learning (SGL)

SGLs are a form of case-based collaborative learning. During the SGL sessions, you will work in groups to solve clinical cases and practice applying foundational concepts. SGL sessions may be preceded by quizzes based on identified preparatory material. Facilitated SGL sessions occur with a preceptor who helps guide the discussion around pre-formulated learning objectives.

Clinical Skills

Dress code

Class based learning events do not have dress codes. However, you must dress

Clinical and Communications Skills Dress Code for Undergraduate Medical Education Students

Appropriate professional dress is considered as "Business Casual":

- **Men:** dress pants & collared shirt
- **Women:** dress pants or knee-length skirt. Shoulders, cleavage and abdomen must be covered. Sleeveless shirts are not appropriate.
- **For all students:**
 - Any jewelry should be small and discreet
 - Long hair **MUST** be tied back (must not touch patient during physical exam)
 - Open-toed and running shoes not acceptable in any clinical environment; avoid "gym socks"
 - Student must wear a white clinical jacket with hospital ID at all times.
 - Examination equipment should be carried in an appropriate bag

The same expectations apply during OSCEs.

in a professional manner when seeing real, standardized or volunteer patients, and in any clinical interactions with the public (e.g., observerships, etc.). You may choose a different personal style once you have graduated and are in practice, but while a medical student at Queen's, you are expected to adopt a somewhat conservative style. Patients and the public expect appropriate professional dress. You are expected to adhere to the guidelines below. Non-compliance will be addressed by faculty, as necessary, and repeated non-compliance will be considered a professionalism issue and may be reported to the Professionalism Committee.

Men should wear dress pants/khakis and collared shirts; women, business casual apparel. Shoulders, cleavage and abdomen should remain covered when bending and reaching; excessively tight clothing should be avoided; underwear should not be visible through clothing; short skirts are not permitted.

Long hair should be tied back, and not touch a patient during a physical examination. Running shoes are not acceptable in any clinical environments. Open-toed shoes in clinical areas are prohibited for reasons of safety. Please avoid gym socks.

Students must wear a short, white clinical jacket with hospital identification at all times during Clinical Skills. Examination equipment should be carried in a discrete bag. It is strongly recommended for both males and females that any jewellery should be small and discreet.

Kingston General Hospital, Hotel Dieu Hospital, and Queen's have strict policies on regarding scent-free environments. Therefore, refrain from using or wearing scented products such as perfume/cologne, aftershave, hairspray.

Additional Curricular Programs



ERMEP

<http://ermep.com/>

ROMP

<http://www.romponline.com/>

NOSM

<http://www.nosm.ca/>

SWOMEN

<http://www.schulich.uwo.ca/swomen/>

First Patient Program

The First Patient Program begins in the fall of first year and offers you the opportunity to engage with a family physician and a member of the Kingston community. It's the first program of its kind in a Canadian medical school and provides lifelong educational benefit. You'll be paired with a patient who has a chronic illness and the patient's physician, and will have the opportunity to learn firsthand from your patient what it is like to live with a chronic illness. You will join him/her on their healthcare journey for 18 months and experience what it is like to navigate the healthcare system from their perspective.

Community Week

Community Week is your chance to explore a smaller community in Ontario and learn about what it means to be a physician there. You will spend one week in a town, working with a local family physician. Typically, Community Week is the week immediately following the end of first year (e.g. first week in June). Community Week (or a four week summer elective substitute) is a requirement for all first year medical students at Queen's (no exceptions).

Community Week is arranged by the Department of Family Medicine in conjunction with two regional providers, the Eastern Regional Medical Program

Observerships

(ERMEP) and the Rural Ontario Medical Program (ROMP). Students have traditionally been allowed students to substitute a four week (minimum) elective rotation in general family medicine arranged through the same providers. You are welcome to arrange a similar four-week experience in northern Ontario arranged through NOSM, or south-western Ontario arranged by SWOMEN as long as you have a written guarantee of the placement. You will receive more information about Community Week early in second semester.

Observerships offer an excellent opportunity to explore different careers within medicine and the different clinical disciplines. They are half-day (minimum four hour) blocks spent with a clinical preceptor in Year 1 or Year 2. They are a mandatory component of the Professional Foundations and Professional Integrations courses. You must complete at least two observerships by mid-May of your first year (i.e., May 2021) and a total of six by mid-May of your second year (i.e., May 2022). More information about observerships, including important policies and procedures, will be provided in October.

Image Credit: <https://romponline.com>

After Class...

Extracurriculars

Orientation Week • Aesculapian Society (AS) • Mentorship
Medical Interest groups • Summer and Research • Fitness

Orientation Week

The Queen's Medicine Orientation Week ("O-Week") will introduce you to Queen's, Kingston, and your colleagues. During the mornings, the UGME organizes mandatory sessions. If you are unable to attend these sessions, please inform the UGME so that other arrangements can be made. For these sessions, it is important to bring a device capable of accessing the Internet, such as a laptop or smartphone; however, note taking is not mandatory.

During the afternoon and evenings, the second year class organizes social and team building activities, which are designed to meet the diverse interests in the class. The incoming class is divided into groups led by the second years who will reach out to you closer to the start of the week with more information. In the meantime, you can visit the [O-Week website](#) to sign up!

Aesculapian Society (AS)

Since 1872, the Aesculapian Society (AS) has worked to promote the interests of all students at the Queen's University School of Medicine. All undergraduate medical students become active members of the society, which also includes past graduates of Queen's Medicine and members of the Faculty of Health Sciences at Queen's as honorary members. The society is governed by a Council made up of a group of student representatives elected annually by their peers. The AS Council meets on a regular basis to discuss student business, and its members serve on a network of executives and committees that aim to support the diverse Queen's medical student community. These different bodies work to enhance the education of their peers by overseeing all matters affecting medical students in their relationships to one another, to other student organizations, and to the faculty and administration at Queen's. Through a variety of academic, extracurricular, athletic and social opportunities, the society strives to engage every medical student at Queen's.

Class Council

Under the umbrella of the Aesculapian Society, each medical year elects a Class Council to look after the needs of the individual classes. Your class council will play an integral role in facilitating communication between the administration and students, organizing activities and keeping everything running smoothly. Regardless of your background in student politics, you can get involved, and most positions do not require an unreasonable time commitment. The Class of 2019 President & Vice-President, Gray Moonen (gmoonen@qmed.ca) or Diana Cuckovic (dcuckovic@qmed.ca) respectively, can answer any questions you may have about class council.

Build your Experience

Mentorship Groups

Mentorship is an extremely important part of the Qmed experience. In your first year, you will join a mentorship group featuring Queen's medicine faculty, residents and upper year students. This group will be a great resource for academic, extracurricular, and career advice in an informal, social environment. Past social activities include paintballing, hikes, and pumpkin carving. In addition, the mentorship program, which oversees these mentorship groups and provides some funding for activities, hosts a welcome BBQ during the first week of class and organizes a number of events during the year.

Interest Groups

Interest Groups are designed to enhance the curricular and extracurricular medical student experience. There are usually more than 30 groups covering a broad range of topics, from community involvement and advocacy to the ins and outs of various medical and surgical specialties. Events are hosted throughout the year and usually take the form of talks, panels, presentations or technical skills workshops during lunch or after classes. See [this page](#) for more information.

Sports & Fitness

Intramurals

A fun way to stay fit while getting to know your classmates! You can easily join the School of Medicine team so there's no pressure to get a group together. The more popular sports are soccer, volleyball, basketball, ultimate, and inner tube water polo, with different levels of competition for each sport. You can easily check the online schedule to find when your team is playing and where you stand in the league. Medicine's had some amazing (and not-so-amazing) teams in the past, and everyone has a great time, whether playing or cheering from the sidelines. Your AS sports reps will help you sign up in September.

Athletic therapy and sports medicine services are also offered.

Parks, Trails, Pavement

If you enjoy running, biking, or hiking, there are some great routes and trails that you can take around Kingston and on Wolfe Island. The ferry to Wolfe Island is free and runs hourly. It's a quiet community, almost entirely covered by farms, so you'll be sure to see some horses, sheep, and even buffalo. There are also some nice beaches, including the Big Sandy Bay conservation area. You can rent bikes on the island, and most of the streets are paved. For bike routes, check out www.wolfeisland.com. The only way back to Kingston is the ferry, so make sure you check the schedule! If you're looking for a day trip, the conservation lands in Cataraqui Region are stunning, and you can find routes for cross-country skiing in the winter and easy hiking in the spring. Check out the Cataraqui Region Conservation Authority website at www.cataraqueiregion.on.ca for trails and more information.

MedGames

If you're looking to exact revenge on the schools that rejected you—or their students—there's always MedGames. In January, medical schools across Canada send their best "athletes" to a university in Quebec to compete in a number of sports, sightsee, and socialize. For the less athletically inclined, there are "para-sports" like, dance, trivia, poker, etc.

The ARC

The Athletics and Recreation Centre (ARC), in addition to hosting intramurals, features a fitness centre, a varsity lifting room, squash, basketball and volleyball court space, and a pool. Access is included in your student fee.

Here are some great running routes to try: Ontario St. at the waterfront going east across the LaSalle Causeway to Kingston Rd; west along King St, and north along Country Club Dr. or Portsmouth Ave. It's always more fun to bring a friend along, especially if it's your first time. Check out the Running Room or Runner's club for some scheduled group runs.

Summer & Research

Summer Studentships

There are a limited number of summer studentships available to pre-clerkship students annually. Students are required to arrange a project with a research supervisor and submit a proposal of the work for approval by the Awards committee. The application cycle begins in early December and closes in early March of the following year. For more information, please visit [this page](#).

Research & Conference Funding Opportunities

Students engaged in curricular and extracurricular research are encouraged to present their work at local and international conferences and funding is available to support these initiatives through the Dean's Office. For more information about these awards and research in general, please visit [this page](#).



SOMB

School of Medicine Building

Building Access & Key Fobs

School of Medicine Building (SOMB) and common areas are open to all students between 7:30 am and 5:30 pm on weekdays. After 5:30 pm and on weekends, the building requires FOB access through the Stuart and Arch street entrances. The kitchenette, student lounge, and small group rooms are locked and require fob access at all times. You will receive instructions on obtaining and activating fob access to SOMB on your first day. If your fob is lost, stolen or damaged, it is your responsibility to notify the UGME and to obtain a replacement. The fob must be re-

turned upon graduation. The holder of a fob is responsible for ensuring that the use of the fob does not result in any loss or damage to the rooms, equipment or facilities. Any damage resulting from the use of an individual's FOB will be charged to that person.

Book Study Rooms

You have 24-hour access to study rooms with your FOBs and rooms can be booked online, in advance, using the room booking system. You are assigned a username and password upon entry into the program, which will be provided by email early

in the year. All group study rooms are equipped with a television and whiteboards. Televisions are capable of connecting to laptop computers via VGA or HDMI cables. You may wish to consider purchasing an adapter if your laptop does not support these connections directly.

Lockers

You will be provided with a locker in the basement of SOMB. Lockers are also found on the fourth floor. Additionally, day lockers are available at the Kingston General Hospital (KGH) for students during observerships.

Your new home away from home

Your e-Platforms

MEd Tech & Emails

Check your class schedule, grades, and more

MEdTech

The Medical Education Technology Unit at the School of Medicine – better known as MEdTech – was created in October 2003 with a mission to enhance learning and teaching through innovations in education technology. The MEdTech Unit created and maintains MEdTech Central, the day-to-day curriculum tool. You can [log in](#) to find your schedule, access course syllabi, find readings and additional resources related to learning events, find assignment instructions, access online modules, write online quizzes, log mandatory encounters in clerkship, and provide online feedback to teachers and peers, amongst other things. MEdTech Central relies on your suggestions and feedback, and most pages in MEdTech Central have a feedback button on the left hand side. You can also email medtech@queensu.ca directly or speak with your Aesculapian Society Tech Rep.

Within MEdTech, you can also access QMED Help on the top left of your dashboard. This is a quick reference for dealing with emergency or crisis situations or problems needing quick reference/guidance. Find information on personal/professional crisis management, injury or illness, exam or academic emergencies, and absences.

[Click to visit QMed Help](#)

Accessing Queen's Email

You will receive your Queen's account login information prior to arriving and can access your QueensU email [here](#). As a medical student, you will also receive a "Qmed" gmail account, which you will be prompted to set up upon your first login to MEdTech Central. This account is incredibly handy as it contains the contact information for all Queen's medicine students. In addition, it also comes with 25 GB of Google Drive storage. And the best part? You get to keep it after you graduate!

What is SOLUS?

The SOLUS Student Centre is designed to provide you with the tools to manage all of your academic, financial, contact and admission details during and after your academic career at Queen's. The following SOLUS tools will be relevant to you as a medical student:

- Managing finances
- Managing admissions (if you choose to pursue another a degree)
- Managing personal information
- Managing academics

Two Ways to Sync MEdTech to your Devices!

- 1| Go to MEdTech Central >> "Subscribe to Calendar" (at the bottom of the calendar). >> Follow the prompts to sync (your computer will open iCal, Outlook or your other default calendar)
- 2| Right click "Subscribe to Calendar" >> copy the URL and:
Either
Log into your Queensu email >> open the calendar (bottom left) >> Click 'share' (top, center of the screen) >> select 'add a calendar' >> Choose 'calendar from the internet' >> paste the calendar URL
Or
Open Google Calendar >> click 'other calendar' (bottom left) >> select 'add by URL' >> paste the calendar URL, >> click 'add the calendar' Note: Queen's and MEdTech cannot control how frequently Google Calendar looks for updates from MEdTech Central so students relying on Google Calendar only may miss last-minute updated information.

what you need to know, but Not worry about yet

the Extras

A Note about Equipment & Computers

Most people hold off buying their stethoscope and other equipment until they arrive in Kingston as there will be a well-advertised medical equipment sale in mid-September. At this sale you can place an order for a stethoscope and other medical equipment (e.g., ophthalmoscopes, tuning forks, reflex hammers, etc.) that you will need for school. More information and tips will be shared during the sale and the event is designed such that equipment arrives before you need it for Clinical Skills. With respect to computers, there are no specific computer recommendations. Most students bring some form of internet-enabled device to class each day in order to access lectures and take notes, but some students will take notes by hand. Do what works best for you!

Medical Student Performance Record (Dean's Letter)

The Medical Student Performance Record (MSPR) was formerly known as the Dean's Letter. It is a summary of a student's accomplishments over the course of his or her four years in medical school at Queen's and is submitted to CaRMS as part of the application package. You will enter some of the information, the Curricular Coordinator is responsible for selecting and adding comments from evaluations, and Student Support fills in the rest (student-run activities, observerships, and studentships). Dr. Sanfilippo adds to the disciplinary action and/or remediation sections, if required. Ultimately, Dr. Sanfilippo signs the letter and has authority over what goes in or is eliminated. The goal is to provide a written description of a resident candidate who is positive, confident, extremely capable and actively engaged in his/her medical career.

The Medical Council of Canada Qualifying Exams (MCCQE)

To be a practicing physician, it is not sufficient to graduate from medical school and match to a residency. You must write, and pass, the Medical Council of Canada Qualifying Examinations to register as a Licentiate of the Medical Council of Canada (LMCC) in order

to practice medicine in Canada. These exams take place at the end of clerkship after the CaRMS process has been completed. For more information, please visit the [MCC website](#).

CaRMS, The Canadian Residency Matching System

CaRMS is the Canadian Residency Matching System and is used to match graduating medical students with residency opportunities. You can find information about the CaRMS schedule [here](#). On the recommendation of a current medical student here are some student produced resources about preparing for CaRMS:

<http://boringem.org/2013/05/24/carms-application-preparation/>

<http://boringem.org/2013/03/02/interview-inducing-elective-behavior/>

<http://boringem.org/2013/02/04/the-reference-letter-triple-crown/>

<http://boringem.org/2013/01/13/pre-game-carms-interview-preparation/>

<http://boringem.org/2013/01/16/game-time-the-carms-interview/>

<http://boringem.org/2013/01/21/post-game-the-carms-rank-list/>

Finances

what you can expect to spend over the 4 years

General Info & Advice

Every year, Queen's publishes the [tuition schedule](#) for the year. As a student, you pay a number of mandatory and optional fees. During your first few weeks in the fall, you will have the opportunity to "opt-out" of the optional fees through SOLUS. If you miss this period you cannot get your money back, so make a note of it!

Don't buy any textbooks before you start classes! Once you start lectures, you'll get a better idea of which texts to purchase by how well you understand the material and how heavily the instructors emphasize referencing the resources. You can always buy the texts

brand new from the Queen's Campus Bookstore, but you may want to save some money by checking out cheaper alternatives such as Amazon. Free texts are another good option: most of the recommended texts are available in the Bracken Health Sciences Library reserve section. Also, check out the Canadian Medical Association website. With a CMA membership, you have access to a plethora of medical texts, all of which have been converted to an online format. There will be a workshop at the beginning of the year offering you membership to the CMA and showing you how to use this invaluable resource.

Other Fees

Besides tuition and student fees, there are other mandatory¹, highly recommended², and optional³ fees. Please keep in mind that these are all approximate and may vary year to year.

Academic

- FOB - \$14²
- Toronto Notes - \$200³
- KGH hospital badge - \$10¹
- Losing your student card - \$25 each time
- Long lab coat for anatomy - \$25³
- Anatomy flip book - \$60²

Clinical Skills

- Stethoscope - \$170²
- Manual - \$65³
- Short Lab Coat - \$25¹

Professional

- OMA membership fees - \$22/year²
- OMA disability insurance - ~\$50/year²

Extracurricular/Social

- Orientation Week - \$180²
- OMSW - \$90²
- Class Clothing - (depends on how much is purchased) - \$0-200³
- Interest group simulation workshops (several run in the year) - \$5-10/event²
- MedGames Jersey - \$65³
- MedGames - \$200²
- MedLaw Games - \$20²
- Medical Variety Night - \$20²
- AS Formal - \$65²

Financing Medical School

Medical school can be very expensive, and everything adds up quickly. Everyone finances their four years differently, but here are some of the common methods:

Line of Credit (LOC) | All of the major banks offer LOCs. You'll want to speak with the representative responsible for setting up LOCs for professional degree students as this person is most knowledgeable about the associated benefits and contractual obligations. During frosh week, you'll hear from the various banks regarding their programs.

OSAP | OSAP has very strict repayment policies as well as requirements for being "independent" (independent means four years out of high school). However, OSAP is very helpful and on average most medical students will receive approximately \$16,000 per year. The debt repayment policy of "\$7,300 being the most you will need to pay back for a 2-term academic year" means that you receive about \$9000 per year as grants. For more information on OSAP repayment, please visit this [page](#).

Queen's Bursary | If you come in with existing debt, then you may receive some assistance from the Queen's Bursary. For more information, check out this [page](#).

In addition, as members of the Canadian Medical Association (CMA), you're entitled to use the services of MD Financial (a group of CMA companies), including debt management advice and banking and insurance solutions. All services provided are free to CMA members, so check out their website and if you have any questions or need advice feel free to contact an advisor.

Useful guidelines

Professionalism and Student Feedback

Principles of Professionalism

The following principles, as statements of values, are central to the definition of professionalism from the lens of clinical competence:

- 1| We serve the patient above our own self-interest.
- 2| We embrace the values of honesty and integrity.
- 3| We accept that professionalism requires altruism, accountability, excellence, duty, service, honour, integrity, respect for others and self.
- 4| We respect all individuals with-
- 5| We are committed to the good of the public, as well as individual well-being, in healthcare.
- 6| We recognize our life-long obligation as physicians to self-assessment, peer evaluation, and continuous quality improvement.

These principles guide physicians to a commitment of clinical competence, the embracing of appropriate attitudes and behaviours, integrity, altruism, personal well-being, and to the promotion of the public good within their domain. These commitments form the basis of a social contract between a physician and society. Society in return grants physicians the privilege of profession-led regulation with the understanding that they are accountable to those served. The principles of professionalism apply through the entirety of the career of physicians.

Professionalism Committee

The Professionalism Committee meets monthly to report on and deal with specific issues related to professionalism within the School of Medicine, including the formulation of key policies and procedures. For more information, please visit the pages on the [committee](#) and its [policies](#).

Student Feedback & Town-Halls

You can always email any of your teachers or course directors. You can find their email addresses in MEdTech or on the syllabus page for each course. Your student reps collect feedback from you as well and meet regularly with your course directors. You also have the ability to give constructive feedback in Course Evaluations at the end of the course. You will also have an opportunity to speak directly with the Associate Dean, Dr. Sanfilippo, through regular townhall meetings. Townhalls are an opportunity for Dr. Sanfilippo and his staff to share information with students about changes to the medical school, examinations, convocation, and the transition to residency. It is also an opportunity for students to raise questions and discuss current concerns shared by the class. You can always send additional feedback to Dr. Sanfilippo or the Aesculapian Society through the anonymous portal on MEdTech.

Housing & Accomodations

Let's face it: Queen's is not a commuter school. One of the things at the top of your to-do list will be finding a place in Kingston. Your best bet is to start looking early. That said, you don't need to book a trip to Kingston the day after you receive your offer of admission or rent the first place that you see. There are plenty of apartments and houses.

During pre-clerkship years (year 1 and 2), you will go to school from September to the end of May and classes are mainly at SOMB. Most students live within walking distance from the building (usually Downtown and East of Campus), but there are students who prefer to drive in (see below about parking). cont'd pg. 36

Queen's, Kingston Life, & Helpful Resources



For clerkship, you will go to school from September of your third year to mid-May of your final year. During this time, you will spend the majority of your core rotations at one of the three teaching hospitals in the city. Again, most students prefer to live within walking distance from the hospitals, but there are some who commute by car or bus.

Like some other university towns, a large number of the properties in Kingston are owned by property management companies. These companies don't always list their places on padmapper/Kijiji (see below), so be sure to check their websites. Additionally, prices and quality vary across and within companies so be sure to do your homework. Big companies that we live with include Homestead, Keystone Properties, Springer, BPE Development, Lamb Properties, Bumblebee, Patry Inc, Bendale, Varsity Properties and Panadew.

Parking

Underground on-campus parking runs about \$110/month and is a 5-10 minute walk from campus. More information on parking permits can be found [here](#). Some also choose street parking close to the medical building on shorter days.

Helpful Links

[Pad Mapper](#): Comprehensive mapping of Craigslist and Kijiji ads, updated frequently
[Kijiji](#): Lots of great places come up on Kijiji, some of which don't show up on padmapper.

[Queen's Housing Listing](#)

[Kingston Crime Map](#)

[Queen's Class of 2020 Housing Group](#)

[Queen's Community Housing](#) (169 University Avenue)

<http://www.cityofkingston.ca/>

Regional Bus Service - Kingston Bus Terminal |

(1175 John Counter Blvd)

Regional buses offer service to most larger and some smaller cities. Prices for Megabus are especially reduced when purchased at least a month in advance so plan your trips ahead!

[Coach Canada](#) • [Megabus](#) • [Greyhound](#)

Tricolour Express |

The Tricolour Express, operated by the Alma Mater Society, between Queen's and Toron-

to, Ottawa, or Montreal. It is the cheapest bus out of town, but only runs on the weekends. Tickets can be purchased from the JDUC and should be booked ahead of time. There are also nine-trip packs that save you about 10%.

Rideshare |

If you're looking for an alternative to taking the train or bus, you can always hitch a ride. Check out the Queen's University Facebook [rideshare group](#).

Medical & Health

Transportation

Taxi Service |

Amey's: 613-546-1111

Modern: 613-546-2222

Kingston & Amherst: 613-542-3333

City Bus Service - Kingston Transit |

For information regarding bus routes, please refer to this page. Bus fare is included in the student fees you pay to Queen's. All you need to do is show your Queen's student ID card with a validation sticker to a Kingston Transit bus driver and you are free to board the bus.

Regional Train Service - Kingston Train |

Station (1800 John Counter Blvd)

Service to Toronto, Montreal and Ottawa is fairly frequent. An ISIC card from any student travel centre (\$14) can reduce costs significantly. There is a multiple trip pack for students, so ask at the train station for pricing. Also, the OMA provides some discounts on train ticket pricing. For more information regarding train service, please visit [VIA Rail](#).

Medical Clinics

Queen's Student Health Services

La Salle Building, 146 Stuart St

613-533-2506

CDK Family Medicine & Walk-in Clinic*

175 Princess St

<http://www.cdkmd.com/>

613-766-0318

Kingston General Hospital

76 Stuart St

613-548-3232

Hotel Dieu Hospital

166 Brock St

613-544-3400

(Also has an Urgent Care Centre open until 8pm daily for medical issues that are too severe to wait for a family doctor

appointment yet not severe enough to warrant going to emergency at KGH)

*both appointment & drop-in

Mental Health Services

Queen's Counselling Services

Located on campus, La Salle Building is the most convenient location for students to consult with a counsellor about mental health issues.

La Salle Building, 146 Stuart St

<http://www.queensu.ca/studentwellness/counselling-services>

613-533-6000 x78264

Groceries

AMS Peer Support Centre
Rm 34 in the JDUC
<http://amspeersupport.com/>
613-533-6000 x75111

Located in the JDUC, the Peer Support Centre is a confidential space to speak with a student volunteer about any issues whether they are academic or non-academic. They also hold events on campus to spread awareness about mental health

Dental Clinics

Queen's Campus Dentist
Located in the JDUC
<http://www.campusdentist.com/mobile/index.php?loc=queens>
613-533-6000 x33328

Kingston General Hospital Dental
Located in KGH
<http://www.dentalhouse.ca/>
613-546-4933

Dental Care Kingston
110 Princess St
<http://www.qdental.ca/>
613-546-9898

Pharmacies & Other Health Services

Shoppers Drug Mart: 445 Princess St and 136 Princess St

DrugSmart Pharmacy: #101 inside the Queen's Centre

Clinic Pharmacy in Kingston General Hospital

Quarry Medical Pharmacy: 100 Princess St

Market Pharmacy Inc: 78 Brock St

Graham's Pharmacy: 328 King St E

Sexual Health Resource Clinic
A confidential, non-judgemental place to ask questions regarding sexuality and sexual health. Also a convenient location to purchase contraceptives and sex toys.
Rm 223 in the JDUC
<https://www.facebook.com/shrckings-ton/>
613-533-2959

Bakeries & Local Food

Card's Bakery | 115 Princess St - 613-544-4448

Pan Chanco Bakery & Café | 44 Princess Street - 613-544-7790

Farmer's Market | Comes to campus Wednesdays from 9:00am - 4:00pm (during the

academic year). Found outside the JDUC or, during cold weather, inside Mackintosh-Corry Hall.

Kingston Public Market | Located off-campus near the intersection of Market St and King St E on Tuesdays, Thursdays, & Saturdays, (April- November, 9:00am - 6:00pm).

Metro - 310 Barrie St | Metro is right downtown and open 24 hours, but the convenience comes at a premium. It's an expensive store but has quite a decent selection and some good quality products.

Food Basics - 33 Barrack St | Food Basics is the cheapest option, but has a mediocre selection, varying qualities of produce, and often runs out of things mid-week. Stock up on your staples here.

The Campus Grocery Store - Queen's Centre | Queen's on campus grocery store. Offers pre-made food, bulk items as well as your standard groceries. A convenient location to grab groceries or study snacks after class.

Loblaws - 1100 Princess St | Loblaws is the best store in town, with the largest selection and quality produce, and the availability of President's Choice brand is a plus. If you are looking for specialty items like fancy cheeses or exotic produce, you need to go to Loblaws. 10% Student discount on Tuesday!

Old Farm Fine Foods - 204 Barrie St | Located just east of campus, Old Farm Fine Foods provides a selection of local produce, herbs, deli meats and cheese at reasonable prices. They also sell fresh lunches which are great for busy weeks.

Tara Natural Foods - 81 Princess St | Tara's has great organic pantry and frozen options. Get your tempeh here. They also sell spices and other ingredients by weight - way better than buying that 100g package at Metro when you only need 1 tsp!

Asian Market - 354 Princess St & Kingston Asian Super - 461 Princess St | These two are great stores for those Asian ingredients you can't get at Loblaws or Metro, like chilies and Thai basil.

Cooke's Fine Foods - 55 Brock Street | Featuring gourmet coffee and British pantry items, Cooke's has been in business for nearly 150 years.

The Wine Rack - 277 Princess St | With a selection of all of your favorite wines and open as late as 11, the Wine Rack will be a popular place to pick up something for your classy (or not so classy) evening.

The Beer Store - 500 Princess Street | The Beer Store has a wide selection of beer, and kegs available to order, should the need arise.

Alcohol

LCBO - 34 Barrack St | This is located next to the Good Life gym downtown. It's pretty large and has a great selection of wine and beer, complete with Kingston's largest vintages section. There are three other LCBOs scattered throughout Kingston, all with slightly varying inventories.

Food on Campus

Meal Plans | Campus meal plans can be purchased at the beginning of the year and give you access to an all-you-can-eat gourmet cafeteria experience at Ban Righ and Leonard Cafeteria. These are only 5-10 minutes away from the SOMB. All in all, the food is quite good. The dishes will vary depending on the day, but you will always have access to the grill, a salad bar, a make-your-own stir fry, and an ice cream bar. Some of the meal plan options also give you “Flex Dollars” as well as “Meal Equivalencies” which can be spent at the Lazy Scholar, Mac-Corry Cafeteria, and other on-campus restaurants. More information about meal plans can be found [here](#).

Meds House Meal Plans | Meds House also offers a lunch meal plan to social members. All-you-can-eat lunches prepared by a professional chef are provided every Wednesday and Friday, and extra lunches can be purchased for \$5 per meal. These meals typically include a bowl of soup, salad, a main dish, and dessert. Friday is also left-over day so bring your Tupperware! More information about Meds House Social Membership will be available at the beginning of the school year.

Garden Fry Cafe - Botterell Hall | The café in the basement of Botterell Hall is famous for their best breakfast on campus. They will make you a decent sandwich, a substantial breakfast, a full gamut of “daily specials” of varying gastronomic finesse and a selection of baked goods. The lunch ladies that work in the café are simply the most wonderful people on earth. There are also two microwaves here, where the frugal and well-organized can warm up their lunch.

The Atrium - KGH Cafeteria | Located a few minutes from the SOMB, the cafeteria in the basement of KGH offers a better value than the café in Botterell. There’s a salad bar, a grill for burgers and hot dogs, soup, pizza and couple of hot daily entrees. The prices are reasonable and the food is pretty good. The good thing about this caf is that it remains open after April when the majority of the food places close.

David C. Smith House/Lazy Scholar - Victoria Hall/Jean Royce Dining Hall - West Campus | These on campus cafeterias sell a selection of meals off the grill such as hamburgers, chicken fingers and fries. All three locations are a bit expensive but for those that have a meal plan they do accept flex dollars and meal equivalencies. It should be noted that Location 21 is the newest cafeteria and Jean Royce Dining Hall is on West Campus.

Tim Horton’s | A med student staple, the Tim Horton’s is located at the Biosciences Complex, KGH cafeteria, JDUC and the Queen’s Centre. The Bioscience Tim’s is more accessible, the Queen’s Centre Tim’s is generally open later. KGH Tim’s is drinks-and-desserts only.

Queen’s Centre | As mentioned previously, the Queen’s Centre has a number of food options for students. It boasts a Tim Horton’s, Terayaki Experience, Booster Juice, Pizza Pizza, and Pita Pit. The only drawback is that they only accept cash. The second floor is also home to the Common Ground - a student run coffeehouse with items ranging from fresh sandwiches to caffeinated beverages to desserts, and it opens late to accommodate the needs of the procrastinator in all of us.

Fry Trucks | Swedish-Beaver Fry Truck is located in front of Miller Hall on Union Street. It serves your typical fry truck foods like hot dogs, burgers, and fries, plus some truly unique wraps and salads that make the truck a popular food vendor on campus. Jimmy’s Fry Truck is located in the trailer across from Botterell Hall, and a mobile version run by his wife called Lizzy’s Tall Fries is located in front of the JDUC. While the food is greasy, it serves as an alternative to cafeteria food and the price is quite cheap.

The Grad Club | Located in a renovated Victorian House, the Grad Club offers general pub fare with some flare, and an amazing selection of microbrews. Medical students are members, which entitles us to a 10% discount on food, and the ability to book the third floor for private meetings. They also have a great patio. As if all of this wasn’t enough, the Grad Club also plays host to indie bands on Fridays and Saturdays.

Leonard or Ban Righ Hall - \$5 Friday Buffet Lunches | Bring your KGH badge, and get \$5 entry to the cafeteria buffet at Leonard or Ban Righ Hall (10 min walk from SOMB). Huge variety of food and delicious ice cream.

JDUC | The JDUC has a small selection of food options on the main floor. The Quiznos and Tim Horton’s are open for regular business hours and sell sandwiches. Khao is an Indian and Thai curry restaurant. Although it is far from the best curry in town, it is in a convenient location and open till 9pm on weekdays.

MacCorrey | The main floor of MacCorrey has a few fast dining options including Pita Pit and Pizza Pizza. It is also home to the Canadian Grill Company (CGC), a restaurant opened by chef Michael Smith that actually grills a very solid burger. Don’t forget to order some sweet potato fries at the CGC.

Kingston Restaurants

Thai, Cambodian | Cambodiana - 161 Brock St - 613-531-0888 • Phnom Penh - 335 King St E - 613-545-2607 • Pat’s Restaurant - 887 Division St - 613-344-0450 • Wok In - 30 Montreal St - 613-549-5369

Pho | Mekong - 394 Princess St - 613-549-5902 • Dong Nai - 575a Princess St - 613-

544-7729 • Saigon Delights - 272 Bagot St - 613-546-3690

Indian | Curry Village - 169A Princess St - 613-542-5010 • Taj Curry House - 125 Princess St - 613-531-0825 • Curry Original 253 Ontario St - (613) 531-9376



Sushi and Rolls | SIMA Sushi - 66 Princess St - 613-542-8040 • Take Sushi - 120 Princess St - 613-544-1376 • Sushi Ya! - 49 Princess St - 613-530-2546 • Sushibar Da - 354 King St E - 613-544-6278 • O My Sushi - 272 Bagot St - 613-766-2444 • Jina Sushi - 49 Princess St - 613-530-2546

Chinese | VIP (Chinese Food) - 528 Princess St - 613-530-2828 • Sunflower Chinese Restaurant - 41 Montreal St - 613-507-2688 Dim Sum Kingston - 501 Princess St - 613-766-0194 • Silver Wok - 373 King St E - 613-544-6634

Pizza | Atomica - 71 Brock St - 613-530-2118 • Wooden Heads - 192 Ontario St - 613-549-1812

Late Night | Bubba's - 349 King St E / 401 Princess St *This is the home of Kingston's most famous poutine. With two locations they have been satisfying late-night cravings for more than twenty years.*

El Asador - 375 Princess St Mexican *Burritos, tacos, fajitas and rice. Try the Chicken Madras, Dansak, Korma wraps or the Mid-night special if you're feeling adventurous.*

Mr. Donair - 163 Division St *Home to the*

Pou-nair, a combination of poutine, donair meat, specialty sweet/spicy sauce, with toppings of your choice.

The Pita Grill - 371 Princess St *Giant pitas and poutine that rivals Bubba's. They'll even make it with onion rings, chicken and anything else you can think of.*

Smoke's Poutine - 183 Division St *Customize your poutine with this chain restaurant's huge variety of toppings!*

Fine Dining | Aquaterra Restaubistro - 1 Johnson Street - 613-549-6243 *Lavish menu and a fine selection of wines with a waterfront view. They also have a great \$25 all-you-can-eat Sunday brunch that features crab legs.*

Casa Domenico - 35 Brock Street - 613-542-0870 *An upscale Mediterranean restaurant, Casa Domenico offers a full range of pastas along with a host of other specials. Their wine list is extensive and the food is delicious.*

Chez Piggy - 68 Princess Street - 613-549-7673 *Delicious french cuisine featuring a 15% student discount and a gorgeous patio hidden in a courtyard surrounded by trees. In December, check out their three-course meals for \$20 (Mon - Thurs).*

Le Chien Noir - 69 Brock Street - 613-549-5635 *French bistro with a courtyard terrace, perfect for a meal when the weather is warm.*

Miscellaneous | Amadeus - 170 Princess Street - 613-456-7468 *German eatery with a nice patio in the back. Authentic Eastern European cuisine including cabbage rolls, amazing schnitzel, sausages, and of course, unique German beer on tap.*

The Copper Penny - 240 Princess St - 613-549-4257 *When you just want a burger and fries, but don't want fast food, hit up The Copper Penny. It has a large menu that doesn't hurt your wallet, and is consistently good.*

Pan Chanco Bakery and Café - 44 Princess St - 613-544-7790 *A popular bakery that serves amazing scones, brioche, cookies, cakes and tarts. They also serve brunch patés, salads, sandwiches and cheese to-go.*

Tango Nuevo - 331 King St East - (613) 548-3778 *A trendy Kingston tapas bar, Tango's menu is excellent, with half-price tapas on Sunday and Monday evenings. On Wednesdays, they offer half-price Mussels, and a "Martini and a Manicure" for \$15. They have a small selection of tasty and creative main dishes and are open until 2am.*

Windmills - 184 Princess - 613-544-3948 *Offers an extensive variety of foods as well as a fantastic weekend brunch. The well-priced menu features great sandwiches, pancakes, waffles and vegetarian options. The Works - 298 Princess - 613-547-6000 *This gourmet burger restaurant chain from Ottawa has opened a branch in Kingston. Their long list of creative toppings and thick, decadent milkshakes are their best selling points. They don't take reservations though, so going outside of peak times are best!**

Grecos Greek Restaurant - 167 Princess St - 613-542-2229 *With very large portion sizes and reasonable prices, Grecos is a great option for those who want a good value meal or are in the mood for quality Greek food.*

The Pilot House - 265 King Street East - 613-542-2222 *A pub that also offers a solid menu of fish and chips as well as other bar foods.*