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The SSMU would like to acknowledge that McGill University is situated on the traditional territory of the Kanien’kehá:ka, a place which has long served as a site of meeting and exchange amongst nations. The SSMU recognizes and respects the Kanien’kehá:ka as the traditional custodians of these lands and waters, and seeks to be accountable in recognition of its status as uninvited guests who come to this space through various uneven historical processes.
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Pisces
LETTER FROM THE EDITORS

Welcome to McGill! Finally, you’re here, about to start your four (or three, or five-and-a-half) year academic journey in beautiful Montreal. The first few weeks of university can feel truly daunting—new people, new classes, and a whole new, gigantic campus to navigate. But there’s also a sense of adventure and excitement about the unknown.

And that’s where the SSMU Handbook comes in. This handy little book will be your guide across campus and Montreal as you decide who you’re going to be in your university life. You may trip a few times, but that’s okay; and really, what worthwhile journey doesn’t involve a few stumbling blocks. Now is the time to throw yourself into new experiences, get messy, and reach out to those around you who are probably feeling the same way.

This handbook is full of helpful tidbits that will ease the stress of entering this new chapter in your life. Think of it as the water being thrown on the Slip-and-Slide of your undergrad, letting you glide your way to success. Whether it’s the dates of Frosh, the name of your new favourite club, or the number to call when you’re in trouble, this guide has lots of information to help make your years at McGill the best they can be. And maybe, some of the information inside will come in handy in your life beyond the Roddick Gates.

Also—hidden in this book are the voices of students just like you, jotting down their feelings about their first few weeks at McGill. Check out the first pages of every section to see their thoughts on starting anew in university, and maybe get some insight into how you’re feeling in the midst of all this change.

So take a deep breath, write your name (and your zodiac sign!) on the inside cover, and brace yourself for all the fun, discovery, and fulfilling adventures McGill has to offer you!
FIRST WEEK CHECKLIST

GET YOUR STUDENT ID CARD AT SERVICE POINT
—and memorize your student number! Make sure to bring your McGill ID number, a piece of government ID, and any legal documents required.

GO TO DISCOVER MCGILL ON TUESDAY, AUGUST 27
It’s the first event of Orientation Week! You’ll meet other students and get a sense of what McGill has to offer.

GET A CHEAPER STM OPUS CARD
Skip the lines and order your reduced-fare OPUS card from Minerva. Flip to page 84 for more info about the STM.

MAKE CONNECTIONS
Meet your Floor Fellow if you’re in residence, or join the McGill Off-Campus Facebook group (fb.com/groups/mcgilloffcampus).

CHECK OUT A FEW DIFFERENT CLASSES
The Add/Drop period, which lasts until September 17, is your chance to try out as many classes as you want. Get creative!

TAKE A WALK AROUND MONTREAL
Get out and explore the city before it’s too cold to enjoy! Flip to page 82 for suggestions on what parts of Montreal to see first.

FIND YOUR LOCAL GROCERY STORE
Check out page 68 for tips on cheap eats and familiarize yourself with the prices of local grocers.

SAVE IMPORTANT DATES IN YOUR PHONE
Make sure you know the deadlines for Add/Drop, opt-outs, and tuition payments, so you can get caught up in your new adventure without missing something!

Campus Life & Engagement (CL&E)
1010 rue Sherbrooke Ouest, suite 203
(entrance on rue Metcalfe)
(514) 398-6913
mcgill.ca/firstyear/undergraduate
cle@mcgill.ca

If you have any questions in your first week (or all year!), reach out to Campus Life & Engagement. They work hard to connect you to the resources and opportunities you need to make the most of your time at McGill. They offer many different kinds of services and events that will help you acclimate to university life and make your transition into this new stage as smooth as possible.
Welcome to Service Point!

Make sure you stop by in your first week to get your Student ID. They'll also help you replace a lost or stolen one.

They'll help you get access to all your university documents.

Once you've confirmed coverage through Minerva, Service Point gives you your card! They also handle questions about coverage and billing.

Need to see your schedule? Have a conflict or want to know about deferring an exam? Reach out to Service Point!

They help students with understanding fee status, billing, refunds, and more. Is someone helping you with costs? Service Point can help you grant that person guest access to view e-bills, print receipts, and/or access payment services.

Service Point will help you figure out what papers you need for concerns like how to apply for Quebec resident tuition.

They'll help you understand mobility funding and steps to studying abroad.

Want out of a class? Talk to Service Point to start the process.

Forgotten your Minerva PIN or need to reset it? Service Point has a direct link: mcgill.ca/students/servicepoint/pinreset

Service Point has been working to make getting in touch easy for you! You can now call them during service hours at (514) 398-7878, book an appointment online, or use the live chat feature on their site! For more information go to mcgill.ca/students/servicepoint
ORIENTATION WEEK

MONDAY, AUGUST 26

Residence Fest
Kick off the year-long Residence Wars with fun games against other residences. Talk to your Floor Fellow for more information!

Off-Campus Connects (OCX)
This event is full of activities, info, and the chance to connect with other commuters, both new and seasoned, to share tips and tricks for living life off campus. Make sure to register first!

TUESDAY, AUGUST 27

Discover McGill
Taking place from 9 a.m. to 4 p.m. at Molson Stadium, this is a campus-wide kick-off to celebrate the new academic year with games, tours, and a fair to learn about support services. Events at Discover McGill are fun-filled and designed to help you start school off on the right foot.

WEDNESDAY, AUGUST 28

Academic Expectations Day
Part of the Discover McGill series, this is your crash course on university academics. From workshops on time management, studying skills, and how to research, to special seminars for international and French students, Academic Expectations Day will prepare you for what you're at McGill to do—learn!

EARLY SEPTEMBER

Open Air Pub (OAP)
OAP is definitely the most popular part of Orientation Week! It’s an annual McGill tradition put on by the Engineering Undergraduate Society during the first week of the semester; come indulge in brews, burgers, and tunes under the warm sun on campus.

AUGUST 29 – SEPTEMBER 1

Frosh
Check in with your faculty about what Frosh events are happening this weekend, and flip to the next page for more info about what kinds of Froshes are available to you.

TUESDAY, SEPTEMBER 3

First Day of Classes
Time to get down to business! Check the Academics section of the handbook on page 36 for more info.

TIP

What’s the difference between Frosh and Orientation Week?
Frosh refers to the social events organized by faculty committees under the oversight of the SSMU and CL&E. Orientation Week includes Frosh, as well as the academic events organized by McGill.
WELCOME | 9

There are a ton of options at McGill, so if you’re not feeling your faculty Frosh, or just need a break from the fun, check out what other events are available:

**Rad Frosh** is run by The Quebec Public Interest Research Group (QPIRG), a group which focuses on exploring social justice in Montreal. Even if you didn’t register for the full frosh, Rad Frosh usually features some public events open to all.

**Fish Frosh** is organized by several Christian groups on campus, and offers alcohol-free, low-price events that are open to all students.

**Outdoor Frosh** is run by the McGill Outdoors Club. If you love spending time in the great outdoors, make sure to check out their six different Frosh options, including canoeing, hiking, cycling, camping, climbing, and kayaking!

**MSA McGill Frosh** is a multi-day event hosted by the Muslim Students’ Association, featuring fun social and interactive activities. It’s open to new and returning students so everyone can discover what the Montreal Muslim community has to offer!

**Jewish Frosh** is organized by Ghetto Shul, a student-run Jewish organization. J-Frosh is a series of free events designed to show incoming students the vibrant Jewish community on campus. Join them for Friday night dinner during Frosh week!

---

**DURING FROSH, DON’T FORGET TO**

- **SLEEP**
  Frosh week is long, so make sure you take advantage of downtime to avoid getting burned out too soon.

- **HYDRATE**
  Drink lots of water! It’s hot this time of year in Montreal and being active in the sun can take its toll, especially if you decide to drink alcohol. Pack a reusable water bottle in your Frosh backpack to avoid buying plastic ones!

- **EAT**
  Don’t forget to give yourself the fuel you need to keep the party going. Keep some snacks on hand, or make use of the cafeterias on campus when you need a break from the fun!

- **CHILL**
  Frosh “Chill Zones” are designated areas for you to relax and get away from the hustle and bustle; they’re also stocked with snacks, water, and sunscreen. Just make sure you tell your Frosh Leaders before taking off from your group!
1. 688 Sherbrooke
2. Adams Building
3. Arts Building
4. Birks Building
5. Bronfman Building
6. Brown Student Services
7. Burnside Hall
8. Carrefour Sherbrooke
9. Currie Gym
10. Dawson Hall
11. Douglas Hall
12. Duff Building
13. Education Building
14. Elizabeth Wirth Music Building
15. Faculty Club
16. Ferrier Building
17. First Peoples' House
18. Greenbriar Residence
19. James Administration
20. La Citadelle
21. Le James
22. Leacock Building
23. Life Sciences Complex
24. Macdonald Engineering Building
25. Macdonald Harrington Building
26. Macdonald Stewart Building
27. McConnell Engineering Building
28. McIntyre Medical Building
29. McLennan-Redpath Library Complex
30. Molson Stadium
31. Montreal Neurological Institute
32. Morrice Hall
33. Nahum Gelber Law Library
34. New Chancellor Day Hall
35. Old Chancellor Day Hall
36. New Residence Hall
37. Otto Maass Chemistry Building
38. Peterson Hall
39. Redpath Museum
40. Royal Victoria College
41. Rutherford Physics
42. Stewart Biology Building
43. Strathcona Anatomy and Dentistry Building
44. Strathcona Music Building
45. Thomson House
46. Trottier Building
47. University Centre
48. University Hall
49. Upper Residences
50. Wong Building
51. 3501 Peel Street
SSMU RELOCATIONS
| ssmu.ca/university-centre/building-closure

The University Centre at 3480 McTavish Street, the SSMU’s home and a hub for student life on campus, was closed in 2018 for renovations. While the building is set to reopen to the public in May 2020, it is not yet clear when all the relocated services will be able to move back into the University Centre. Please see a list of the services that have been relocated and where they were moved to below. These addresses listed below, and as they appear elsewhere in the handbook, are subject to change, so please consult the online listing in the link above or contact the organization directly to ask how best to access their services.

Arab Student Network
3471 rue Peel

Musician’s Collective
TBD

Players’ Theatre Office
3471 rue Peel, room 105

The McGill Savoy Society
3600 rue McTavish

Flat Bike Collective
2075 boulevard Robert Bourassa, B006

Muslim Students Association (MSA)
680 rue Sherbrooke Ouest, room 150

Muslim Students Association (MSA)
Friday Prayer
680 rue Sherbrooke Ouest, room 110

McGill University Photography
Students’ Society Office
3471 Peel Street, room 301

McGill University Photography
Students’ Society Darkroom
Under Renovation

McGill Daily
680 rue Sherbrooke Ouest, room 724

Sexual Assault Centre of the McGill Students’ Society (SACOMSS)
2075 Robert Bourassa, suite 5

TVM: Student Television at McGill
680 rue Sherbrooke Ouest, room 150

McGill Tribune
680 rue Sherbrooke Ouest, room 723

Legal Information Clinic
680 rue Sherbrooke Ouest, room 150

Midnight Kitchen Office
3471 rue Peel Ouest, room 202

Midnight Kitchen
137 rue Saint-Ferdinand

Peer Support Centre
3471 rue Peel, rooms 200, 204

Union for Gender Empowerment
680 rue Sherbrooke Ouest, room 150

Black Students’ Network
3471 rue Peel, room 300

Plate Club
3471 rue Peel, room B7

McGill Outdoors Club
3471 rue Peel, room 103

McGill Quidditch Storage
3471 rue Peel, room B3

MSERT: McGill Student Emergency Response Team
3471 rue Peel, room 207

DriveSafe
3471 rue Peel, room 306

Queer McGill
3471 rue Peel, room 303

WalkSafe
3471 rue Peel, room 306
EMERGENCY RESOURCES

In case of emergencies, always call 911. After contacting the police, call McGill Security Services if you’re on campus.

SAFETY

McGill Security Services
Emergencies Only
(514) 398-3000 (Downtown)
(514) 398-7777 (Macdonald)

General Inquiries
(514) 398-4556 (Downtown)
(514) 398-7770 (Macdonald)

DriveSafe
(514) 398-8040
drivesafe.ssmu.ca
drivesafe@gmail.com

A SSMU Service run by volunteers on Thursday, Friday, and Saturday nights to provide a drive home for free.

Walksafe
(514) 398-2498
walksafe.ssmu.ca
executive@walksafe.ca

A SSMU Service run by volunteers to accompany you home if you are uncomfortable or unable to walk home alone. You can call any night of the week!

HOSPITALS AND HEALTH CARE

McGill University Health Centre (Glen Site)
1001 boulevard Décarie
(514) 934-1934

Montreal General Hospital
1650 avenue Cedar
(514) 934-1934

Montreal Hotel-Dieu Hospital
3840 rue Saint-Urbain
(514) 890-8051 or (1-855) 769-5842

McGill Student Wellness Hub
mcgill.ca/wellness-hub

Downtown
Brown Student Services Building, suite 3301
3600 rue McTavish
(514) 398-6017

Macdonald Campus
Centennial Centre, room 124
2111 Lakeshore, Ste-Anne-de-Bellevue
(514) 398-7992

MISCELLANEOUS

Legal Information Clinic McGill (LICM)
680 rue Sherbrooke Street Ouest, suite 150
(514) 398-6792
fb.com/licm.cijm

Student Advocacy (run by the LICM)
680 rue Sherbrooke Ouest, suite 150
(514) 398-4384
licm.ca/advocacy-services

McGill IT Services
688 rue Sherbrooke Ouest, room 285
(514) 398-3398
itsupport@mcgill.ca

TIP

All McGill campus numbers start with (514) 398, so you just need to remember the last four digits!
Now that I’ve left high school behind, I can finally start reinventing myself—and maybe the best way to start is by joining a club. I could get in touch with all the other chocolate lovers in Cocoa & Cacao, or maybe the trivia nuts in the Trivia Club, who love a fun fact just as much as I do. But wait—maybe first I should figure out my place in this vast student universe, and where I stand in between my profs, my peers, and my provost … whatever that is.
Decisions by the University and the SSMU have a big impact on your campus experience, so it’s important to understand how the SSMU works, what kind of representation students have within the university, and how you can get involved in the decision-making process.

In terms of numbers, the SSMU consists of:

6 ELECTED STUDENT EXECUTIVES
29 ELECTED STUDENT COUNCILLORS (who sit on the SSMU Legislative Council)
13 ELECTED STUDENT SENATORS (who sit on the McGill Senate)
20 PERMANENT SUPPORT STAFF
+ MANY STUDENT STAFF MEMBERS AND VOLUNTEERS!

Elected officials at the SSMU generally serve one-year terms; elections are held around March of every year, and all undergraduate students can vote for their executives.

LEGISLATIVE COUNCIL

The SSMU Legislative Council is made up of thirty-five voting members. All major decisions go through Council. There are many open Legislative Council meetings that any student can attend, as well as documents taken at the meetings which can be found on the SSMU website and in various campus media outlets. If you’re interested in a specific issue, check out the Council’s agenda to see when it’s being discussed. Additionally, you can also speak to your faculty’s Councillor about your interests—it’s their responsibility to represent you!

BOARD OF DIRECTORS (BOD)

The Board of Directors supervises the management and administration of the SSMU’s business and affairs. The BoD has twelve voting Directors, including four members from the SSMU executive team and four members from the Legislative Council. You can find the minutes of BoD meetings on the SSMU website.

COMMITTEES

SSMU Committees are a really great way to get involved in university life by discussing subjects you care about. Committees are groups with a specific role in facilitating student life at McGill, and serve to address issues ranging from ensuring equity on campus to setting the agenda for General Assemblies throughout the year. The SSMU has a variety of committees to join, with commitment levels varying depending on the group.

Legislative Council Committees:

- Clubs Committee
- Community Engagement Committee
- Environment Committee
- Equity Committee
- Financial Ethics Committee
- Comité des affaires francophones
- Funding Committee
- Indigenous Affairs Committee
- Library Improvement Fund Committee
- Mental Health Committee
- Services Review Committee
- Steering Committee
- Students’ Society Programming Network (SSPN)
- Affordable Housing Committee

Board of Directors Committees:

- Accountability Committee
- Building and Operations Management Committee
- Finance Committee
- Health and Dental Review Committee
- Human Resources (HR) Committee
- Nominating Committee
- Comprehensive Governance Review Committee
- Gendered and Sexual Violence Policy Committee
J-BOARD
The Judicial Board, or “J-Board”, acts as the final interpreter of the SSMU Constitution, electoral disputes, and other legal matters. It is made up of seven appointed members, usually nominated from the upper-year cohort of McGill Law. If you want to file a petition or simply want to learn more, you can get in touch at jboard@ssmu.ca

REFERENDA
The referenda voting period happens once a semester, and is initiated by students or the SSMU Legislative Council. You can participate in direct democracy by voting! Make sure to check your email, as the referenda period generally happens in early November and early March. Recently, students voted on having a fall Reading Week. For any questions, get in touch with the Elections SSMU team at elections@ssmu.ca

GENERAL ASSEMBLIES
General Assemblies typically take place twice a year, once during the fall semester and another in the winter semester. In GAs, students can bring motions to take action on a variety of issues, and can directly debate and vote on changes to the Society. You can consult a SSMU Executive about how to get involved in direct democracy at McGill.

SSMU
The SSMU represents all downtown campus undergraduate students—as well as students within the faculties of Law, Medicine, and Dentistry—and works alongside faculty and departmental associations to represent and cater to students’ needs.

FACULTY ASSOC.
Your faculty is the broad category of your degree (e.g., Arts, Science). Your faculty association (e.g., the Arts Undergraduate Society or AUS) advocates for your rights on this level.

DEPARTMENTAL ASSOC.
Your department is your specific subject (e.g., History). Your departmental association (e.g., the History Students Associate or HSA) organizes for you and other students in that department.
THE SSMU EXECUTIVE

PRES

BRYAN BURAGA
President

president@ssmu.ca

The President is the SSMU’s chief officer and ensures the integrity of the Society while also defending the rights and privileges of students like you. It’s their job to represent the interests of the Society’s members and coordinate relations with the university administration.

Area of study
Economics.

Most likely to be spotted on campus
Inside the SSMU office in the Brown Building.

Advice for first-year students
There are so many resources available for students at McGill; don’t be afraid to ask for help!

EXT

ADAM GWIAZDA-AMSEL
Vice-President (External)

external@ssmu.ca

The VP (External) is in charge of coordinating the SSMU’s relations with various levels of government, student associations, community groups, and campus labour unions. They also manage the SSMU’s political campaigns and mobilization efforts.

Area of study
Philosophy and Economics.

Most likely to be spotted on campus
Locking my bike in front of HSSL (History and Social Sciences Library) or in the Subway of the Arts Building.

Advice for first-year students
Don’t be shy to talk to your profs and TAs during office hours, and get involved on campus to meet a bunch of cool people you wouldn’t otherwise interact with!
FIN
SAM HAWARD
Vice-President (Finance)
finance@ssmu.ca

The VP (Finance) is in charge of maintaining the SSMU’s long-term and administrative stability. Along with the General Manager, they prepare the annual budget, manage human resources, and oversee the insurance plan.

Area of study
Economics and Political Science.

Most likely to be spotted on campus
Grabbing lunch in the Burnside Basement.

Advice for first-year students
It can be really hard to balance school with the rest of your life at first. Support your friends and classmates by making study groups or going through readings together, and don’t be afraid to ask your professors and TAs if you need help.

INT
SANCHI BHALLA
Vice-President (Internal)
internal@ssmu.ca

The VP (Internal) is primarily in charge of communication and creating a sense of community within the student body through event-planning (like Grad Frosh) and communications (like the listserv).

Area of study
International Management, Italian, English Drama and Theatre.

Most likely to be spotted on campus
Bronfman Basement, trying to perfect the ratio of candy to chocolate in my bag of sweets from Dave’s.

Advice for first-year students
Get involved! We have a club for everything, ranging from Chinese calligraphy to salsa dancing! Everyone is in the same boat as you in terms of not knowing people, so go talk to strangers in your classes, in the elevators, and at events you find yourself at in the hunt for free food.
MADELINE WILSON
Vice-President (University Affairs)
ua@ssmu.ca

The VP (University Affairs) advocates for student interests at all levels of university governance. They coordinate student reps on the Senate and its committees, oversee the SSMU’s equity initiatives and complaints, and research and consult on policy solutions.

Area of study
Political Science and Geography.

Most likely to be spotted on campus
Statistically speaking, in this handbook.

Advice for first-year students
You have more power here than you think you do. Whether you’re experiencing problems with registration, residence, or your social life, as a student, you have the ability to affect deep change at McGill; take advantage of it. Recognize, however, that this is systemically easier for some than others. Also, and I cannot stress this enough: Your. Meal. Plan. Rolls. Over. Into. Second. Year.

BILLY KAWASAKI
Vice-President (Student Life)
studentlife@ssmu.ca

The VP (Student Life) is the point of contact between the SSMU and its clubs, services, and independent student groups. They are also responsible for promoting mental health, collaborating with Student Services, and addressing student life issues on campus.

Area of study
Industrial and Labour Relations with a minor in Psychology.

Most likely to be spotted on campus
In line for coffee at SNAX.

Advice for first-year students
Take advantage of the McGill community and discover what you’re passionate about. There are so many opportunities that you can take part in that can lead to finding your path. I also encourage you to discover Montreal and its many wonders. Get to know the city and get outside of the bubble. Hochelaga and NDG hold a special place in my heart.
YOUR ROLE IN THE SSMU

| How to get involved

The SSMU has so many options for getting involved on campus. Here are some suggestions to help you create your best McGill experience.

CLUBS

The SSMU has more than 230 clubs that fall into ten different categories, so there’s sure to be at least one (and probably more) that’s perfect for you! Clubs represent a wide variety of hobbies, interests, and causes, all of which are run entirely by other undergraduate students. Joining is pretty simple—find out more about SSMU Clubs in the Life on Campus section on page 62.

CAMPAIGNS

Campaigns are a great way to get involved in activism on campus. The VP (External) is responsible for running SSMU political campaigns, which often focus on local social justice issues. The three major projects the SSMU is currently supporting are:

- **Divest McGill**
  [fb.com/divestmcgill](http://fb.com/divestmcgill)
  Concerned with climate change, this campaign pushes for McGill to end their involvement with, and investment in, fossil fuels and companies involved in Canada’s Plan Nord.

- **Contre la Loi 21**
  [fb.com/ssmuea](http://fb.com/ssmuea)
  Working with community organisations and other student associations, the SSMU is creating spaces for students and staff to talk, learn, and take action on Quebec’s Bill 21, a ban on religious symbols.

- **Students for Peace and Disarmament**
  [fb.com/mcgillpeaceclub](http://fb.com/mcgillpeaceclub)
  Strives to raise awareness about and ultimately end military research done at McGill.

Want to find out more about what these campaigns are working towards or how you can get involved? Email campaigns@ssmu.ca or check out their Facebook pages.

EMPLOYMENT

[ssmu.ca/about-us/jobs](http://ssmu.ca/about-us/jobs)

There are a ton of employment opportunities with the SSMU throughout the academic year and over the summer. They’re usually part-time jobs with flexible hours, so you can balance academics and work on campus! They include positions in political activism, event management, web development, human resources, and much more. Positions are advertised in March and April for the following academic year, and a few summer positions are posted in January or February.

RUN FOR OFFICE

[elections.ssmu.ca](http://elections.ssmu.ca)

Elections at McGill happen in both your faculty and your department! Although these associations aren’t directly under the SSMU, they often work together to improve student life. Organize events, workshops, and more for students in programs similar to yours! This is a great opportunity to meet new people and bring projects that interest you to life. Check your email in March to find out how to be nominated or how to nominate a friend.

VOTE!

Make sure to vote for and elect the representatives you want in departmental, faculty, and SSMU elections. This is extremely important for shaping the focus of student movements, as well as affecting what services, projects, and events are available to you throughout the year. Make sure you protect what you love about McGill by voting for representatives with similar values.
WHAT THE SSMU DOES

So now you’ve found out what you can do in the SSMU. How about what the SSMU does for you?

CAMPUS LIFE

The SSMU is a major part of campus life at McGill and works hard to bring you the best university experience possible. In addition to over 230 SSMU Clubs, fifteen student-run Services, and twelve Independent Student Groups (ISGs), the SSMU also organizes larger events like Grad Frosh, Faculty Olympics, the Halloween party, and more (check your calendar in the agenda for more info!). You have a lot to look forward to as the year progresses, so check out the SSMU’s social media and see what life on campus has to offer!

INDEPENDENT STUDENT GROUPS

ssmu.ca/student-life/clubs-services-isg

ISGs are on-campus groups that have a formal affiliation with the SSMU and are funded by student fees but exist outside of the SSMU structure. Though usually larger than normal clubs, ISGs still have membership lists, so don’t forget to sign up!

- AIESEC
- CKUT Radio 90.3 FM, p. 72
- Daily Publications Society (includes The McGill Daily and Le Délit), p. 72
- Ecole (Educational Community Living Environment) Project
- The McGill Chavurah
- Golden Key
- International Relations Students’ Association of McGill (IRSAM)
- Legal Information Clinic at McGill (LICM), p. 13
- McGill Outdoors Club (MOC)
- Players’ Theatre, p. 70
- Tribune Publications Society (includes The McGill Tribune), p. 72
- Quebec Public Interest Research Group (QPIRG), p. 73

SERVICES

ssmu.ca/student-life/clubs-services-isg

The SSMU currently provides fifteen services that are open to every McGill student. Make sure you become familiar with these services, so you can use them as needed. Also, if you’re looking to become more involved on campus, these are great places to spend time volunteering. Here’s a list of all SSMU Services and the page number where you can find out more about them!

- The McGill Student Emergency Response Team (MSERT), p. 50
- Flat Bike Collective, p. 85
- The Sexual Assault Centre of the McGill Students’ Society (SACOMSS), p. 59
- The Peer Support Centre, p. 53
- McGill Students’ Nightline, p. 53
- The Union for Gender Empowerment (UGE), p. 57
- Queer McGill (QM), p. 77
- The Plate Club
- Midnight Kitchen (MK), p. 68
- SSMU DriveSafe, p. 13
- SSMU WalkSafe, p. 13
- Student Television at McGill (TVM), p. 72
- The Black Students’ Network (BSN), p. 76
- The SSMU Musicians Collective, p. 71
- The Arab Students’ Network (ASN), p. 76
EQUITY

The SSMU’s Equity mandate is to “confront historical and current inequities at McGill through active engagement and public education in agreement with the SSMU’s policy on equality and social justice”. The SSMU Equity Committee can help you file equity complaints, and also organizes proactive events related to equity. Get in touch at equity@ssmu.ca

OPERATIONS

The SSMU does lots of work behind the scenes, including leasing the University Centre from McGill and managing the building and the many services inside it. The SSMU is responsible for the Gerts student bar, the SSMU Daycare (page 75), the provision of the health and dental plan (page 50) and much more.

Recently, the SSMU purchased a new building at 3501 rue Peel, which is now used as a meeting space for the many SSMU Services, MiniCourses, and Clubs.

Gerts

University Centre, basement
3480 rue McTavish
(514) 398-3459
gerts@ssmu.ca

Gerts is your on-campus student bar designed to provide a safe and accessible space for students, staff, faculty, and anyone who wants to gather, host events, and have fun! Gerts is an amazing (and cheap!) place to meet between and after classes to get to know your fellow students. If you’re looking for a place to unwind or host a fun event of your own, Gerts is a great spot to hang out and enjoy one of their signature sangrias.

Hours

MON, TUES: 10 A.M.–12 A.M.
WED–FRI: 10 A.M.–2 A.M.
SAT, SUN: RESERVATION ONLY

Gerts is currently closed due to the University Centre renovation project. It is expected to reopen to the public in May 2020.

ADVOCACY

The SSMU is here to advocate for you, whether it’s to the McGill administration, the Quebec government, or anything in between. In the past, the SSMU has taken stances on a number of student-led campaigns and is here to support and inform you of your student rights.
HAVE AN AWESOME IDEA?

The SSMU has a ton of funding opportunities for you and your creative pursuits. The Funding Committee meets weekly to look at applications and approve costs for cultural events, trips to conferences, the purchase of equipment for group projects, and more. If you’re interested in funding for the winter semester, submit your application by December 1! Anyone can apply for funding, even after costs have been spent (be careful about this option as retroactive funding is not guaranteed).

WHAT TO KNOW ABOUT APPLYING

- Have a clear, detailed budget! The biggest mistake applicants make is not having enough info about the costs of their project.
- Funds do not pay for food, alcohol, apparel, or stipends.
- You need a professional bank account. The SSMU can’t provide personal funding, so you’ll need a different bank account to be approved. Talk to your club, faculty association, departmental association, or organization about using their bank account for the funding.
- It’s important to also apply for external funding! This shows the Committee you’re dedicated to your project.
- Keep your receipts! You’ll be required to submit a post-project report once your event or project is complete.
- Rejected? You can appeal and resubmit your funding application, so don’t lose hope!

THE FUNDS

- **Club Fund:** This fund has more requirements because it’s only open to full-status SSMU clubs. If you want money for a club, make sure to read up on the regulations!
- **Campus Life Fund:** Meant for initiatives taking place on or near campus, including—but not limited to—academic, social, or athletic projects, as well as events, conferences, publications, and productions.
- **Ambassador Fund:** Provides assistance for students to participate in event-specific academic competitions and conferences that are off campus. It is also open to tier III sports teams.
- **Environment Fund:** Apply to this fund if you have an initiative that promotes sustainability on campus and reduces environmental impact.
- **Space Fund:** Notice your favourite spot on campus needs some sprucing up? This fund supports physical improvements in buildings on campus. In the past, they’ve bought furniture for undergrad society offices, renovated kitchens, and fixed vending machines.
- **Community Engagement Fund:** For projects which foster community building and development between McGill and the broader Montreal area. This fund is not usually given to events meant solely for fundraising.
- **Equity Fund:** This fund provides financial assistance for projects, research, and policies that aim to end discrimination and promote accessibility and inclusivity in the McGill community.
- **Mental Health Fund:** The Mental Health Fund source of financial assistance to contribute to the promotion of mental health awareness, improvement of students’ mental health, and/or the destigmatization of mental health issues on campus.

TIP

Funding applications can seem complicated, but the Committee wants to give you money! Before you send in your application, ask the Funding Commissioner to review it at fundcom@ssmu.ca. Asking questions will help ensure you have the necessary information to be approved.
SOCIAL MEDIA

Stay up to date with new campaigns, projects, contests, and free events by following the SSMU on social media!

Website: ssmu.ca
Facebook: SSMUAEUM
Instagram: ssmuaeum
Twitter: @TheSSMU
Snapchat: theSSMU
McGill Log, Day Five

Well, here I am at the Harvard of the North, as some people like to call it—the beautiful McGill University! From the vast, rolling hills of lower field to the hard, stony face of brutalist McLennan, McGill is like an ecosystem unto itself. I wonder how this place of academic discovery really got started—who has walked the Y-Intersection before me, and who administers the university, making the gears turn behind the scenes, right now? And how will the decisions made today affect our place on this plot of dirt that McGill stands on fifty years down the road? Big questions, I know. Maybe I'll start with an easier one: when is my tuition due?

Aries
HISTORY HIGHLIGHTS

McGill was founded almost two-hundred years ago, and lots of exciting (and less-than-exciting) things have happened on campus since then.

/1821
Eight years after fur trader and slave owner James McGill gives his forty-six-acre estate and $10,000 to found its predecessor, the Royal Institution of the Advancement of Learning, McGill receives a royal charter and becomes a university (with a much easier name).

/1884
McGill admits female students for the first time.

/1907
McGill’s Macdonald College opens its door, thirty-two kilometres west of Montreal in Saint-Anne-de-Bellevue.

/1908
Feeling that they lack a proper venue to argue in, McGill Debating Union members found the Students’ Society of McGill University (which was open to men only until 1931).

/1912
Carrie Derick, a pioneering geneticist and Canada’s first woman professor, is appointed by McGill.

/1965
The University Centre is built to accommodate the office space that the SSMU, and its clubs and services, need to operate. It’s three times bigger than the old SSMU space, which is now home to the McCord Museum.
Over 1,200 students demonstrate outside a Board of Governors meeting, calling McGill to divest from apartheid—which they eventually did in 1986.

The Sexual Assault Centre of McGill Students’ Society (SACOMSS) is founded—the first of its kind in Canada.

Over 200,000 students from around Quebec march in downtown Montreal to protest proposed tuition hikes as part of the longest student strike in Quebec’s history.

McGill officially launches an Indigenous Studies program as an interdisciplinary minor after over a decade of lobbying by advocates.

McGill’s Board of Governors refuses to divest from fossil fuels. Divest McGill organizes a sit-in outside the Principal’s office and McGill alumni return their diplomas in protest.

The student-led #ChangetheName campaign proves successful and students vote to remove the discriminatory “R*dmen” name from all McGill athletic teams. A new name is still under discussion.

On November 11, 2011, riot police storm a demonstration against tuition hikes on McGill’s campus, pepper-spraying protesters and passersby, including some professors!
McGill’s administration is made up of some complex bureaucracy, but thankfully you have student representatives who bring your concerns to the governing bodies of McGill. Below are a few key groups you need to know, as well as info on what kind of student representation you have.

**UNIVERSITY GOVERNANCE**

**PRINCIPAL’S SEVEN (P7)**

The P7 is composed of the Principal and their Chief of Staff, the Vice-Principals, General Counsel, the Secretary General, and the Deputy Provost (Student Life & Learning). Some key positions are:

**Principal and Vice-Chancellor**

The Principal and Vice-Chancellor is the chief executive officer of McGill—they chair the McGill Senate and represent the University at home and abroad. The current Principal is Suzanne Fortier.

**Provost and Vice-Principal (Academic)**

As the chief academic officer after the Principal, the Provost and VP (Academic) is responsible for the development, implementation, and assessment of all academics, including overseeing budgets.

**Deputy Provost (Student Life & Learning)**

The Deputy Provost (Student Life & Learning) oversees several administrative departments—including Student Services (which contains Scholarships, Student Aid, and the Student Wellness Hub)—and receives feedback from students and student societies on how these offices can be improved.

**Vice-Principals**

There are seven VPs with duties ranging from research and finance to communications and health affairs.

**BOARD OF GOVERNORS**

This group of twenty-five members meets six times a year to deal with legal, financial, and human resources responsibilities; it has the final vote over decisions at McGill, but is often seen as a “rubber-stamping” body. The SSMU President is undergraduate students’ only representative on the BoG. The Macdonald Campus Students’ Society (MCSS) Vice-President (University Affairs) serves as an observer.

**SENATE**

The Senate handles academic affairs at McGill and is subject to the overarching authority of the BoG. There are thirteen student representatives on the Senate, who are usually elected to the position through their faculty or department. You can get in touch with your representatives at senators@ssmu.ca. The Senate is also responsible for overseeing a number of committees, many of which have student representation. To see a full list of ones with student reps, see ua.ssmu.ca/university/committees.

**TIP**

A complete picture of McGill’s administrative structure can be found at mcgill.ca/orgchart.
THE SUSTAINABILITY PROJECTS FUND (SPF)
mcgill.ca/sustainability/spf

The SPF supports members of the McGill community in kick-starting their own interdisciplinary projects to make campus more sustainable. With nearly $1 million available each year, the SPF has helped power over 200 projects since its creation in 2010.

From big leaps, like university-wide green building standards, to small steps, like reusable dishware for your event, it takes all kinds of projects to build a vibrant culture of sustainability at McGill.

Deadlines for Applications:
- Projects under $300 (Tiny Stream): Due on the first of every month. Please apply at least one month before the planned start date of your initiative.
- Projects under $5000 and over $5000: Accepted on a rolling basis.

VISION 2020
mcgill.ca/sustainability/sustainability-strategy

McGill’s Sustainability Strategy lays out a framework for achieving the highest possible standards of sustainability in university operations and campus living and learning. The 2017–2020 Climate and Sustainability Action Plan sets long-term goals to achieve carbon neutrality by 2040 and attain a Platinum sustainability rating by 2030.

SUSTAINABLE EVENTS
mcgil.ca/sustainability/get-involved/sustainable-events

This initiative provides consultations, training, resources, and certification to encourage and support more environmentally, socially and economically responsible events at McGill. Sustainable Events focuses on improving environmental impact, inclusivity, and accessibility of events across the University. Consider using their services when planning your next event!

GET INVOLVED WITH MCGILL
mcgil.sustainableevents.ca
mcgil.ca/sustainability/get-involved

Connect with sustainability groups on campus, or help out at a local community garden.

Create your own sustainable initiative with the help of the Sustainability Projects Fund.

GET INVOLVED WITH THE SSMU

Through the Environment Committee, the SSMU works with a ton of environmental groups on campus, including the ECOLE Project, Organic Campus, Campus Crops, and Trash2Treasure. The SSMU also sponsors student clubs like the Plate Club, which provides reusable dishware at lunch in the SSMU cafeteria, as well as a rental service for events. See page 16 to see how to get involved with sustainability at the SSMU.
**FINANCES & AID**

**UNDERSTANDING TUITION**

There are three different types of residency, which affect tuition costs:

- Quebec
- Out-of-Province (i.e. other Canadian provinces/territories)
- International (out-of-Canada students)

Tuition differs by degree and course load. Your major and how many courses you take per semester will affect your costs.

You can get fee exemptions. Under certain circumstances, McGill offers fee exemptions. This exists for situations like being a French citizen or taking certain French courses.

Extra fees cover a ton of McGill programs. A small amount of money per course goes to funding a ton of the perks on campus you get access to by paying. This includes fees for the SSMU, IT, athletics, and recreation. The fees pay for too much to name here, but you can find the whole list on your bill and descriptions of fees at mcgill.ca/student-accounts/tuition-fees/fee-descriptions

You don’t have to pay some of the Student Society fees. You can choose to “opt-out” of some of these fees through Minerva on the Student Accounts menu. However, these support important aspects of student life, including providing services for you! To opt-out of the SSMU health and dental insurance you can go to studentcare.ca

**HOW TO PAY**

- Online bill payment through a Canadian bank
- By telephone through a Canadian bank
- Mail

*International students can also use:*

- Western Union GlobalPay
- CIBC International Student Pay
- Getting Financial Assistance

**LOANS AND BURSARIES**

mcgill.ca/studentaid

McGill offers entrance and in-course aid to full-time students who demonstrate a need for financial aid. Go to the Scholarships and Student Aid website for more information.

**WORK-STUDY OPTION**

mcgill.ca/studentaid/work-study

Students in need have the opportunity to work on campus. Go to page 78 for more.

**FRUGAL SCHOLAR PROGRAM**

mcgill.ca/studentaid/finances

This program offers tips on budgeting and how to stretch your money.

**SCHOLARSHIPS**

mcgill.ca/studentawards/undergraduate-scholarships-and-awards

There are some merit-based entrance scholarships for first-year students, as well as plenty of in-course ones available throughout your degree. Get more info on what you qualify for at the above link.

**FINDING OUT MORE**

**Student Accounts**

mcgill.ca/student-accounts

student.accounts@mcgill.ca

**Aid and Scholarships**

mcgill.ca/studentaid

scholarships@mcgill.ca

student.aid@mcgill.ca

**TUITION DUE DATES**

**Fall 2019:** August 30

**Winter 2020:** January 6

*Tuition bills appear on Minerva in the first five days of the month.*
STUDENT RIGHTS

KNOW YOUR RIGHTS

mcgill.ca/secretariat/policies-and-regulations

Did you know? As a McGill student you have the right to:

↘ Submit written work and write exams in either English or French (except in language courses).
↘ Accommodation on religious holidays.
↘ A final exam that is not worth more than 75% of the course grade (unless you are offered a choice in advance).
↘ Not be penalized for work missed during the Add/Drop period.
↘ Be informed upon request of your standing in a course.
↘ Consult all graded assignments and receive an explanation of your grade.
↘ Receive a third-party, impartial re-read of any assessment.
↘ Refuse the use of a text-matching software to identify plagiarism based on intellectual property right infringement of your work.

As a McGill student, you are entitled to all the rights and freedoms recognized by Canadian and Quebec law. McGill recognizes additional rights, both general and academic, which can be found online at the address noted above. A few key university documents are:

↘ Charter of Student Rights: Describes what rights you’re entitled to while attending McGill.
↘ University Student Assessment Policy: Protects students from excessive workloads, and ensures that all students are treated equally.
↘ Policy Against Sexual Violence: Prevents sexual violence through education and other systemic and proactive efforts, and establishes a climate of safety and respect.
↘ Policy on Harassment and Discrimination Prohibited by Law: Helps foster a community founded upon the fundamental dignity and worth of all of its members.
↘ Policy for the Accommodation of Religious Holy Days: Ensures that McGill students can fulfill both their university and their religious commitments.
↘ Policy Concerning the Rights of Students with Disabilities: Provides support and equal services to McGill students with disabilities.
↘ Policy on Safe Disclosure (“Whistle Blowing”): Provides for an impartial channel for disclosure of improper activities and for the protection of those who make such disclosures.

Find a full list of the policies concerning your student rights at mcgill.ca/students/srr/policies-student-rights-and-responsibilities

TIP

If you’re struggling to understand your student and academic rights, you should check out the “Know Your Student Rights” campaign at ssmu.ca/studentrights
RESOURCES

If you feel your rights have been violated, or you want to know more about them, get in touch with one of the groups or individuals listed below.

Student Advocacy
Contact info on page 13

Student Advocacy is a branch of the Legal Information Clinic at McGill. They offer free advice and representation to students accused of a disciplinary offence or who feel unjustly treated by the university. This includes:

➤ **Grievances:** Resolving funding disputes, seeking remedies for students whose research has been stolen, and representing and defending students at hearings concerning unfair treatment by the administration.

➤ **Disciplinary Issues:** Representing students accused of both academic and non-academic offences, including plagiarism. They also help students file sexual harassment or assault complaints.

➤ **Supervisor Issues:** Resolving disputes and appealing unfair failure of a progress report or thesis.

Office for Students with Disabilities (OSD)
1010 rue Sherbrooke Ouest, suite 410
(514) 398-6009
mcgill.ca/osd
disabilities.students@mcgill.ca

Students registered with the OSD are entitled to a specific set of rights, such as the right to a barrier-free environment and to use services like note-takers and readers. They are also allowed different exam conditions, depending on their individual situation.

Office of the Dean of Students
Brown Student Services Building, room 2100
3600 rue McTavish
(514) 398-4990
mcgill.ca/deanofstudents
deanofstudents@mcgill.ca

This office is responsible for disciplinary procedures involving students and provides resources and information on students’ rights and responsibilities. This office is also involved in policy work related to students, and is involved with crisis management on campus.

Ombudsperson for Students
3610 rue McTavish, suite 14
(514) 398-7059
mcgill.ca/ombudsperson
ombudsperson@mcgill.ca

The role of the Ombudsperson—who is independent of university structures—is to resolve conflicts through informal mediation. The Ombudsperson is also a great resource for finding out more about the university’s rules and regulations.

Vice-President (University Affairs)
ua@ssmu.ca

If you have a problem with your student rights or responsibilities, there are many people who can help you navigate a solution. You can also contact the VP (UA) regarding academic problems by writing an email to the address listed above.
RESPONSIBILITIES

McGill takes plagiarism very seriously; you will find the university’s Academic Integrity policy in the syllabi of every course you take. McGill defines plagiarism as representing someone else’s work as your own.

Avoid being accused of plagiarism by becoming familiar with the technicalities of this definition, since the punishment can be very serious. Simply put, you can avoid plagiarizing by:

- Doing your own work.
- Making sure you know where your information comes from and giving credit to all the people whose work informed yours with properly formatted citations.

TIP

For tips on how to properly cite and how to word your own ideas, check out some of the writing workshops or tutorial services on page 44, or look up the resources offered by the McGill Library online.
McGill Log, Day Seventeen

Phew—these first few weeks have been a whirlwind! Between Frosh, OAP, and Add/Drop, I’ve barely had time to think straight. It seems like suddenly, every one of my classes has a deadline just around the corner. Who knew there would be so many assignments in The Art of Listening? I guess it’s time to buckle down, grab a seat in Redpath, and find out how much coffee I can get for $5.
Registering for courses at McGill can feel overwhelming; to any first-year student, Minerva seems like an endless maze of links, acronyms, and timetables. Here are a few common questions about getting into classes, and some info to help alleviate the stress of your academic life.

Q: Help! Minerva crashed and I didn’t get into the classes I wanted. What do I do?

Don’t freak out; this happens to everyone! First, talk to an academic advisor about your options, which you can find out more about on page 45. Then, keep your eye on Minerva during Add/Drop; lots of people drop classes in the first few weeks, so there’s a good chance that you will get a spot.

If you’re okay with parting with one dollar, register on getaseat.ca and you’ll get a text or email when a spot opens up. If all else fails, try reaching out to the professor (but only if you really need the class). If all else fails, try reaching out to the professor.

Q: There are so many classes at McGill! How should I choose which ones to take?

Try asking around online for honest opinions from other students, whether in McGill’s Facebook groups (there’s one called “McGill easy classes for electives” if you’re looking for a bird course), on r/mcgill (McGill’s Reddit page), or elsewhere. You can also check Mercury, a page on Minerva that shows professor and course ratings. Some people like to use ratemyprofessors.com, but beware of the opinions—many profs get bad grades simply for not being easy markers or attractive enough.

Q: What is “Add/Drop”?

The Add/Drop period runs from the first day of class until September 17 (and from January 6–21 in the winter semester). It’s basically like a “free trial period”, where you can register for, and withdraw from, courses without any penalties. This is a great chance to figure out your schedule and what works best for you. Professors are not allowed to assign any graded work during this time (you can check out page 33 for more information on your academic rights).

Q: Wait, this class has a “waitlist”. What is that and how do I get on one?

Not all courses have a waitlist, but if it says “WL Rem” (Waitlist Remaining) on Minerva, and the “Rem” is greater than 0, then there is space on the waitlist. Students at the top of the waitlist will be sent an email allowing them to register in the course for a specified period of time. During this period, spaces that open up are reserved for the next student on the waitlist—even if they appear to be available, no one else is allowed to register. If the student doesn’t register in the allotted time, they’re kicked off the waitlist. If you’re sent an invitation to register, you should accept or reject it as soon as possible. There are likely a number of people on the waitlist behind you!

Q: What’s the difference between U0 or U1?

If you come to McGill as a student with advanced standing, you might be in U1. This generally applies to students who already have enough AP or IB credits, went to Cégep, or have transferred from another university. You can check online on Minerva by searching for “Registration Eligibility”; if you are in U1, it will say if you are a “UG Level Year 1 New”. If you’re confused, check out your faculty or department’s website or talk to an advisor! (Flip to page 45 for more information about advising.)
Textbooks can be very expensive, but there are plenty of ways to save money. The most common place to buy your textbooks is at:

Le James
680 rue Sherbrooke Ouest
lejames.ca

McGill’s bookstore—go early in the day so you don’t get caught in long lines!

**TIPS TO SAVE MONEY**

- **Buy your textbooks from Amazon instead**—they’re often cheaper than Le James. Students with a valid @mail.mcgill.ca email address can join Amazon Prime Student, which has additional deals.

- **Get your textbook or coursepack on reserve at the library.** You’ll want to stay near campus; sometimes you can only take these out for a few hours at a time.

- **Buy an earlier edition.** Once a newer version of a textbook is released, the older ones get a lot cheaper. Always ask your prof if it’s okay, since older editions may no longer have accurate info!

- **Buy your textbooks secondhand.** The McGill Bookstore has limited copies, but there are great Facebook groups and used bookstores (like The Word on Milton) that may have what you need. Check online for a free version if it’s an older text.

- **Sell your old textbooks.** The McGill Bookstore has a buy-back program for used textbooks, or other students or stores may be eager to buy directly from you.

- **Look for an Open Educational Resource (OER) on the topic your course covers.** OER are free, online, and frequently peer-reviewed academic resources. Check out openstax.org, bccampus.ca, the McGill Library, or the SSMU OER webpage to check if there’s an OER for your course!

- **Ask your professor** to consider scanning relevant readings or textbook passages and uploading them to MyCourses. This might not always be possible, but some profs are happy to make all relevant information available online.
Your Grade Point Average (GPA) for each term, as well as your GPA for your whole degree, is listed on your unofficial transcript in Minerva (go to Student → Student Records Menu → View Unofficial Transcript).

Below is the basic grading scale for McGill; however, grades that are required to pass a class differ between faculties, so always check in with your faculty first.

<table>
<thead>
<tr>
<th>GRADE</th>
<th>GRADE POINT</th>
<th>NUMERICAL SCALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>4.0</td>
<td>85 – 100%</td>
</tr>
<tr>
<td>A-</td>
<td>3.7</td>
<td>80 – 84%</td>
</tr>
<tr>
<td>B+</td>
<td>3.3</td>
<td>75 – 79%</td>
</tr>
<tr>
<td>B</td>
<td>3.0</td>
<td>70 – 74%</td>
</tr>
<tr>
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**Terms You Should Know**

**Cumulative Grade Point Average (CGPA):** This is your GPA for your entire time at McGill.

- **Pass/Fail or Satisfactory/Unsatisfactory Option (S/U):** Opting to take a course Pass/Fail means a course will not count toward your GPA—you either pass or fail the course. There are strict rules for taking a pass/fail course (e.g., you can only do it for electives), so see an advisor before choosing to take one.

- **Academic Probation:** The name for having a GPA below 2.0; you must pull your average up to 2.5. If you fall below a 1.5, you’ll be placed in Unsatisfactory Standing and must request readmission to your program. Contact an advisor if you’re in this situation.

- **K:** On a transcript, this means “incomplete” because your deadline to submit work in a course was extended. If you’re struggling, especially due to medical issues, and think you need some extra time, contact your advisor or Student Advocacy.
EXAMS

Exams can be tough, especially when it’s your first time writing them at university. These FAQs should help you understand what the process is like, so you can focus on hitting the books. For advice on study tips and study spaces, you can flip to page 43. If you’re feeling overwhelmed, flip to pages 51 and 52 for information on the services available to you.

Q: What do I need to bring to an exam?
Don’t forget your student ID! You’ll need a valid card in order to write your exam.

Q: What is an “exam accommodation”?
Students registered with the Office for Students with Disabilities can request alternative exam accommodations. There is a seven-day deadline to sign up for accommodations, so make sure to notify the OSD well in advance. It’s also important to inform the OSD if you’d rather write finals with the rest of your class.

Q: What happens if something goes terribly wrong and I can’t write my exam?
If you are unable to write an exam due to illness, family death, or another serious reason, you can apply to defer your exam. To do so, first head to Minerva and fill out the referral form (Student Menu>Student Records Menu>Deferred Exam Application). Then, you must present documentation, like a doctor’s note, to your faculty’s office as soon as possible. Deferred exams are generally scheduled about a semester later. McGill has a very informative write-up on exam deferrals here: mcgill.ca/exams/dates/supdefer#deferred

Note: If you’ve never deferred an exam before, you don’t need supporting documentation to defer for the first time; however, it is important that you describe your condition in great detail—deferrals (even first-time deferrals) will only be approved in cases of sickness, mental health crises, and emergencies!

Q: When are my exams?
The tentative exam schedule is usually released around the fifth week of the semester, but the final one doesn’t come out until two weeks later—so don’t book those plane tickets home until then!

Q: What is an “exam conflict” and what do I do if I have one?
You have an exam conflict if you have:

- 2 EXAMS AT THE SAME TIME
- 3 EXAMS IN ONE DAY
- 3 CONSECUTIVE EXAMS IN 24 HOURS
- 4 EXAMS IN TWO DAYS
- 5 EXAMS IN THREE DAYS

Usually, McGill will let you know you have an academic conflict. However, if you aren’t notified, you must fill out a Final Exam Conflict Form and submit it to Service Point. You can find the form at mcgill.ca/exams/final-exam-conflict-form

Travel arrangements don’t count as a conflict, so don’t make plans until after the final schedule is released! You can also request religious accommodation for an exam. The deadline for requesting accommodation is four weeks before the exam period begins. You must fill out the same Conflict form.

Q: What happens if I fail my exam?
If you receive a D, F, J or U on a final exam and are in satisfactory or probationary standing, you may be able to write a supplemental exam. Keep in mind that your supplemental exam will count for a large percentage of your final grade and that both the original and supplemental grades will appear on your transcript and in your CGPA. Writing a supplemental exam costs $35, and you can apply on Minerva. Not all faculties allow supplemental exams, so be sure to ask your professor or advisor to confirm whether you qualify. Supplemental exams are generally scheduled around the same time as deferred exams.
Montreal has many different types of places to study, but McGill’s libraries are probably the most popular spot for students to hit the books. There are thirteen libraries on campus, so take the time to find your perfect study space in the first few weeks of the semester. Hours for each library vary, so check out mcgill.ca/library/branches to make sure your spot will be open when you want to study!

McLennan-Redpath Library Complex
3459 rue McTavish
A great place to study as a group, with lots of different environments featuring varied seating arrangements and noise levels. Also, sushi from Bento Sushi and coffee from the newly added Toi Moi & Cafe located in the basement.

Blackader-Lauterman Library
Redpath Library, floor 3
3459 rue McTavish
A semi-secret study space located up a back stairwell in McLennan, Blackader is the spot of choice for hip students to sometimes study, but mostly gossip, all while enjoying a great view of campus.

Schulich Library of Science & Engineering
809 rue Sherbrooke Ouest
Unfortunately, this study space, popular among night-owls due to its 24/7 accessibility, will be closed for renovations until 2021.

Marvin Duchow Music Library
Elizabeth Wirth Music Building, floor 3
527 rue Sherbrooke Ouest
This ultra-modern, sun-filled library is renowned for its easy access to the RVC Cafeteria and the delicious Vinh’s Too Vietnamese restaurant. Get a taste of the Music Faculty—but beware, seating can be limited.

Nahum Gelber Law Library
3660 rue Peel
If you really, really, REALLY need to finish a paper, the Law Lib is the place to go. They are serious about their no-speaking policy, and the law and other graduate students studying might inspire you to hunker down and focus while enjoying a view of Mount Royal.

Birks Reading Room
William and Henry Birks Building, floor 2
3520 rue University
To escape the cold, soulless vibes of the library, head to Birks. Located in the upper level of the Birks building on Sherbrooke, it’s easy to lose track of time in this cozy reading room, surrounded by shelves full of old books.

Islamic Studies Library
3485 rue McTavish
If you’re looking for a beautiful place to get some work done, Islamic Studies is probably the best place for aesthetically-pleasing studying. Stained glass windows surround this reading room that’s great for silent studying.

Geographic Information Centre
Burnside Hall, floor 5
805 rue Sherbrooke Ouest
A little-known study room, the GIC has open workspaces for group study, private review, or any other kind of academic prep you need to do.
McGill demands a lot of its students academically, but there are plenty of ways you can help yourself stay on track. The most important thing to remember is to be kind to yourself. Part of learning is making mistakes, and university is a great place to make them. Your first year does not define you or your degree!

**STUDY TIPS**

- Get a good day planner. Don’t stress about missing that deadline anymore! Use the calendar in the back of this agenda to help you keep track of your time, tasks, and events so you don’t feel like you’ve missed anything.
- Go to a studying skills workshop. The Office for Students with Disabilities, Student Wellness Hub, and Campus Life & Engagement all offer these kinds of workshops throughout the year.
- Take a break from the library. Study somewhere more unconventional for the day! Flip to page 68 for a list of cheap eateries to check out.
- Give your highlighters a break. While it might seem like every single sentence is important, it’s good to experiment with other ways of retaining information.
- Don’t cram. Everyone does it at least once, but try to spread out your studying over time so that you can retain information better and see the big picture.
- Sleep, eat well, and stay active. Taking care of yourself while you study is not just helpful for more focused studying—it’s also important for your physical and mental health.
- Talk to your professor or your TA during office hours. Approaching them can be scary, but it can also be helpful. It’s their job to make sure you learn the content, so make use of their expertise to help improve your studying!
Your first year means adjusting to new study strategies and schedules. Try contacting one of the resources below for tips on new habits and help with tough subjects. You can also reach out to your departmental association for free tutoring. But do it sooner than later! First-year students sometimes end up paying hefty fees for crash review courses before midterms and finals out of desperation. Using a cheap tutor early can help you prep while skipping the stress of cramming!

**McGill Tutorial Service**
mcgill.ca/tutoring
tutoring.service@mcgill.ca
McGill’s Tutorial Service offers academic assistance from qualified and vetted students. It costs eighteen dollars an hour, but first-year students get the first hour free! Also, if you’re an Indigenous student, a Varsity athlete, registered with the OSD, or on academic probation, the cost will either be subsidized or free. For additional groups who can access subsidized tutoring, as well as details on tutoring services at McGill, check out the website above!

**McGill Writing Centre**
mcgill.ca/mwc
mwctutorial@mcgill.ca
The McGill Writing Centre offers up to seven hours of support per semester and will help you with any stage of the writing process. Note that they don’t just proofread your essays but actively help you to build the writing skills needed for the future. The Centre books up quickly around paper-writing time so make sure to get a space early.

**Engineering Peer Tutoring**
epts.mcgille.ca
epts@mcgille.ca
Sponsored by the Faculty of Engineering, U0 and U1 students can get free one-on-one tutoring from upper-level undergrads in their program.

**The Science Undergraduate Society (SUS)’s Peer Tutoring Service**
peertutors.sus.mcgill.ca
suspeertutors@gmail.com
The SUS’s service provides 100% free one-on-one tutoring, group tutorials, and review sessions from qualified student volunteers.

**Arts Undergraduate Society (AUS) Essay Centre**
ausmcgill.com/services/aus-essay-centre
aus.essay.centre@gmail.com
If you’re struggling with an essay, or want a proofreader, bring a physical copy to the Centre for help and the AUS will provide free peer editing services! They’re especially helpful while you’re still figuring out citation rules.

**TIP**
Talk to your prof or TA before going to a tutor. They may have some great advice or a new approach that will help you tackle the problem!
Advisors make navigating the bureaucracy of McGill and your degree a lot easier! They’re here to help you integrate into campus life, plan your class schedule, give you access to special classes, and keep you updated on opportunities related to your degree. There’s usually a rush to see advisors at the start of each semester, so plan accordingly or be prepared to wait in lines that stretch out of the door.

**WHO DOES THE ADVISING?**

**Faculty Advisors**

**Where?**

➤ Find them in the Student Affairs Office of each faculty.

**What?**

➤ Advise you on general issues related to your faculty (e.g., Arts).
➤ Offer guidance on choosing majors and minors and planning credit loads.
➤ Assist you in transferring faculties and understanding program rules.
➤ Help manage your academics during times of difficulty.

**But?**

➤ You don’t have to meet with them … but you should!

**Departmental Advisors**

**Where?**

➤ Find them near professor offices in your department.

**What?**

➤ Advise you on issues related to your specific program (e.g., History).
➤ Assist with course approvals, ensure you’re reaching departmental graduation requirements, and evaluate course equivalency requests.
➤ Provide information on specific courses, internships, and scholarships.
➤ Offer support and referrals during academic or personal difficulty.

**But?**

➤ They may only be available during specific times of the year, so don’t wait until the last minute to ask for their advice!

**Professors**

**Who?**

➤ Although not official advisors, they can help with your specific field of interest.

**What?**

➤ Advise you about the latest research trends and recommend readings.
➤ Share potential research opportunities.
➤ Many departments also have Peer Advisors, who are trained to help you with academic and non-academic concerns. Check out the Advisor Directory to find the advisor who can best help you! There are usually unique advisors for different minors and majors, as well as for Honours programs.

**TIP**

You should seek an advisor at least once a year to ensure you’re on the right track. Students sometimes make mistakes about their course requirements and end up graduating later than planned because of it.
MENTORING

One of McGill's best-kept secrets is the sheer number of mentoring programs for undergraduate students. Mentoring programs are a great way to get advice from someone who's been there before. Check in with your advisors about faculty- or department-specific mentorships, or check out these specialized programs.

INDIGENOUS STUDENT MENTORSHIP

Peer-to-peer mentoring for Indigenous students.

**WHO:** Mentoring by volunteer Indigenous senior undergrad or grad students.

**HOW:** By helping you connect to the McGill community, navigate your first year, and integrate into university life.

**WHERE:** First Peoples House at fph.
mentorship@mcgill.ca

OSD MENTOR PROGRAM

Peer-to-peer support for diverse learning run by the Office for Students with Disabilities.

**WHO:** Mentoring by grads and upper-year undergrads.

**WHAT:** Students registered with the OSD can receive mentoring to ease the transition to university and develop their networks and skill sets.

**WHERE:** OSD at mcgill.ca/osd/services/mentoring

MCGILL MENTOR PROGRAM

Provides career guidance to any McGill undergrad.

**WHO:** Mentoring by McGill alumni.

**WHAT:** Four-month mentorship for students, including helpful career path advice from successful alumni. Beware—this is not meant as a job placement.

**WHERE:** Career Planning Services (CaPS) at mentor.caps@mcgill.ca or mcgill.ca/caps/students/services/mentor

INTERNATIONAL BUDDY PROGRAM

Peer-to-peer support for new international students.

**WHO:** Mentoring by returning McGill students

**WHAT:** Helps facilitate making friends in Montreal while giving language support, cultural guidance, and info about McGill.

**WHERE:** The International Student Services (ISS) at mcgillbuddyprogram.com

HOMEWORK ZONE

mcgill.ca/equity_diversity/schools-outreach-programs/hz

Interested in becoming a mentor yourself? Homework Zone (HZ) is a McGill after-school mentoring program that connects you with elementary and secondary school students in schools around Montréal, and in Kahnawa:ke.
McGill Log, Day Twenty-Five

I’ve finally realized what people mean when they say “burning the candle at both ends”. Turns out spending six hours a day, every day, cooped up behind a desk at the library isn’t so great for your well-being! Not only am I feeling a little down due to lack of sunlight, I think my back is becoming permanently fused to my seat in Redpath. I think I’ll ask some of my friends how they’re doing as midterms approach, and maybe I’ll try dropping by the McGill Wellness Hub to see if they have any suggestions.
HEALTH INSURANCE

HOW STUDENT HEALTH CARE WORKS

studentcare.ca

The SSMU Health and Dental Plan helps students pay for the services they need that aren't covered by provincial health care. Coverage begins September 1 and ends August 31. All undergraduate students in the fall semester who are SSMU members and pay Canadian or Quebec tuition rates are automatically covered. International students are automatically covered by the SSMU Dental Plan, since it's the only plan not included in the health plan administered by the university.

WHAT TO KNOW:

➢ StudentCare pairs with health care providers in Montreal to save you more. Check out these networks on StudentCare’s website to find out where you can get an extra discount as a McGill student.

➢ You have more than $10,000 in health care coverage and up to $5 million in travel coverage.

➢ You can combine the plan with a parent or spouse’s employment benefit plan to maximize coverage, or opt out of StudentCare altogether. Remember, most parental plans stop covering you after the age of twenty-five.

➢ You can also enrol your spouse, common-law partner, and dependents for an extra fee.

➢ SSMU office staff can’t answer questions about the plan; you must contact StudentCare directly.

THE CLAIMING PROCESS

If you’ve never claimed insurance before, it can be tough to figure out the process. Go to studentcare.ca and identify the SSMU as your student association. You’ll be redirected to a page specifically for McGill students. You’ll find the claim forms on the right-hand side in a blue box.

Make sure you know your group numbers! You’ll need these for any claim. As a McGill student, your group numbers are as follows:

Q1103 Health, Dental, and Vision (insured by Desjardins)

97180 Travel (insured by Blue Cross)

TIP

If you need urgent health support, contact the McGill Student Emergency Response Team (MSERT). Their mission is to provide a free and accessible first-aid service to McGill and the greater Montreal community. Find out more at msert.ca
Exam periods can be stressful. To reduce the strain, plan in advance, make sure to keep track of your final exam schedule, and be proactive about your physical and mental health.

10 TIPS FOR HANDLING EXAMS

 الشيخريجية Create a reasonable schedule. Know your limits and give yourself time to sleep well.
 Sheikhriji Fuel your body with good-for-you foods. Before exams hit, cook big meals so you can just reheat food during crunch time.
 Sheikhriji Cut the negative talk. This time can be tough! Try writing out positive comments to read when you're stressed out.
 Sheikhriji Stay hydrated. Coffee isn't the only thing you should be drinking during exam time!
 Sheikhriji Stay moving. Take twenty minute breaks between study sessions to rest your brain and get your blood moving. Exercise, choose study spaces you can walk to, and change rooms if you're struggling to pay attention.
 Sheikhriji Breathe. Download an app like “Breathe Easy” to help you take a few deep breaths when you're feeling overwhelmed.
 Sheikhriji Talk to a friend. Stay honest with each other about how you're handling exams.
 Sheikhriji Find wellness and self-care tips on the Virtual Student Wellness Hub at mcgill.ca/wellness-hub
 Sheikhriji Reach out for help. If you're struggling, make sure to talk to friends, family, and mental health resources for support.

ARE YOU TOO STRESSED?

Helpful stress is usually temporary and can help you perform better by motivating you and helping you rise to meet challenges. However, if your stress feels overwhelming and insurmountable, it's no longer useful.

Here are some signs to look for if you're feeling too stressed out:

 Sheikhriji Difficulty concentrating and/or remembering
 Sheikhriji Racing thoughts, procrastination, and irritability
 Sheikhriji Feeling isolated, lonely, or out of control.
 Sheikhriji Chronic pain like headaches, joint discomfort, and stomach issues.
 Sheikhriji Constant sickness like chronic rashes, acne, eczema, and consistent colds.
 Sheikhriji Eating and sleeping more or less than usual.

If you recognize any of these signs, flip through the next couple of pages for resources. If you feel you're unable to write an exam, you can apply to defer; flip to page 41 for more information.

There's a lot of mental health services and information in the following pages to help you if you're feeling overwhelmed. You shouldn't feel alone in this process, whether it's too much stress during exams or something more long-term.
It’s important to take care of yourself while studying, and that includes looking after your mental health. McGill’s Virtual Wellness Hub provides lots of information on how you can look after yourself and others during stressful times. You can find out how to access the Hub on the next page, or keep reading below to get some tips on how to cope with the pressure of academics or life in general.

**SELF-CARE**

It’s important to learn self-care skills so you can maintain and strengthen your mental health when you’re in a rough spot. Here are a couple links that can help you get started at home:

- **mcgill.ca/wellness-hub/self-help**: Suggestions from the McGill Wellness Hub with links to podcasts, books, and pamphlets to help with body image, sleep habits, happiness, and more.
- **thepath-ca.taoconnect.org**: Therapist Assisted Online is an interactive and easy-to-access online program addressing issues related to anxiety and depression, which many students at McGill face.
- Download apps like “HeadSpace”, “Calm”, or “Breathe”. There are too many free ones to list here, but you can find them through your phone’s app store by searching words like “mindfulness” or “meditation”.

**SUPPORTING A FRIEND**

It can be hard to watch a friend deal with anxiety, depression, or other mental health struggles. Providing support to a friend in their time of need can often help them feel better; however, lending a hand can be harder than it looks.

**DO**

- Pick a safe place. Choose a private, safe setting to let your friend know you’re worried about them.
- Know your limits. You’re not responsible for making your friend better, so be clear on what kind of support you’re available for and how often.
- Listen and learn about what they are going through. Encourage them to seek professional help if they seem stuck.

**DON’T**

- Put too much pressure on yourself. You can’t assume you have solutions or know what they’re experiencing.
- Belittle. Try to avoid saying things like “in five years this will be meaningless”, “it’s not a big deal” or “why can’t you get over it?” These comments will only increase feelings of isolation for your friend.
- Forget about yourself. It’s not a good idea to put their requests for support over your own needs.
Over the past year, McGill’s Mental Health infrastructure been completely revamped and centralized to better provide mental health services to the student body. Starting in September 2019, all mental health services will be located in the Student Wellness Hub.

**RESOURCES ON CAMPUS**

**The Student Wellness Hub**
Brown Student Services Building, suite 3301
3600 rue McTavish
(514) 398-6017
Mon–Fri, 8:30 a.m.–4:30 p.m.
mcgill.ca/wellness-hub

Following two years of work and student consultations, mental health services offered at the Hub are expanded, centralized, and streamlined so students can access care more quickly and pass more easily between services. The Hub provides students with access to doctors, nurses, counsellors, psychiatrists, and dieticians, as well as health and wellness promotional tools and activities, including peer-led supports, light therapy lamps, exam self-care programming, and more.

**Peer Support Centre**
3471 rue Peel, floor 2
fb.com/peersupportmcgill
mcgill.psc@gmail.com

The Peer Support Centre offers free, drop-in, confidential, and non-judgemental peer-to-peer support and resource referral to McGill students. Check out their Facebook page for their updated hours and locations to chat one-on-one with a peer supporter.

**McGill Students’ Nightline**
(514) 398-6246

Run by McGill students, Nightline is a confidential, anonymous, and non-judgemental listening service that is open every night of the fall and winter semesters from 6 p.m. to 3 a.m.

**RESOURCES OFF CAMPUS**

**Head & Hands**
(514) 481-0277
headandhands.ca

Offering queer-positive services for youth from ages twelve to twenty-five, Head & Hands is based on principles of holistic treatment and harm reduction. They offer free counselling services that are flexible and non-judgemental.

**Vent Over Tea**
ventovertea.com
info@ventovertea.com

Founded by McGill graduates in 2015, Vent Over Tea is a Montreal-based, volunteer-run listening service staffed by university students or recent graduates trained in active listening. Visit their website to meet with a volunteer for a non-judgemental, casual, and confidential outlet to vent.

**Argyle Institute**
(514) 931-5629
argyleinstitute.org

The Argyle Institute offers non-profit counselling and therapy, including individual therapy, couple counselling, family therapy, and more.

**Tracom**
(514) 483-3033

Tracom offers a free, confidential, and fully bilingual helpline with support from crisis intervention workers, 24/7.

**AMI Quebec**
(514) 486-1448 or 1 (877) 303-0264
amiquebec.org

AMI-Quebec Action on Mental Illness offers support, education, guidance, and advocacy to those in the circle of support of someone living with mental illness.
Safer sex is a process, but the first step is understanding consent and how to make consent part of your sex life. Consent is about asking, listening, and respecting the people you’re with. Whenever you want to have sex, everyone involved needs to give an enthusiastic yes to the sexual activity you’re going to engage in, after you have agreed to the limits and conditions of intercourse.

Consent is:

ACTIVE: It cannot be implied from silence or the absence of a “no”. It also can’t be assumed in the context of a current or previous dating, sexual, or marital relationship.

ABLE TO BE WITHDRAWN: It must be continuous and can be withdrawn at any point, even if someone has said “yes” before.

INFORMED: Each participant must know exactly what they are giving their consent to.

REPEATED: To consent to one form of sexual activity does not mean consenting to other forms of sexual activity.

FREELY GIVEN: Consent cannot be obtained if there is any kind of threats or coercion present, including force (physical, emotional, verbal, etc.), intimidation, manipulation, blackmail, or pressure.

ALTERED BY POWER DYNAMICS: Consent cannot be obtained if there is a stark disparity of power and authority, such as between a professor and a student or a supervisor and an employee. In the newly-revised McGill Policy Against Sexual Violence, intimate relationships between students and members of the teaching staff are now prohibited in cases where the teacher holds academic authority over the student.

SUBSTANCES AND CONSENT

Drugs and alcohol lower inhibitions and impair judgement and thus someone’s ability to consent. You can tell if someone is too intoxicated to give consent if:

- Their speech is slurred.
- They are struggling to balance.
- Their motor skills are compromised.
- They’re throwing up.
- They’re urinating on themselves.
- They’re unconscious.

The person initiating a sexual act is responsible for ensuring that the person they are engaging with is able to give consent freely every step of the way. Your own intoxication is never an excuse for not getting consent.

HELP IS AVAILABLE

You have the right to make decisions about your body. Flip to page 13 for resources that can help you address your immediate health and safety if you or a friend is sexually assaulted. Remember: Seeking medical help does not mean you have to discuss the assault or to report it to the police. If you seek medical help, nurses and doctors are able to collect evidence, but will ask for your consent during those steps of the procedure.
USING CONSENT

It can feel embarrassing to learn about consent or start using it during sex. This isn’t the only place you should practice consent, though!

Ask yourself:

➤ Are you checking in with others before engaging in platonic physical contact?
➤ Are you respecting when they don’t want to be hugged or touched?
➤ Are you listening when people tell you no?

Using consent in daily activities will help it feel less awkward in bed, and the people around you will appreciate your consideration. There are workshops available to learn more about what consent looks like and how you can use it regularly to ensure you and your partners are having a safe and sexy time.

Check out resources like O-SVRSE, which offers a Consent McGill Peer Educator Program, on page 59. If you’re shy, try sending a text to SextEd (page 57) with your question!
PROTECTING YOURSELF

Safer sex is about knowing the risks of any kind of sexual activity and making sure you’re taking care of yourself and the people you have sex with. This means being aware of the risks of sexually transmitted infections (STIs) and unwanted pregnancy.

Here’s a Q&A about sex and protecting your health during sexual intercourse:

**Q: What do I need to know about STIs?**

Many different sexual activities come with a risk of STI transmission, including oral, vaginal, and anal sex.

Remember that condoms, dental dams, latex gloves, and lube are your friends—so use them!

STIs often don’t show any symptoms. If you’re sexually active, you should be tested regularly. Many are easy to treat, especially the sooner you find out about them. You can make an appointment for STI testing at the McGill Student Wellness Hub.

**Q: How do I protect myself from getting pregnant?**

There are lots of hormonal and non-hormonal options for birth control that you can learn more about at sexandu.ca/contraception. Additionally, there are a ton of resources to help you make the right decision for yourself and your body.

To get hormonal contraception, you can make an appointment at the McGill Student Wellness Hub or other services like Head and Hands (contact info on page 53).

Non-hormonal contraceptives—including condoms, diaphragms, and sponges—can be purchased from most pharmacies.

Emergency contraceptives, like Plan B, are available without a prescription at most pharmacies in Montreal.

**Q: I think I’m pregnant and I have no idea what to do.**

If you experience an unplanned pregnancy, you have options. If you ever need someone to talk to about this choice, flip to page 53 for a list of mental health resources.

Here are some things to know:

- Abortion is legal in Canada and available up until twenty-two weeks of pregnancy. It’s usually a minor procedure and complications are unlikely to arise. Quebec health insurance covers abortion for free, but students with other kinds of insurance must pay upfront before being reimbursed by their health plan.
- If you want to place a child up for adoption, you will have to go through the Office of Social Services in Quebec. Read about it at canadaadopts.com
- If you choose to keep your child, there are resources at McGill and off campus (page 75). For example, there’s the SSMU Daycare as well as Head & Hands (which also hosts a young parent program for parents or parents-to-be under twenty-five).
RESOURCES ON CAMPUS

McGill Student Wellness Hub
Contact info on page 53
The Student Wellness Hub offers STI testing, hormonal contraception prescriptions, abortion referrals, and educational appointments to discuss safer sex and your sexual health.

Union for Gender Empowerment (UGE)
680 rue Sherbrooke Ouest, room 110
(514) 398-2569
unionforgenderempowerment@gmail.com
UGE is a trans-positive, feminist SSMU Service that coordinates a coop with pay-what-you-can menstrual products, DIY sex toys, safer sex supplies, and gender empowerment items.

RESOURCES OFF CAMPUS

L’Actuel
1001 de Maisonneuve East, #1130
(514) 524-1001
A clinic in the Gay Village offering STI testing and treatment, as well as support for those living with HIV/AIDS.

CLSC Métro
1801 boulevard de Maisonneuve Ouest
(514) 934-0354
Located near the downtown Concordia campus, this CLSC provides STI screening, prevention services, and testing.

Head & Hands
Flip to page 53 for more information on this service.

SextEd
(514) 700-4411
sexted@accmontreal.org
A free, anonymous, and non-judgemental sex-ed texting helpline. Text any question and receive a response within twenty-four hours.

Sexuality and You
sexandu.ca
info@sogc.com
They provide information about different kinds of contraception, STIs, and general sexual health.

Montreal Morgentaler Clinic
1259 rue Berri, suite 900
(514) 844-4844 or (1-888) 401-4844
This clinic offers abortion services, curettage, and contraception services. They provide a respectful environment for all who need their services.

Centre de Santé des Femmes
3401 avenue de Lorimier
(514) 270-6110, ext. 1
A feminist, independent community organization comprised of women who work in sexual and reproductive health. They provide abortion services, a sexual health and resources clinic, and an information and reference hotline.
TERMS TO KNOW

**Sexual Violence:** An umbrella term that covers any kind of sexual act done without someone’s consent. This includes, but isn’t limited to: stereotypes or jokes based on harmful attitudes and beliefs, coercion, stalking, cyber violence, sexual harassment, and sexual assault.

**Sexual Harassment:** Any unwanted sexual communication or attention that is offensive, intimidating, or humiliating. It includes verbal abuse, manipulation, and coercion.

SUPPORTING SURVIVORS

It’s not easy to know the right response when someone tells you they’ve experienced sexual assault or harassment, especially when that person is a loved one. Here are a few tips on how to provide support:

- Listen to the person’s experience without interruption.
- Believe them.
- Communicate without judgement—don’t tell the person what they should’ve done or should do in the future.
- Let the person know that what happened was not their fault.
- Offer resources and help access services.
- Seek support for yourself if you feel overwhelmed.

Not everyone talks openly about their experiences with sexual assault and harassment, so it’s important to be careful about what you say to others. Jokes about these topics can hurt people without you realizing, and may make them more afraid to get help.

REPORTING

If you are a survivor of sexual violence, you have the option of making a disclosure or filing a report. If the incident occurred in the SSMU context, you can follow the SSMU Gendered and Sexual Violence Policy (more below). If the incident occurred in the broader McGill context, you can follow the McGill Policy Against Sexual Violence. To file a report under the PASV, you have to contact the Special Investigator at mcgill.si@omega-ombs.ca. In any of the above cases, you can also file a report within the criminal justice system.

THE SSMU GENDERED AND SEXUAL VIOLENCE POLICY

This policy was created to make survivors of sexual violence central to the SSMU’s approach to sexual harassment, gendered violence, and sexual violence within the SSMU community. It also takes into consideration how race, gender, class, religion, and many other aspects of a person’s identity affect their experience with sexual violence.
RESOURCES ON CAMPUS

The Office for Sexual Violence Response, Support and Education (O-SVRSE)
550 rue Sherbrooke Ouest, suite 585
(514) 398-4486 or (514) 398-3786
mcgill.ca/osvrse

The O-SVRSE provides confidential, non-judgmental, and non-directional support and education to students of all genders who have been impacted by sexual violence. They provide services in French and English that range from crisis support and group counselling, to educational outreach and trauma-sensitive yoga.

SACOMSS
680 rue Sherbrooke Ouest, floor 1
(514) 398-8500 (support line)
sacomss.org
fb.com/sacomss

SACOMSS is a volunteer-run organization that provides services to survivors and allies of all genders from the McGill and Montreal communities. They offer a helpline, drop-in service, and support groups. Check out their Facebook page for individual service hours.

RESOURCES OFF CAMPUS

You may not feel comfortable getting help on campus, so it’s important to know that there are other options in Montreal.

Montreal Sexual Assault Centre
1801 avenue de Maisonneuve Ouest, floor 3

CLSC Metro
24/7 Resource Line & Crisis Support:
1 (888) 933-9007 or 514) 933-9007
cvasm.org

The Montreal Sexual Assault Centre is affiliated with the CLSC Metro and the Montreal General Hospital, and offers bilingual services to individuals aged eighteen years and up who have experienced sexual assault. Check out their website for information on hours.

Third Eye Collective Montreal
thirdeyemontreal.com

The Third Eye Collective is led by women of Black/African origins dedicated to healing from, and organizing against, sexual, gender-based, intimate partner, and state/institutional violence, as well as incest.
The unique pressures facing university students—such as the stresses of work and academics, social pressures, and being away from home—puts you at high risk for developing an eating disorder.

Eating disorders (or EDs) can be hard to understand, as they’re often caused and maintained by a combo of biological, psychological, and social factors. They frequently coexist with other issues such as depression, substance abuse, and/or anxiety disorders. It’s important to get help quickly if you or a friend is suffering from an eating disorder.

Although the McGill Eating Disorder Program was discontinued as a separate entity, you can still access counselling and psychiatric support related to EDs through the Student Wellness Hub (page 53).

**RESOURCES**

**ANEB Quebec**
(514) 630-0907 or 1 (800) 630-0907
anebquebec.com/en/contactez-nous

Anorexia and Bulimia Quebec (ANEB) offers services such as a phone line, open and closed support groups, and online help in English and French to those suffering from an eating disorder. They also provide advice for helping a loved one.

**Douglas Hospital Eating Disorder Program**
6603–6605 boulevard LaSalle
(514) 761-6131 ext. 2895

The Eating Disorder Program at the Douglas has an out-patient clinic, a day program, and an in-patient unit. Note that you need a referral from a health care professional to access the Douglas’s program, so you will have to visit your family doctor or the McGill Student Wellness Hub first (page 53).

**NEDIC**
(1-866) 633-4220
nedic.ca

Operating from 9 a.m. to 9 p.m., Monday through Thursday (until 5 p.m. on Friday), NEDIC is a toll-free helpline and website that provides information and support to Canadians who are directly or indirectly affected by eating disorders. Staff can provide local resources and referrals from a national directory of more than 700 service providers.

**SSMU Eating Disorder Resource and Support Centre**
ssmu.ca/resources/eating-disorders
e.d.advocacy@ssmu.ca

Beginning with an Eating Disorder Awareness Campaign led by the 2018-2019 VP (Student Life), the now-established centre provides on-campus, peer support for those living with an eating disorder.
ALCOHOL & DRUGS
mcmill.ca/wellness-hub/self-help/substance-use

ALCOHOL

Alcohol may seem like a prominent part of social life at McGill, especially if you’re taking part in Frosh, but you don’t have to drink at university to enjoy yourself.

If you choose to drink, be smart and be responsible. Be respectful of everyone’s choice to drink or not, and ask for respect for your own choice.

Here’s some ways you can enjoy drinking, safely:

↘ Stick to one drink per hour, on average.
↘ Eat and drink water before and after drinking.
↘ Have a plan for the night and make a plan with your friends about how you’ll act if something goes wrong
↘ If a person is unconscious, breathing slowly, and has bluish-tinged or pale skin, they may have alcohol poisoning. Get medical help immediately.

DRUGS

Sometimes when people come to university they decide to experiment with recreational drugs. Although the SSMU does not encourage or condone illegal drug use, we want you to be safe.

Here are a few general guidelines regarding substance use:

↘ Be careful about how much of a drug you take. Many people overdose because they incorrectly assume a drug will be the same potency as the last time they tried it.
↘ Know your facts before experimenting. Dancesafe.org provides detailed info about drug use in a non-judgemental way.

FENTANYL CRISIS

Originally found in heroin and fake oxytocin pills, fentanyl is a cheap but dangerous substitute for dealers to mix into other drugs like MDMA and cocaine. Fentanyl is around twenty to forty times more toxic than heroin, which makes the risk of accidental overdose very high.

Naloxone is a drug that can immediately stop an opioid overdose caused by fentanyl; it must be quickly injected into someone in order to work, so it’s important to be prepared. Free Naloxone kits are available without a prescription in most Quebec pharmacies. The pharmacist will provide you with instructions so you’re prepared to act in the moment.

CACTUS Montreal

1300 rue Sanguinet: Walk-in clinic
1244 rue Berger: Safe injection site
cactusmontreal.org
(514) 847-0067
Nurse at ext. 100, call from 2 p.m. onward to check availability

Safe injection sites like CACTUS Montreal offer safe supervision for drug injection or inhalation. They also deliver injection equipment, pyrex, condoms, and other supplies to facilitate safe drug use.
It sometimes feels like campus has a heartbeat—THAT’S how much is going on every single day at McGill. Like, every time I walk past lower field, there seems to be some new event going on, complete with tents and speakers blasting EDM. And that’s not even counting how many groups I’ve seen tabling in Leacock, hawking samosas or Krispy Kreme donuts. And all the signs in the Eng. building advertising art shows, dance recitals, open mics... how am I supposed to decide what fun, amazing events to go to?
There are so many events happening on campus that you could check out something new every night!

Get your day planner ready so you can write down just a few of the big events to pay attention to:

**Activities Night**

*September 11–12
January 9–10
fb.com/SSMUCS*

If you’re looking to get involved at McGill, make sure you save this date! Organized by the SSMU, Activities Night hosts all of the Society’s clubs, services, ISGs, and more under one roof so you can find a group that really speaks to you. Usually over 250 groups attend, so take your time to ask questions and explore the different ways to enjoy life on campus.

**Beatty Memorial Lectures**

*Ongoing
mcgill.ca/beatty*

Established in 1952, the Beatty Lecture is Canada’s longest running lecture series. These talks bring some of the world’s most respected and influential scholars, scientists, and leaders to McGill, from Nobel Laureates to groundbreaking neuroscientists and renowned musicians. On September 26, Jane Goodall, one of the world’s most influential advocates for nature conservation, will give her second Beatty Lecture. Make sure to get tickets well in advance!

**Career Fairs**

*mcgill.ca/caps/students/services/careerfairs*

Organized by the Career Planning Service (CaPS), career fairs are an excellent opportunity for students to meet with company representatives from a variety of industries. Come to find out about entry-level positions and career paths, and engage with employers to enhance your job search. Check out the link above for fairs that are related to your job interests.

**Sexual Assault Awareness Week**

*September 23–October 4
fb.com/OSVRSEMcGILL*

Hosted by OSVRSE in partnership with SA-COMSS, this is a week-long consent campaign designed to create a discussion around consent and how to support survivors of sexual violence. These groups will be tabling on campus and hosting a series of workshops and self-care events throughout the week.

**McGill Book Fair**

*October 29–31
fb.com/McGillBookFair*

This annual fair sells tens of thousands of books, as well as vinyl records and sheet music. Head to Redpath Hall and don’t leave without some affordable new (or used) books.

**McGill Survival Workshops**

*Tuesdays in fall semester
mcgill.ca/redpath/events/out-and-about*

A new series for the 2019–2020 academic year, the Redpath Museum is offering survival workshops on a series of topics, including foraging, wood carving, and fire starting. Visit the link above and make sure to register in advance for these amazing (and practical!) events.

**Open Air Pub (OAP)**

*A student favourite, OAP takes place during the first two weeks of the fall semester and again at the very end of the winter semester, during the exam period. For more information on OAP, check out page 8.**

**Apple Picking at Macdonald Campus**

*Fall
mcgill.ca/macdonald/prospective/visit*

Take part in a great Canadian tradition by visiting McGill’s Macdonald campus to harvest some local, delicious fruit. Check the link above in the fall to see when the farm will be open for picking.
Science Research Lectures at Redpath Museum
Ongoing
mcgill.ca/redpath/events/public-talks
Redpath Museum hosts a variety of different public lecture series—including the Cutting Edge Lectures in Science and Freaky Fridays—which are lunch-time presentations during which McGill scientists and researchers examine the myths, realities, and misconceptions surrounding science issues, concepts or phenomena.

The McGill Farmers’ Market
July–October
mcgillfarmersmarket.com
Open from July to late October, the McGill Farmers’ Market offers vegetable basket subscriptions from farms located in the Greater Montreal area as well as access to homemade and handmade goods from local, Montreal vendors every Thursday from 12 p.m.–5 p.m.

Halloween Party
End of October
fb.com/SSMUSPN
The SSMU joins up with other McGill groups to celebrate Halloween with a big bash every year. This usually involves a night of games, dancing, and a scary good time.

Keep up with the Students’ Society Programming Network page above for all the amazing events they’ll be planning, like a Faculty Olympics in mid-March.

Student-Run 4à7s
Ongoing
Several McGill faculties host 4à7s (drinks from 4 or 5 p.m. to 7 p.m., a.k.a. happy hour) every week. This year, the SSMU is hosting a scavenger hunt: If you can make it to every 4à7 on campus this year, and get a staff signature at each one, you can win a prize! Here’s a list of the happy hours to hit up this year:

» Bar des Arts: This 4à7 is usually hosted in the Arts Lounge in the basement of Leacock, but its location may change due to construction. Drop by on Thursday night for dollar beers and grilled cheese!

» Blues Pub: Drop by the Engineering Undergraduate Society’s Common Room every Friday for fun events hosted by different engineering clubs, services, and committees.

» Detention Den: This bi-weekly happy hour is hosted by the Education Undergraduate Society and the Student Association of Physical Education and Kinesiology. Head to the basement of the Education Building for beers and grilled cheese!

» MUS 4à7: Join Management students in the Bronfman basement on Thursday nights to celebrate the end of a long day with brews and music. As Management students don’t have Friday classes, this is the perfect way to kick off a fun weekend.

» The Practice Room: This 4à7 hosted by the Music Undergraduate Student Association happens every other Thursday in the Music Cafeteria, right next to Vihn’s Too in the Basement of RVC. Join the Music students and enjoy some beers and great tunes.

» Coffeehouse: Every Thursday, from 4:30 to 7:30 p.m., the Law Students’ Association (LSA) hosts its weekly student bar—Coffeehouse. Join them in the atrium of New Chancellor Hall for drinks (alcoholic and non-alcoholic) and food!
LIVING IN RESIDENCE
| mcgill.ca/students/housing

Each year, over 3,000 McGill students choose to live in residence. While most of those students are in first year, some upper-year students work as Floor Fellows to help guide and support you through your first year. Living in residence has huge bonuses—they’re active communities full of friends, social networks, and events designed to make your first year great.

There are many different residences at McGill, but they can generally be divided into three categories:

- Modern Dormitory Style
- Dormitory Style
- Shared Facility Housing

The one exception is the First Peoples’ House Residence, which is an undergraduate and graduate communal living space that prioritizes Indigenous students.

**WHO TO TALK TO ABOUT RESIDENCE**

**Floor Fellows**

Floor fellows are upper-year students trained to help you adjust to life at McGill and make your residence room feel like home. They serve as your closest contact in residence; their job is to get to know you and provide you with individualized support and information.

**Residence Life Facilitators**

It’s the facilitators’ job to plan an exciting array of activities to welcome residents, such as Residence Wars, which carries on throughout the year.

If you want to get more involved in your residence, try sitting on one of the following councils either through elections or volunteering:

- Hall Council: Each residence has one of these.
- Inter-Residence Council: Each residence’s hall council participates in the IRC.
- University Residence Council: This is where the hall councils and the IRC meet with the McGill administration.
- Environmental Residence Council: This council maintains the eco-conscience of the residence community.

Find out more at mcgill.ca/students/housing/life
Bien que McGill soit une université principalement anglophone, il y a toujours de nombreuses occasions de parler français sur le campus. Voici quelques-unes des options qui s’offrent à vous si vous cherchez à pratiquer le français ou à parler aisément dans votre langue maternelle.

Vous pouvez soumettre vos travaux en français
mcgill.ca/students/srr/academicrights/course/french

Pour la plupart des cours, vous pouvez soumettre vos travaux en français plutôt qu’en anglais. C’est dans la Charte des droits de l’étudiant! Assurez-vous d’aviser votre professeur.e le plus tôt possible afin qu’il/elle puisse prendre les dispositions nécessaires pour vous.

Commission des affaires francophones
caf@ssmu.ca

Si vous êtes passionné.e sur l’état des affaires francophones sur campus, envoyez un message à caf@ssmu.ca pour participer dans la Commission des affaires francophones (CAF). La commission est en charge de protéger vos droits en tant que francophones, alors n’hésitez pas à la contacter si vous avez un problème.

Restez courant avec Le Délit
delitfrancais.com

Le Délit est le seul journal francophone à McGill bien qu’il existe depuis quarante ans. Une publication est imprimée chaque semaine et vous pouvez la trouver un peu partout sur le campus. Que vous souhaitiez simplement lire les nouvelles ou écrire votre propre article, ce journal a tout ce dont vous avez besoin!

Rencontrez d’autres membres au Club des étudiants français (FSC)
fb.com/FrenchStudentsClub

Le club FSC est géré par les étudiant.e.s de McGill qui cherchent à partager la culture française et appuyer des œuvres caritatives. Le club organise plusieurs événements tout au long de l’année, y compris des soirées vin et fromage, des cours de cuisine ainsi que l’événement Francophonuit. Aimez leur page Facebook pour vous tenir au courant de leurs activités!

Joignez-vous à un club au Centre de la langue française
mcgill.ca/flc/activities-and-events/students-activities/cinema-club

Ces clubs proposent une variété d’activités pour les étudiant.e.s francophones et également pour ceux et celles qui souhaitent apprendre la langue française, tout en tenant une liste d’événements spéciaux en français. Ils ont également un club de cinéma qui se rencontre chaque semaine pour regarder et discuter des films en français.

Découvrez votre côté théâtral avec Franc-Jeu
fb.com/francjeutheatre

Ce club de l’AÉUM est dédié au théâtre francophone de McGill. Cet espace amical est un endroit idéal pour explorer votre costumier, votre metteur en scène ou votre acteur.e. Si vous n’êtes pas tout à fait prêt.e pour les feux de la rampe, pourquoi ne pas assister à l’un de leurs ateliers hebdomadaires ou aller voir une pièce qu’ils mettent en scène?

Obtenez de l’aide personnalisée
mcgill.ca/firstyear/undergraduate/your-first-year/first-year-programs/francophone

L’adjointe aux étudiants francophones de première année, Mme Manon Lemelin tâche de faciliter votre adaptation à la vie universitaire. Elle peut vous renseigner sur l’éventail des ressources et services offerts sur le campus.
CHEAP EATS

There are plenty of places to eat on campus, but the real challenge is finding tasty, healthy, and cheap food. In addition to the options listed below, stay tuned in to free food options on campus with the Facebook groups “Free Food on Campus and in Montreal” and “Cheap Food on Campus”. They post about samosa sales, wine & cheese events, and other random opportunities to score free snacks.

Vinh’s Café
Strathcona Music Building
555 rue Sherbrooke Ouest or
Genome Building
740 avenue Dr Penfield
Best for Vietnamese food.
Both Vinh’s locations offer up delicious Vietnamese food, including sandwiches for as little as $4!

Midnight Kitchen
3471 rue Peel, room 202
midnightkitchen.org
Best for a delicious vegan meal.
MK serves by-donation, nut-free, and vegan lunches from Monday to Thursday starting at 12:30 p.m. Bring your own dish and utensils to eat or sign up for their weekly meal pick-up. They also cook for campus- and community-based events that align with their anti-oppressive and political mandate. MK serving hours this year are affected by the University Centre closure—check their website for updates on their services!

People’s Potato
Concordia Hall Building
1455 boulevard de Maisonneuve Ouest, floor 7
peoplespotato.com
Best for cheap, zero-waste food.
People’s Potato operates like Midnight Kitchen and is open Monday through Friday on Concordia campus. They also offer food parcels every other Friday. Check their website for more information and updates on when the kitchen is open.

AUS Snax
Leacock, floor 1
ausmcgill.com/services/snax
Best for a quick coffee- and candy pit-stop between classes.
This student-run cafe sells fair-trade Santropol coffee, vegan baked goods, burritos, candy, and a few other snacks. If you bring your own mug, coffee is only $1—the best deal on campus.

Frostbite
McConnell Engineering Building, floor 1
3480 rue University
Best for an ice cream to soothe your wounded pride.
This awesome stand run by the Engineering Undergraduate Society is tucked away in McConnell, where they sell ice cream and slushies. Toonie Tuesdays are a popular event, or you can bring your own cup for a $1.50 scoop. Also, if you get below 30% on a midterm, your ice cream is free. Nothing like a sweet treat to ease the pain a little bit!

McGill Farmers’ Market
Rue McTavish
Best for fresh, organic veggies, honey, and more.
Every Thursday from 12 p.m. to 5 p.m. (from July until late October), you can find the McGill Farmers’ Market outside the University Centre. Bring your own bag and pick up some fresh, organic, and local food directly from Quebec farmers and sustainability initiatives.

TIP
The cheapest (and most sustainable) eats on campus are the ones you make yourself! Packing your own lunch and snacks will save you lots of money, and will help you reduce the amount of waste that goes into buying pre-made, pre-packaged food. Check out the Bull & Bear Magazine’s (page 72) column on meal prep and cooking healthy meals in their Arts & Culture section.
Whether you’re interested in cheering on your team from the stands or getting active yourself, there are plenty of opportunities for engaging in athletics at McGill. Montreal has professional sports teams as well as hundreds of private gyms and fitness studios, but the most cost-effective way to get fit is by heading over to the McGill gym.

**FREE FACILITIES**

You pay for access to the McGill Sports Complex (475 rue des Pins Ouest) in your student fees, so make sure you take advantage of it! Use of the pool, tennis and squash courts, and the running track are all included in your tuition.

**GYMS AND FITNESS CENTRES**

As a student, joining the McGill Fitness Centre is only $40 per semester, which is much cheaper than other gyms in the city. The Fitness Centre can get pretty crowded, so be prepared to wait for machines or try to schedule exercise in off-peak hours, like the middle of the day. Cheap gyms off campus include Éconofitness ($10/month if you sign up for a year) or the YMCA (a rate of $35/month for ages 18–24).

**RENTING EQUIPMENT**

You can borrow equipment like basketballs, volleyballs, soccer balls, footballs, badminton rackets, and more at the gym with a valid student ID or membership card. You can also rent winter equipment, including cross country skis and snowshoes.

**PLAYING ON A TEAM**

McGill has a popular intramurals program with plenty of different sports to choose from, such as soccer, hockey, volleyball, water polo, and more. You can choose what kind of league (open, men’s, women’s, or co-ed), as well as what level of play (non-competitive, beginner, intermediate, and competitive) you want to participate in. If you don’t have a team, you can also join one by showing up to “free-agents” night. Check out fb.com/mcgillrecreation for more details.

**TAKING A CLASS**

McGill offers many exercise classes that you can register for. Either pick a single course for a semester or buy a pass for drop-in classes.

**CHEERING ON THE TEAMS**

You can cheer on McGill’s varsity teams or competitive clubs throughout the year. Most games are under $5 to attend and are a great way to have fun with friends (there’s also a season pass available for 25$). If you’re really enthusiastic, join Red Thunder, a club dedicated to sports enthusiasts, and get access to all sports games, pre-game events, and some cool sporting swag. Contact them for more info at mcgillredthunder@gmail.com
McGill doesn’t have many fine arts classes open to students, but there are plenty of ISGs and SSMU Clubs that can help you explore your creative side. Here are just a few:

**THEATRE**

While the English department offers practical drama classes in performance, stage scenery, and other aspects of theatre craft, you can also join one of the following clubs to satisfy your acting desire.

**Theatre at McGill**

These theatre groups on campus offer opportunities to act, sing, stage-manage, direct, and more! Make sure to take a look at their websites to learn about upcoming performances or casting calls.

- **ARTS UNDERGRADUATE THEATRE SOCIETY**
  - fb.com/autsmcgill
- **FRANC-JEU**
  - fb.com/francjeutheatre
- **THE MCGILL SAVOY SOCIETY**
  - mcgillsavoy.ca
- **PLAYERS’ THEATRE**
  - playerstheatre.ca
- **TUESDAY NIGHT CAFE THEATRE**
  - tuesdaynightcafetheatre.wordpress.com

**Other Performing Arts Groups**

Not interested in traditional theatre? There are other ways to get on the stage at McGill, including improv, comedy, or spoken-word performance.

- **BRING YOUR OWN JUICE**
  - fb.com/bringyourownjuice
- **MCGILL STUDENTS’ IMPROV**
  - fb.com/mcgillimprov
- **MCGILL STUDENTS SPOKEN WORD ASSOCIATED YOUTH (MCSWAY)**
  - mcsway.wordpress.com

**DANCE**

The SSMU is home to many different types of dance clubs, ranging from a contemporary ballet company with auditions every fall, to a drop-in ballroom dance group that can teach you how to waltz.

**Audition-Based Dance Groups**

Are you a seasoned dancer who wants to keep improving their craft at McGill? Check these groups’ websites for updates on audition information and to learn more about what kind of dance they practice.

- **ALEGRIÀ CONTEMPORARY BALLET**
  - fb.com/alegriaccontemporaryballet
- **DANCE PACK**
  - fb.com/mcgilldancepack
- **INERTIA MODERN DANCE COMPANY**
  - fb.com/inertiamoderndancecollective
- **MOSAICA DANCE COMPANY**
  - fb.com/mosaicadancecompany
- **TASHAN DANCE COMPANY**
  - tashandancecompany.com
- **MONTREAL DI MAJESTY**
  - fb.com/montrealdimajesty

**No-Audition Dance Groups**

Just looking to dance recreationally? Have no fear—McGill has plenty of different dance groups that offer drop-in classes as well as lessons for beginners.

- **MCGILL STUDENT STREET DANCERS (MSSD)**
  - fb.com/groups/291248837555196
- **MCGILL STUDENTS’ BALROOM DANCE CLUB**
  - fb.com/mcgillballroomballdance
- **MCGILL SWING KIDS ASSOCIATION (MSK)**
  - fb.com/mcgillswingkids
- **RECREATIONAL DANCE COMPANY**
  - fb.com/RDCmcgill
- **SALSEROS**
  - fb.com/salserosmcgill
- **URBAN GROOVE (UG) DANCE PROJECT**
  - fb.com/Urban-Groove-Dance-Project-43950288647
MUSIC

There are quite a few options for students at McGill who want to make music, learn more skills to expand their repertoire, or perform as part of a larger ensemble.

A Cappella at McGill

There are a number of a cappella groups at McGill that perform year-round and recruit new members at Activities Night.

CHROMATONES A CAPPELLA
chromatones.ca

EFFUSION A CAPPELLA
effusion.ca

RAAG FUSION A CAPPELLA
youtube.com/raagofficial

TONAL ECSTASY A CAPPELLA
tonalescalty.com

SOULSTICE A CAPPELLA
soulsticeacappella.website

Group Instrumental Performance

If you want to perform on your instrument as part of a larger ensemble, take a look at these clubs that organize performances of orchestral and band arrangements.

CLASSICAL MUSIC CLUB (CMC)
fb.com/mcgillcmc

SSMU SYMPHONIC BAND CLUB
symphonicband.ssmu.ca

Music and Social Justice

Combine your love of music with your drive to help others and support great causes. Both groups have slightly different approaches to their organizations, so make sure to check out their websites!

JAM FOR JUSTICE
jamforjustice.org

MCGILL FANTASIA STUDENTS CLUB
fantasiamcgill.weebly.com

SEEING VOICES MONTREAL
seeingvoicesmontreal.com

Asian Music Appreciation

Whether you can't get enough K-Pop or have a deep appreciation for traditional Chinese music, these clubs will help you connect with other students who share your taste in tunes.

K-RAVE KPOP CLUB
fb.com/kravemcgill

MCGILL STUDENT’S CHINESE MUSIC SOCIETY
fb.com/mcgillstudentschinesemusicsociety

Choral Music

LES MUSES CHORALE
lesmuseschorale.wix.com/lesmuseschorale

MCGILL CHORAL SOCIETY
mcgillchoral.ca

Music Resources

These groups provide a range of services, from practical lessons to a loaning bank for musical instruments.

MCGILL CONSERVATORY
mcgill.ca/conservatory/courses

THE SSMU MUSICIANS COLLECTIVE
musicianscollective.ssmu.ca

VISUAL ARTS

Make Art

There are a few clubs at McGill that help you create art and get in touch with other artists.

MCGILL STUDENTS’ VISUAL ARTS SOCIETY
fb.com/mcgillstudentsvisualartssociety

MCGILL UNDERGRADUATE PHOTOGRAPHY STUDENTS SOCIETY (MUPSS)
mupss.ca

Show Your Art

Interested in finding a venue for your work? These groups hold frequent exhibitions of student work.

FRIDGE DOOR GALLERY
thefridgedoorgallery.com

FOLIO MAGAZINE
foliomagazine.ca/main
McGill has a wide variety of different publications and media outlets that can help you stay up to date with happenings on campus and elsewhere. All the media mentioned below welcome volunteers with open arms, so don't hesitate to reach out to them! Whether you want to be behind the camera, writing stories, or designing cover pages, campus media are a great place to flex your creative muscles during your time at McGill.

The McGill Daily
680 rue Sherbrooke Ouest, suite 724
(514) 398-6784
mcgilldaily.com
coordinating@mcgilldaily.com

The Daily is an independent student newspaper which strives to feature marginalized voices and under-reported stories within the McGill and Montreal community since 1911. They publish weekly in print and online.

Le Délit
680 rue Sherbrooke Ouest, suite 724
delitfrancais.com
rec@delitfrancais.com

Le Délit is McGill's only French-language newspaper which aims to bridge the gap of understanding between anglophone and francophone students on campus. It has been publishing content for forty-two years and puts out weekly print editions that can be found across campus and online on a rolling basis.

The Bull & Bear
bullandbearmcgill.com
editor@bullandbearmcgill.com

The Bull & Bear is a news magazine based out of the Desautels Faculty of Management. They publish once per semester in print and more frequently online.

The McGill Tribune
680 rue Sherbrooke Ouest, suite 723
3480 rue McTavish
mcgilltribune.com
editor@mcgilltribune.com

An independent newspaper that has covered McGill, Canada, and the world since 1981. They publish weekly in print and online daily.

CKUT Radio
3647 rue University
(514) 448-4041
ckut.ca
programming@ckut.ca

CKUT is a non-profit community radio station with a commitment to alternative radio broadcasting. Tune in at 90.3 MHz on the FM dial in Montreal and surrounding areas, or online twenty-four hours a day, 365 days a year.

Student Television at McGill (TVM)
680 rue Sherbrooke Ouest, room 150
(514) 398-4400, ext. 00155
tvmtelevision.com
hello@tvmtelevision.com

TVM is McGill's student-run television and film production team, offering news programming, web-series, film-making workshops, and more.

Scrivener Creative Review
scrivenercreativereview.com
scrivener.creative.review@gmail.com

This international literary publication has published Canadian literary giants like Leonard Cohen and Margaret Atwood. Started in 1980, the Scrivener publishes poetry, short fiction, reviews, visual art, and photography in print once a year.

The VEG Literary Magazine
fb.com/thevegmagazine
veg.magazine@gmail.com

A semi-annual literary publication that publishes student poetry, prose, and artwork. Free issues can be found in the Arts Building, Leacock, and McLennan.
McGill is a great place to explore your personal values and political interests by getting involved with student-led movements and other politically-motivated groups and events. The SSMU supports many different political clubs, and the VP (External) oversees several campaigns (page 21). Check out the link above to learn more about McGill's social activism clubs.

**POLITICAL PARTIES**

SSMU supports clubs representing Canada's major political parties, as well as several foreign political parties.

**CONSERVATIVE ASSOCIATION @ MCGILL UNIVERSITY**
conservativemcgill.ca

**DEMOCRATS ABROADS @ MCGILL**
democratsabroad.org/ca_montreal

**LIBERAL MCGILL**
liberal.ca

**NEW DEMOCRATIC PARTY (NDP) MCGILL**
fb.com/ndpmcgill

**QUEBEC LIBERAL PARTY (PLQ)**
cj.plq.org

**SOCIALIST FIGHTBACK MCGILL**
marxist.ca

**ISSUE-FOCUSED ACTIVISM**

If one particular political issue lies close to your heart, there's a good chance that the SSMU has a club or campaign focused on that issue. Take a look at these clubs and campaigns and visit their websites to learn more!

**DIVEST MCGILL**
divestmcgill.wordpress.com

**F-WORD**
fwordmtl.com

**FREETHOUGHT ASSOCIATION**
fb.com/FreethoughtAssociationMcGill

**HERBIVORE SOCIETY FOR PEACE AND JUSTICE**
herbivores.ssmu.ca

**MULTI-FOCUS POLITICAL GROUPS**

Looking to dip your toes in political life at McGill but not sure where to start? These groups cover more broad topics and offer a wide array of political programming.

**CINEMA POLITICA**
cinemapolitica.org/mcgill

**QUEBEC PUBLIC INTEREST RESEARCH GROUP AT MCGILL (QPIRG)**
qpirgmcgill.org

**SUSTAINABILITY**
mcgill.ca/sustainability/get-involved/connect-group
Moving to a different country to start a new phase of life can be overwhelming, especially if you’re experiencing language or cultural differences. There are many on- and off-campus resources to help you get settled, sort out paperwork, and find your community. About thirty percent of all undergraduate students at McGill aren’t from Canada, so you’re not alone in navigating this new experience.

RESOURCES ON CAMPUS

**International Student Services (ISS)**
Brown Building, suite 5100
3600 rue McTavish
(514) 398-4349
mcgill.ca/internationalstudents
international.students@mcgill.ca

ISS is the first place to turn with any questions you may have as an international student; they are the office at McGill that can help you with all of your non-academic needs. Services include immigration advising (regarding visas, CAQs, and study permits); international student health insurance administration and guidance; work permit information; social events and activities; workshops and webinars; and much more!

**The International Buddy Program**
mcgillbuddyprogram.com
international.buddy@mcgill.ca

Check out page 46 for more info!

**SSMU Clubs**
ssmu.ca/student-life/clubs-services-isg

There are many religious, cultural, and linguistic clubs at McGill where you can socialize and meet people from your home country or elsewhere. If there isn’t one for your religion, culture, or language, you can start one! Visit the “How to Start a Club” webpage on the SSMU website for more info on starting your own SSMU Club.

RESOURCES OFF CAMPUS

**Agence Ometz**
5151 chemin de la Côte-Sainte-Catherine Road
(514) 342-0000
ometz.ca
info@ometz.ca

Ometz is a charitable organization that helps new immigrants to Canada by providing them with a ton of services, including employment, business consulting for entrepreneurs, integration, and counselling.

**Centre d’Appui aux Communautés Immigrantes (CACI)**
4770 rue de Salaberry
(514) 856-3511
caci-bc.org
info@caci-bc.org

CACI helps those who are new to Canada settle into their communities by helping with language courses, housing, interpretation, and translation. They also host a series of community life events to bring people together.

**Solidarity Across Borders**
(514) 809-0773
fb.com/CiteSansFrontieres
solidarityacrossborders.org
solidaritesansfrontieres@gmail.com

Interested in immigrating to Canada? You don’t have to figure out the process alone. Solidarity Across Borders is a migrant justice network that directly supports individuals and families facing the immigration system. They organize monthly mutual aid nights, public campaigns, and accompany people through bureaucratic processes.

**TIP**

All the changes involved in studying abroad can become overwhelming. If you’re looking for some support, turn to page 53 for mental health services. Additionally, check out this list by Ami Quebec for links to mental health services that cater to specific cultural and ethnic communities: amiquebec.org/communities
There are many on- and off-campus resources to help students who balance family life with going to university. Here are just a few tips and networks to help you navigate your academic life, as well as connect you with other caregivers and families!

**RESOURCES ON CAMPUS**

**McGill Family Care Program**

3610 McTavish, Room 11-3  
514-398-5645  
family.coordinator@mcgill.ca  
mcgill.ca/student-caregivers

The McGill Family Care Program supports student caregivers—whether as a student parent, or a student caring for a family member. They offer information on accessing clubs, services, childcare, and policy information for student parents. They also help to organize events and provide an online community to connect student caregivers at McGill.

**SSMU Daycare**

3600 Rue McTavish (Suite 2300)  
514-398-8590  
daycare@ssmu.ca  
daycare.ssmu.ca

The SSMU Daycare currently has thirty-two spaces for children aged eighteen months to five years. The spaces are subsidized and priority is given to full-time undergraduate students. There is a waiting list however so it’s a good idea to check out what other options are available in this directory: montrealfamilies.ca/childcare

**Breastfeeding**

mcgill.ca/familycare/student-parents/student-parents-resources/mcgill-family-map

This map keeps track of family-friendly rooms on campus for changing and breastfeeding. The Union for Gender Empowerment office on the fourth floor of the University Centre is a quiet room where you can go to breastfeed or pump, but its location may be affected by the building closure. Contact ugecollective@gmail.com for updates on the office’s re-opening.

**RESOURCES OFF CAMPUS**

**Queen Elizabeth Health Complex**

2100 Avenue de Marlowe, suite 102  
(514) 485-5013  
quhc.org

This non-profit, community-led organization works to promote and preserve the health and well-being of Montrealers. They have a family medicine department with more than thirty family physicians, in addition to a diverse team of other medical professionals. You can visit their urgent care clinic twelve hours a day, seven days a week.

**Quebec Daycare Subsidies**

findingqualitychildcare.ca/quebec

In Quebec, many daycares have spaces subsidized on a sliding scale, from $7.30 to $20 per day. The link above can help you understand and navigate the childcare process.

**Off-Campus Housing**

mcgill.ca/students/housing/offcampus

Unfortunately, there currently isn’t any on-campus, family-style housing options at McGill. However, you can get in touch for help with finding housing off-campus. Check out page 86 to find out more info about your options. The VP (External) is also working on intergenerational housing; you can email them directly at external@ssmu.ca for more information.

**TIP**

Mark your calendars! The McGill Family Care Program will be hosting their annual Student Parent and Caregiver Orientation sometime around the third week of September. It’s a great idea to get a feel for what services are available and meet other family caregivers!
Below are just a few of the resources available for BIPOC (Black, Indigenous, People of Colour) communities at McGill and in Montreal. The SSMU supports over fifty religion and culture clubs you can connect with at the link above, but if you don’t see one that speaks to you, consider starting your own!

### ON CAMPUS

**Black Students Network**

Brown Building, room 415  
3600 rue McTavish  
fb.com/BlackStudentsNetworkOfMcGill  
bsnmcgill@gmail.com

This SSMU Service focuses on the needs and interests of Black students at McGill, including working to make campus a safer and more accessible space.

**First Peoples’ House (FPH)**

3505 rue Peel  
(514) 398-3217  
mcgill.ca/fph

The FPH strives to provide a home away from home for First Nations, Inuit, and Métis students. While they play many roles (a residence, gathering place, and resource centre), the FPH is first and foremost a community.

**Indigenous Student Alliance**

indigsa.mcgill.weebly.com  
indigsa.mcgill@gmail.com

They provide integrative support for Indigenous peoples at McGill, and aim to unite Indigenous students and allies, foster Indigenous community growth, and develop relationships with other marginalized communities.

**McGill Arab Students Network (ASN)**

3471 rue Peel  
fb.com/ASNMcGill  
asnmcgillvp@gmail.com

The official SSMU Service of secular, non-political, unified Arab culture at McGill. They promote integration and hospitality, as well as cultural, social, and philanthropic awareness for the entire student body.

### OFF-CAMPUS

**Native Friendship Centre (NFC)**

2001 boulevard St. Laurent  
(514) 499-1854  
nfcm.org

The NFCM is a non-profit that provides health and social services, legal information, education, training, and employment referral for urban Indigenous communities.

**Native Women’s Shelter (NWSM)**

nwsm.info  
nakuset@gmail.com  
(514) 933-4688 or (1-866) 403-4688

NWSM’s goal is to act as a safe environment where Indigenous women can begin to rebuild their lives after experiencing trauma.

**DESTA: Black Youth Network**

1950 rue St-Antoine Ouest  
(514) 664-5042  
destabyn.org  
support@destabyn.org

A community-based organization that provides Black youth aged eighteen to thirty-five with support in education, health, personal development, justice, and employment.

**SistersinMotion MTL**

fb.com/sistersinmotionmtl  
sistersinmotionmtl@gmail.com

This group aims to uplift the voices of BIPOC women and femmes through creativity, nature, and sisterhood. They host a variety of accessible events in the Montreal area.

**The South Asian Women’s Community Centre (SAWCC)**

1035 rue Rachel Est  
(514) 528-8812  
sawcc-ccfsa.ca  
sawwcc@bellnet.ca

The SAWCC creates community space for women and their families from all around the world. As a feminist and anti-racist organization, they have a variety of services in advocacy and education.
Montreal is an amazing place to explore your identity and find community among other LGBTQ+ people. Montreal celebrates Pride Month every August, but there are many year-long projects and services running as well.

**RESOURCES ON CAMPUS**

Queer McGill  
3471 rue Peel, room 303  
queermcgill.org  
admin.qm@gmail.com

Queer McGill is a student-run service by and for queer folks. They offer safe-sex supplies and sex toy orders while also organizing board game nights, parties, and movie screenings.

The Union for Gender Empowerment (UGE)  
Contact info on page 57!  
The UGE is a trans-positive, anti-racist, feminist service that runs workshops and offers resources on safe health services in Montreal. The UGE is designed to be a safe space for people of all genders and is equipped with kitchen appliances and lots of tea.

**RESOURCES OFF CAMPUS**

AIDS Community Care Montreal (ACCM)  
2017 rue Plessis  
(514) 527-0928  
accmontreal.org  
info@accmontreal.org

The ACCM is a volunteer-based community organization working to enhance the quality of life of people living with HIV/AIDS or hepatitis C by preventing disease transmission and promoting community awareness and action.

Action LGBTQ with Immigrants and Refugees (AGIR)  
2075 rue Plessis, room 311 (appointment only)  
agirmontreal.org

AGIR Montreal protects and defends the legal, social, and economic rights of migrants, asylum seekers, refugees, and immigrants from LGBTQ+ communities.

Centre for Gender Advocacy (CGA)  
2110 rue Mackay  
genderadvocacy.org  
(514) 848-2424, ext. 7431  
Peer Support Line: ext. 7880

The CGA provides free services like peer support and advocacy, safe-sex resources, and trans health resources. Contact them to learn more about their resource and lending library, as well their bookable space for community organizing.

INTERLIGNE: Talking Gender and Sexual Diversity  
(514) 866-0103  
Toll-Free & Text: 1(888) 505-1010  
interligne.co  
info@interligne.co

Interligne has 24/7 services, including a phone and texting helpline, online chat support, and email support. They provide reference and conduct awareness campaigns and workshops.

ASTT(e)Q - Action Santé Transvesti(e)s et Transexuel(l)e(s) du Québec  
300 rue Ste. Catherine Est  
astteq.org  
info@astteq.org

ASTT(e)Q is run by and for trans people. They offer peer counselling to people questioning their gender identity, as well as the friends and family of trans people. They have accompaniment and advocacy services, a weekly drop-in for trans and questioning individuals, discussion groups, and community dinners.

Project 10 (P10)  
1575 rue Amherst (right in the village!)  
P10.qc.ca  
(514) 989-4585

P10 is a service for youth aged fourteen to twenty-five, with weekday drop-in hours and weekly hangouts. They also have a listening line, provide in-person active listening, and maintain lists for LGBTQ+-friendly health professionals.
It can be tough finding a job in Montreal that doesn’t require you to be bilingual, but it’s not impossible. There are many English-speaking jobs right here on campus! If you’re an international student, check with ISS (page 74) for the conditions allowing you to work.

First things first, check in with:

**CAREER PLANNING SERVICE (CAPS)**

mgill.ca/caps/students

Careers.caps@mcgill.ca

**Downtown**
Brown Building, suite 2200
3600 rue McTavish
514-398-3304

**Macdonald Campus**
Centennial Centre
21111 rue Lakeshore, Ste-Anne-de-Bellevue

The CaPS team can help you explore your career options, find and apply for jobs, and learn about volunteer and internship opportunities. Book a one-on-one advising appointment, sign up for a career panel, attend a workshop, or beef up your interview skills with a career advisor. Consider CaPS your top resource for all your planning needs! Keep up-to-date on the latest workshops, info-sessions, panels, career fairs, and recruitment programs in their monthly newsletter, sent straight to your McGill inbox.

**THE SSMU**

ssmu.ca/jobs

**WHAT:** The SSMU hires students throughout the year and the summer for a ton of different jobs.

**WHO:** Whether you’re interested in political activism, event management, human resources, marketing, or something else, there’s a job for you.

**HOW:** Check out the link above for available jobs, which usually appear in March and April for the following academic year. A few summer-only positions are posted in January or February. External job postings can also be found on the **SSMU Marketplace** webpage.

**WORK STUDY**

mgill.ca/studentaid/work-study

**WHAT:** A needs-based program for part-time work like clerical, research, technical, or library jobs. Most jobs are for the academic year, but there are some summer positions available as well.

**WHO:** To be considered, you must be a full-time student, in satisfactory academic standing, and have applied for the maximum government aid that you’re eligible for. Get in touch with the Scholarships and Student Aid Office for more information (page 32).

**HOW:** The work study application opens on July 1 on Minerva, and applications can be submitted until early September. Any applications after that are assessed on a rolling basis. After you’re accepted into the program, you still need to apply separately to the jobs available.

**FACULTY ASSOCIATIONS**

**WHAT:** Faculty associations, like the AUS or SUS, hire students throughout the year and during the summer.

**BUT:** Because budgets are limited, some positions may be volunteer-based.

**HOW:** Check the websites of faculty associations for details (e.g., sus.mcgill.ca).

**MCGILL FOOD AND DINING SERVICES**

food.fds@mcgill.ca

**WHAT:** McGill’s cafeterias need workers to help serve and prepare meals. In addition to some pretty great pay, the job also offers free meals.

**HOW:** Jobs are available at different times, so check in with a manager of food facilities about what positions they’re looking for.
There are an almost endless amount of volunteer opportunities on campus. Nearly all of the resources provided in this handbook—from student societies to services to offices—need volunteers. Contact them for details and sign up for their listservs!

If you're not quite sure what's out there, the resources below will help you find a good fit:

**Engage McGill**
mcgill.ca/engage
McGill’s guide and overview to getting engaged in university and student-led groups and events across both campuses.

**MyInvolvement**
mcgill.ca/involvement/myinvolvement
MyInvolvement is an online space that can connect you with learning opportunities outside the classroom. You can access Student Services' workshops and skill-building activities on myInvolvement, as well as other events, workshops and volunteer opportunities. It also tracks and records your participation for your co-curricular record.

**The Career Planning Service (CaPS)**
mcgill.ca/caps/students/job/volunteer
Contact info on previous page.

The CaPS website has a handy guide to volunteering, where you can search for opportunities as well as tips for determining if a position is a good fit. If you're interested in international volunteering, this is a good place to start!
McGill Log, Day Forty-Nine

I finally feel like I’m getting a handle on navigating campus—I’ve located Blackader, Stewart Bio, and the ever-elusive Rutherford Physics. Now, it’s time for me to go beyond the Roddick Gates and find out what Montreal has to offer. But where do I start? Should I grab some world-famous bagels on Fairmont, or peruse the stalls at Atwater market? Can I do both in one day? What is an “STM”? Help!!!
Montreal is a big, beautiful, and diverse city, which makes leaving the McGill bubble a rewarding and exciting experience. You can use this helpful guide whether you’re just visiting different neighbourhoods or choosing to live within them. One quick tip for understanding Montreal: The further east you go, the more French-speaking people there are, whereas the West Island (which, you guessed it, is to the west of downtown) has many anglophone neighbourhoods.

1. MILTON-PARC
Boundaries: University to St. Laurent, Sherbrooke to des Pins

In terms of convenience, this area can’t be beat: It’s right beside the downtown campus and full of students experiencing university life. Nightlife in Milton-Parc can get pretty wild due to the popularity of large parties and Greek life; if you’re hoping for quiet study nights, this may not be the best place to live. Rent is expensive, but many students consider this worthwhile due the proximity to university and the lively community. Contact the SSMU VP (External) to learn about the Community Action and Relations Endeavour (C.A.R.E.), an agreement between McGill students, admin, and Milton-Parc community leaders!

2. PLATEAU-MONT-ROYAL
Boundaries: St. Laurent to Papineau, Sherbrooke to Mont-Royal

The Plateau is a hip neighbourhood that’s popular among many McGill students; the population is generally young and queer-friendly. This large area is filled with great cafes, parks, bars, and clubs. It’s also full of students, which means there’s lots of things to do, but rent prices lean towards the pricey side.

3. MILE END/OUTREMONT
Boundaries: North of the Plateau to Van Horne

Historically known for being home to many Montreal-based artists, like Grimes and Arcade Fire, these neighbourhoods are now full of hip young professionals and yoga enthusiasts. While living in Mile End or Outremont is now quite expensive, the vibrant communities they host make the higher rent prices worth it. The 80 bus and plethora of biking paths make for a fairly easy commute to McGill; but if you chose to live closer to the university, definitely make a trip up on the weekend for some great brunch spots!
4. CONCORDIA AREA
Boundaries: Peel to Atwater, Sainte-Catherine to Dr. Penfield

Also simply called "downtown", this area below Sherbrooke and to the west of campus offers cheap rent, pubs, malls, and, well, Concordia students. It's a great area for shopping at brand-name stores like Urban Outfitters or SportsCheck and hosts popular restaurants like Kampai Garden. While parts of downtown feel a bit like a concrete jungle, the Concordia Area has many spaces for studying and bar hopping. If you want to live close to the university but don't want to stay in Milton-Parc, it's an area worth checking out.

5. LE SUD-OUEST
Boundaries: Cote-des-Neiges, Ville-Marie, Verdun, and LaSalle

Atwater Market, the Lachine Canal, and great food and drink are just a few of the reasons to check out the area known as le Sud-Ouest.

Saint-Henri has a mix of young professionals, punks, old folks, and families. However, it is currently experiencing issues with homelessness and gentrification, as working class families are pushed out of the area.

Griffintown is one of the newest neighbourhoods in Montreal; its transition from a vacant, industrial area to a young, hip community only began in 2012.

Little Burgundy also used to be a primarily industrial neighborhood; but now, after several waves of gentrification, it hosts many upscale bars and restaurants.

6. MILE EX, PARK EX
Boundaries: L’Acadie, Clark, Van Horne, and the Trans-Canada Highway

These neighbourhoods are currently facing gentrification as the Mile End's popularity creates a demand for more space. A big part of Park Ex has been renamed Mile Ex to advertise the neighbourhood to wealthier renters and condo-dwellers. For now, Park Ex has extremely cheap rent, but that's changing as primarily lower income people of colour are pushed out by rent increases. The area is great for its amazing South Asian restaurants, so definitely visit for some delicious Indian and Pakistani dishes.

7. NOTRE-DAME-DE-GRACE (NDG)
Boundaries: Cote-Saint-Luc, Decarie, Autoroute 20, and Westminster

Notre-Dame-de-Grace may feel a bit far from McGill, but many parts of this neighbourhood make the trip worthwhile. This is a fairly anglophone neighbourhood with cheap rent and lots of families, and is great especially if you’re looking for a quieter place to live. NDG has lots of green spaces and parks for you to explore and relax in, so check it out before all the snow arrives!

OTHER NEIGHBOURHOODS

Of course, there are too many neighbourhoods to list in this handbook. In addition to those listed above, also check out:

- Côte-des-Neiges or Rosemont for cheaper housing with a reasonable commute
- Verdun and Hochelaga-Maisonneuve for more francophone areas with cheaper rent, but which are also facing rapid gentrification.
- The cobblestone streets of the Old Port if you want to experience swanky Montreal living or just want to play tourist for the day.
- The Gay Village or the Latin Quarter for a fun night out and trendy restaurants.
PUBLIC TRANSIT

stm.info/en

The Société de transport de Montréal (STM) is responsible for running buses and the metro (or subway) across Montreal. Montreal’s public transit system has four metro lines in total, but the Green and Orange lines are the ones closest to campus, meaning you’ll probably use them the most! There are machines and tellers at every metro station for you to buy tickets using debit, credit, or cash. Make sure to hold onto your receipt and ticket, because STM police will sometimes stop passengers to ask for proof-of-purchase.

Costs

$3.50: A one-way ticket for the metro or bus (you’ll need exact change to get on the bus).

$6.50: A night pass with unlimited use between 6 p.m. and 5 a.m.

$52: Cost of a monthly full-time student pass for all those of all ages. You can order one of these online through Minerva.

Hours of Operation - Metro

Understanding when the metro closes can be a bit confusing; all the stations open at 5:30 a.m., but they close separately. This is because the STM reports when the last train leaves the first station of a metro line, not each individual station.

For example, on the Green Line:

↘ The last train towards Honore-Beau- grand leaves at 12:35 a.m. Sunday–Friday, but at 1:05 a.m. on Saturday.

↘ The last train towards Angrignon leaves at 12:38 a.m. Sunday–Friday, but at 1:08 a.m. on Saturday.

Hours of Operation - Bus

Most buses run 24/7, although the bus number can change once it’s considered a night bus.

For example, the Sherbrooke bus:

↘ From 6:30 a.m. to 1:00 a.m., the Sherbrooke bus is called the 24.

↘ From 1:00 a.m. to 6:00 a.m., the Sherbrooke bus is called the 356.

We recommend checking the STM website for the metro and bus schedules at the link above.
Biking

mcgill.ca/transport/cycling

Montreal is a very bike-friendly city—many main streets have their own bike lanes separated from the road by concrete. If you’re willing to do the research and buy a few extra parts, you can even stretch your bike commute into the winter months.

Renting a Bike

montreal.bixi.ca

Bixi bikes can be rented at over 500 stations across the city. McGill offers a 10% discount for an annual BIXI membership for students, but you can also rent by the hour or day. Over the summer, they do free rental dates the last Sunday of every month. You need a credit card to rent these cruising bikes, so check out their website for more info.

Owning a Bike

You can buy a secondhand bike on Kijiji or in a McGill Facebook group, but be wary of scammers who resell stolen bikes. For new bikes, there are plenty of shops with prices from affordable to budget-crushing. Make sure you invest in a good bike lock—Montreal is very popular for bike thieves, too.

Fixing your Bike

theflat.wordpress.com

In need of repairs? You can find McGill’s Flat Bike Collective (FBC) at 2075 boulevard Robert-Bourassa; however, this address is subject to change, so check their website above to confirm their location. FBC is free and open to everyone, but they have a hands-off approach: Collective members teach you how to fix your bike and can sell you the parts you need. If you want someone else to fix it for you, check out Bikurious on rue Ontario.

TIP

Keep your eyes peeled when in bike lanes or on the road; many cyclists in Montreal have unfortunate tales of being doored. To maximize your safety, you should always wear a helmet, and have lights on the front and back of your bike if you’re riding at night.

Cars

Driving in Montreal is notoriously difficult, but travelling by car has its perks—whether it’s for day trips, Costco runs, or avoiding the crowded Megabus if you’re visiting other Canadian cities.

Rent

mcgill.ca/travelservices/transport/book-vehicle

There are high premiums for drivers under the age of twenty-five at most rental car companies. However, check out the link above to find out how you can get a discount when renting as a McGill student. There are also car rental memberships for short distances from Car2Go or Communauto—perfect for day trips. Look them up to find out more about how rentals work!

Own

statdemtl.qc.ca/en

If you decide to get your own car, make sure you check out the parking rules and costs in your area. Also, consider whether you want to drive in Montreal’s three infamous conditions: potholes, construction, and ice.

Cab

Montreal’s many taxi companies have to take debit and credit cards, so don’t worry about carrying cash. You can also use Uber in Montreal, but try McGill’s DriveSafe program—it’s free! More info on page 13.
Many McGill students choose to live off campus during their undergraduate degree. While it’s one of the best ways to truly feel at home in the city, it can come with legal and personal challenges as well. For all of your questions, visit the LikeHome website at the link above; it’s a resource managed by two student housing organizations in Montreal—UTILE and HOJO.

UNDERSTANDING THE NUMBERS

mcgill.ca/students/housing/offcampus/rent/info

In Montreal, apartments are classified by the total number of rooms in an apartment, while a bathroom is counted as a half room.

Generally speaking:

1 1/2: A small studio with just one main room (which includes a kitchenette and a bathroom)

3 1/2: A larger apartment that usually contains a closed bedroom, full kitchen, living room, and bathroom

4 1/2: An apartment with two bedrooms, a living room, kitchen, and one washroom (although many landlords will call small study spaces a second bedroom)

And so on and so forth! Check out the link above for all apartment sizes and approximate prices (price may vary according to the area).

SUBLETTING

rdl.gouv.qc.ca/en/assignment-of-a-lease-or-subleasing

Most Montreal leases are twelve months long, so many students sublet their apartments if they leave for the summer. However, there are usually more people trying to sublet than those looking to rent short-term, so start looking for subletters early or reduce the price of the rent to entice subletters. You’ll need to notify your landlord before you let someone sublet your place, but they can’t reject a sublet without cause. Advertise in as many places as possible, with clear descriptions and photos.

MAKING CONNECTIONS

fb.com/groups/mcgill.offcampus.housing

The Off-Campus Connects program helps ease the transition into university and build a commuter community by hosting events and providing support. Check out pages 69–73 for ideas on getting involved with the SSMU and connect with others through shared interests!

WHERE TO LOOK

You can find apartments online at Craigslist, Kijiji, McGill Off-Campus Housing, or on a variety of Facebook housing groups. There are a lot of private housing groups for specific communities, like Chez Queer for LGBTQ+ renters. Keep an eye out for “à louer” signs and ask older friends if they know of any places for rent.

TIPS FOR FINDING AN APARTMENT

▷ Live with roommates to cut costs. Even if you’re friends, make sure to have blunt conversations about what you need in your home to be happy, including noise levels, cleanliness, how you’ll address conflict, and how you’ll communicate desires to socialize or be left alone.

▷ Leases generally start on the first of the month. Make sure you start looking two to three months before you want your lease to start so you have plenty of time to find the perfect place.

▷ Montreal has some of the lowest rent of any city in North America. Anything above $700 if you have roommates is considered pricey.

▷ Think outside of the bubble of the Milton-Parc community. There are plenty of lovely (and cheaper) neighbourhoods to explore in Montreal. Check out page 82 for more information on where to live.

▷ Check the blacklist. The Régie du logement, Quebec’s rental board, also maintains a blacklist of landlords to prepare you for who to avoid! Find the list at rdl.gouv.qc.ca
TENANT’S RIGHTS

Many landlords get away with illegal measures because students aren’t aware of their rights as tenants.

You are entitled to ...

- Transfer your lease. You can assign it to new tenants during the lease term.
- Ask your landlord to make necessary repairs. The landlord is responsible for repairing defects in the apartment, and is also responsible for appliance repairs if the appliances are included with the rent.
- Twenty-four hours notice if your landlord needs to visit the apartment. Or, if they want to show potential new tenants your place, they’re required to respect your privacy (although this doesn’t necessarily mean twenty-four hours notice).
- Be informed in writing three to six months before your landlord intends to raise your rent. You have thirty days to respond. No response = agreement.
- Not have to pay a security deposit, last month’s rent, key deposit, finder’s fee, or any other extras. The only advanced payment a landlord can ask for is the first month’s rent.
- Keep personal information like your bank account number or social insurance number private. A landlord can ask for a background check, however.

RESOURCES

If you’re struggling to understand the process of renting, signing a lease, or what your rights are, these are the places to get help.

Régie du logement
rdl.gouv.qc.ca/en

The Régie is a specialized section of the Quebec government that oversees rental housing info and disputes. They’re a great resource for understanding your legal rights, and are also the organization to visit if you need to file any complaints against a landlord.

McGill Student Housing
mcgill.ca/students/housing/offcampus

This is a great resource for navigating your search for an apartment and understanding your rights. They also have an apartment listings section to help students find a place to live.

Legal Information Clinic McGill (LICM)
680 rue Sherbrooke Street Ouest, suite 150
(514) 398-6792
fb.com/licm.cijm

The LICM can provide court accompaniment to the Régie du logement; volunteers will accompany you to court, provide moral support, and explain procedure. The LICM also offers information regarding tenant rights.

Housing and Job Resource Centre (HOJO)
classifieds.csu.qc.ca

Despite being located on Concordia campus, you don’t have to be a Concordia student to get help from the HOJO. They’ll provide information, as well as any forms you may need. Even if you aren’t having immediate issues with your rental location, it’s a good idea to get their advice before signing anything.
Montreal has a lot to offer in terms of music, dance, film, performance art, comedy, theatre, fine art, and everything else that makes for vibrant city living. There are too many opportunities for cultural experiences to cover, so we’ll just mention a few iconic spots in the city. Make sure to check out student newspapers and groups focused on your interests, as they’ll often advertise upcoming events.

**FILM**

**CINEMA DU PARC**  
[cinemaduparc.com](http://cinemaduparc.com)  
*Perfect for indie flicks, cult classics, and more.*

**CINEMA MODERNE**  
[cinemamoderne.com](http://cinemamoderne.com)  
*Perfect for hard-to-find international films.*

**DOLLAR CINEMA**  
[dollarcinema.ca](http://dollarcinema.ca)  
*Perfect for lots of movies … all for $2.50!*

**MUSIC**

**NEW CITY GAS**  
[newcitygas.com](http://newcitygas.com)  
*Go for bottle service and electronic music.*

**MTELUS**  
[mtelus.com](http://mtelus.com)  
*Go for big names in the music industry.*

**LA SALA ROSSA, CASA DEL POPOLO, LA VITROLA, LA SOTTERANEA**  
[casadelpopolo.com](http://casadelpopolo.com)  
*Go for indie music and local groups.*

**THEATRE AND DANCE**

**MAINLINE THEATRE**  
[mainlinetheatre.ca](http://mainlinetheatre.ca)  
*If you like independent performing art shows.*

**THEATRE SAINTE-CATHERINE**  
[theatresaintecatherine.com](http://theatresaintecatherine.com)  
*If you like edgy shows in both French and English.*

**FINE ART**

**BELGO BUILDING**  
[thebelgoreport.com](http://thebelgoreport.com)  
*You’ll find great contemporary art and many galleries.*

**MUSÉE DES BEAUX-ARTS**  
[mbam.qc.ca](http://mbam.qc.ca)  
*You’ll find Montreal’s most extensive art collection.*

**GALLERY X**  
[galleryx.concordia.ca](http://galleryx.concordia.ca)  
*You’ll find a student-run gallery.*

**ARTICULE**  
[articule.org](http://articule.org)  
*You’ll find an artist-run contemporary art gallery.*

**GALLERY GORA**  
[gallerygora.com](http://gallerygora.com)  
*You’ll find work by emerging local artists.*

**INTERDISCIPLINARY**

**NEVER APART**  
[neverapart.com](http://neverapart.com)  
*Visit for the gallery, events, workshops, and saltwater pool.*
Bonjour, hi!

Knowing French in Montreal opens up a lot of doors, and generally makes day-to-day life a lot more pleasant—especially if you live anywhere outside of the Milton-Parc community. There are plenty of resources at McGill to help students learn French, no matter their language level.

LEARNING FRENCH

A FEW TIPS ON STARTING FRENCH

- The French you learned in high school might feel useless, especially if you learned French outside of Quebec. But keep practicing! Even un petit peu de français is useful!

- Many people in the city are bilingual. If a French-speaking person switches to English while addressing you, ask politely whether you can continue in French for practice.

- Try an app! Free ones like Duolingo are a great way to learn words and practice pronunciation regularly, especially if you’re too shy to try in front of others.

- Start small! Practice your French in simple conversations, like with the cashier at your local grocer or dépanneur.

- Take a class in French. McGill classes are a great way to improve grammar. Many community centres in Montreal often offer free classes—intensive, casual, and online (immigration-quebec.gouv.qc.ca/en/french-language).

- Pick up a copy of Le Délit, the only French language newspaper on campus, or visit delitfrancais.com If you want to put your French to the test, you can get in touch—Le Délit welcomes new or experienced contributors! Contact info on page 70.

- Don’t be afraid of having an accent and don’t apologize for your French! Swallow your pride and try your best. It’s the best way to learn!

- Take a SSMU MiniCourse. You can learn conversational French with the SSMU! Check out minicourses.ssmu.ca for more info.
JOBS OFF CAMPUS

Want an off-campus job instead? While sometimes harder to find in the city if you’re not bilingual, there is plenty of work in Montreal. Check out these resources for a few leads. Or, you can try getting a job the old fashioned way—search for “aide demandée” signs in storefronts.

FACULTIES AND JOB FAIRS

CaPS provides a comprehensive listing of upcoming career fairs at mcgill.ca/caps/students/services/careerfares

You can also contact your individual faculty to see if they’ll be hosting a career fair.

- The faculties of Engineering and Management both have job fairs and career workshops throughout the year, featuring some very renowned companies.
- The Arts and Science faculties also have grad and career fairs in the fall.
- The Arts Internship Office helps place students in great positions over the summer (mcgill.ca/arts-internships).

FACEBOOK GROUPS

There are groups on Facebook that only those with a McGill email can access. One of these is Jobs and Internships, a group devoted to posting job opportunities (from one-offs to full-time positions) from all over. Check frequently to find a position that works well with your student lifestyle.

WEBSITES

These websites are great places to keep track of job availability in Montreal and let you search for ones related to your career choice!

- ca.indeed.com
- workopolis.com
- ssmu.ca/resources/marketplace
- jobbank.gc.ca/jobsearch (for jobs within the Government of Canada)
- coco-net.org/job-postings (for community-based jobs)

CAPS: MYFUTURE

caps.myfuture.mcgill.ca

MyFuture is the place for career-related events and job postings for McGill students. Sign up for events like panels and workshops on myFuture. Jobs, internships, and volunteer opportunities are also listed here. For easy access, enter your McGill email address at the link above.
Looking to get some experience outside of McGill but not ready to hold a full-time job?
There are many places where you can lend a hand in Montreal, and organizations across the city would love to have you. Check out a few of these resources below to get a start on finding the right place for you:

**Volunteer Bureau of Montreal**
2015 rue Drummond, suite 300
(514) 842-3351
cabm.net

The Volunteer Bureau of Montreal has been promoting volunteering in the Montreal community since 1937. There are tons of opportunities listed on their website, as well as more information about organizations and getting involved.

**INTERNSHIPS**
mcgill.ca/caps/students/job/internship

Frowned upon by many students and organizations, a lot of internships in Canada are still unpaid or only offer remuneration in the form of academic credit. However, internships are a great way to get experience at larger companies and can add some eye-catching experience to your resume.

**CHECK THIS HANDBOOK**

Pages 53, 72, 74, and 75

All the organizations on the pages listed above are great places to reach out to for volunteer positions. Many are non-profits with limited budgets to employ students and rely on the benevolent work of those who support their causes.

**TIP**
Mark your calendars! There are a few events where you can meet or get involved with campus-community volunteer orgs. Try Activities Night to meet groups, come to Community Engagement Day, or attend Alternative Spring Break during Reading Week.
Montreal is famous for its many festivals, which take place all year round. The big ones happen in the summer, but there's still plenty to do in the (long) winter months. Luckily, many of the festivals are free or include several free events. Making plans with friends to check out a festival is a great way from slipping too far into hibernation during the colder parts of the year.

**FALL**

**POP Montreal**

popmontreal.com  
September 25–29

POP Montreal features local bands, Canadian indie heroes, and super-talented unknowns playing at various venues around town—and tickets are usually pretty cheap or free. The five-day festival also features film, art, and fashion events, as well as a short lecture and conference series.

**Festival du Nouveau Cinéma**

nouveaucinema.ca  
October 9–20

Montreal’s largest independent cinema fest, featuring critically acclaimed selections from the international festival circuit, as well as short films and cult favourites.

**Montreal International Documentary Festival (RIDM)**

ridm.ca  
November 14–24

The RIDM’s aim is to showcase political and artistic documentaries that wouldn’t appear elsewhere. The festival shows more than 150 films along with retrospectives, debates, and other interesting activities.

**EXPozine**

expozine.ca/en  
November

This is North America’s largest independent publishing expo. Glossy graphic novels cohabit with homemade handbooks on sex, drugs, and urban exploration.

**WINTER**

**Igloofest**

igloofest.ca  
January 16–February 1

Igloofest is an outdoor rave in the Old Port and is one of the best parts of winter in Montreal. They have drinks and firepits to keep you warm, but you can barely feel the cold when you’re in a massive crowd of dancers.

**Montreal en Lumière**

montrealenlumiere.com  
February 20–March 1

This week-long festival celebrates Montreal in the winter with food, drink, theatre, dance, and interactive art. The festival concludes with Nuit Blanche, a full night of art and fun. If you can’t make it to the full week of events, save your energy and do not miss this all-night party.

**Art Matters**

artmattersfestival.org  
March

The largest student-run art festival in North America, Art Matters is an exposition of the Concordia community’s fine arts scene.
SPRING/SUMMER

Piknic Électronik
piknicelectronik.com
May 19–September 29

Piknic is a weekly electronic music festival in Parc Jean-Drapeau. It usually takes place on Sunday, though it also takes place some extra Saturdays and Mondays throughout the summer.

Montreal Fringe Festival
montrealfringe.ca
May–June

Fringe is a small-scale, independent performing arts festival that takes place in June every year, in Montreal and around the world. Tickets average about $10 per show, making it one of the cheapest theatre experiences of the year.

FrancoFolies de Montréal
francosmontreal.com
June

This is a large annual music and performance festival held in downtown Montreal featuring over 1,000 French-language performers from all over the world.

Mural Festival
muralfestival.com
Mid–June

This is an eleven-day event celebrating the international urban art movement. Boulevard St. Laurent is closed down for pedestrians to come watch artists create massive murals on buildings, all while enjoying local food vendors and musicians.

Montreal International Jazz Festival
montrealjazzfest.com
Late June–early July

Head down to Place-des-Arts to check out the world’s largest jazz festival. The festival hosts two weeks of nonstop jazz (and lots of other kinds of music), both outdoors and indoors.

Just for Laughs Festival
hahaha.com
Mid–late July

This is the world’s largest international comedy festival. Make the uncomfortably hot month of July a little more bearable by going to see some big-name comedy acts from around the world.

Osheaga Music and Arts Festival
osheaga.ca
Early August

Probably Montreal’s most famous festival, especially among the flower-crown-wearing crowd, Osheaga attracts huge acts like Drake, Mac Demarco, Flume and Childish Gambino. It’s one of the pricier festivals mentioned in this list, but you definitely get the best bang for your buck.

Montreal World Film Festival (MWFF)
ffm-montreal.org
Late August–Early September

MWFF might be underway as you read this sentence. Cinephiles should check out the various screenings and events taking place during this festivals before it ends in early September.
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WHO’S COVERED?
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CHANGE-OF-COVERAGE & OPT-OUT PERIOD

- Fall (enrolments and opt outs): AUG. 22 – SEPT. 27, 2019
- Winter (enrolments for new students only): JAN. 17 – 31, 2020

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www.studentcare.ca
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- Combine the savings with your coverage to save $150 on eyeglasses and pay no more than $30 for your eye exam.
- Vision Network members can also process your coverage directly with the insurer, so you won’t have to pay up front.

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OUR SERVICES & AMENITIES

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KIOSK & TABLING RENTALS
Throughout the year, tables are available for booking in the University Centre’s lobby and near the second-floor cafeteria. These can be used to distribute information, promote events, distribute tickets, recruit, perform registration, fundraise, and sell merchandise.

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- QUIET, CONVENIENT AND STUDY-FRIENDLY
- UNDERGROUND ACCESS TO THE MALL AND CLUB LACITÉ
- PROFESSIONALLY MANAGED BY OXFORD PROPERTIES
- LESS THAN 5 MINUTE WALK TO CAMPUS

514.845.4173
lacite@oxfordproperties.com
www.lacitestudents.ca
350 Prince-Arthur St W,
Montreal, QC H2X 3R4
AGENDA
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2  Monday / Lundi

LABOUR DAY (UNIVERSITY CLOSED)

3  Tuesday / Mardi

CLASS BEGINS! (EXCEPT FOR DENTISTRY & MED STUDENTS)

4  Wednesday / Mercredi
Because smart students live here, and have the grades to prove it.

www.lacitestudents.ca
9  Monday / Lundi

FIRST YEAR COUNCIL (FYC) INFORMATION SESSION

10  Tuesday / Mardi

LEGISLATIVE COUNCIL MEETING

11  Wednesday / Mercredi

FALL ACTIVITIES NIGHT
12 Thursday / Jeudi

FALL ACTIVITIES NIGHT

13 Friday / Vendredi

14 Saturday / Samedi

15 Sunday / Dimanche

You have chosen to invest in yourself.
So have we. See our student offer at desjardins.com
16  Monday / Lundi

17  Tuesday / Mardi

LAST DAY OF ADD/DROP
FYC CANDIDATES MEETING

18  Wednesday / Mercredi

FYC CAMPAIGN PERIOD BEGINS
23 Monday / Lundi

FYC POLLING PERIOD BEGINS

24 Tuesday / Mardi

LAST DAY TO WITHDRAW FROM A COURSE OR MCGILL WITH A REFUND

25 Wednesday / Mercredi

FYC POLLING / CAMPAIGN PERIOD ENDS
LEGISLATIVE COUNCIL MEETING

Thursday / Jeudi

Friday / Vendredi

Saturday / Samedi

Sunday / Dimanche
30 Monday / Lundi

1 Tuesday / Mardi

2 Wednesday / Mercredi
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3 Thursday / Jeudi

4 Friday / Vendredi

5 Saturday / Samedi

6 Sunday / Dimanche
7  Monday / Lundi

8  Tuesday / Mardi

9  Wednesday / Mercredi
10 Thursday / Jeudi

LEGISLATIVE COUNCIL MEETING

11 Friday / Vendredi

12 Saturday / Samedi

13 Sunday / Dimanche
14 Monday / Lundi

THANKSGIVING (UNIVERSITY CLOSED)

15 Tuesday / Mardi

16 Wednesday / Mercredi
17 Thursday / Jeudi

FALL GENERAL ASSEMBLY

18 Friday / Vendredi

19 Saturday / Samedi

20 Sunday / Dimanche
21 Monday / Lundi

22 Tuesday / Mardi

23 Wednesday / Mercredi
24 Thursday / Jeudi

LEGISLATIVE COUNCIL MEETING

25 Friday / Vendredi

26 Saturday / Samedi

27 Sunday / Dimanche
LAST DAY TO WITHDRAW FROM A COURSE OR MCGILL WITHOUT REFUND
31 Thursday / Jeudi

1 Friday / Vendredi

2 Saturday / Samedi

3 Sunday / Dimanche
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CAMPAIGN PERIOD FOR FALL REFERENDA BEGINS
4  Monday / Lundi

5  Tuesday / Mardi

Wednesday / Mercredi
7 Thursday / Jeudi

8 Friday / Vendredi

9 Saturday / Samedi

Sunday / Dimanche
POLLING PERIOD FOR FALL REFERENDA BEGINS
14 Thursday / Jeudi

LEGISLATIVE COUNCIL MEETING

15 Friday / Vendredi

CAMPAIGN / POLLING PERIOD FOR FALL REFERENDA ENDS

16 Saturday / Samedi

17 Sunday / Dimanche
18 Monday / Lundi

19 Tuesday / Mardi

20 Wednesday / Mercredi
25 Monday / Lundi

26 Tuesday / Mardi

27 Wednesday / Mercredi
28 Thursday / Jeudi

LEGISLATIVE COUNCIL MEETING

29 Friday / Vendredi

30 Saturday / Samedi

1 Sunday / Dimanche
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25 Monday / Lundi

26 Tuesday / Mardi

27 Wednesday / Mercredi
Because living with a roommate saves you cash for late night snacks.

www.lacitestudents.ca
2 Monday / Lundi

3 Tuesday / Mardi

ClASSES END

4 Wednesday / Mercredi

STUDY DAY
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9  Monday / Lundi

10  Tuesday / Mardi

11  Wednesday / Mercredi
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16  Monday / Lundi

17  Tuesday / Mardi

18  Wednesday / Mercredi
19 Thursday / Jeudi

20 Friday / Vendredi

EXAMS END

21 Saturday / Samedi

22 Sunday / Dimanche
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<td>UNIVERSITY CLOSED UNTIL JANUARY 2</td>
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Because avoiding snowstorms with underground shopping options means your feet stay dry.

www.lacitestudents.ca
30 Monday / Lundi

31 Tuesday / Mardi

DEADLINE TO CANCEL REGISTRATION

1 Wednesday / Mercredi
2 Thursday / Jeudi

3 Friday / Vendredi

4 Saturday / Samedi

5 Sunday / Dimanche
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Because getting that 7 minutes of extra sleep makes a difference before crossing the street to class.
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6 Monday / Lundi

CLASSES BEGIN

SSMU EXECUTIVE NOMINATION PERIOD BEGINS

7 Tuesday / Mardi

8 Wednesday / Mercredi
9 Thursday / Jeudi

WINTER ACTIVITIES NIGHT

10 Friday / Vendredi

WINTER ACTIVITIES NIGHT

11 Saturday / Samedi

12 Sunday / Dimanche
13 Monday / Lundi

14 Tuesday / Mardi

15 Wednesday / Mercredi
LEGISLATIVE COUNCIL MEETING
20 Monday / Lundi

21 Tuesday / Mardi

LAST DAY OF ADD/DROP

22 Wednesday / Mercredi
23 Thursday / Jeudi

24 Friday / Vendredi

25 Saturday / Samedi

26 Sunday / Dimanche
27  Monday / Lundi

28  Tuesday / Mardi

**LAST DAY TO WITHDRAW FROM A COURSE OR MCGILL WITH A REFUND**

29  Wednesday / Mercredi
30 Thursday / Jeudi

LEGISLATIVE COUNCIL MEETING

31 Friday / Vendredi

1 Saturday / Samedi

2 Sunday / Dimanche
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SSMU CANDIDATES' DEBATE
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<td><strong>LEGISLATIVE COUNCIL MEETING</strong></td>
<td><strong>SSMU EXECUTIVE ELECTION RESULTS ANNOUNCED</strong></td>
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27 Monday / Lundi

28 Tuesday / Mardi

29 Wednesday / Mercredi
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10  Monday / Lundi

11  Tuesday / Mardi

12  Wednesday / Mercredi
13 Thursday / Jeudi

LEGISLATIVE COUNCIL MEETING

14 Friday / Vendredi

15 Saturday / Samedi

16 Sunday / Dimanche
17 Monday / Lundi

18 Tuesday / Mardi

19 Wednesday / Mercredi
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**WINTER GENERAL ASSEMBLY**
24 Monday / Lundi

SSMU CANDIDATES’ DEBATE

25 Tuesday / Mardi

26 Wednesday / Mercredi
**27 Thursday / Jeudi**

**LEGISLATIVE COUNCIL MEETING**

**28 Friday / Vendredi**

**SSMU EXECUTIVE ELECTION RESULTS ANNOUNCED**

**29 Saturday / Samedi**

**1 Sunday / Dimanche**
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<td>10 LAST DAY TO WITHDRAW FROM COURSE / MCGILL W/O REFUND</td>
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<td>17 CAMPAIGN PERIOD FOR WINTER REFERENDA BEGINS</td>
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<td><strong>CAMPAIGN PERIOD FOR WINTER REFERENDA ENDS</strong></td>
<td><strong>RESULTS FOR WINTER REFERENDA ANNOUNCED</strong></td>
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27 Thursday / Jeudi

28 Friday / Vendredi

29 Saturday / Samedi

1 Sunday / Dimanche
SPRING STUDY BREAK UNTIL MARCH 6

2 Monday / Lundi

3 Tuesday / Mardi

4 Wednesday / Mercredi
5 Thursday / Jeudi

6 Friday / Vendredi

7 Saturday / Samedi

8 Sunday / Dimanche
9  Monday / Lundi

LAST DAY TO WITHDRAW FROM A COURSE OR MCGILL WITHOUT REFUND

10  Tuesday / Mardi

11  Wednesday / Mercredi
LEGISLATIVE COUNCIL MEETING

12 Thursday / Jeudi

13 Friday / Vendredi

14 Saturday / Samedi

15 Sunday / Dimanche
CAMPAIGN PERIOD FOR WINTER REFERENDA BEGINS

16 Monday / Lundi

17 Tuesday / Mardi

18 Wednesday / Mercredi
23 Monday / Lundi

24 Tuesday / Mardi

25 Wednesday / Mercredi
26 Thursday / Jeudi

LEGISLATIVE COUNCIL MEETING

27 Friday / Vendredi

CAMPAIGN PERIOD FOR WINTER REFERENDA ENDS

28 Saturday / Samedi

RESULTS FOR WINTER REFERENDA ANNOUNCED

29 Sunday / Dimanche
2 Thursday / Jeudi

3 Friday / Vendredi

4 Saturday / Samedi

5 Sunday / Dimanche
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**EASTER MONDAY (UNIVERSITY CLOSED)**

**CLASSES END**
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LEGISLATIVE COUNCIL MEETING

2 Thursday / Jeudi

3 Friday / Vendredi

4 Saturday / Samedi

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<td>Dimanche</td>
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UNIVERSITY CLOSED

CALL (514) 273-7626
13 Monday / Lundi
UNIVERSITY CLOSED

14 Tuesday / Mardi
CLASSES END

15 Wednesday / Mercredi
STUDY DAY
16 Thursday / Jeudi

STUDY DAY

17 Friday / Vendredi

EXAMS BEGIN

18 Saturday / Samedi

19 Sunday / Dimanche
20 Monday / Lundi

21 Tuesday / Mardi

22 Wednesday / Mercredi
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27 Monday / Lundi

28 Tuesday / Mardi

29 Wednesday / Mercredi
EXAMS END

1 Friday / Vendredi

2 Saturday / Samedi

3 Sunday / Dimanche
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Car Wash  514-925-9000

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