## STUDENT HANDBOOK

FFFF

2020-2021

PUBLISHED BY THE SSMU (STUDENTS' SOCIETY OF MCGILL UNIVERSITY)





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### LAND ACKNOWLEDGEMENT

Teionkwatonhontsó:ni a'iakwariwahní:rate tsi nón:we ratehiatónkwa ne SSMU Tsi ionterihwaienstáhkhwa ohén:ton Rón:nete tis iáh nenwén:ton tehonnatenakarahseratká:wen ne kanien'kehá:ka tánon ne Anishnabeg.

SSMU ohén:ton Rón:nete tehonwanarénhsarons, ronwatiien'té:res tànon ronwatiriwakwenniénhstha na Kanien'kehá:ka tánon tsi ronnón:ha rontehontsanónhnha tánon ronteniataranónhnha tsi nón:we ón:wa wenhniserá:te tetewatátkens tánon wahón:nise tsi náhe thia'tekanakerahserà:ke kén:ien nón:we tahontákenhskwe tánon tehontatá:wihskwe.

The SSMU acknowledges that McGill University is situated on the traditional territory of the Haudenosaunee and Anishinaabe nations, a place which has long served as a site of meeting and exchange amongst Indigenous peoples. The SSMU recognizes and respects these nations as the traditional custodians of the land and water on which it is located.

L'AÉUM reconnaît que l'Université McGill est située sur le territoire traditionnel des nations Haudenosaunee et Anishinaabe, un lieu qui a longtemps servi de lieu de rencontre et d'échange entre les peuples autochtones. L'AÉUM reconnaît et respecte ces nations en tant que gardiennes traditionnelles de la terre et de l'eau sur lesquelles elle est située.

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#### disclaimer:

The handbook was sent for production at the end of June. While we have tried our best to ensure the content is as accurate as possible, the rapidly changing nature of the COVID-19 situation means some information may not be representative of current circumstances by the time you are reading this. For the most up-todate information on individual groups' operations, please consult them directly.





- 1. frank dawson adams (FDA) building
- 2. armstrong building
- 3. arts building
- 4. LE JAMES bookstore
- 5. bronfman building
- 6. brown student services building
- 7. burnside hall
- 8. carrefour sherbrooke residence
- 9. (3559 university) ECOLE
- 10. elizabeth wirth music building
- 11. faculty club
- 12. gelber law library
- 13. genome building
- 14. james administration building
- 15. la citadelle residence
- 16. leacock building
- 17. otto maass chemistry building
- 18. macdonald engineering building
- 19. mcconnell engineering building
- 20. mcintyre medical building
- 21. 2001 mcgill college
- 22. mclennan library building/service point
- 23. dobson centre
- 24. new residence
- 25. QPIRG & CKUT
- 26. redpath library building
- 27. royal victoria college residence
- 28. rutherford physics building
- 29. sports centre and tomlinson fieldhouse
- 30. stewart biological sciences building
- 31. university centre (SSMU)
- 32. student wellness hub
- 33. strathcona anatomy & dentistry
- 34. trottier information technology
- 35. upper residence
- 36. university hall residence





# **UELCOME**

#### Welcome! We're glad you are here.

Inside this handbook you will find information about McGill, life on campus, and Montreal. There's also an agenda to help keep you organized and keep up with your school work, campus events, and new friends' birthdays. This handbook is special too: 2021 marks 200 years of McGill and for the bicentennial we've picked the theme "A Look Back". Throughout the book you will find short stories from McGill Alumni about their time at this university. Hopefully, they will inspire you as you make your own memories. For those of you just starting at McGill, it may seem strange to think about looking back when you've spent so long looking forward to just getting here. But "looking back" also means making an effort to not take moments for granted. Remember all the firsts you are about to experience – both the good and the bad (there's an ice cream place on campus which will give you free ice cream if you fail a midterm). Years later, you can look back and reflect on the collection of experiences which shaped you.

At the end of my third year, I've come to realize that while I was not raised here, McGill is where I grew up. What sticks out to me about my first year at McGill is a lot of the loneliness and confusion that comes from leaving home, but also the joy and independence of making a new one - one that's wholly your own. I remember dancing in dorm rooms with new friends and thinking "This feels good; it feels right; I'll be okay." And I remember how good it felt to carve out a space for my passions, spending late nights working for the campus newspaper, and crossing the hall to Gerts for a drink when production wrapped. Even when I broke my foot in February of my first year and spent 12 hours in emergency just waiting to be seen, it felt almost like a rite of passage. Two friends stayed with me the entire time - we laughed and played games while we waited for my name to be called. Like much of my first year, I was terrified, but somehow I knew it would work out. I would get my bones set and that at the end of it all I would have a funny story to share.

It's true as well that, following the COVID-19 pandemic and shutdown, we will start the school year in a very different world. Hopefully, we will have an even greater appreciation for the smaller things. Take a class that you never thought of, go to a concert alone, see more art, create more art, make memories worth writing about and worth sharing, and find a spot just for you.

- Claire Grenier





#### CLAIRE GRENIER content editor

CYNTHIA CUI layout editor

YASMEEN SAFAIE managing editor

### FIRST WEEK CHECKLIST

- CONTACT SERVICE POINT FOR YOUR STUDENT ID. Your ID is your library card, gives you access to residence, and is how you pay for meals! Make sure to reach out to Service Point at the start of the year to find out more information about your student ID.
- CHECK OUT ONLINE ORIENTATION EVENTS. Here you can meet other students, and get a sense of McGill before classes start.
- ORDER YOUR STM OPUS CARD ONLINE. Order your reduced-fare OPUS card from Minerva to skip the lines at Berri-UQAM. Look to page 51 for more info about the STM.
- INTRODUCE YOURSELF. Meet your Floor Fellow if you're in residence, or join the McGill Off-Campus Facebook group (fb.com/groups/mcgilloffcampus).
- EXPLORE YOUR OPTIONS. You have two weeks to finalize your schedule every semester. The Add/Drop period, which lasts until September 15, is your chance to try out as many classes as you want.

#### campus life & engagement (CL&E)

1010 rue Sherbrooke Ouest, suite 203 (Entrance on rue Metcalfe) (514) 398-6913 | cle@mcgill.ca mcgill.ca/firstyear/undergraduate | mcgill.ca/cle

A fundamental resource for your first week (and year!) is Campus Life & Engagement. You can email them at firstyear@mcgill.ca, or visit their website at mcgill.ca/cle.

#### **SERVICE POINT** (514) 398-7878 | 3415 rue McTavish mcgill.ca/servicepoint/contact-us

Service Point can help with all your enrollment needs and questions. Located on the ground floor of the McLennan Library, they are accessible directly from rue McTavish.

#### when?

 RECEPTION
 mon-fri, 9 a.m.- 5 p.m.

 WALK-INS
 10 a.m.-12 p.m.

APPOINTMENTS weekday afternoons

Currently, Service Point is not taking in-person appointments. You can still reach them by phone, or chat with an agent by going to uccxchat.mcgill.ca/spc.

They provide services involving:

#### ID CARDS.

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.

### OFFICIAL TRANSCRIPTS AND PROOF OF ENROLMENT OR GRADUATION.

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

#### INTERNATIONAL HEALTH INSURANCE CARDS.

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

#### EXAMS.

Have a problem with your schedule? Reach out to Service Point for help with conflicts and/or deferrals.

#### TUITION & E-BILL.

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.

#### QUESTIONS ABOUT LEGAL DOCUMENTS.

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

#### STUDENT EXCHANGES.

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

#### UG ARTS & SCIENCE COURSE WITHDRAWALS.

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

#### MINERVA PIN RESET.

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

TIP: Call Service Point to see how they can help at (514) 398-7878. You can also book an appointment online, or use the live chat feature on their site! For more information go to mcgill.ca/ students/servicepoint.

### MCGILL AND COVID-19

On March 13 2020, McGill suspended classes in response to the novel coronavirus outbreak. The winter semester was completed through remote instruction, as was the summer term. McGill has chosen to run the Fall 2020 semester primarily through the same methods. Unprecedented, this shift has left many students confused as to what remote learning and campus life in general will look like moving forward. Below are some ways in which McGill has responded to the pandemic, and their plans for the year ahead.

#### classes

Classes will be conducted largely remotely and online. Classes may be pre-recorded, take place synchronistically, or a mix of both.

A popular format for online courses is the video software Zoom. As a McGill student, you have access to a free, basic license with Zoom. Zoom allows for up to 100 participants in one video call and offers the closest possible experience to a lecture setting.

When in a Zoom class here are some things to remember:

IF YOU ARE NOT SPEAKING, MUTE YOUR MICROPHONE! This makes it easier for other participants to pay attention to the speaker, and prevents a cacophony of background noise.

#### INTRODUCE YOURSELF WHEN YOU SPEAK.

It can be hard to tell who is speaking in large classes and calls. This helps both your professor and classmates keep track of who is speaking. Also, when you have a question in class, try using the group chat or the raise hand function, instead of just interrupting.

LIMIT YOUR TIME ON OTHER APPS. Checking social media in class not only distracts you, but it can slow down your connection as well.

#### tips for remote learning

#### mcgill.ca/tls/students/remote-learningresources

Aside from figuring out Zoom, remote learning requires a change in habits. Here are some tips for adapting to remote learning.

**TIME MANAGEMENT.** While probably one of the most difficult things to implement when there is a lack of separation between home and school, it is also the most important. With online classes, that means some lectures are pre-recorded, allowing for some flexibility. For example, If you work better later in the day, watch your lectures then. Make a schedule and stick to it.

HAVE A DEDICATED SPACE FOR WORK. Even

if it's just a different corner in your room, having a space for school work will help you focus, and lend some consistency to your schedule.

MAKE A TO DO LIST. Break down classes into smaller chunks of material; make a detailed list with small goals to keep you on track. This can help you feel less overwhelmed and more prepared for the class as a whole.

**DON'T BE SCARED TO REACH OUT.** Online communication is more important now than ever. Make a Facebook group (or equivalent) of students in your class so you can help each other with material. Also, if you are having issues your peers can't help with, schedule an online meeting with your prof or TA.

#### fees and tuition

#### mcgill.ca/studentaid/faq/covid-19-faq

McGill has no plans to reduce tuition or fees for the fall semester based on the switch to remote learning. For more information on this decision check out this link: mcgill.ca/ coronavirus/resources/principles-governingnon-tuition-fees-fall-2020.

Despite this, McGill is offering emergency financial assistance for those who need help with tuition payments, living costs, and/or new equipment for remote learning.

### office with students with disabilities

#### mcgill.ca/osd/covid-closure-faq/students

The Office for Students with Disabilities physical location is closed, but you can email them at disabilities.students@mcgill.ca to set up an online appointment with an advisor. While classes are online, you are still entitled to the accommodations provided by the OSD.

#### athletics & recreation

#### mcgillathletics.ca

All McGill athletics and recreation activities are suspended as a result of the pandemic. McGill Athletics will be monitoring the situation and government directives as an indication on when events may resume.

#### libraries

#### mcgill.ca/library/covid-19-faqs

McGill Libraries are closed during the pandemic; however, you can chat with librarians online if you have a question about accessing library materials. The library is also taking purchase requests for new materials. If you need a book for class, try asking the library if they can order an ebook or if they have access to one through an online database. The library is also offering an expanded list of open and free resources for students at this time which you can find at www.mcgill.ca/library/covid-19-openresources.

### student housing and hospitality services

#### mcgill.ca/shhs/faq-covid-19

If you're a first-year undergraduate student who's accepted McGill's offer of admission for the 2020/2021 academic year, you'll have a guaranteed place in residence, even if travel restrictions or other related issues mean you can't be in Montreal in September.

As of the time this was written, the buildings which will be usable for students in September have yet to be announced. If you have applied for a space in the fall and wish to withdraw your application, your deposit will be partially refunded. If you cannot arrive in September, contact housing.residences@ mcgill.ca as they may be able to pause your rent or use whatever amount you have already paid towards future rent.

If you cannot make it to Montreal for the fall semester, you can still apply for residence in the winter semester. Email housing. residences@mcgill.ca with your name, McGill ID number, and top three residence choices. To ensure a proper response use the subject headline "Winter 2021 Residence Application."

While SHHS plans on offering some food services in the fall, they are still working out the details. More information will be announced throughout the summer at the link above.

#### international students

#### mcgill.ca/internationalstudents/covid19resources

All services run by the International Student Services (ISS) office have moved online. You can fill out an advising request form here: mcgill.ca/internationalstudents/contact-us/ dropin.

For immigration inquiries, ISS recommends checking the government of Quebec resources as information can change daily.

With regards to health insurance, McGill's plan for international students covers COVID-19 testing and care. To access their services, you only need your IHI card to ensure you do not pay out of pocket. For more information visit: mcgill.ca/internationalstudents/healthinsurance-faqs.

#### wellness hub

mcgill.ca/wellness-hub/access-care/accessvirtual-services 514-398-6017 Monday-Friday, 10am–12:30pm and 2pm–4pm

Many resources provided by the Wellness Hub have moved online for the duration of the pandemic. Here is a list of those services and how to get in touch:

**COUNSELLORS.** If you have already seen a counselor at McGill you can book a follow up online appointment using the phone number above. If you have never seen a counsellor before, the Wellness Hub recommends using Keep.me.SAFE for 24/7 mental health support

**MEDICAL QUESTIONS.** If you have questions about your health, you can book a virtual appointment with a member of the Hub's nursing team. To make an appointment call the phone number above.

**DIETITIANS.** Make an appointment using the phone number above to receive an assessment and help with healthy living through the pandemic.

**MEDICAL RECORDS.** If you have a medical history at the Hub and have left Montreal, call or email the Hub to get copies or the files transferred.

The Wellness Hub is also offering a slew of online programming like COVID-19 support and information groups, as well as workshops on mood management, active listening, and mindfulness. For a full list of programing and information on how to register visit mcgill.ca/ wellness-hub/get-support/wellness-and-lifeskills-workshops.

### EMERGENCY SUPPORT

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)

#### DRIVE SAFE

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

A SSMU service run by volunteers which provides rides home for free. Dates for the fall semester have to be finalized.

#### 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.

#### MSERT

(514) 398-5216 msert@ssmu.ca msert.ca

A SSMU service run by volunteers, 7 days a week, to provide basic first-aid services for individuals and events.

#### hospitals & health care

MCGILL UNIVERSITY HEALTH CENTRE (GLEN SITE) 1001 boulevard Décarie (514) 934-1934

MONTREAL GENERAL HOSPITAL 1650 avenue Cedar (514) 934-1934

#### MCGILL STUDENT WELLNESS HUB

mcgill.ca/wellness-hub

#### Downtown

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

MacDonald

Centennial Centre, room 124 21111 chemin 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 fb.com/licm.cijm

#### MCGILL IT SERVICES

688 rue Sherbrooke Ouest, room 285 (514) 398-3398 | support.ist@mcgill.ca











9 KODAK 5062 PX My Favourite memory...

SMU

6 GIL

Pulling my first undergrad all-nighter for the class that taught me to hate political science, and finally emerging at the crack of dawn to watch my first Montreal snowfall. Also, this is unrelated but I just need to get it off my chest that last year, I shattered the windshield of a Drivesafe car with an IKEA bed frame. I'm sorry.

– Madeline Wilson, BA 2020

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VERSITY

### WHAT IS SSMU?

The Students' Society of McGill University (SSMU) helps support and run student-run services, clubs, events, and advocacy initiatives. Founded in 1908, the SSMU is a student-governed institution separate from the McGill administration. Each spring, the undergraduate student body elects six SSMU executives to helm the Society. In their one-year terms, the executives act as a voice for McGill undergraduates by addressing their concerns, piloting new projects, and lobbying McGill. The SSMU receives its funding through tuition fees. As students, *we* pay for the SSMU, so be sure to use what they offer!

This section is an introduction to student governance at McGill, including how SSMU works for you, from legal advocacy to job opportunities.



### HOW SSMU WORKS

The decisions reached by both the University and the SSMU impact campus life in significant ways. It's important to understand how the SSMU works, what kind of representation students have within McGill, and, maybe most important of all, how you can get involved in the decision-making process.

In terms of numbers, 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)

21 PERMANENT SUPPORT STAFF (+ MANY STUDENT STAFF MEMBERS AND VOLUNTEERS!)

#### board of directors (BoD)

The SSMU Board of Directors supervises the Society's management, business, and affairs. The BoD has twelve voting Directors, including four members from the SSMU executive team and four members from the Legislative Council. All public BoD meeting minutes are available on the SSMU website.

#### judicial board

The Judicial Board, or "J-Board," serves to provide opinions on disputes related to the SSMU Constitution, Internal Regulations, elections, Legislative Council decisions, and other matters of the Society. There are seven appointed members, usually upper-year Mc-Gill Law students. If you want to file a petition or simply want to learn more, you can get in touch at jboard@ssmu.ca.

#### legislative council

The SSMU Legislative Council consists of 1 student senator, 29 student councillors, and the 6 executives. All major decisions go through Council. Most Legislative Council meetings are open for students and campus media to attend. Additionally, meeting documents (including public minutes) and the livestream of each meeting can be found on the SSMU website. Take a look at the Council's agenda to see what issues are being discussed when. You can also speak to your faculty's Councillor about specific interests – they've been elected to represent you!

#### general assemblies

General Assemblies take place once a year in the Winter semester, although special GAs can be requested. During GAs, students can bring forward motions 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.

#### referenda

The referenda voting period happens once a semester, and is initiated by students or the SSMU Legislative Council. This is an opportunity for you to participate in direct democracy by voting! Check your email, as the referenda period generally happens in early November and early March. For any questions, you can get in touch with the Elections SSMU team at elections@ssmu.ca.

#### committees

SSMU Committees are a great way to get involved in university life. 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 (GAs) throughout the year. The SSMU has a variety of committees you can join, each with their own commitment requirements (like the number of meetings/events).

#### LEGISLATIVE COUNCIL

Affordable Student Housing Committee Clubs Committee Comité des affaires francophones Community Engagement Committee Comprehensive Governance Review Committee **Environment Committee** Equity Committee **Funding Committee** Indigenous Affairs Committee Library Improvement Fund Committee Mental Health Committee Services Committee Services Review Committee Steering Committee Students' Society Programming Network (SSPN)

#### **BOARD OF DIRECTORS**

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

### SSRU

The SSMU represents all downtown campus undergraduate students – as well as students within the faculties of Law, Medicine (including School of Nursing and the School of Physical and Occupational Therapy), and Dentistry – and works alongside faculty and departmental associations to represent and cater to students' needs.

Your faculty is the broad category of your degree (e.g., Arts, Science).

Your faculty association (i.e., the AUS) advocates for your rights. The Executives of Faculty Associations sit on faculty councils chaired by the Faculty's Dean and review things like hiring, budgets, and decisions about curriculum that affect the faculty as a whole. 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. They may also organise services like peer tutoring, and deal regularly with the department head.

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### YOUR ROLE IN SSMU how to get involved

It's fairly simple to get involved with the SSMU – leaving is the hard part! Here are some starting points for campus involvement.

#### clubs

The SSMU has over 230 clubs across ten different categories; there's lots to explore and enjoy! Clubs are run entirely by other undergraduate students and focus on everything from hobbies and interests, to political causes and advocacy.

#### campaigns

Campaigns are the drivers of campus activism. The VP (External) is responsible for running SSMU political and social justice campaigns.

#### **DIVEST MCGILL**

#### fb.com/divestmcgill

Divest pushes McGill to remove investments from our endowment from the top 200 largest fossil fuel companies, as listed by carbon reserves, as well as from TC Energy (CGL pipeline). They call on McGill to recognize the grave social injury climate change is causing and the role the fossil fuel industry plays in this crisis.

### STUDENTS FOR PEACE AND DISARMAMENT

#### fb.com/mcgillpeaceclub

This campaign aims to end military research done at McGill, and advocates for more transparency in how research is funded.

#### CLIMATE JUSTICE ACTION MCGILL (C-JAM)

#### fb.com/climatejusticeactonmcgill

Founded on principles of anti-oppression and systemic change, C-JAM mobilizes students to take non-violent direct action to achieve climate justice, which is inextricable from fights against colonialism and capitalism.

#### **CONTRE LA LOI 21**

#### fb.com/McGillAgainstBill21

Working with community organisations and other student associations, this campaign organizes the McGill community to take action on Quebec's Bill 21, a ban on religious symbols.

#### employment

#### ssmu.ca/about-us/jobs

There are many part-time, flexible jobs available to students through the SSMU (like the editors of this handbook!). Contracts are offered throughout the school year and over the summer. They include positions in political activism, event management, web development and design, community work, human resources, and much more. Applications for the following school year are posted in March and April, while those for summer positions usually open in January or February.

#### run for office

#### elections.ssmu.ca

Student elections at McGill are conducted through SSMU, your faculty, and your department. These associations are not technically a part of the SSMU, but they often work with the Society to improve student life. Running for office is a great opportunity to voice student concerns in your faculty or department, stand up for their interests and rights, and to work on big picture projects for student life. Check your email in January to find out how to be nominated or how to nominate a friend.

#### vote!

Make sure to vote in departmental, faculty, and SSMU elections. Voting is extremely important; your vote helps shape student movements, campus priorities, services, projects, and events. Read candidate profiles, and attend debates during the campaign period.

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### WHAT SSMU DOES

The SSMU is a two-way street! Now that you've found out what you can do within the Society, how about learning what the SSMU can do for you?

#### equity policy

#### fb.com/ssmu.equity

The SSMU's equity mandate is to "confront historical and current inequities at McGill through active engagement and public education in agreement with SSMU's policy on equality and social justice". The SSMU Equity Committee can help you file equity complaints, provides education and resources on equity initiatives on campus, and supports events related to their mandate. Get in touch at equity@ssmu.ca.

#### services

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

There are sixteen services that the SSMU offers to all McGill students. These services exist to provide students with a safer, more communal, more vibrant, and more inclusive campus. They offer safe spaces, advocacy networks, mental health tools, transportation services, accessible meals, and even practice spaces for musicians. Familiarize yourself with the services below – maybe even volunteer for one!

ARAB STUDENTS' NETWORK (ASN) **BLACK STUDENTS' NETWORK (BSN)** EATING DISORDER RESOURCE AND SUP-PORT CENTRE (EDRSC) FLAT BIKE COLLECTIVE THE MCGILL STUDENT EMERGENCY RE-SPONSE TEAM (M-SERT) THE MCGILL STUDENTS' NIGHTLINE MIDNIGHT KITCHEN (MK) THE PEER SUPPORT CENTRE THE PLATE CLUB THE SEXUAL ASSAULT CENTRE OF THE MCGILL STUDENTS' SOCIETY (SACOMSS) SSMU DRIVESAFE THE SSMU MUSICIANS COLLECTIVE STUDENT TELEVISION AT MCGILL (TVM) **QUEER MCGILL (OM)** THE UNION FOR GENDER EMPOWERMENT (UGE) WALKSAFE

#### campus life

The SSMU is a driving force in campus life both in person and virtual. Student life and event organizers and volunteers work hard to bring you the best university experience possible. There are over 230 SSMU clubs, sixteen student-run services, and eleven Independent Student Groups (ISGs). The SSMU also organizes larger events like Grad Frosh, Faculty Olympics, and the annual Halloween party (for more events, check the events calendar section).

#### clubs

The SSMU has over 230 clubs across ten different categories; there's lots to explore and enjoy! Clubs are run entirely by other undergraduate students and focus on everything from hobbies and interests, to political causes and advocacy.

#### independent student groups

ISGs are affiliated with the SSMU and collect student fees, but exist outside of the Society's legal structure and are generally larger than clubs. Sign up for their listservs, or attend a meeting for more information on how to get involved!

AIESEC **CKUT RADIO 90.3 FM** DAILY PUBLICATIONS SOCIETY (INCLUDES THE MCGILL DAILY AND LE DÉLIT) ECOLE (EDUCATIONAL COMMUNITY LIVING **ENVIRONMENT) PROJECT** THE MCGILL CHAVURAH **GOLDEN KEY** INTERNATIONAL RELATIONS STUDENTS' ASSOCIATION OF MCGILL (IRSAM) LEGAL INFORMATION CLINIC AT MCGILL (LICM) MCGILL STUDENTS OUTDOORS CLUB (MOC) TRIBUNE PUBLICATION SOCIETY (IN-CLUDES THE MCGILL TRIBUNE) OUEBEC PUBLIC INTEREST RESEARCH **GROUP (QPIRG)** 

### **OPERATIONS**

The SSMU manages the University Centre and leases the building from McGill. It also runs Gerts (our student bar), the SSMU Daycare Centre, the health and dental plan, and much more!

The SSMU's operations team, focused on supporting the Centre and its many clubs and services, also serves as the event hub of the SSMU, not only assisting with popular events like 4 Floors and Fac-O, but also serving as a resource to assist with club events. Feel free to reach out to them with any questions you have about running an event!

#### gerts

University Centre (3480 rue McTavish), basement (514) 398-3459 | gerts@ssmu.ca **MON, TUES:** 10 a.m.-12 a.m. **WED-FRI:** 10 a.m.-2 a.m. **SAT, SUN:** Reservation only

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. They also have a great little coffee bar that's open all day for when you need a fix! While Gerts has been closed due to building renovations, the operations team is hard at work to get it revamped and open for business.



### FUNDING OPPORTUNITIES

#### need some money?

The SSMU offers funding to different project and event ideas throughout the year. The Funding Committee meets weekly to review applications and approve costs for cultural events, trips to conferences, equipment for group projects, and more. Submit an application by December 1 for winter semester plans. Anyone can apply for funding, even after costs have been spent (although retroactive funding is not guaranteed).

### what you need to know about applying:

**HAVE A CLEAR, DETAILED BUDGET!** The biggest mistake applicants can 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 AC-COUNT. The SSMU doesn't provide personal assistance through these funds. Ask your club, faculty association, departmental association, or organization about using their bank account for the funding.

**APPLY FOR EXTERNAL FUNDING!** This lets the Committee know you're dedicated to your project, and also gives you more resources to work with.

**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!

#### the funds:

ssmu.ca/resources/funding

**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.

**FIRST YEAR FUND:** Supports first-year students and their representative groups when engaging in initiatives that make positive changes in the experiences of first-year students.

**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.

**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.

**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.

**CLUB FUND:** This fund has more requirements because it's only open to full-status SSMU clubs. If you want more funding for your club, make sure to read up on the regulations!

**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.

**ENVIRONMENT FUND:** Apply to this fund if you have an initiative that promotes sustainability on campus and reduces environmental impact.

**MENTAL HEALTH FUND:** This fund provides assistance to initiatives which aim to destigmatize and raise awareness on mental illness and/or improve students' mental health.

TIP: Before you send in your application, ask the Funding Commissioner to review it. The better prepared your application, the more likely it is to be accepted. fundcom@ssmu.ca.

### YOUR SSMU EXECUTIVES





#### jemark earle 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

Je suis en 3e année à la Faculté de Droit. I hope to focus my studies in alternative dispute resolution or in employment/labour relations.

#### WHAT DO YOU LIKE ABOUT BEING IN STU-DENT GOV?

It provides a unique opportunity to interact with the university administration with the ultimate goal of improving student life on campus. De plus, c'est un excellent moyen d'interagir avec les étudiants en dehors de vos groupes d'amis.

#### FAVOURITE MCGILL MEMORY SO FAR

I've had the pleasure of planning Orientation twice so far and it really makes me happy to see first-year students engaging with each other and enjoying themselves during Orientation Week.

#### ayo ogunremi

VP 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

Sociology and Philosophy.

#### WHAT DO YOU LIKE ABOUT BEING IN STU-DENT GOV?

Learning from the people doing incredibly important, behind-the-scenes advocacy for marginalised communities.

#### FAVOURITE MCGILL MEMORY SO FAR

Hosting the first successful strike general assembly in the AUS since 2011.





#### brooklyn frizzle

#### VP 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

I'm entering my third year, studying Microbiology and Immunology with a minor in Social Studies of Medicine – but let's be real who actually keeps the same minor through to graduation?

#### WHAT DO YOU LIKE ABOUT BEING IN STU-DENT GOV?

I've spent most of my career on the outside looking in and student government gives me the opportunity to share a platform for advocacy that I've never had access to – plus I hear we get a discount at Gerts!

#### FAVOURITE MCGILL MEMORY SO FAR

My favourite McGill memory would have to be the night my friends and I ditched frosh to go wander the city – make your own memories, kids, its more fun that way.

#### gifford marpole

VP 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.

#### WHAT DO YOU LIKE ABOUT BEING IN STU-DENT GOV?

I like the fact that student government allows me to be involved on campus in areas that I am interested in.

#### FAVOURITE MCGILL MEMORY SO FAR

FacO 2020 (Faculty Olympics).



#### maheen akter

#### VP 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

Political Science with a Psychology minor.

#### WHAT DO YOU LIKE ABOUT BEING IN STU-DENT GOV?

I love that I'm able to support student groups in their efforts to enhance campus life! SSMU would be nothing without its great Clubs, Services and ISGs.

#### FAVOURITE MCGILL MEMORY SO FAR

Attending OAP after exams in first year! That was the first time that I truly felt like part of the McGill community.

#### VP INTERNAL internal@ssmu.ca

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

#### follow the SSMU on social media to keep up with new campaigns, projects, contests, and events!





### **MCGILL** a look back at the last 200 years

In his will, James McGill (1744–1813) bequeathed £10,000 and his 46-acre estate, Burnside, to the Royal Institution for the Advancement of Learning. This gift had two conditions: a school was to be built within ten years of his death and the school was to be named after him. In 1821, King George IV granted a charter to the RIAL, letting them commence the effort of turning McGill's estate into a school. In 1829 Burnside Place officially opened as McGill College, which served as the Faculty of Medicine for the Montreal Medical Institute. On September 6, 1845, the new Faculty of Arts welcomed its first students. Since its founding, McGill has become one of the leading universities in the world. We have more Nobel Laureates and Rhodes Scholars than any Canadian university!

McGill has been behind major discoveries and advancements in sports and science, and has been the starting ground [birth place] of artists and authors. In line with the anniversary of McGill and the theme of this handbook, here we look back over the last 200 years of McGill.

"Looking back" isn't only about celebrating – it is also about recognizing and acknowledging failures and faults. We look back not only to reminisce but to learn how to be better. There will be a lot of pomp and circumstance surrounding McGill's 200<sup>th</sup> anniversary, but if we want to really make it count, we need to make real efforts at reconciliation. James McGill owned and sold slaves; when an abolitionist bill was introduced into the House of Assembly of Lower Canada in 1783, he voted against it. He was able to gift his estate to serve as McGill's campus because his fortune was built on the exploited labour and slavery of Black and Indigenous peoples. McGill thrived then and now in a culture based on colonialism.

Imagine what our future anniversaries could be like if we both celebrate our achievements as well as confront the entirety of McGill's legacy; if we own and atone for our history. A reconciled reputation is one to fight for, to be proud of.

The following timeline highlights milestones in the history of McGill and the power of the students who attend.



#### 1848

William Wright graduates from McGill. At 20, he became the first Black doctor in British North America. He taught at McGill for 30 years after he graduated.

#### 1860

McGill takes out a loan from the General Indian Trust Fund. On the verge of bankruptcy, the money McGill receives from this fund helps save the University from its dire financial situation. The University claims to have settled the debt with the government in 1873; however, the Indigenous peoples who were supposed to be the benefactors of the fund argue otherwise. The debt, evaluated at \$1.7 billion, is not easily repaid, and McGill has not legitimized the claims of the Indigenous communities affected.

#### 1908 <sub>•</sub>

The McGill Debating Union pioneers the Student's Society of McGill University. In 1931, women are allowed to hold executive positions.

#### 1929

McGill limits the number of Jewish students allowed to attend the University in tandem with fascist and anti-Semitic movements in Europe.

#### **1970**

McGill students occupy the office of the Political Science Department in the name of democratization and better hiring practices. Check out the documentary on their actions at nfb.ca/film/occupation.

#### *2012*

Quebec students strike in response to a proposed 75% hike in tuition. There were demonstrations for 100 days straight – the longest protest of its kind in Quebec history. McGill students, notably "the mob squad", were on the front lines. Tensions had been rising ever since riot police stormed and brutalized participants in a similar protest on campus.

#### 2019

The #ChangetheName movement, led by Indigenous students, forces the University to discontinue the use of the R\*dmen name for McGill sports teams. Over the second half of the twentieth century, many of the names and visual designs of McGill sports teams have used racist and derogatory names and imagery.

#### *1884*

The first female students are admitted to McGill. In 1888, Eliza Cross, Martha Murphy, Blanche Evans, Jane Palmer, Grace Ritche, Alice Murray, Georgina Hunter, and Donalda McFee become the first women to receive degrees from McGill.

#### • *1925*

The Hochelaga Rock, recognizing the original keepers of the land, is placed on lower campus.

#### • 1940

John Humphrey, alumnus and Professor of Law at McGill at the time, drafts the United Nations Universal Declaration on Human Rights.

#### 1991

The Sexual Assault Centre of McGill Students' Society (SACOMSS) begins their mission and is the first network in Canada of its kind.

#### **2016**

McGill's Board of Governors refuses to divest from fossil fuels, claiming the industry does not cause grave social injury, despite research into the ties between fossil fuels and climate change. Divest McGill organizes a sit-in outside the James Administration building and several McGill alumni return their diplomas in protest.

29 | HISTORY



#### **MY FAVOURITE MEMORY...**

What I have taken away from McGill are the life-long connections and friendships – the classmates, the buddies from residence, and the alumni community. Even though I have moved away from Canada, I still find myself connected to the McGill community abroad.

– Caroline Mei, BA&Sc, 2015

### CAMPUS EVENTS

#### activities night

#### september 9–10, online fb.com/SSMUCS

If you're looking to get involved at McGill, make sure you save this date! Organized by the SSMU, Activities Night gives you the chance to explore all of the Society's clubs, services, ISGs, etc so you can find a group that really speaks to you. Usually over 250 groups attend, so take the time to ask questions and explore the different ways to get involved at McGill.

#### beatty lectures

#### fall

#### mcgill.ca/beatty

Established in 1952, the Beatty Lecture is Mc-Gill's most distinguished and endowed lectureship, and one of Canada's longest running lecture series. The Beatty Lecture aims to foster the exchange of ideas by bringing the world's leading thinkers to McGill to give a public lecture on a subject of their choice and spend one or two days engaging with McGill faculty and students. Past speakers have included Canadian author Margaret Atwood and nature conservationist Jane Goodall. This year's speaker is McGill alumnus, cognitive psychologist, and linguist, Steven Pinker!

#### **Black history month**

#### february

Black History Month, typically hosted by the Black Students' Network, The McGill African Students' Society, and the Office of the Provost and Vice-Principal (Academic) aims to celebrate and centre Blackness throughout the history, the present, and the future of McGill and beyond.

#### McGill survival workshops

#### tuesdays in fall semester mcgill.ca/redpath/events/out-and-about

Started only last year, the Redpath Museum offers 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.

#### science research lectures

#### Redpath Museum 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.

#### sexual assault awareness week

#### fb.com/sacomss

Hosted by OSVRSE and SACOMSS, 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 hosting a series of workshops and self-care events throughout the week.

#### Indigenous awareness week

#### september/october

McGill University's Indigenous Awareness Week is designed to increase awareness at Mc-Gill about Indigenous peoples in Canada. The week honours the many Indigenous cultures across the country including the Métis, the Inuit and First Nations. The week also offers an opportunity to collaborate with community partners and draws active participation from McGill students, faculty and staff.

### queer history month october

Queer History Month celebrates and highlights the history and achievements of 2SLGBTQIA+ communities at McGill University and more broadly in Montréal, Québec and Canada. Through a series of screenings, panels, workshops and community events, Queer History Month aims at raising awareness, advancing education and increasing the visibility of 2SLGBTQIA+ communities by recognizing their history and contributions, building bridges and bringing together McGill students, staff, faculty, alumni and Montréal community members.

#### Halloween party

#### end of october fb.com/SSMUSSPN

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 Faculty Olympics in mid-March.

#### the McGill farmers' market 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.

### well week

#### january

McGill's annual mental health awareness week boasts a lineup of activities to help you take a break, talk about mental health, and find ways to bring balance to your life and well-being.

#### 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. In Winter 2020, the event was hosted online. For more information check out their FaceBook page at fb.com/OpenAirPub.

#### career fairs

#### ongoing | 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. These fairs give you the chance 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.

### LIVING IN RESIDENCE mcgill.ca/students/housing

McGill residences welcome over 3,000 students each year. Most students in residence are in first year, but there are also specific housing accommodations for upper-year students (Greenbriar and Hutchison). Additionally, in first-year residences, upper-year students work as Floor Fellows, guiding and supporting students through the transition to university. Living in residence has many advantages – they're communities where you can meet new people, form social networks, and plan events designed to make your first year great. However, residence is much more expensive than renting in Montreal, and McGill has some of the highest priced residences in Canada.

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: These councils plan events and voice the needs of their hall's residents.
- 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.

TIP: Feeling overwhelmed? Flip to our Mental Health section as well as this list by Ami Quebec for mental health services that cater to specific cultural and ethnic communities: amiquebec.org/communities
# CHEAP EATS mcgill.ca/foodservices

It's hard to find food that is both cheap and healthy as a student. Below are some options in and around campus that aren't too expensive and good options for keeping you going throughout the day. 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.

### soupe cafe

#### craving: grilled cheese Burnside Hall (805 rue Sherbrooke Ouest)

Found in the basement of Burnside Hall, this cafe offers affordable and fresh sandwiches, wraps, soups, and drinks, as well as plenty of vegetarian and vegan options.

# midnight kitchen

#### craving: vegan food midnightkitchen.org midnightkitchencollective@gmail.com

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 kitchen

#### craving: cheap vegan food Concordia Hall Building (1455 boulevard de Maisonneuve Ouest, floor 7) peoplespotato.com

People's Potato operates like Midnight Kitchen and is open Monday through Friday on Concordia campus. They also offer emergency food baskets every other Friday. Check their website for more information and updates on when the kitchen is open.

# AUS snax

craving: coffee & candy Leacock, floor 1

This student-run cafe sells fair-trade Santropol coffee, baked goods, vegan lunch options, candy, and a few other snacks. If you bring your own mug, coffee is only \$1 – the best deal on campus!

# vinh's café

craving: Vietnamese food Strathcona Music Building (555 rue Sherbrooke Ouest) Genome Building (740 avenue Dr Penfield)

Both Vinh's locations offer up delicious Vietnamese food, including sandwiches for as little as \$4!

# frostbite

craving: ice cream

#### McConnell Engineering, floor 1 (3480 rue University)

This awesome stand run by the Engineering Undergraduate Society is tucked away in Mc-Connell in the EUS Mall, where they sell ice cream and play some seriously bumpin' tunes. 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 on us. Nothing like a sweet treat to ease the pain a little bit!

# mcgill farmer's market

# craving: fresh fruits and veggies

#### Rue McTavish

Every Thursday from 12p.m. to 5p.m. (from July until late October), you can find the Mc-Gill Farmers' Market outside on McTavish St. Bring your own bag and pick up some fresh, organic, and local produce and lunch options directly from Quebec farmers and sustainability initiatives.



# INTERNATIONAL STUDENTS

Thirty percent of students at McGill are international, that's 12,798 students from over 150 countries! However it's not easy moving to a new country, especially when encountering language and cultural differences. There are many on and off campus resources to help with getting settled in Montreal.

### resources available online

#### INTERNATIONAL STUDENT SERVICES (ISS)

# Brown Building (3600 rue McTavish), suite 5100 | (514) 398-4349

#### mcgill.ca/internationalstudents

ISS is the first place to turn with any questions you may have as an international student; it is the office at McGill that can help you with your immigration 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!

#### INTERNATIONAL BUDDY PROGRAM mcgillbuddyprogram.com

international.buddy@mcgill.ca

Check out our write-up on page 77 for more info!

#### MCGILL INTERNATIONAL STUDENT NETWORK (MISN)

#### misn.ssmu.ca | misn.exec@gmail.com

The MISN organizes events, trips, and provides a number of services to help ease international students' transition into the Montreal community.

### 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 offering employment, immigration, school and social services to help people fulfill their potential, and secure the growth and vitality of the Montreal community. The Ometz Immigration Services helps newcomers settle and integrate into their new community by offering programming which includes a comprehensive welcome program, cultural and social activities, Jewish holiday celebrations, family trips and outings, activities for children and language courses and conversation clubs.

#### CENTRE D'APPUI AUX COMMUNAUTÉS IMMIGRANTES (CACI)

12049 Laurentian Boulevard, H4K 1M8 (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, employment assistance, paperwork, and caregiver support. They also host a series of community life events to bring people together.

#### **SOLIDARITY ACROSS BORDERS** (514) 809-0773 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.

# FRANCOPHONE COMMUNITY

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 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 un droit inscrit dans la Charte des droits de l'étudiant! Assurez-vous d'en aviser votre professeur.e le plus tôt possible afin qu'il/elle puisse prendre les dispositions nécessaires pour vous.

# obtenir 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.

# restez au courant avec le délit

#### delitfrancais.com

Le Délit est le seul journal francophone à Mc-Gill 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

#### fb.com/FrenchStudentsClub

Le club FSC est géré par les étudiantes 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 du centre de la langue française mcgill.ca/flc/activities-and-events/ students-activities

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 de 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 costumière, votre metteur en scène ou votre acteur.trice intérieur.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?

# commission des affaires francophones

#### caf@ssmu.ca

Si vous êtes passionnée par 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.



# **BIPOC COMMUNITY**

### ssmu.ca/clubs/religion-culture-clubs

Below are just a few of the resources available for Black, Indigenous, and People of Colour. SSMU supports over fifty religion and culture clubs you can connect with, but if you don't see one that speaks to you, consider starting one!

#### on campus

#### **BLACK STUDENTS NETWORK**

#### Brown Building, room 415 fb.com/BlackStudentsNetworkOfMcGill bsn@ssmu.ca

The Black Students' Network of McGill is a SSMU Service that focuses on the needs and interests of Black students at McGill. This includes working to make campus a safer and more accessible space, and sensitizing the McGill community to issues concerning Black peoples.

#### FIRST PEOPLES' HOUSE (FPH)

#### 3505 rue Peel

#### (514) 398-3217 | mcgill.ca/fph

The First People's House strives to provide a home away from home for First Nations, Inuit and Métis students at McGill. While they play many roles, including being a residence, gathering place and resource centre, the FPH is first and foremost a community. It is a space where students can find academic support and stay connected to Indigenous culture.

#### INDIGENOUS STUDENTS ALLIANCE

#### fb.com/Indigenous.Student.Alliance isa@ssmu.ca

The Indigenous Student's Alliance provides integrative support for Indigenous peoples at McGill, and aims to unite Indigenous students and allies, foster Indigenous community growth, and develop relationships with other marginalized communities. The ISA also aims to develop and maintain on-going networking and partnerships with University student groups and organizations through learningteaching relationships that foster real and meaningful human development and community solidarity.

### MCGILL ARAB STUDENTS NETWORK fb.com/ASNMcGill

#### asnmcgill@ssmu.ca

Originally founded as the Arab Students' Association, the Arab Student Network is a SSMU Service that provides all students with non-religious and non-political initiatives inspired by Arab culture. They provide job opportunities, merchandise discounts, educational initiatives, integrative movements, as well as host some of the largest events on-campus (ASNetworking Event, ArabFest).

# off campus

#### NATIVE FRIENDSHIP CENTRE (NFC)

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

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

The NWSM's goal is to act as a safe environment where Indigenous women can begin to rebuild their lives after experiencing trauma. Always open at an undisclosed location, they offer support and frontline services to First Nations, Inuit, and Métis women and children.

#### THE SOUTH ASIAN WOMEN'S COMMU-NITY CENTRE

#### 1035 rue Rachel Est | (514) 528-8812 sawcc-ccfsa.ca | sawwcc@bellnet.ca sawcccovid19@gmail.com

The SAWCC creates a space for women and their families from around the world. As a feminist and anti-racist organization, they have a variety of services, including one-on-one support. They host events like community gatherings, festivals, and film nights, and support the South Asian Youth Collective (SAY).

# THE BLACK COMMUNITY RESOURCE CENTRE

6767 Côte-des-Neiges, Suite 497 (514) 342-2247 bcrcmontreal.com info@bcrcmontreal.com

The Black Community Resource Centre (BCRC) is a growing, resource-based organization that strengthens community capacity by providing professional support to organizations and individuals in need. The Centre is committed to helping visible minority youth rekindle their dreams, and achieve their full potential.

#### **DESTA: BLACK YOUTH NETWORK**

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

DESTA empowers Black youth aged 18 to 35 to reach their educational, employability, and entrepreneurial goals through a holistic and individualized approach. DESTA also offers ongoing re-entry support services such as employment, government identification cards, and medical assistance for individuals coming out of incarceration.

#### **SISTERS IN MOTION 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, including poetry readings and book launches.

#### **PAN-ASIAN COLLECTIVE**

#### facebook.com/pacmcgill

PAC aims to increase meaningful engagement in Asian history and culture in a way that recognizes the diversity of the Asian experiences. We want to empower and grow the Asian community at McGill and build a network of support and friendship.

# LGBTQ+ COMMUNITY

Montreal has a rich history of LGBTQ+ activism and community. Known as a "queer mecca" for tourists, there are plenty of events around the city as well as a plethora of community and health resources for queer people to help you explore and celebrate your identity.

#### resources on campus

### QUEER MCGILL

#### 3471 rue Peel, room 303 queermcgill.org | admin.qm@ssmu.ca

Queer McGill is a student-run service by and for queer folks. They offer safer-sex supplies and gender affirming products while also organizing board game nights, parties, and movie screenings. This is a great place to make connections with fellow LGBTQ+ members.

#### THE UNION FOR GENDER EMPOWER-MENT (UGE)

#### 680 Sherbrooke Street West, Room 150 facebook.com/UGEMcGill | uge@ssmu.ca

The UGE is a trans-positive, anti-racist, feminist service that runs trans 101/allyship and anti-oppression workshops, hosts an alternative zine library, and offers resources on safer queer/trans-friendly health services in Montreal.

# resources off campus

CENTRE FOR GENDER ADVOCACY ADMINISTRATION, PEER SUPPORT AND TRANS ADVOCACY: 2110 rue Mackay PROGRAMMING AND CAMPAIGNS (INCLUD-ING MISSING JUSTICE): 2100 rue Guy genderadvocacy.org | (514) 848-2424 x7431

The Centre operates on the mandate of promoting gender equality and empowerment particularly as it relates to marginalized communities. The Centre provides free and confidential individual services, including peer support and advocacy, safer-sex, injection and gender empowerment resources, and support for trans or questioning individuals. Their programming includes Missing Justice which demands justice for missing and murdered Indigenous women, girls, trans and two-spirit people.

### ACTION LGBTQ WITH IMMIGRANTS AND REFUGEES (AGIR)

#### 2075 Plessis, room 311 | agirmontreal.org

AGIR Montreal offers support services to LGBTQ+ migrants including organized support groups, drop-in sessions, and individual accompaniment. AGIR also protects and defends the legal, social, and economic rights of migrants, asylum seekers, refugees, and immigrants from LGBTQ+ communities.

# PROJECT 10 (P10)

### 1575 Atateken | (514) 989-4585 | p10.qc.ca

P10 is a service for youth aged fourteen to twenty-five, with weekday drop-in hours and weekly hangouts. They also provide in-person active listening, advocacy, and can help you navigate the medical or legal aspects of transitioning.

#### AIDS COMMUNITY CARE MONTREAL 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 SANTÉ TRANSVESTI(E)S ET TRANSEXUEL(LE)S DU QUEBEC 300 Ste. Catherine Est | (514) 847-0067 x 207 astteq.org | info@astteq.org

ASTT(e)Q is run by and for trans people. They offer bilingual peer counselling to people questioning their gender identity, as well as the friends and family of trans people. They organize accompaniment and advocacy services, a weekly drop-in for trans and questioning individuals, educational workshops, harm reduction materials and health services, and community dinners.

#### INTERLIGNE (514) 866-0103 | aide@interligne.co

Interligne has 24/7 services, including a talk and text helpline, online chatline, and email support. They provide information and references as well as conduct awareness campaigns and programs.

# THE ARTS

While McGill lacks fine arts programs and classes, many ISGs and clubs fill in the gaps.

# 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.

#### 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

autstheatre.ca

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 COMEDY CLUB fb.com/mcgillcomedy

# MCGILL STUDENTS' IMPROV

fb.com/mcgillimprov

MCGILL STUDENTS SPOKEN WORD ASSOCI-ATED YOUTH (MCSWAY)

mcsway.wordpress.com



# dance

SSMU is home to many different types of dance clubs, so there's bound to be one that suits your level and style!

### AUDITION-BASED 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.

#### ALEGRIA CONTEMPORARY BALLET COMPANY

fb.com/alegriacontemporaryballet **DANCE PACK** 

fb.com/mcgilldancepack

fb.com/inertiamoderndancecollective MOSAICA DANCE COMPANY

fb.com/mosaicadancecompany

TASHAN DANCE COMPANY tashandancecompany.com MONTREAL DI MAJESTY fb.com/montrealdimajesty

### **NO-AUDITION 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

fb.com/groups/29124883755196 MCGILL STUDENTS' BALLROOM DANCE CLUB

ssmu.ca/ballroomdance MCGILL SWING KINDS ASSOCIATION fb.com/mcgillswingkids RECREATIONAL DANCE COMPANY fb.com/RDCmcgill SALSEROS fb.com/salserosmcgill

**URBAN GROOVE (UG) DANCE PROJECT** fb.com/Urban-Groove-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 choirs and a cappella groups at McGill that perform year-round and recruit new members at Activities Night. Check out their websites to find out when auditions or performances are happening.

#### CHROMATONES A CAPPELLA

chromatones.ca EFFUSION A CAPPELLA effusion.ca

#### RAAG FUSION A CAPPELLA

youtube.com/raagofficial

TONAL ECSTASY A CAPPELLA

tonalecstacy.com

SOULSTICE A CAPPELLA

soulsticeacappella.website

#### **GROUP INSTRUMENT 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

These groups use music as a force for social justice. Join to help bring awareness to a variety of issues, or to help plan fundraising events.

#### 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 of traditional Chinese music, these clubs will help you connect with other students who share your taste in tunes.

#### K-RAVE KPOP CLUB

fb.com/KraveKpopClub

#### MCGILL STUDENT'S CHINESE MUSIC SOCIETY

fb.com/mcgillstudentschinesemusicsociety

#### **CHORAL MUSIC**

Choirs give students the chance to perform live and express their passion for music through choral music.

#### LES MUSES CHORALE

lesmuseschorale.wix.com/lesmuseschorale MCGILL CHORAL SOCIETY

mcgillchoral.ca

#### MUSIC RESOURCES

These groups provide a range of services, from theory and practical lessons to a loaning bank for musical instruments. Check out their websites for more information!

#### 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 at McGill. These clubs focus on different mediums, so check out their websites for more info.

#### MCGILL STUDENTS' VISUAL ARTS SOCIETY

fb.com/mcgillstudentsvisualartssociety MCGILL UNDERGRADUATE PHOTOGRAPHY STUDENTS SOCIETY (MUPSS)

effusion.camupss.ca MCGILL STUDENTS CHINESE BRUSH ARTS

facebook.com/mscbac

#### SHOW YOUR ART

Interested in finding a venue for your work? These groups hold frequent exhibitions of student work – check their websites to find out when they're accepting submissions!

#### FRIDGE DOOR GALLERY

thefridgedoorgallery.com FOLIO MAGAZINE foliomagazine.ca

# CAMPUS MEDIA

# 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.

# 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.

# the bull & bear

#### bullandbearmcgill.com editor@bullandbearmcgill.com

The Bull & Bear is a news and commentary publication based out of the Desautels Faculty of Management. They publish regularly online and print a special magazine issue at the end of every semester.

### mcgill science undergraduate research journal (msurj)

#### msurj.com | msurj.sus@mail.mcgill.ca

The McGill Science Undergraduate Research Journal (MSURJ) offers undergraduate students from any university the unique opportunity to publish their findings to the McGill research community.

#### the mcgill journal of decolonization, postcolonial, and anti-colonial studies

#### facebook.com/mcgilldpastudies mcgillpocostudiesjournal@gmail.com

The journal started in 2018 as a forum to centralize the concerns of the many oppressed and marginalized communities throughout the world by publishing articles and papers which effectively deal with those issues.

#### veg magazine

#### fb.com/thevegmagazine veg.magazine@gmail.com

A semi-annual literary publication that publishes student prose, poetry, and artwork. Free issues can be found in the Arts Building, Leacock and McLennan.

# ckut radio

#### 3647 University | programming@ckut.ca (514) 448-4041 | ckut.ca

CKUT is a non-profit campus/community radio station with a commitment to alternative music, news, and spoken word broadcasting. Tune in at 90.3 on the FM dial in Montreal or listen online at www.ckut.ca.

### student television at mcgill (tvm)

#### 680 rue Sherbrooke Ouest, room 150 (514) 398-4400, ext. 00155 | president@ tvmtelevision.com | tvmtelevision.com

TVM is a SSMU service and McGill's student-run television and film production team, offering original content, event coverage, filmmaking 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. Starting in 1980, the Scrivener publishes poetry, short fiction, reviews, visual art, and photography in print once a year.

### mcgill international review irsam.ca/mir

The McGill International Review (MIR) is a bilingual student-run scholarly journal and online publication which provides academic analysis and coverage of world affairs under the aegis of McGill University.

# the mcgill tribune

680 rue Sherbrooke Ouest, suite 723 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.

# mcgill journal of political science

#### mjps.ssmu.ca editorinchief@mcgillpssa.ca

The MJPS aims to publish high quality undergraduate research papers that offer unique perspectives on relevant topics in politics, government, and international affairs.

# STUDENT ACTIVISM

ssmu.ca/clubs/political-socialactivism-clubs

McGill has a long history of student activism and is a great spot to explore your political and social interests. Check the list of activism opportunities below!

# political parties

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

CONSERVATIVE ASSOCIATION @ MCGILL UNIVERSITY

conservativemcgill.ca DEMOCRATS ABROAD @ MCGILL

democratsabroad.org/ca\_montreal

LIBERAL MCGILL

fb.com/liberalmcgill
NEW DEMOCRATIC PARTY (NDP) MCGILL

fb.com/ndpmcgill

#### QUEBEC LIBERAL PARTY (PLQ)

cj.plq.org SOCIALIST FIGHT BACK AT CONCORDIA AND MCGILL fb.com/fightbackCM

# 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 CKUT 90.3 FM

ckut.ca

QUEBEC PUBLIC INTEREST RESEARCH GROUP AT MCGILL (QPIRG)

qpirgmcgill.org MCGILL STUDENT SUSTAINABILITY NET-WORK

mcgill.ca/sustainability/get-involved/connect-group

# issue-focused activism

Have a specific issue you are passionate about and want to explore?

CLIMATE JUSTICE ACTION MCGILL (C-JAM) facebook.com/ClimateJusticeActionMcGill DIVEST MCGILL divestmcgill.com

#### F-WORD

fwordmtl.com FREETHOUGHT ASSOCIATION fb.com/FreethoughtAssociationMcGill HERBIVORE SOCIETY FOR PEACE AND JUSTICE herbivores.ssmu.ca INDIGENOUS STUDENT ALLIANCE (ISA) fb.com/Indigenous.Student.Alliance MCGILL AGAINST BILL 21 facebook.com/McGillAgainstBill21 MCGILL CANADIAN STUDENTS FOR SENSI-BLE DRUG POLICY facebook.com/cssdpmcgill MCGILL FOOD COALITION mcgillfoodcoalition.wordpress.com MCGILL STUDENTS CHAPTER OF JOURNAL-ISTS FOR HUMAN RIGHTS (JHR) fb.com/JHRmcgill MCGILL STUDENTS CHAPTER OF WAR CHILD facebook.com/ mcgillstudentschapterofwarchild MCGILL STUDENTS FOR A FREE TIBET facebook.com/sftmcgill MCGILL STUDENTS FOR AMNESTY INTER-NATIONAL facebook.com/ McGillStudentsForAmnestyInternational MCGILL STUDENTS FOR FIMRC facebook.com/McGill.FIMRC MCGILL STUDENTS FOR GREENPEACE facebook.com/GreenpeaceMcGill MCGILL STUDENTS FOR HANVOICE mcgillhanvoice.weebly.com MCGILL STUDENTS FOR OXFAM QUEBEC fb.com/oxfam.mcgill MCGILL STUDENTS FOR UN WOMEN CANA-DA NATIONAL COMMITTEE fb.com/UNWomenMcGill MCGILL STUDENTS IN SOLIDARITY FOR PALESTINIAN HUMAN RIGHTS (SPHR) fb.com/sphrmcgill **OPENMEDIA MCGILL** fb.com/openmediamcgill STUDENTS FOR PEACE AND DISARMAMENT - PEACE CLUB fb.com/mcgillpeaceclub

44 | CAMPUS LIFE

# JOBS ON CAMPUS

Finding a job when you're studying at McGill can be difficult; especially if you don't speak French. Luckily there are many jobs on campus available for students that can be done remotely and in person. Ask The Career and Planning Service (CaPS) for more information. For international students, don't forget to check with ISS to see what you need to do to work in Canada.

# the career planning service

#### Brown Building (3600 rue McTavish), suite 2200 Macdonald Campus (Centennial Centre, 21111 rue Lakeshore, Ste-Anne-de-Bellevue) mcgill.ca/caps/students | careers.caps@mcgill.ca | (514) 398-3304

The McGill Career Planning Service (CaPS) assists students in their career development and search for permanent, part-time, and summer jobs, as well as internships, by providing work-shops, individual advising, a comprehensive job posting service, and an extensive Career Resource Centre. CaPs also offers appointments with career counsellors for more specific advice. Set up a myFuture account https://caps.myfuture.mcgill.ca/students for updates and opportunities.

# types of jobs on campus

### WORK STUDY

#### mcgill.ca/studentaid/work-study

WHAT: A needs-based program for part-time work like clerical, research, technical, or library jobs on campus or McGill-affiliated hospitals and organizations. 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.

**HOW:** The work study application opens on July 1 in Minerva. Applications can be submitted throughout the year, but it's best to apply before September to guarantee your options. After you're accepted into the program, you still need to apply separately to the jobs available.

### FACULTY ASSOCIATIONS

WHAT: Faculty associations 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).

#### SSMU

#### ssmu.ca/jobs

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

**WHO:** Any qualified student with an interest in the position. SSMU hires positions related to political activism, event management, human resources, communications, and many more.

**HOW:** Job postings for the following academic year are usually released in March and April, while applications for summer positions open in January and February.External job postings can also be found on the SSMU Marketplace webpage.

### STUDENT HOUSING

#### mcgill.ca/students/housing/life

WHAT: McGill hires Floor Fellows and Residence Life Facilitators every year. A Floor Fellow lives with and guides first-year students in residence, while Residence Life Facilitators plan events for residences throughout the year.

**HOW:** Applications for Floor Fellows go up in late December, while those for Residence Life Facilitators are posted around March and April.

#### **RESEARCH POSITIONS**

WHAT: If you are interested in researching a specific field, try asking your professors if they have any projects that could use a research assistant. Or look into independent research funding.

**HOW:** The Arts Undergraduate Research Internship Awards (ARIA) offers summer research stipends for students doing research work for faculty. The Science faculty also offers research awards: check out mcgill. ca/science/research/ours/sura for more information. Additionally, QPIRG offers research stipends for projects focused on social justice.

#### ATHLETICS

mcgillathletics.ca

**WHAT:** McGill Athletics requires students to referee and supervise sports facilities throughout the academic year, and also offers some summer positions.

**HOW:** Visit Client Services at the Currie Gym, or visit their website; job opportunities are hidden under the "About Us" tab. Jobs are posted year-round, but many go up at the end of January.

# VOLUNTEERING

### 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

Mylnvolvement 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 mylnvolvement, as well as other events, workshops and volunteer opportunities. It also tracks and records your participation for your co-curricular record.

# volunteer bureau of Montreal

#### cabm.net

The Volunteer Bureau of Montreal has been promoting volunteerism in the Montreal community since 1937. They list tons of opportunities on their website, as well as more information about organizations and how to get involved.

# the career planning service

# mcgill.ca/caps/students/job/volunteer contact info on page 45!

The CaPS website has a handy guide to volunteering, with places to 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!



# CIFE IN MONTREAL

#### **MY FAVOURITE MEMORY...**

McGill opened up my eyes to a new world, new opportunities and unforgettable experiences. From the all-nighters studying at Cyberthèque library and the daily hikes up the mountain to the McIntyre building for class, to randomly joining origami and salsa dancing classes, every day was unique and at times uncertain, but I embraced every moment and it shaped the person I am today. McGill was more than just a degree for me. I made lifelong friends, lived in one of the most exciting cities in the world and studied amongst the best and the brightest. Most of all, McGill taught me to dream big and has inspired me to, every day, find ways to "Be the change you wish to see in the world (Gandhi)".

– Fazila Lakhani, BA 2012

# NEIGHBOURHOOD GUIDE

It's time to pop the McGill bubble! Montreal is one of the world's top student cities – take advantage of what it has to offer while you're here. Explore different areas of the city. Grab a bagel in the Mile-End, have a picnic in a park in the Plateau, go for a stroll by the canal in St-Henri, or walk the cobblestone streets of the Old Port. Here is a short guide to some of the best Montreal has to offer for living and leisure.

### milton parc

#### boundaries: University to St. Laurent, Sherbrooke to des Pins

Milton-Parc is a very convenient place to live if you are studying at McGill: it's close to campus, downtown, and Montreal's famous nightlife. There are also plenty of local grocery stores, cafes, restaurants, and boutiques. However, because of the number of students, rent in the area has increased over the last few years. If you're interested in living in Milton-Parc, think about joining the Milton Parc Citizens' Committee, or volunteering in the community! Most students only stay in Montreal for four years; while you're here it's nice to consider how you can give back to your temporary home.

### plateau-mont-royal

#### boundaries: St. Laurent to Papineau, Sherbrooke to Mont-Royal

This expansive neighbourhood is filled with great cafes, parks, bakeries, bars, and clubs. Like Milton-Parc, the area is now full of students, which can be reflected in rent prices. If you want a little separation from campus, bus lines, bike lanes, and the metro make getting to school from the Plateau easy. The Plateau is full of entertainment of all kinds – even Montreal's only adult movie theatre, Cinema L'Amour!

# notre-dame-de-grace (NDG)

Notre-Dame-de-Grace is west of campus, and offers a straightforward commute by way of the 24 bus line. NDG is a fairly Anglophone neighbourhood with decent rent and lots of families. If you're looking for a quieter neighbourhood that still has homely cafes and greenspaces, NDG may be for you. If you're looking to explore, check out Saint Joseph's Oratory – Canada's largest church and the tallest building in Montreal!

# le sud-ouest

#### Saint-Henri, Griffintown, Little Burgundy

Atwater Market, the Lachine Canal, and great food and drink spots are just a few of the reasons to head over to the area often simply known as "le Sud-Ouest." As with many areas in the city le Sud-Ouest is also facing rapid gentrification. This area has lots to offer, including the McGill residence Solin Hall. Check out a show at Theatre Corona, and don't forget to get a late night snack at Restaurant Greenspot, known locally as the G-spot!

### mile end/outremont

#### north of the Plateau to Van Horne east of Parc is the Mile-End, while west is Outremont

These neighbourhoods are home to an array of young professionals, queer communities, and the hub of Montreal's Hasidic Jewish population. It's a vibrant community currently fighting gentrification and rent hikes. There are plenty of local businesses and landmarks to support, like Montreal's competing bagel shops St. Viateur and Fairmount; the favourite café of McGill alumni Arcade fire, Olimpico; and Montreal's staple bookshop, Drawn and Quarterly. While a bit longer of a commute, living farther north can provide a better separation between your school and personal lives, and allow you to see a different side of the city.

**TIP:** If you want to spice up your studying, try heading to a cafe in a neighbourhood you haven't visited before. Montreal has one of the highest number of restaurants and cafés per capita in North America, so there are plenty of options (and good coffee spots) across the city!

#### parc ex

#### boundaries: Between the Outremont railyard and Highway 40

As the Mile End's popularity creates a demand for more space, working class and immigrant families are being pushed out of Parc-Ex, which has enjoyed affordable rent for decades. Parc-Ex has long been known as one of Canada's most diverse neighbourhoods, and also one of its poorest. A portion of Parc-Ex has been renamed Mile-Ex to advertise the neighbourhood to wealthier renters and condo-dwellers. Along the southern borders of the neighbourhood, l'Université de Montréal is building a new campus, so expect an influx of students in the area over the next few years. Parc-Ex is also home to Marché Jean-Talon. which is open year-round and a great place to get your groceries from local businesses!

## other neighbourhoods

Montreal has 19 boroughs, each with their own neighbourhoods and unique character. There are plenty of other areas with affordable rent and reasonable commutes, like Côtedes-Neiges, Rosemont, Verdun, and Hochelaga-Maisonneuve. While wandering the city, in general, the farther east you go, the more Francophone the area is likely to be; in contrast, the West Island is home to more Anglophone communities.

Don't be afraid to be a tourist every once in a while too! It's easy to get caught up in school and forget that you live in Montreal. Take a break by exploring the cobbled streets of Old Port, see a local drag show in the Gay Village, or grab brunch at one the many famous spots in the Mile-End.

### a note on gentrification

Gentrification is the process where a neighbourhood changes to cater to the tastes and lifestyles of upper class people. Gentrification often sees communities of colour and/or working class families priced out of the area. This leads to further class divisions and housing insecurity.

# **GETTING AROUND**

# public transit

#### stm.info/en

The Société de transport de Montréal (STM) is responsible for running buses and the metro across Montreal. There are four metro lines in total: Blue, Yellow, Orange, and Green. The Orange and Green lines run through downtown and are the busiest and the closest to campus. There are machines at every station for you to use debit or visa to buy tickets, but the tellers at the gate only accept cash. Make sure to hold onto your receipt and ticket, because STM officers will sometimes stop to ask for your 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.

**\$52.00:** Cost of a monthly full-time student pass for all those of all ages. You can order one of these online through Minerva.

#### **RUN TIMES**

All metros open at the same time, 5:30 a.m., but they close separately. To see what time the last train leaves, go to the station page on the STM website. Most buses run 24/7, although bus numbers change after 1:00 a.m., as some night routes differ.

We recommend checking the STM website for the metro and bus schedules at stm.info/en

#### **HOURS OF OPERATION**

The STM's "Between Stops" service provides women travelling alone at night with free travel on all bus lines. You can tell the driver, one stop ahead of time, where you would like to get off the bus and they will drop you off as close to your desired location as possible. The "Between Stops" services operates at the following times:

- Starting at 7:30 p.m. from August 30 to April 30
- Starting at 9 p.m. from May 1 to August 29

# biking

#### mcgill.ca/transport/cycling

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

#### FIXING YOUR BIKE

#### facebook.com/TheFlatBikeCollective

Want to learn how to fix your bike? Reach out to the Flat Bike Collective! 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 Ontario St.

#### **OWNING A BIKE**

You can buy a secondhand bike on Craigslist, Kijiji, or a McGill Facebook group, but be careful for scammers who re-sell stolen bikes. For new bikes, there are plenty of shops, with prices from affordable to eye-popping. Make sure you invest in a good bike lock – Montreal is very popular for bike thieves too.

#### **RENTING A BIKE** mcgill.ca/transport/cycling/bixi

McGill offers a 15% discount for an annual BIXI membership for students, but you can also rent by the hour, daily, or more. Over the summer, they offer free rides the last Sunday of every month. You need a credit card to rent these cruising bikes, so check out their website for more info.

# GETTING AROUND (CONT'D)

#### cars

Driving in Montreal is notoriously difficult, but for some situations, like day trips, large shopping missions, or moving – its easier to drive than try to navigate transit with full arms.

#### RENTING

# mcgill.ca/travelservices/transport/book-vehicle

There are high premiums for drivers under the age of 25 at traditional companies; check out the link above for legal information and advice for McGill students. There are also car rental memberships for short distances like Communauto – perfect for day trips or Costco runs.

#### OWN

#### statdemtl.qc.ca/en

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

#### САВ

In Montreal, the base fee for taxis is \$3.45 plus \$1.70/KM. Uber is also available in Montreal. However, SSMU's Drivesafe, which operates Thursday–Sunday, will get you home for free!

# MILTON-PARC not the ghetto.

Milton-Parc, the neighbourhood directly east of campus, is home to thousands of students, earning it the misnomer of "the McGill Ghetto." However, this label erases the long and storied history of the neighbourhood and its long-term residents. There are nearly 12,000 residents in the area, of which just under a quarter are McGill students. The neighbourhood does not belong to McGill students, yet we leave a huge impact on the lives of permanent residents. Here's some information on the history and activity of Milton-Parc, as well as a look at what the SSMU and McGill are doing to maintain and build stronger relationships with citizen organizations.

# facts

- Milton-Parc is one of the oldest neighbourhoods in Montreal and a heritage area of the city. The first residential properties sprung up in the late 18th century, and Milton-Parc became an official neighbourhood by the end of the 19th century.
- Milton-Parc is home to the largest concentration of cooperative housing in Canada. More than 1,500 people in the neighbourhood live in community-owned and operated housing. The network consists of 616 apartments, 148 buildings (2 commercial and 146 residential), and houses people from over 50 countries.
- The majority of the commercial buildings in the neighbourhood are also owned and operated by the community; when a business in the area goes up for sale, the community has first claim before it can list on the open market.

# activism

- In the 1960s, the Milton-Parc Citizen's Committee (MPCC) fought against gentrification and over-development, leading to the preservation of many buildings and the community we now know.
- The organization Solidarité Milton-Parc works with the neighbourhood's largely Indigenous houseless population, providing meals and community. If you'd like to get involved, check out their website for ways to support their project.
- Currently, community organizations are lobbying the city to use parts of the Royal Victoria Hospital and Hôtel-Dieu as community housing spaces.

# mcgill's role

- In 2010, the McGill administration, the MPCC, and the SSMU created the C.A.R.E (Community Action and Relations Endeavour) agreement. This document outlines how we can be better neighbours as well as the expectations held by and for each stakeholder group (students, administration, and citizens). You can find more information on the C.A.R.E agreement here: externalaffairs.ssmu.ca/ community-affairs/c-a-r-e-agreement
- The SSMU also employs a Community Affairs Commissioner through the portfolio of VP (External Affairs). The Community Affairs Commissioner acts as a liaison between citizen groups, the SSMU, and the McGill administration. To get in touch or volunteer, email them at commaffairs@ ssmu.ca.

# LEARNING FRENCH

Knowing French helps you a lot not just in Montreal, but across the country. While most areas around campus are more Anglophone, Montreal is still a very Francophone city. There are plenty of resources at McGill for students no matter their language level. Just remember that practice is key, speaking French (and mastering your accent) becomes easier the more you do it.

# tips on starting your French-learning journey:

**TRY AN APP.** Free ones like Duolingo are a great way to learn words and practice pronunciation regularly, especially if you're nervous.

**START SMALL.** Practice your French in simple conversations, like with the cashier at your local grocer or dépanneur.

**LISTEN TO FRENCH RADIO.** The best way to acclimatize to the signature Montreal accent is to listen intently. Try tuning in to Radio Canada 95.1 FM, Le Quebec Maintentant 98.5 FM, or CKAC Radio Circulation Montreal 730 AM.

**TRY AN IMMERSION PROGRAM.** Quebec Studies at McGill offers a five week long summer intensive program designed to improve French language skills and teach Quebec history. Or try Explore, a summer immersion program which takes place in Montreal, Quebec City, Trois-Rivieres, and many other locations across Quebec and Canada.

TAKE A CLASS IN FRENCH. McGill classes are a great way to improve grammar. The SSMU offers a conversational French MiniCourse (ssmu.ca/minicourses) so you can practice your skills and meet new people! Community Centres in Montreal also 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 challenge yourself – try contributing!



ki!



# LIVING OFF CAMPUS

Living off campus is a great way to help make Montreal your home. There are many challenges to renting and living on your own for the first time. For all of your questions, visit the LikeHome website (likehome.info); 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: small studio with just one main room (which includes a kitchenette and a bathroom).
- 3 1/2: larger apartment that usually contains a bedroom, kitchen, living room, and bathroom.
- 4 1/2: usually contains two bedrooms, a living room, a kitchen, and one washroom (although lots of landlords try to call small study spaces a second bedroom).

### making connections

#### fb.com/groups/Mcgill.offcamus.housing

The Off-Campus Connects program helps ease the transition into university and build a commuter community by hosting events and providing support.

### subletting

#### rdl.gouv.qc.ca/en/assignment-of-a-lease-orsubleasing

Most Montreal leases are twelve months, 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, but they can't reject a sublet without cause. Advertise in as many places as possible, with clear descriptions and photos.

# where to look

You can find apartments online at Craigslist, Kijiji, McGill Off-Campus Housing and/or other housing groups on Facebook (like Chez Queer which caters to LGBTQ+ renters). Keep an eye out for "à louer" signs and ask friends if they know of any places for rent.

#### FIVE TIPS FOR FINDING AN APARTMENT

Live with roommates to cus costs! Even if you're friends, make sure to have straightforward 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 start generally on the first of the month, **start looking for a place at least two months before you hope to move in.** May 1, July 1, and September 1 are common start dates.

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 49 for more information on what neighbourhoods there are.

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 rights

#### mcgill.ca/students/housing/offcampus/ legal/rights

It's vital to know the law and your rights to prevent exploitation. 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 APART-

MENT. Or, if they want to show potential new tenants your place, they're required to respect your privacy (although this doesn't necessarily mean 24-hour notice).

BE INFORMED IN WRITING 3–6 MONTHS BE-FORE YOUR LANDLORD INTENDS TO RAISE YOUR RENT. You have 30 days to respond (and no response is considered agreement).

NOT HAVE TO PAY ANYTHING LIKE A SECU-RITY DEPOSIT, LAST MONTH'S RENT, KEY DEPOSIT, FINDER'S FEE, OR ANY OTHER EX-TRAS. 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 INSUR-ANCE NUMBER PRIVATE. However, a landlord can ask for a background check.

#### 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.

#### **REGIE DU LOGEMENT** rdl.gouv.qc.ca/en

The Régie is a specialized section of the Quebec government that oversees all things related to rental housing. They're a great resource for understanding your legal rights, and are also where you'd go to file any complaints against a landlord.

#### MCGILL STUDENT HOUSING mcgill.ca/students/housing/offcampus

McGill's collection of resources on navigating your search for an apartment and understanding your rights.

# HOUSING AND JOB RESOURCE CENTRE (HOJO)

#### csu.qc.ca/services/hojo

Although HOJO is Concordia-based, you don't have to be a student there to use their services; HOJO is an amazing one-stop shop for all your housing related questions. They'll provide you with legal advice, 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!

# ARTS, CULTURE & EVENTS

Montreal is a vibrant and artistic city with cultural depth. Below is a selection of different venues and events showcasing Montreal's finest in film, music, and fine art.

# film

**CINEMA DU PARC** cinemaduparc.com Perfect for: Indie flicks, cult classics, and more.

**CINEMA MODERNE** cinemamoderne.com Perfect for: Hard-to-find international films.

DOLLAR CINEMA

dollarcinema.ca Perfect for: A fun night out - all movies are \$2.50!

# theatre & dance

MAINLINE THEATRE mainlinetheatre.ca If you like: Independent performing art shows.

#### THEATRE SAINTE-CATHERINE

theatresaintecatherine.com If you like: Edgy shows in both French and English.

INFINITHEATRE infinitheatre.com If you like: English independent theatre.

**ESPACE LIBRE** espacelibre.qc.ca If you like: Experimental and avant-garde works.

**CENTAUR THEATRE** centaurtheatre.com If you like: Large-scale English productions.

### music

**NEW CITY GAS newcitygas.com** *Go for: Bottle service and electronic music.* 

M TELUS mtelus.com Go for: Big names in the music industry.

#### LA SALA ROSSA, CASA DEL POPOLO, LA VITROLA, LA SOTTERANEA casadelpopolo.com

*Go for: Indie music and local groups.* 

# fine art

**BELGO BUILDING thebelgoreport.com** What you'll find: Great contemporary art and many galleries.

#### MUSÉE DES BEAUX-ARTS mbam.qc.ca What you'll find: Montreal's most extensive art collection.

GALLERY X galleryx.concordia.ca What you'll find: A student-run gallery.

ARTICULE articule.org What you'll find: An artist-run contemporary art gallery.

**NEVER APART** neverapart.com Visit for: The gallery, events, workshops, and saltwater pool.



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# events & festivals

Montreal is famous for its many festivals, which take place year round. The big ones happen in the summer, but there's still plenty to do in the winter. Luckily, many of the festivals are free or include 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. Check out a couple of them below!

#### autumn

#### POP MONTREAL popmontreal.com | sept 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.

#### 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.

#### FESTIVAL DU NOUVEAU CINÉMA nouveaucinema.ca | oct 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 DOCUMENTA-RY FESTIVAL (RIDM) ridm.ca | nov 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.

#### winter

#### MONTREAL EN LUMIÈRE montrealenlumiere.com | feb 20-mar 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-nighter party.

#### IGLOOFEST igloofest.ca | jan 25–feb 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.

### spring/summer

#### PIKNIC ÉLECTRONIK piknicelectronik.com | may 19-sept 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.

#### 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.

# 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.

#### 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.

# **OFF-CAMPUS JOBS**

Want an off-campus job instead? There are plenty of work opportunities in Montreal, but most require you to be bilingual. Check out these resources for a few leads.

# 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.

# faculties and job fairs

CaPS provides provides a comprehensive listing of upcoming career fairs at mcgill.ca/ caps/students/services/careerfairs. 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
- jobbank.gc.ca/jobsearch
- young-canada-works.canada.ca



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# THE UNIVERSITY

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#### **MY FAVOURITE MEMORY...**

Celebrating at OAP Lite in April after finishing finals in my first year. I remember feeling the weight of stress come off of my shoulders and utter glee that I had made it through my first year of university. In that moment I think I truly found my place on campus, the energy was intoxicating as everyone was united in celebrating and reflecting on their accomplishments from the past year. There's a reason why they call it the best place on earth!

- Emmanuelle Faucher, BA 2020

This section will help you learn more about where you fit into the larger university structure at McGill. Find out more about the University's history, as well as its future in sustainability. Learn about how McGill's organization and governance affects you, especially when it comes to your rights and responsibilities as a student!

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# GOVERNANCE

McGill's administration is comlex and bureaucratic, but student representatives are there to bring your concerns to the attention of McGill's governing structures. Here is a quick introduction to some key elements of this structure and what kind of student representation exists.

# board of governors

This BoG consists of twenty-five members (twelve of which are members at large, who have no formal affiliation with the University) and has the final vote over decisions at McGill. Often considered a "rubber-stamping" body, the BoG meets six times a year to deal with McGill's legal, financial, and human resources responsibilities. The BOG has two voting student members, one from SSMU and one from the PostGraduate Student's Society. Representatives from the Macdonald Campus Students' Society (MCSS) and The McGill Association of Continuing Education Studies (MACES) serve as observers.

### senate

The Senate handles academic affairs at McGill and is subject to the overarching authority of the BoG. There are fourteen undergraduate student representatives on the Senate, who are usually elected to the position through their faculty or department. You can learn more about this year's senators at ua.ssmu. ca/senators. The Senate is also responsible for overseeing a number of committees, many of which have student representation, a full list is found here ua.ssmu.ca/university/ committees.

# **P**7

The P7 (the Principal's Seven) 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 and chief financial officer after the Principal, the Provost is responsible for the development, implementation, and assessment of all academics, including overseeing budgets. The current Provost is Christopher Manfredi.

#### VICE-PRINCIPALS

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

# 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), Athletics and Recreation, and Student Housing and Hospitality Services – and receives feedback from students and student societies on how these offices can be improved. The current Deputy Provost is Fabrice Labeau.

> A complete picture of McGill's administrative structure can be found at mcgill.ca/orgchart.

# FINANCES & AID

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

#### DUE DATES FALL 2020: August 30 WINTER 2021: January 6

# 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. The University uses a credit-based system, in which students pay a fixed amount per "credit", and these credits are priced depending on your program.

**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.

**FEES EXIST FOR A REASON.** Extra fees fund the SSMU, IT, athletics, and recreation. You can find the whole list and description of billed fees on the Student Accounts website.

**YOU CAN OPT-OUT OF SOME FEES.** You can choose to "opt-out" of some fees through Minerva on the Student Accounts menu. Beware, when you opt-out you can render yourself ineligible for the associated service. 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:**

- Western Union GlobalPay.
- CIBC International Student Pay.

#### getting financial assistance GOVERNMENT LOANS AND BURSARIES mcgill.ca/studentaid

The student aid office can help you figure out financial aid options from your home country or province.

#### SCHOLARSHIPS

scholarships@mcgill.ca mcgill.ca/studentawards/undergraduatescholarships-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.

#### WORK-STUDY

#### mcgill.ca/studentaid/work-study

Students in need have the opportunity to work on campus. Go to page 45 for more.

# **FRUGAL SCHOLAR MONEY MANAGEMENT** mcgill.ca/studentaid/finances

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



# STUDENT RIGHTS

# responsibilities

McGill takes plagiarism very seriously; you will find the University's Academic Integrity policy in the syllabi of every course you take. You will also be required to complete an Academic Integrity Tutorial on myCourses during your first year. McGill defines plagiarism as representing someone else's work as your own. To avoid being accused of plagiarism make sure you give credit to all the people whose work informed yours with properly formatted citations.

# know your rights

#### mcgill.ca/secretariat/policies-andregulations

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).
- Academic accommodation on religious holidays.
- A final exam that is worth no more than 75% of the final course grade (unless you are offered a choice in advance).
- Not be penalized for missed work 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.

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

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

#### OFFICE OF THE DEAN OF STUDENTS

#### Brown Student Services Building (3600 rue McTavish), room 2100

#### (514) 398-4990 | deanofstudents@mcgill.ca mcgill.ca/deanofstudents

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.

# OFFICE FOR STUDENTS WITH DISABILITIES (OSD)

1010 rue Sherbrooke Ouest, suite 410 mcgill.ca/osd disabilities.students@mcgill.ca

#### 514) 398-6009 Exam Centre:

3459 McTavish Street, Room RS56 exams.osd@mcgill.ca | (514) 398-2480

The Office for Students with Disabilities (OSD) at McGill supports students across all levels who experience disability-related barriers by facilitating the academic accommodation process. Students who have a documented disability, mental health disorder, chronic illness, or other impairment, whether temporary (i.e., concussion, broken bone), permanent (i.e., dyslexia, diabetes), or episodic (conditions that may have fluctuating symptoms or variations in impairment) are encouraged to contact the OSD to explore available supports, which may include exam accommodations, note taking support, learning resources and academic skill building, peer-to-peer supports, and assistive technology.

#### **OMBUDSPERSON FOR STUDENTS**

#### 3610 rue McTavish, suite 14 (514) 398-7059 | ombudsperson@mcgill.ca mcgill.ca/ombudsperson

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.

#### SSMU STUDENT RIGHTS studentrights@ssmu.ca

If you encounter an issue with your student rights or responsibilities, and feel more comfortable coming to a fellow student, the SSMU Student Rights Commissioner and VP (University Affairs) can advocate for you on your behalf and answer any questions you may have.

# LEGAL INFORMATION CLINIC MONTREAL (LICM)

#### Contact info on page 14

LICM has a student advocacy branch to help students with grievances and discipline.

- Discipline (for academic or non-academic disciplinary accusations, such as plagiarism, cheating, vandalism, or any other violation)
- Grievances (for students who take issue with a decision made by McGill's administration)





There can be so much happening in your first weeks that it can be easy to forget the reason you're here – academics! This section has all the info you need, including how grading and exams work. Understanding Minerva can be a pain at first, so make sure to check out our page on Course Registration. Here you can find all the tips for success, from studying and the best library spots, to tutoring, advising, and mentoring info. Get started on building your academic calendar and checklist with this section.



# **COURSE REGISTRATION**

At first it can feel like Minerva is written in a different language. This section will help you make sense of all the links, acronyms, and boxes you may come across while registering for courses.

#### Q: MINERVA CRASHED AND I DIDN'T GET INTO THE CLASSES I WANTED. WHAT DO I DO?

Don't worry, this happens to everyone at least once - try talking to an academic advisor about your options (more about on page 78). Plenty of people change their schedule in the first few weeks of the semester, so keep an eye on Minerva for open spaces. You can also contact the professor to see if they can help get you a space. If you don't mind spending one dollar, register on getaseat.ca and you'll get a text or email when a spot opens up.

#### Q: WHAT IS "ADD/DROP"?

The Add/Drop period runs from the first day of class until September 15 (and until January 19 in the Winter semester). During this period you can change your schedule as much as you like without any penalties. Add/ Drop gives you the chance to explore different subjects and times to find what works best for you. Instructors are not allowed to penalize students for missing graded work during add/ drop (you can check out page 66 for more information on your academic rights).

# Q: WHAT IS A WAITLIST? HOW DO I GET ON ONE?

If a course page on Minerva has a "WL Rem" (Waitlist Remaining) column, and the "Rem" is greater than 0, then there is space on the waitlist (not all courses have waitlists though). Students at the top of the waitlist (spot 0) will be sent an email allowing them to register for the course within the next 24 hours. If the student doesn't register in the allotted time, they lose their place on the waitlist. If you're sent an invitation to register, you should accept or reject it as soon as possible out of consideration for the other students on the waitlist. You can check your position on the waitlist by going to "View Student Schedule by Course Section" within Minerva's Registration Menu.

# Q: WHAT'S THE DIFFERENCE BETWEEN UO AND U1?

If you start at McGill as U1, that means you are a student with existing course credits equal to McGill course credits. Typically, you have advanced standing if you have enough AP or IB credits, went to Cégep, or have transferred from another university. You can find out about your status by checking Minerva's "Registration Eligibility" tab. If you are in U1, it will say if you are a "UG Level Year 1 New." If you have no credits prior to arriving at McGill, that means you are a U0. As a U0, you have to complete your faculty's Freshman year program of 30 introductory level credits. For more information check your faculty website or consult an academic advisor.
# TEXTBOOKS

Textbooks and course-packs are integral to your success in class. However these can get expensive, below are some ways to save money on textbooks. Be cautious, some textbooks have single use online access codes which prevents you from using a second-hand book for class.

The most common places to buy your textbooks are:

# LE JAMES, THE MCGILL BOOKSTORE

680 RUE SHERBROOKE OUEST LEJAMES.CA

The services normally provided by LE JAMES bookstore could change suddenly as a result of the ongoing COVID-19 crisis. Check their website, social media pages, or sign up for their newsletter for any updates. At the moment, all textbooks and course materials are ordered online at lejames.ca/textbook.

# PARAGRAPHE BOOKSTORE

2220 MCGILL COLLEGE AVE PARAGRAPHBOOKS.COM

# tips to save money:

### 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 up-to-date info!

# BUY YOUR TEXTBOOKS SECONDHAND.

LE JAMES will occasionally have used copies, but you can also check McGill Facebook groups and used bookstores (like The Word on Milton). You can also check online for a free version if it's an older text.

# LOOK FOR AN OPEN EDUCATIONAL RESOURCE (OER) ON THE TOPIC YOUR COURSE COVERS.

OERs 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!

# ENCOURAGE YOUR PROFESSORS TO SCAN RELEVANT READINGS OR TEXTBOOK PAS-SAGES AND UPLOAD THEM TO MYCOURSES.

This might not always be possible, but some profs are happy to make all relevant information available online.





# LIBRARIES mcgill.ca/library

There are plenty of cafes and other study spots around Montreal, but nothing beats a library. There are seven libraries on McGill 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. Head down to the basement cafeteria for snacks and a study break.

# blackader-lauterman library

# Redpath Library (3459 rue McTavish), floor 3

A semi-secret study space located up a back stairwell in McLennan, Blackader is the home of McGill's Architecture and Art collection, as well as a great view of campus.

# schulich library of science & engineering

# 809 rue Sherbrooke Ouest

Unfortunately, this typically 24/7 study space will be closed for renovations until 2022.

# marvin duchow music library

# Elizabeth Wirth Music Building, 3-5, entrance on 3rd floor

# 527 rue Sherbrooke Ouest

This ultra-modern, sun-filled library is renowned for its easy access to the RVC Cafeteria, Vinh's Too Vietnamese restaurant, and Starbucks. Despite its three floor range, space is limited, and students in the Faculty of Music have priority.

# nahum gelber law library

# 3660 rue Peel, floors 2-5

The Law Library takes their no-speaking and no-eating policy very seriously, so leave you friends and snacks at home. The sleek complex usually filled with law and other graduate students may be the inspiration you need to finish your paper on time. The stunning view of Mount Royal sure helps too.

# birks reading room

# William and Henry Birks Building, floor 2 3520 rue University

For a more classical atmosphere try the Birks Reading Room. Birks is the Religious Studies Library too, right across the hall is the Birks chapel, for whenever you need a little extra help studying.

# islamic studies library

# Morrice Hall 3485 rue McTavish

The Islamic Studies Library is in the centre of campus, making it a perfect destination for readings between classes. The Library in conjunction with the Institute of Islamic Studies works to highlight and illustrate the breadth of Islamic civilization.

# 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.

# **STUDYING**

McGill is academically demanding. You can expect plenty of challenges in your first semester that result in lower grades than you got in high school. Don't worry, though! It's all part of adjusting to a new environment, academic or otherwise.

# study tips

### **USE A DAY PLANNER.**

Use the calendar in the back of this book to help you keep track of your time, tasks, and events so you don't miss 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.

### 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.

# DO YOUR BEST TO SLEEP, EAT WELL, AND STAY ACTIVE.

Taking care of yourself while you study is hard, but it's incredibly helpful. Try making a schedule and set reminders on your phone to keep yourself on track.

# TALK TO YOUR PROFESSOR OR YOUR TA DURING OFFICE HOURS.

It's their job to make sure you learn the content, so make use of their expertise to help improve your studying! While it may be frightening to approach them at first, establishing a relationship with your professors will help in the long run.



# EXAMS

Exams are widely considered to be one of the most stressful times at university. Your first time writing exams can be confusing and overwhelming; while it may feel impossible to tackle, understanding the process and the resources available to you for managing stress will help get you through.

# frequently asked questions:

# 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. Wait until you have the final exam schedule before you make travel plans – McGill does not consider travel a valid reason to miss an exam!

# Q: WHAT DO I NEED TO BRING TO AN EXAM?

Make sure you have your student ID - a valid card is needed in order to write your exam. You can also bring snacks and water!

# **Q: WHAT IS AN "EXAM ACCOMMODATION"?**

Students who are registered with the Office for Students with Disabilities (OSD) can request alternative exam accommodations. The OSD has a deadline to sign up for accommodations each semester, check their website for more details. It's also important to inform the OSD if you'd rather write finals with the rest of your class.

# 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. Note 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. Some faculties - like Agricultural and Environmental Sciences, Management, Music, and Engineering - do not 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.

# Q: WHAT IS AN "EXAM CONFLICT" AND HOW DO I HANDLE ONE?

You have an exam conflict if you have: An exam conflict arises if you have:

- Two exams at the same time;
- Three exams in one day;
- Three consecutive exams in twenty-four hours;
- Four exams in two days; or
- Five exams in three days.

Usually, McGill will let you know you have an exam conflict. However, if you aren't notified, you must fill out a Final Exam Conflict Form and submit it to Service Point. You can also request religious accommodation for an exam. The deadline for requesting accommodation is four weeks before the exam period begins. You can find the form at mcgill.ca/ exams/final-exam-conflict-form.

# 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, but it helps. It's paramount 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!

# GRADES

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  $\rightarrow$  Student Records Menu  $\rightarrow$ View Unofficial Transcript).

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

# terms to 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 it's better to see an advisor before choosing to take one.

# ACADEMIC PROBATION

When your GPA is below 2.0, you are placed on academic probation. You will be reinstated after you raise your average 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.

# Κ

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 a Student Advocacy group.

# L

On a transcript, this means that you deferred a course. An "L" will stay on your transcript until you take the deferred exam and receive the grade for that course.

# W

On a transcript, this means that you withdrew from a course with the permission of your instructor and the University.

grade	grade point	numerical scale	
Α	4.0	85-100%	
A-	3.7	80-84%	
B+	3.3	75-79%	- SATISFACTORY PASS*: Needed for courses
В	3.0	70-74%	that fulfill program requirements
В-	2.7	65-69%	
C+	2.3	60-64%	
с	2.0	55-59%	
D	1.0	50-54%	<b>CONDITIONAL PASS:</b> A "D" grade can be cleared either by passing a supplemental
F	0	0-49%	exam or retaking the course

\*Depending on your faculty!

# TUTORING

Don't be scared to ask for help with your course work. Classes at McGill are hard, it's more than okay to have extra assistance. Working with a tutor can not only help your grades, it can alleviate stress too.

# mcgill tutorial service

# mcgill.ca/tutoring tutoring.service@mcgill.ca

McGill's Tutorial Service offers academic assistance from gualified and vetted students. It costs \$18.00 an hour, but first-year students get the first hour free! McGill tutorial services also offers a matching program, webinars on learning strategies, and plenty of other programming. Additionally, if you're an Indigenous student, a MasterCard Scholar, a Varsity athlete, registered with the OSD, or on academic probation, the cost of a tutor is subsidized and even free. All students enrolled at McGill are eligible to request a tutor, register for a webinar, or benefit from their self-directed learning materials. To request a tutor, fill the form at: mcgill.ca/ tutoring/tutor-request-form.

If you are interested in becoming a tutor, you must currently be enrolled at McGill, maintain a GPA of 3.2 or higher, and a least have obtained an A- in the course they would like to tutor. In addition, students must have all the relevant documentation to be able to work in Canada.

# 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. For the fall semester, they will be conducting tutoring sessions online; students can register for an appointment using their McGill email.

# engineering peer tutoring

### epts.mcgilleus.ca | epts@mcgilleus.ca

Sponsored by the Engineering Undergraduate Society (EUS) and Mcgill Engineering Student Service (MESC), EPTS is a free tutoring service for undergraduate Engineering students. The service has 15 upper-year undergraduate tutors from all departments available for weekly drop-ins to help U0/U1 students with all their courses. EPTS tutors also offer free midterm and final review sessions for U0, U1, and upper year (300+) level courses.

# the science undergraduate society (SUS)'s peer tutoring service

# peertutors.sus.mcgill.ca suspeertutors@gmail.com

The SUS's service provides 100% free oneon-one tutoring, group tutorials, help desks, 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 are struggling with an essay and need help with grammar, citations, or writing clarity, the Essay Centre tutors can provide free peer editing services! Visit their website to meet the tutors and figure out your best options for getting help.

# MENTORING

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 look into these specialized programs.

# office for students with disabilities mentor program

Peer-to-peer support for diverse learning.

### 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 skillsets.

# WHERE?

OSD at mcgill.ca/osd/services/mentoring.

# mcgill mentorship program

Provides career guidance to any McGill undergrad.

### WHO?

Mentoring by McGill alumni.

# WHAT?

Two-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.

# the international buddy program

Online peer-to-peer support for new international students.

### WHO?

Onlinementoring by returning McGill students.

# WHAT?

Helps facilitate making friends at McGill while giving language support, cultural guidance, and info about McGill.

# WHERE?

The International Student Services (ISS) at mcgillbuddyprogram.com.

# homework zone

# mcgill.ca/branches-program/schooloutreach/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 Montreal, and in Kahnawá:ke.

77 | ACADEMICS

# ACADEMIC ADVISING

# mcgill.ca/students/advising/advisordirectory

Advisors are there 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 and prepare for lines. 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!

# 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.
- Offer guidance on choosing majors, minors, and planning credit loads.
- Assist you in transferring faculties and understanding program rules.
- Help manage your academics during difficult times.

# DEPARTMENTAL ADVISORS

# WHERE?

Go to your department website to see which professor is the advisor for your program (Major, Minor, Honours, etc) and their office hours. It's always best to send an email about your goals first!

# WHAT?

- Advise you on issues related to your specific program.
- 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.

# 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.
- Brainstorm essay ideas or research topics.
- Share potential research opportunities.
- Write recommendation letters.



# STUDENT HEALTH AND WELLNESS

**AAA** 

PIRAT

### FUJI RUMY FAVOURITE MEMORY....

The many nights after rehearsals and long McLennan/Redpath study sessions where my pals and I would gather at Else's in the Plateau for a beer and heated discussions. Try the hot cider!

- Hannah Nes, Honours BA 2020

# HEALTH INSURANCE

# how student health care works

# studentcare.ca

The SSMU Health and Dental Plan helps students pay for services 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, as the University administers their own health plan for international students.

### WHAT TO KNOW

- StudentCare pairs with health care providers in Montreal to save you more. Check out these networks on Student-Care's website to find out where you can get discounts 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 enroll your spouse, common-law partner, and dependents for an extra fee.
- The SSMU office staff can't answer specific or personal 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 undergraduate 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:

- Health, Dental and Vision (insured by Desjardins): Q1103
- Travel (insured by Blue Cross): 97180

# FAMILY LIFE

There are lots of resources on- and off- campus to help students who balance family life with going to school. Here are just a few tips and networks to help you navigate your school life, as well as connect you with your kids and other families!

# on campus resources

# 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.

### THE SSMU DAYCARE

### 3600 Rue McTavish (Suite 2300) 514-398-8590

### daycare@ssmu.ca | daycare.ssmu.ca

Located in the McGill Downtown campus, the SSMU Daycare has forty spaces for infants and children aged less than eighteen months to five years. They are dedicated to providing children with the highest quality during their formative years. The spaces are subsidized and priority is given to full-time undergraduate and postgraduate students. Their waiting list is managed by www.laplace0-5.com. You can visit our website daycare.ssmu.ca for more information.

# off campus resources

### QUEEN ELIZABETH HEALTH COMPLEX 2100 Avenue de Marlowe, suite 102 (514) 485-5013 | gehc.org

The Queen Elizabeth Health Complex is a notfor-profit community-led organization which works in partnership with others to promote and preserve the health and well-being of all members of the community. They provide a variety of services including ultrasounds, mammogram tests, and alternative therapy.. You can visit their urgent care clinic twelve hours a day (from 8 a.m. to 8 p.m.), 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 55 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.

# **SPIRITUALITY & RELIGION**

# the mcgill office for religious and spiritual life (MORSL)

# mcgill.ca/morsl

MORSL is truly a multi-faith and an inter-faith space, with a quadruple mandate: to raise religious literacy amongst the student body, connect students of faith with their own communities of belonging on campus, to empower students to explore spirituality and cultivate inner well-being, and to foster dialogue and connection across diverse communities. MORSL is one of the few intentionally religion-positive spaces on campus, where students can experience and model peaceful and celebratory religious pluralism.

# chabad at mcgill

# facebook.com/chabadatmcgill

The Chabad Jewish Student Center at McGill University is one of over 100 on-site Chabad on Campus centers across North America. They offer the anchor and embrace of 'family' for Jewish students regardless of background, observance or affiliation.

# mcgill sikh student's association

### facebook.com/sikhsatmcgill

The club provides an all-inclusive platform to connect with Sikh students and promote an understanding of the Sikh way of life in the wider community.

# mcgill thaqalayn muslim students' association

# facebook.com/McGillTMA

The McGill Thaqalayn Muslim Students' Association (TMA) grew out of a desire to provide a space for Muslim students, especially those who identify as Shi'i, to practice their faith and rediscover their values. They hold special programs for Islamic occasions, arrange lectures and panels, network with other Muslim and non-Muslim clubs to host collaborative events, and most importantly, provide an environment for Shi'i students to interact and discover a sense of community.

# hillel mcgill

# ssmu.ca/clubs/religion-culture-clubs/mcgillhillel-jewish-students-association

Hillel McGill is your one-stop shop for Jewish life on campus. Representing the vast and diverse Jewish community here at McGill, they offer a wide variety of programs, events, internships, and connection opportunities for everyone to take part in. From socials to Shabbat services, fashion to politics, Hillel's vision is that every student is inspired to take part in Jewish life on campus!

# muslim student's association

### facebook.com/MSAMcGill

The MSA brings together Muslim students to provide resources, essential services, and educational tools needed to enhance their university experience.

# the newman centre

# facebook.com/newmancentremcgill

The Newman Centre of McGill University is the home of the Catholic intellectual and spiritual life at McGill University.

# intervarsity – mcgill christian fellowship (MCF)

# facebook.com/ivmcgillcf

All are welcome to McGill Christian Fellowship (MCF), a community where students are invited to love one another and be loved by God. As part of InterVarsity Christian Fellowship of Canada, MCF gathers undergraduate and graduate students, in all their ethnic diversity, to grow in their relationship with God. Through prayer, worship, and fellowship. Their community is open to people of all faith backgrounds and those who are interested in exploring faith for the first time.

# MENTAL HEALTH

The stress of being a student takes a great toll on your mental health. Make sure to familiarize yourself with the resources available to you on and off campus.

# on campus resources THE STUDENT WELLNESS HUB

# Brown Student Services Building (3600 rue McTavish), suite 3301

(514) 398-6017 | mcgill.ca/wellness-hub Hours: 8:30 a.m-4:30 p.m on weekdays

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 support groups, light therapy lamps, exam self-care programming, and more. This year they are holding many virtual sessions for students seeking these resources.

# MCGILL NIGHTLINE

### (514) 398-6246 | nightline.ssmu.ca/chatline

Run by McGill students, McGill 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. They offer both a phone line and online chat service, so you can reach out in whatever way makes you more comfortable.

### **KEEP.MESAFE**

Keep.meSAFE is a mental health counselling service that specializes in student mental health support and provides access to the following resources free-of-charge to all SSMU members (undergraduate, Law, Medicine, and Dentistry students on downtown campus) in over 60 languages:

- In-person counselling appointments with hundreds of licensed counsellors in the City of Montreal, with minimal wait times.
- 24/7/365 immediate and unlimited access to licensed counsellors through telephone and mobile chat, even when travelling abroad.

# PEER SUPPORT CENTRE

# 3471 rue Peel, floor 2 fb.com/peersupportmcgill psc@ssmu.ca

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.

# off campus resources HEAD AND 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. Their services include: free counselling services that are flexible and non-judgemental, free legal services, and a medical clinic.

### AMI QUEBEC (514) 486-1448 or 1 (877) 303-0264 amiquebec.org

AMI-Quebec Action on Mental Illness offers free support, education, guidance, and advocacy to those in the circle of support of someone living with mental illness.

### **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.

# TRACOM

# (514) 483-3033

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

### **ARGYLE INSTITUTE**

### (514) 931-5629 | argyleinstitute.org

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

# self care & supporting others

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 page 49, 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 gain the skill to manage your mental health the best you can. 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.
- Download apps like "HeadSpace", "Calm", or "Breethe". These are the most popular ones, but there are many more! Find one that works for you by using your phone's app store by searching words like "mindfulness" or "meditation."

# EATING DISORDERS

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. With the highest mortality rate of all psychiatric disorders, it's important to get help quickly if you or a friend is suffering from an eating disorder.

# resources

# 

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

Anorexia and Bulimia Quebec (ANEB) offers services such as help and referral phone lines, 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' program, so you will have to visit your family doctor or the McGill Student Wellness Hub first (page 14).

# **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

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. To find out more, contact support-eating-disorders@ssmu.ca.

# **ALCOHOL & DRUGS** mcgill.ca/wellness-hub/self-help/substance-use

# alcohol

While it may not always feel that way, drinking is not a necessary part of university life. If you choose to drink, take care and know your limits. Here are some tips on safe drinking:

# TIPS FOR SAFE DRINKING

- Stick to one drink per hour, on average.
- Drink water before and after drinking.
- Do not drink on an empty stomach.
- Try to stick to one drink per hour.
- Have a plan for the night and make a plan with yours 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

SSMU does not encourage or condone illegal drug use; however, we do endorse harm reduction. If you are interested in experimenting with different substances, please follow the tips below to help ensure your safety.

# **GUIDELINES FOR SAFE DRUG USE**

- Try a little bit of the drug you're trying. Many people overdose because they expect what they've bought to be similar to the last time, but this isn't always the case.
- Know your facts before experimenting. dancesafe.org/ provides detailed info about different drug use in a non-judgemental way.
- Beware of overdoses and laced substances. Make sure you trust the source you bought from. Additionally, you can purchase a naloxone kit at most pharmacies.
- Consider a safe use site. Information on CACTUS Montreal can be found below.

# CACTUS MONTREAL

1300 rue Sanguinet: Walk-in clinic 1244 rue Berger: Safe injection site Cactusmontreal.org info@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 and equipment for drug injection or inhalation. They also hold a meeting place for drug users to build common projects together and engage in popular education.

# SAFER SEX: CONSENT

# mcgill.ca/wellness-hub/selfhelp/healthy-sexuality

Safer sex is a process, but there are two main parts: consent and protection. These elements are integral to a healthy and safe sex life, not just for you, but for your partner(s) too.

# what is consent?

**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 someone is in a position of power and authority, such as between a professor and a student or a supervisor and an employee.

# using consent

It can feel embarrassing to learn about consent or start using it during sex. 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. Here are some questions to get started:

- Are you listening when people tell you no?
- Are you checking in with others before engaging in platonic physical contact?
- Do you respect someone's choice to not be hugged or touched?

# PROTECTING YOURSELF

Part of 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.

# birth control

There are many different kinds of contraception. To find out which one is right for you, research some of the methods below and speak with a doctor.

- HORMONAL CONTRACEPTION. i.e., pill, patch, ring, require a prescription from a doctor, and can be bought at a pharmacy.
- BARRIER PROTECTION. You can buy barrier methods (internal and external condoms, sponges) at the Shag Shop or any pharmacy. Condoms are also free at Healthy McGill kiosks around campus!
- EMERGENCY CONTRACEPTION. A pill taken to prevent pregnancy after unprotected sex, or if other methods of contraception failed. A prescription may be required to receive the EC pill. Also, the pill is only effective up to five days after sex, the sooner you take it the better.

# STIs

STIs can affect anyone who is sexually active. If you're planning to be sexually active, consider and discuss STI prevention methods with your partner beforehand. (STIs) are infections that spread through:

- Sexual activity or contact (including oral, vaginal or anal sex)
- Skin-to-skin contact
- Shared needles or other drug paraphernalia

You can prevent STI transmission by getting tested. At least one test a year is recommended, but often testing is encouraged if you have multiple partners.

# pregnancy

If you think you may be pregnant, you make an appointment at the Wellness Hub, or buy a test at the pharmacy, or the Shag Shop, or the UGE. If you discover you are pregnant, here's some information about your options:

- 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 83). For example, Head & Hands also hosts a "Young Parent Program" for parents or parents-to-be under 25 years old.

# resources for healthy sexuality

### MCGILL STUDENT WELLNESS HUB contact info on pg. 13

The Student Wellness Hub offers STI testing, hormonal contraception prescriptions, abortion referrals, and educational appointments.

# UNION FOR GENDER EMPOWERMENT (UGE)

# 680 rue Sherbrooke Ouest, room 110 uge@ssmu.ca

UGE is a trans-positive SSMU Service that coordinates a coop with pay-what-you-can menstrual products, DIY sex toys, safer sex supplies, and gender empowerment items.

### SHAG SHOP

# Brown Building, suite 3100 mcgill.ca/healthymcgill/shagshop

Shag Shop is McGill's safer sex & health boutique and your resource for sexual health information. They sell a variety of condoms, lubricants, toys, alternative menstrual products, and more, all at low prices.

# resources off campus

# L'ACTUEL

1001 de Maisonneuve East, #1130 (514) 524-1001 (new appointments) courriel@lactuel.ca (comments, questions, and cancellations)

A clinic in the Gay Village offering STI testing and treatment, as well as prompt care for any person diagnosed with HIV/AIDS.

# CLSC MÉTRO

# 1801 boulevard de Maisonneuve Ouest 514 934-0354

Located near the downtown Concordia campus, it provides STI screening, prevention services, and testing.

# SEXTED

# (514) 700-4411 | sexted@accmontreal.org sexted.org

A free, anonymous, and non-judgemental sex-ed texting helpline. Text any question and receive a response within twenty-four hours. This is a great way to get more info on sexual health resources in the Montreal area, particularly LGBTQ+-friendly clinics.

# abortion clinics

### MONTREAL MORGENTALER CLINIC montrealmorgentaler.ca 1259 rue Berri, suite 900 (514) 844-4844 or (1-888) 401-4844

This clinic offers surgical (instruments) and medical (pills) abortion services, curettage, and related contraception services. They provide a respectful environment for all who need their services.

# CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL

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.

# SEXUAL ASSAULT & HARASSMENT

# 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

When someone close to you shares that they have experienced sexual assault or harassment it's hard to know how to respond. What's most important is that you listen and validate their experience. Below are a few tips for handling the situation based on the C.A.L.M. method, which can be found in full on the SACOMSS website.

- Create a safe environment. Assess your surroundings and ensure privacy. Demonstrate that you believe the person with your words and actions.
- Ask questions which support the survivor. Avoid intrusive or detailed questions. Instead, ask something along the lines of "how can I best support you?"
- Listen and Validate. Listen to their story without interrupting. Thank the person for their disclosure. Follow their lead and ensure their autonomy going forward. Reassure them that they are not alone.
- Make connections. Share with them the existing resources for support and reporting on and off campus.

# reporting

If you are a survivor of sexual violence, you have the option of making a disclosure or filing a report. If the incident occured 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 special.investigator@mcgill.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.

# SEXUAL ASSAULT & HARASSMENT

# resources on campus

### THE OFFICE FOR SEXUAL VIOLENCE RESPONSE, SUPPORT AND EDUCATION (OSVRSE)

550 rue Sherbrooke Ouest, suite 585 mcgill.ca/osvrse

(514) 398-4486 or (514) 398-3786

The OSVRSE provides confidential, non-judgmental, and non-directional support and education to students, staff, and faculty 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 help in coordinating academic accommodations and/or safety measures on campus to educational outreach and trauma-sensitive yoga.

# SACOMSS

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

The Sexual Assault Centre of the McGill Students' Society (SACOMSS) is a volunteer-run organization committed to supporting survivors of sexual assault and their allies through direct support, advocacy, and outreach. They offer a helpline, drop-in service, support groups and can provide information and accompaniment services. Check out their Facebook page or website 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

24/7 Resource Line & Crisis Support: 1 (888) 933-9007

### Cvasm.org | info@cvasm.ca

The Montreal Sexual Assault Centre offers free bilingual services to individuals aged eighteen years and up who have experienced sexual assault, sexual abuse or incest, and a toll-free helpline for those of all ages.. 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.

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# minicourses.ssmu.ca



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# SSMU HEALTH & DENTAL PLAN\*

# Make the most out of it

# WHY A SSMU HEALTH & DENTAL PLAN?

The Plan is a critical service of SSMU designed to fill the gaps in provincial health care.

# WHO'S AUTOMATICALLY COVERED?

- Undergraduate students in the Fall Term who are SSMU members paying tuition fees at either Canadian or Quebec rates
- International undergraduate students beginning in the Fall semester are automatically covered by the Dental Plan only.

# CHANGE-OF-COVERAGE & OPT-OUT PERIOD

- ► Fall (enrolments and opt outs): Aug. 23 – Sept. 29, 2020
- Winter (enrolments for new students only): Jan. 18 Feb.1, 2021

**Early Bird!** If you complete your opt out before Aug. 28, 2020, you can have the Plan fee reversed from your student account before the tuition fee payment deadline.

Follow the instructions at www.studentcare.ca.

# THE EASE OF CLAIMING AT YOUR FINGERTIPS

Discover the **Studentcare mobile** app, which lets you submit claims and get reimbursed quickly and securely. Download it for free from the **App Store or Google Play**.





Questions? 9 am to 5 pm on weekdays 438-940-3139 www.studentcare.ca

# SAVE EVEN MORE MONEY WITH THE **STUDENTCARE NETWORKS\*\***

You're covered for the insured portion of your SSMU Health & Dental Plan regardless of the health-care practitioner you choose. By consulting a Studentcare Network professional, you'll get additional coverage. Find a health practitioner at **www.studentcare.ca**.

# **VISION NETWORK**

### \$150 IN SAVINGS FOR PRESCRIPTION EYEGLASSES FROM MONTREAL VISION NETWORK MEMBERS

- Your Health Plan coverage: up to \$75 for eyeglasses, up to \$30 for eye exams
- Savings from Montreal Vision Network optometrists/opticians: no more than \$70 for eye exams, \$75 off the regular price of prescription eyeglasses (lenses with frames)
- 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.

15% OR \$100 OFF, WHICHEVER IS HIGHEST, THE REGULAR PRICE OF A COMPLETE PAIR OF EYEGLASSES (FRAMES & LENSES) AT GREICHE & SCAFF

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# **DENTAL NETWORK**

# GET UP TO 100% OF YOUR DENTAL COSTS COVERED BY VISITING A DENTAL NETWORK MEMBER

- Your Dental Plan coverage: 60%-70% of the cost of dental services like checkups, cleanings, fillings, and extractions, up to \$750 per policy year
- Dental Network savings: an additional 20-30% off dental costs
- Combine the savings with your coverage to have up to 100% of your dental costs covered.

# **HEALTH NETWORK**

### **CHIROPRACTIC NETWORK**

No more than \$40 per visit from the second visit onwards

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### **PSYCHOLOGY NETWORK**

50-minute individual adult therapy or coaching sessions for no more than \$130

\*\*Please note that at the time of printing, the Networks discounts for 2020-2021 were still subject to change. For complete details, visit **www.studentcare.ca** in August.



Questions? 9 am to 5 pm on weekdays 438-940-3139 www.studentcare.ca



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## WEEK OF: 08.30 TO 09.05















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## WEEK OF: 09.13 to 09.19

sun







## WEEK OF: 09.20 TO 09.26











## WEEK OF: 09.27 TO 10.03











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## WEEK OF: 09.27 TO 10.03









## WEEK OF: 10.04 TO 10.10

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## WEEK OF: 10.11 To 10.17











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## WEEK OF: 10.25 To 10.31

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## WEEK OF: 11.01 TO 11.07









## WEEK OF: 11.08 TO 11.14







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## WEEK OF: 11.15 TO 11.21









## WEEK OF: 11.22 To 11.28











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## WEEK OF: 11.29 TO 12.05









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HAPPY HOLIDAYS MCGILL.			

E'LL SEE YOU IN THE NEW YEAR!

# WEEK OF: 11.29 TO 12.05







## WEEK OF: 12.06 TO 12.12











# WEEK OF: 12.20 TO 12.26

















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#### WEEK OF: 12.27 TO 01.02









## WEEK OF: 01.03 to 01.09







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# WEEK OF: 01.10 TO 01.16









# WEEK OF: 01.17 TO 01.23







#### WEEK OF: 01.24 TO 01.30







# WEEK OF: 01.31 TO 02.06











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WED	THUR	FRI	SAT
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10	11	12	13
17	18	19	20
24	25	26	27
8	4	10	6
10	11	12	13

# WEEK OF: 01.31 TO 02.06






# WEEK OF: 02.07 TO 02.13











An exhibition not to be missed!





#### WEEK OF: 02.14 TO 02.20







#### WEEK OF: 02.21 TO 02.27









#### WEEK OF: 02.28 TO 03.06











	SUN	MON	TUES
03	28	ï	2
MARCH		STUDY BREAK STARTS	
	7	8	9
	14	15	16
	21	22	23
	28	29	30
	4	5	6

WED	THUR	FRI	SAT
3	4	5	6
		STUDY BREAK ENDS	
10	11	12	13
17	18	19	20
24	25	26	27
31	ï	2	3
7	8	9	10

## WEEK OF: 02.28 TO 03.06









## WEEK OF: 03.07 TO 03.13









## WEEK OF: 03.14 TO 03.20







#### WEEK OF: 03.21 TO 03.27









#### WEEK OF: 03.28 TO 04.03









	SUN	MON	TUES
04 APRIL	28	29	30
	4	5	6
No. 51		CAMPUS CLOSED	
	11	12	13
	18	19	CLASSES END <b>20</b>
	25	26	27
	2	8	4

WED	THUR	FRI	SAT
31	ï	<b>2</b> CAMPUS CLOSED	3
7	8	9	10
14	<b>15</b> EXAMS BEGIN	16	17
21	22	23	24
28	<b>29</b> EXAMS END	30	ï
5	6	7	8

## WEEK OF: 03.28 TO 04.03









## WEEK OF: 04.04 TO 04.10







## WEEK OF: 04.11 To 04.17







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# WEEK OF: 04.18 TO 04.24







#### WEEK OF: 04.25 TO 05.01











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