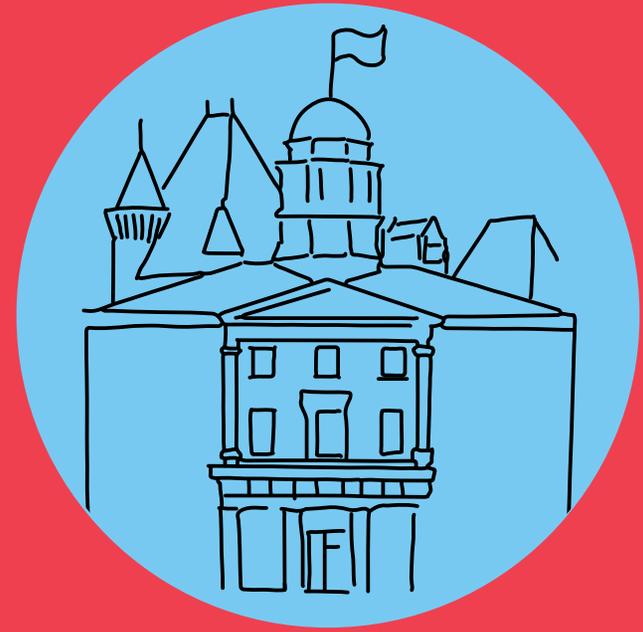
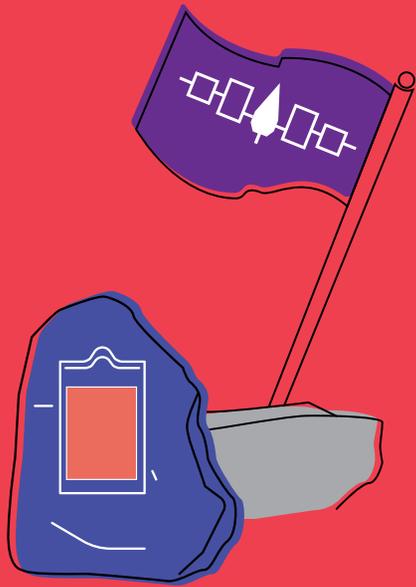


STUDENT HANDBOOK



2021 - 2022

PUBLISHED BY SSMU
STUDENTS' SOCIETY OF MCGILL UNIVERSITY

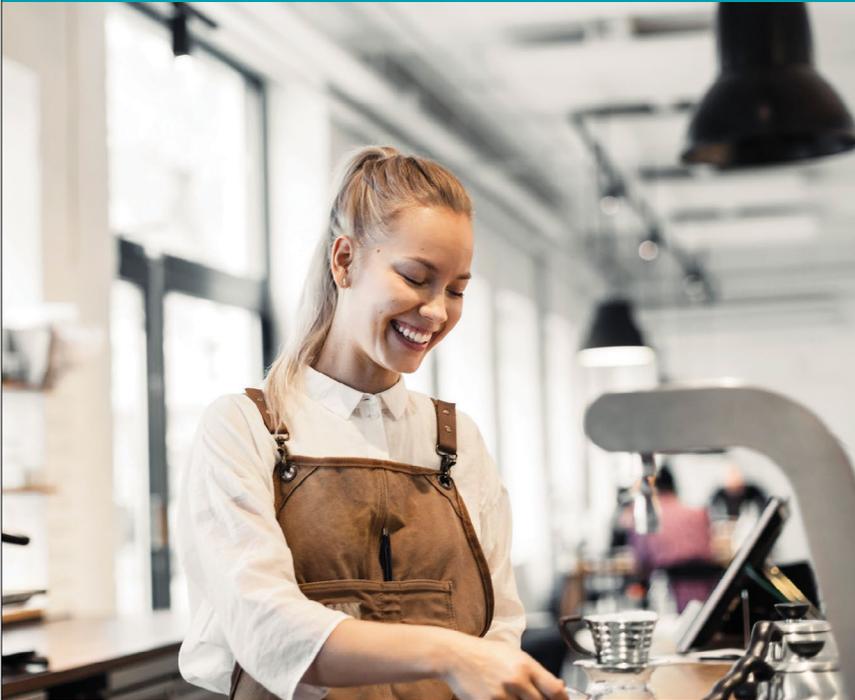


S'INVESTIR POUR
UNE MEILLEURE SOCIÉTÉ.

Le CELI avec FlexiFonds, aussi local que le café étudiant.

Le CELI avec FlexiFonds s'investit majoritairement dans l'économie d'ici.
Vous pouvez même cotiser directement en ligne — simple et rapide!

Mettez du local dans votre épargne.



Les Fonds FlexiFonds sont distribués uniquement au Québec par FlexiFonds de solidarité FTQ inc., un courtier en épargne collective détenu en propriété exclusive par le Fonds de solidarité FTQ. FlexiFonds de solidarité FTQ inc. ne distribue les parts d'aucun autre fonds commun de placement. Veuillez consulter votre conseiller et lire le prospectus et l'aperçu des Fonds avant de faire un placement. Les titres des Fonds ne sont pas assurés par la Société d'assurance-dépôts du Canada, ni par un autre organisme public d'assurance-dépôts, ni par l'Autorité des marchés financiers. Les Fonds ne sont pas garantis, leur valeur fluctue fréquemment et leur rendement passé n'est pas garant de leur rendement dans l'avenir.



Dre. Zeina 
Abou-Khalil
DENTAL SURGEON
GENERALIST DENTIST

514 608-7555

TEETH WHITENING

Free* deluxe kit teeth whitening
to all new patients !

INSURANCES

 **McGill** You have insurance with McGill ?
If so, you are a member of ASEQ !

Dre Abou-Khalil is proud to partner with ASEQ

Members get a complete exam + cleaning
covered at **100%***

*Some restrictions may apply

SERVICES



Esthetics
treatments



Root
canal



Periodontics



Implants
& prostheses



Dental
surgery



Preventive
dentistry



Emergencies

KEEP SMILING !

1440 Sainte-Catherine West
Suite 215
Montreal H3G 1R8

 Guy-Concordia
www.drzeinaclinic.com

 @CliniqueDentaireDreZeinaAbouKhalil

Land Acknowledgement

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

SSMU ohén:ton Rón:nete tehonwanarénhsarons, ronwatiién'té:res tánon
ronwatiriwakwenniéhstha na Kanien'kehá:ka tánon tsi ronón:ha
rontehontsanóhnhha tánon ronteniataranóhnhha 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 and
unceded territory of the Anishinaabe and Haudenosaunee nations. The SSMU
recognizes and respects these nations as the true and constant custodians of the
lands and waters on which we meet today. Further, the SSMU commits to and
respects the traditional laws and customs of these territories.

1

L'AEUM reconnaît que l'Université McGill est située sur le territoire traditionnel non
cédé des nations Haudenosaunee et Anishinaabe. L'AEUM reconnaît et respecte ces
nations en tant que gardiennes traditionnelles de la terre et de l'eau sur lesquelles elle
est située aujourd'hui. En outre, l'AEUM s'engage à respecter les lois et les coutumes
traditionnelles de ces territoires.

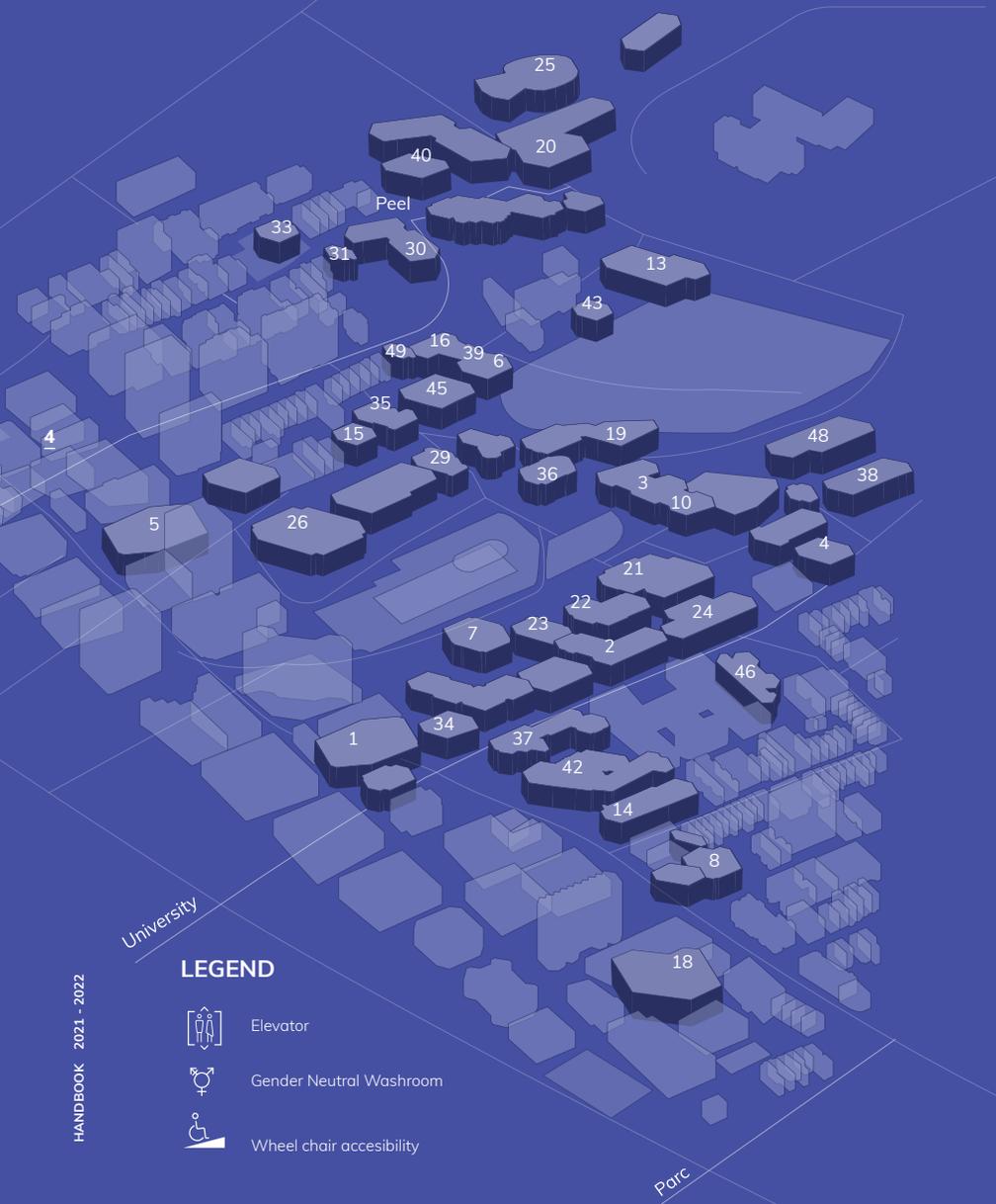
Table of Contents

WELCOME	8	LIFE IN MONTREAL	50	STUDENT HEALTH AND WELLNESS	78
MAP	4-5	NEIGHBOURHOODS	52-53	INSURANCE	80
PRESIDENT'S LETTER	9	GETTING AROUND	54	FAMILY LIFE	81
FIRST WEEK	10	MILTON PARC	55	RELIGION	82
SERVICE POINT	11	THE FRENCH LANGUAGE IN MONTREAL	56	EATING DISORDERS	83
PANDEMIC	12-13	ARTS, CULTURE & EVENTS	57	MENTAL HEALTH	84-85
EMERGENCY SUPPORT	14	LIVING OFF CAMPUS	58-59	ALCOHOL/DRUGS	86
		INDIGENOUS ART AND CULTURE IN MONTREAL	60	CONSENT	87
		STM MAP	61	SAFE SEX	88
				ASSAULT/HARASSMENT	89
				GENDERED VIOLENCE	89-91
SSMU	16	THE UNIVERSITY	62		
WHAT IS SSMU	17	GOVERNANCE	64		
HOW SSMU WORKS	18	AID/FINANCE	65		
GOVERNING BODIES	19	STUDENT RIGHTS	66		
ROLE IN SSMU	20	ACADEMIC RIGHTS	67		
GETTING INVOLVED	21				
SERVICES AND ISGS	22-23				
FUNDING	24				
EXECS	25-27				
SSMU SOCIAL MEDIA	28				
FIRST NATIONS HISTORY	29-31				
		ACADEMICS	68		
		COURSE REGISTRATION	70		
		TEXTBOOKS	71		
		LIBRARIES	72		
		STUDYING	73		
		GRADING	73		
		EXAMS	74		
		TUTORING	75		
		MENTORING	76		
		ADVISING	77		
LIFE ON CAMPUS	32				
CAMPUS EVENTS	34-35				
RESIDENCE	36				
ONECARD	37				
INTL STUDENTS	38				
TRANSFERS	39				
FRANCOPHONE	40				
BIPOC	41-42				
2SLGBTQIA+ COMMUNITY	43				
ARTS	44-45				
CAMPUS MEDIA	46				
STUDENT ACTIVISM	47				
JOBS	48				
VOLUNTEERING	49				

Check out the digital version of the Handbook!



Map



- 1 Sherbrooke 688 [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 2 Adams Building [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 3 Arts Building [Elevator] [Wheel chair accessibility]
- 4 Birks Building [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 5 Bronfman Building [Elevator] [Wheel chair accessibility]
- 6 Brown Student Services [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 7 Burnside Hall [Elevator] [Wheel chair accessibility]
- 8 Carrefour Sherbrooke [Elevator] [Wheel chair accessibility]
- 9 Currie Gym [Elevator] [Wheel chair accessibility]
- 10 Dawson Hall [Elevator] [Wheel chair accessibility]
- 11 Douglas Hall [Elevator] [Wheel chair accessibility]
- 12 Duff Medical Building [Elevator]
- 13 Education Building [Elevator] [Wheel chair accessibility]
- 14 Elizabeth Wirth Music Building [Elevator] [Wheel chair accessibility]
- 15 Faculty Club [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 16 First Peoples' House [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 17 Greenbriar Residence [Elevator] [Gender Neutral Washroom]
- 18 La Citadelle [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 19 Leacock Building [Elevator] [Wheel chair accessibility]
- 20 Life Science Complex [Elevator] [Wheel chair accessibility]
- 21 Macdonald Engineering Building [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 22 Macdonald Harrington Building [Elevator] [Wheel chair accessibility]
- 23 Macdonald-Stewart Building / Schulich Library of Science & Engineering [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 24 McConnell Engineering Building [Elevator] [Wheel chair accessibility]
- 25 McIntyre Medical Building [Elevator] [Wheel chair accessibility]
- 26 McLennan-Redpath Library Complex [Elevator] [Wheel chair accessibility]
- 27 Molson Stadium [Elevator] [Wheel chair accessibility]
- 28 Montreal Neurological Institute [Elevator] [Wheel chair accessibility]
- 29 Morrice Hall/ Islamic Studies Library [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 30 Nahum Gelber Law Library [Elevator] [Wheel chair accessibility]
- 31 New Chancellor Day Hall [Elevator] [Wheel chair accessibility]
- 32 New Residence Hall [Elevator]
- 33 Old Chancellor Day Hall [Elevator] [Wheel chair accessibility]
- 34 Otto Maass Chemistry Building [Elevator] [Wheel chair accessibility]
- 35 Peterson Hall [Elevator] [Gender Neutral Washroom]
- 36 Redpath Museum [Elevator] [Wheel chair accessibility]
- 37 Royal Victoria College [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 38 Rutherford Physics [Elevator] [Wheel chair accessibility]
- 39 Social Equity and Diversity Education [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 40 Stewart Biology Building [Elevator] [Wheel chair accessibility]
- 41 Strathcona Anatomy and Dentistry Building [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 42 Strathcona Music Building [Elevator] [Wheel chair accessibility]
- 43 Thompson House [Elevator] [Wheel chair accessibility]
- 44 Trotter Centre [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 45 University Centre [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 46 University Hall [Elevator]
- 47 Upper Residence [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]
- 48 Wong Building [Elevator] [Wheel chair accessibility]
- 49 3501 Peel Street Building [Elevator] [Gender Neutral Washroom] [Wheel chair accessibility]



LEGEND

-  Elevator
-  Gender Neutral Washroom
-  Wheel chair accessibility



Thomas Daniel Green

In 1882, Thomas Daniel Green became one of the first Indigenous students to graduate from McGill.
Montreal, QC, 1882," Notman & Sandham
May 6, 1882, II-65038.1 McCord Museum
© McCord Museum

This handbook is dedicated to the Indigenous people and students of Tiohtià:ke. We hope that looking at some of the art, pictures, and history of the First Nation people will give you an appreciation for Indigenous history at the university and serve as a reminder of the importance of solidarity with Indigenous people.

Letter from the Editors

Greetings! McGill welcomes you with open arms.

Thank you for taking the time to look at the student handbook. Here, you will find important information regarding your time at McGill, how to get involved with the SSMU, and what Montreal has to offer. You will find many resources for support of all kinds, whether it be going to the Student Wellness Hub or finding information regarding your transcript and choosing the right classes. We are here to help and guide you along the way.

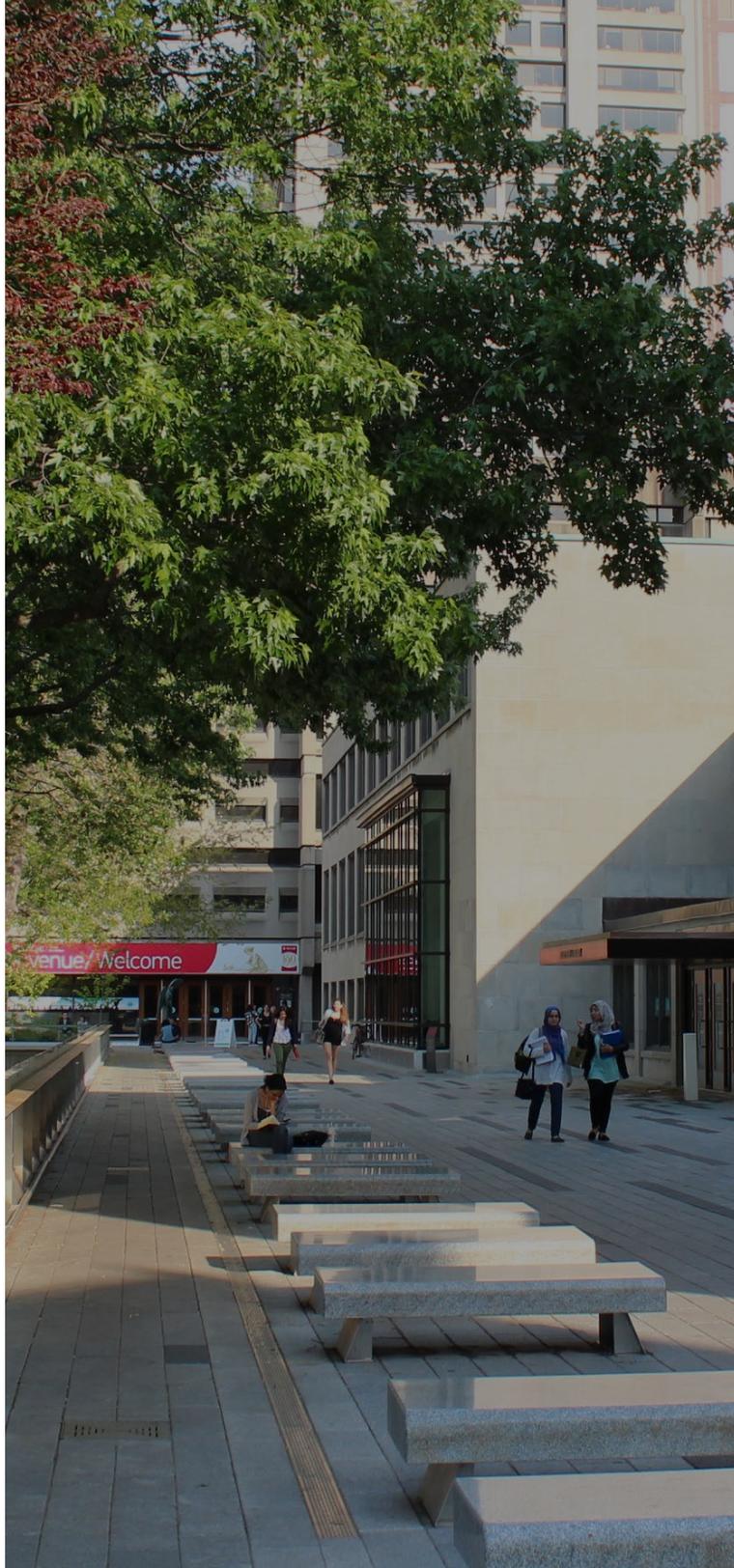
This handbook was made during one of the most uncertain and worrisome times in our history. COVID-19 has meant that we have not been able to come together as a community and enjoy the McGill experience that has been so life-changing for so many students.

This upcoming school year will be my third and final year at McGill, and I can safely say that this university has been my home. Coming as a transfer student from an American university, I felt that integrating into McGill would pose some challenges but it has actually been quite the opposite. I have been fortunate enough during the COVID-19 pandemic to do what I have wanted: make new friends, take fascinating courses, and find work opportunities through the university. Do not believe that you won't find your place at McGill; you will surely find your way eventually, even during the pandemic.

As in-person classes come back in the Fall, there is much uncertainty and confusion as to how McGill will deliver classes and what kind of activities will be able to take place. It is my job to present information for incoming and returning students to understand what has and has not changed at the university. I hope that this handbook will be useful and I wish you the best of luck as we move towards a post COVID-19 environment at McGill.

- Mathieu Lavault

Mathieu Lavault (he/him/il), **CONTENT EDITOR**
Karima Afghoul (she/her/elle), **LAYOUT EDITOR**
Belle Sullivan (she/her/elle), **MANAGING EDITOR**
Wendy Gamboa (she/her/elle) **MANAGING EDITOR**



Letter from the President

Greetings SSMU Members,

On behalf of the SSMU Executives, it is with great enthusiasm that I welcome you to the 2021-2022 Academic Year!

I am Darshan Daryanani, a fifth year student pursuing a Bachelors of Arts Joint Honours Degree in Political Science and International Development Studies with double minors in Communication Studies and Social Entrepreneurship. This year, I am excited to serve and represent you as President of SSMU!

After more than a year of remote learning, I hope that there is a renewed sense of excitement and safety to return to campus for an in-person student life experience. This year, we are excited to welcome you to our beloved Gerts Bar, our newly-renovated University Center, and the 3501 Peel Building, where we can finally re-engage with each other and restore the on-campus McGill experience that we have missed for so long.

Given the COVID-19 pandemic and the transition, I would like to take this opportunity to share with you the SSMU's Students First approach. As your student union, we are here to speak out for you and advocate for your interests and rights. On the local university levels, this means being your representation to the McGill administration. We will work hard for fairer academic justice processes, better quality instruction, and better services for students. On the broader level, we are also strong advocates for accessible quality public education. Together, 24,000 strong, we can move one step closer to ensure all students receive fair and equitable treatment.

Over the last four years, I have learned the significance of a shared goal and the true power of students' solidarity. I am inspired by the tenacity of students in adapting to a virtual reality, and the limitless resilience that McGill students have in the face of adversity. This year, my goal is to continue the work of building a strong community that can better advocate for students' interests, especially for those who are marginalized, and to bring back student life. After all, we, the student body, make McGill what it is.

I look forward to meeting you at our annual Activities Nights, at Gerts, and even on the bi-weekly Legislative Council! I would like to wish you all the best for this academic year!

Best wishes,

Darshan Sanju Daryanani
(he/him/il)

**PRESIDENT OF THE STUDENTS' SOCIETY
OF MCGILL UNIVERSITY (SSMU)**

First Week

WELCOME FELLOW MCGILLIANS !

	Check McGill Key Academic dates both online and in this handbook. (mcgill.ca/importantdates/key-dates)
	Enter your Montreal address and emergency contact information on Minerva.
	Set up your McGill email account (mcgill.service-now.com/).
	Join the Facebook group for the entering class of 2021-2022 (facebook.com/groups/mcgill2122) and follow Campus Life & Engagement on social media (mcgill.ca/firstyear/undergraduate/pre-arrival/social-media) to stay up to date on summer programming.
	Register for McGill Pre-Registration Orientation (PRO), which is important for getting into your classes. (mcgill.ca/firstyear/undergraduate/orientation-week/mcgill-pro-pre-registration-orientation)
	Create your first-year budget by going to the Student Budget Plan (mcgill.ca/studentaid/finances/build-your-budgets). For inquiries regarding financial aid, go to the McGill's Financial Aid programs (mcgill.ca/studentaid/scholarships-aid/future-undergrads/need)
	Submit your personal documents (mcgill.ca/legaldocuments/) and final grades (mcgill.ca/accepted/nextsteps/finalmarks) to Enrollment Services. International students should also submit their study permit and CAQ (mcgill.ca/internationalstudents/pre-arrival/immigration-documents).
	Are you a non-Quebec Canadian? Notify your provincial Ministry of Health that you will be studying outside your province. You must bring your current provincial health card when you are at McGill.
	Think you may need any accommodations? We encourage you to reach out to the Office for Students with Disabilities (mcgill.ca/osd/).
	Taking prescription medication? Bring as much as you are allowed with you to Montreal, or find what you take at a pharmacy in the city. If you need the assistance of a medical professional on a regular basis, find clinicians off-campus. (wellnessmap.mcgill.ca/healthmap/)

Service Point

RESOURCES

3415 McTavish Street
(514) 398-7878
mcgill.ca/servicepoint

Service Point is your first point of contact as an incoming student at McGill. Due to the pandemic, delivery of some functions has been adapted, but its job remains the same: to assist you and answer all your questions.

How to use Service Point:

In-person appointments for incoming or returning students

Book an appointment (mcgill.ca/servicepoint/contact)

Alternatively, if you need to pick up documents, meet with the Commissioner of Oaths (for signing documents regarding your claim for Quebec Residency tuition status), or anything else related to student services, book an appointment [here \(mcgill.ca/servicepoint/idcard\)](http://mcgill.ca/servicepoint/idcard).

You must take these things into account before entering Service Point in person:

- Book an appointment.
- Wear a mask. You can find masks offered by the university [here \(mcgill.ca/servicepoint/idcard\)](http://mcgill.ca/servicepoint/idcard).
- Present your McGill ID if you have yours already. If you are going to Service Point to obtain it, then you must present a valid government-issued identification (e.g. your Study Permit).

WHAT TO DO :

McGill ID
mcgill.ca/servicepoint/idcard

In person appointments for incoming or returning Students

Book an appointment to get your McGill ID (Crucial step to gain access to buildings and events)

Alternatively, if you need to pick up documents, meet with the Commissioner for Oaths (for signing documents regarding your claim for Quebec Residency tuition status), or anything related to student services, book an appointment at: mcgill.ca/servicepoint/idcard

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.

↓ FIND SERVICE POINT ON CAMPUS



Pandemic

GUIDELINES

It has been more than a year since the pandemic hit the world and McGill. Since McGill suspended in-person classes on March 13, 2020, classes have been delivered remotely. McGill has taken extra precautions to make sure that students and staff are safe. It is not yet clear exactly what student activities will take place in-person, as the situation is changing so rapidly. Here are answers to some frequently asked questions about the pandemic and McGill.

Please note that this FAQ is current to June 2021. For up-to-date information on McGill's COVID measures, visit mcgill.ca/coronavirus/.

WHAT YOU NEED TO KNOW

ACADEMICS

Are in-person classes mandatory?

For Fall 2021, McGill has promised to bring back in-person classes to the fullest extent possible under city and provincial guidelines. Students will be expected to be present on campus. However, very large lectures will likely be delivered remotely. Following provincial guidelines, students on the McGill campus will have to wear a *procedural* mask at all times when inside a building. If you have any concerns regarding your immunocompromised status, you can reach out to OSD to discuss learning accommodations for this upcoming year. (mcgill.ca/coronavirus/)

Why are classes offered in person this fall amidst the pandemic?

On May 31, the Quebec Minister of Higher Education indicated that universities needed to prepare for an in-person Fall term, whether it be with no physical distancing in classrooms and common areas or with one metre of distance. For Fall 2021, it will be important that laboratories, tutorials, conferences, and other activities are done with a live audience.

How can SSMU support you during the pandemic?

It's SSMU's job to ensure that students are given safe and accessible learning environments during this year of transition. If you are faced with unsafe learning conditions—either in-person or online, contact the Vice President (University Affairs) (ua@ssmu.ca), the SSMU Student Rights' Researcher and Advocacy Commissioner (srrac@ssmu.ca), or the Accessibility Commissioner (accessibility@ssmu.ca) for support. Every student is entitled to a safe and accessible learning environment,

and SSMU remains in discussions with McGill about how to best ensure these conditions.

What if there is another wave of the pandemic?

The administration has said that they planned for flexibility this fall in case anything happens. McGill and its faculty are working together to prioritize what most needs to be in person. Furthermore, McGill has put many measures in place regarding the operation of its *HVAC (Heating, Ventilation, and Air Conditioning) systems* that are in line with recommendations from public health agencies. Reach out to the team at SSMU if you have questions or concerns about your learning conditions. (mcgill.ca/facilities/covid-19/covid-19operation-hvac-systems/)

How will students know whether their classes are virtual?

For Fall Registration, there will be indicators on Minerva that will show what mode of delivery courses will use. Although some lectures will be online, there will still be an in-person component to most classes, so be in Montreal by September. If you're concerned this system of learning may be inaccessible to you, you can contact the Office for Students with Disabilities.

Will in-person lectures be recorded?

While some professors have done this in the past, the administration is looking at building up their recording system capacity to make it possible for more lectures to be recorded. This will depend on the needs of each faculty and instructor in the fall. While some lectures will be recorded, do not expect smaller classes to be available. SSMU remains in communication with McGill's Teaching and Learning Services (TLS) to ensure that students have accommodations that may be required.

Exams and Finals: How will they proceed?

McGill believes that for both midterms and finals in Fall 2021, there will be a combination of in-person and remote examinations to take into account the sizes of different classes. It might not be possible to administer large examination sites like the Fieldhouse for all classes.

How will students manage both in person and virtual activities?

McGill will continue to offer quiet study spaces in the libraries on campus as well as flex spaces where students will be able to participate in remote learning activities. Public health guidelines permitting, SSMU will likely also provide additional study spaces to students who want to access them. Again, stay tuned for information about the availability of spaces!

Will there be extracurriculars offered on campus?

For now, McGill is primarily focused on academic activities. Information is limited regarding extracurricular activities at the time of publication. As the situation surrounding the pandemic improves, extracurricular activities will be occurring. Keep up with the MRO Communications emails that McGill sends and the SSMU Listserv for more detailed updates about what will be occurring in the fall.

VACCINATION

Will you need to be vaccinated?

There is a high chance that all at-risk people will be vaccinated before school starts in the Fall. McGill has said that they will not require students to show proof that they have been vaccinated before starting classes. The university also is not sure whether it will have a vaccination center or not, as they are currently discussing this with the Quebec government. If you want to get vaccinated, book an appointment on the *Santé Montreal* website (santemontreal.qc.ca). As of May 14, 2021, all adults can register, regardless of residency or citizenship. You do not need Quebec or Canadian health insurance to book a vaccination appointment. Vaccines are free.

Will classes still occur if most students are not vaccinated?

McGill has devised five scenarios for different kinds of public health situations. However, as per the government announcements of early June, the University is now working with two plans for the fall: realistic and optimistic. The University is currently following the realistic plan based on one metre of physical distancing. It will be characterized by the mandatory use of the mask and the limitation of Non-essential gatherings and events. The optimistic plan will be triggered by the vaccination of 75% of people aged 16 to 29 years old who are living in Quebec. Conversely to the realistic plan, this plan will allow for no distancing and fewer restrictions on events. Regulations on the use of the mask are still being discussed. Details can be found [here \(mcgill.ca/coronavirus/return-campus-fall-2021/return-mcgill\)](https://mcgill.ca/coronavirus/return-campus-fall-2021/return-mcgill). The administration believes that students will be able to do in-person classes and activities even if public health restrictions are still in place and vaccinations are still rolling out. McGill follows a framework of safety guidelines. The Quebec government has said that there is a great likelihood that most Montrealers will be vaccinated by the end of the summer. If vaccination goes according to plan, McGill students can expect to have a semester with more in-person learning than in the 2020-2021 year.

Is there any financial support for students during COVID-19?

Yes, to acknowledge the financial difficulties experienced by students during the pandemic, the Government of Quebec has announced a \$100 lump sum payment per term for all full-time CEGEP and university students enrolled in the Fall 2020 and/or Winter 2021 terms.

INTERNATIONAL STUDENTS AND TRAVEL

What should I expect as an international student?

When coming back to Canada, follow the guidelines set by the Government of Canada so you are up to date as to what the requirements are. McGill is working closely with the federal government to make sure that international students will be able to enter Canada, have all their government documents, and understand quarantine requirements. (canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/students.html)

RESIDENCES

What are my options if I want to live on campus?

Student residences will be open in Fall 2021 and accommodation will be guaranteed to all eligible first-year students who have requested it.

Emergency Support

Always dial **911** in cases of emergencies. After contacting the police, call **McGill Security Services** if you are on campus.

MCGILL SECURITY SERVICES

DOWNTOWN LOCATION

Burnside Hall, 805 Sherbrooke St. West,
Room 120, Montreal, Qc H3A 0B9
campus.security@mcgill.ca

General Inquiries: **514-398-4556**
Emergencies: **514-398-3000**

MACDONALD LOCATION

Laird Hall, 21111 Lakeshore Road, Room 101,
Ste. Anne de Bellevue, Qc H9X 3V9
macdonald.security@mcgill.ca

General Inquiries: **514-398-7770**
Emergencies: **514-398-7777**

DRIVESAFE

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

SSMU DriveSafe is a service offered by the SSMU. Their patrols will drive you home safely to anywhere on the Island of Montreal or in the Mohawk Territory of Kahnawake. Unless otherwise stated, the service is free and is operational every Thursday, Friday, and Saturday from 11 PM - 3 AM (Fall and Winter Semesters).

WALKSAFE

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

SSMU Walksafe is a volunteer service that offers free and confidential accompaniment for people walking by themselves. Volunteers will go with you anywhere you need on the Island of Montreal.

MSERT

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

The McGill Student Emergency Response Team (M-SERT) is a volunteer service given by the SSMU for those students who need emergency first aid services. They support first aid coverage to all those in residences, Frosh, and on and off campus events.

MCGILL WELLNESS HUB

Brown Student Services Building
3600 McTavish Street, 3rd floor,
Montreal, Quebec H3A 0G3

514-398-6017
mcgill.ca/wellness-hub

The McGill Wellness Hub is a centralized location for health and wellbeing on campus. The Hub offers resources for physical and mental wellness.

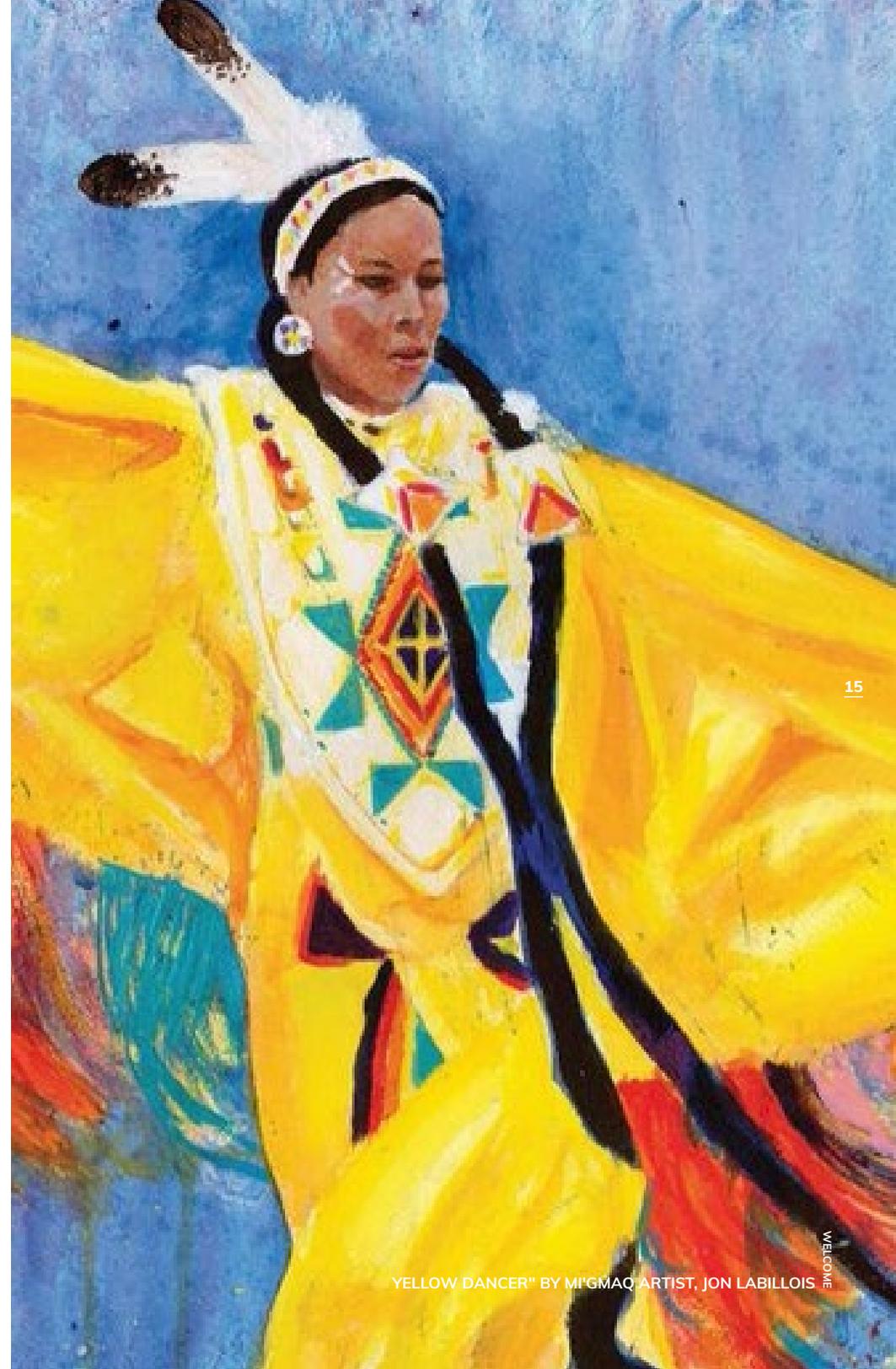
If you are interested in talking to someone, *book your appointment* (mcgill.ca/wellness-hub/contact-us) with a Local Wellness Advisor. They are trained professionals but not therapists. They are able to provide wellness advice and help you navigate support resources whether on the McGill campus or outside of it depending on your situation. Each faculty has wellness programming you can be a part of and each department works on wellness awareness. If you are looking for **mental health** resources go to **page 84-85**.

MCGILL SPORTS MEDICINE CLINIC

(514) 398-7007
mcgillathletics.ca/sports
475 Ave Pins W, Montreal, Quebec H2W 1S4

To make an appointment with a physiotherapist, athletic therapist, massage therapist, click *here* (mcgillathletics.ca/sports/2018/8/20/sport-med-book-appointment).

See **page 78-91** for additional support resources.

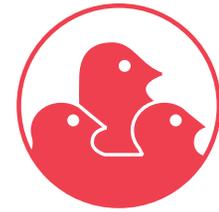




The Hochelaga Rock

The Hochelaga Rock recognises the original Indigenous tenants of the land on which McGill sits. It is placed on the lower field.

What is SSMU?



The Student's Society of McGill University (SSMU or l'Association Étudiante de l'Université McGill (AÉUM) in French) advocates for the interests of students and provides student services on campus. It helps support and run student-led activities such as clubs, events and advocacy initiatives.

SSMU was founded in 1908 with the objective of being a student-government institution separate from the McGill administration. It is currently run by six (6) undergraduate students who are elected every spring: the President, VP External, VP University Affairs, VP Finance, VP Student Life, and VP Internal. They each hold a one year term and they act as the voices of undergraduate McGill students.

You, as a student, are able to vote for the Executives. It's their job to represent you, so you can hold them accountable! Since SSMU receives their funding through student fees, make sure to utilize the organization and its many services whenever you may need to, and always feel free to reach out to the Executives with any questions, concerns, or ideas!

Here, you will find information regarding student governance at McGill, how the SSMU works, SSMU's COVID-19 preparedness, and club and service resources.

"The pandemic has shown us how the human systems, including the academic one, can adapt so well and quickly. McGill has taught me that, whatever you choose to do in life — while relying on human connections, knowledge and systemic improvements; you can always help your community grow stronger and more resilient — no matter the circumstances."

—Audrey Nepveu-Lavoie, BA 2021

How SSMU Works

The organization has:

- 6 Elected Student Executives
- 30 Elected Student Councillors (They sit on the SSMU Legislative Council)
- 13 Elected Student Senators (They sit on the McGill Senate)
- 12 Members of the Board of Directors
- 7 Judicial Board Justices
- 21 Permanent Support Staff
- 80-90 Part-Time Support Staff

Many students work part-time at SSMU, and SSMU hires periodically throughout the year. Job opportunities will be posted on SSMU's facebook page, as well as [here](#) (at [careers.smartrecruiters.com/student-society-mcgill-university](#)).

GENERAL ASSEMBLY - GA

ssmu.ca/governance/general-assembly/

- General Assemblies are meetings for all SSMU Members (undergraduate students at McGill's downtown campus). Any student can introduce a motion, a proposal to be voted on which, if approved, mandates SSMU to take a specific action or adopt a certain position.
- The assembly approves and ratifies the nominations to the SSMU Board of Directors and approves the auditors, who review SSMU's finances.
- GAs are held once each Fall and Winter semester. Additional GAs can be called to vote to strike or for other special purposes.

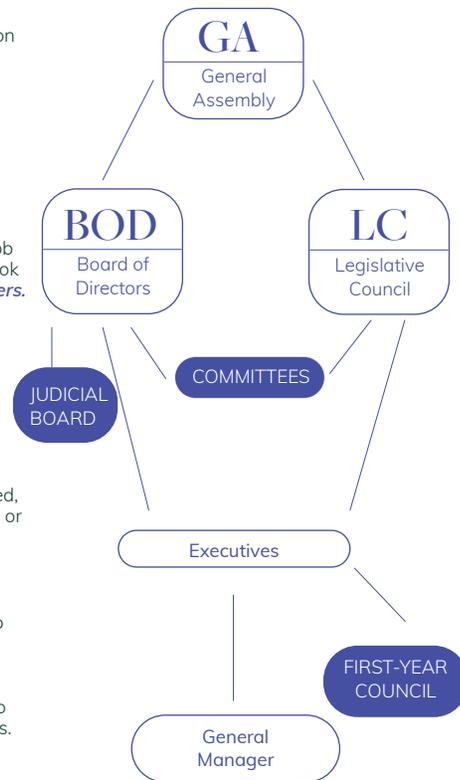
BOARD OF DIRECTORS

ssmu.ca/governance/board-of-directors/

- Is responsible for the human resources, legal, financial, and operational affairs of the Society.

- Finances**
- The BoD must approve all investments of three (3) years or longer for which there is a high degree of risk, all liquidation of investments, and the transfer of any cash in or out of the Investment Portfolio. The Board of Directors may approve specific persons to signing authority (authorization to make legal commitments on SSMU's behalf).

STRUCTURE



Governing Bodies

- Governance**
- Ratifies or overturns motions by Legislative Council.
 - May recommend that Legislative Council initiate a Referendum question to be voted on by the student body.
 - There are twelve voting members of the Board, as well as a non-voting International Student Representative. Non-voting membership also includes the General Manager, the Governance Manager, the Chair of the Board, the Recording Secretary, and the Parliamentarian.

Some of the committees of the Board of Directors are:

- Accountability Committee
- Building and Operations Management Committee
- Finance Committee
- Health and Dental Review Committee
- Human Resources (HR) Committee.

LEGISLATIVE COUNCIL

ssmu.ca/governance/ssmu-legislative-council/

- Governance**
- May amend the *Internal Regulations* (ssmu.ca/governance/governance-documents/) (SSMU governing documents) by a two-thirds vote.
 - SSMU Members (that is all undergraduate students on the downtown campus!) can attend all public sessions of the Legislative Council. However, only members of the Legislative Council shall be permitted to attend confidential sessions, except if an individual can provide important information and their presence is approved by a two-thirds vote of the Legislative Council.
 - Members of the Legislative Council may make motions and vote on resolutions at the Legislative Council, in accordance with the *SSMU's Constitution and the Internal Regulations*. (ssmu.ca/governance/governance-documents/)
 - Approximately 30 Councillors.
 - Executives are voting members of the Legislative Council.
 - The Speaker of Council, Recording Secretary, General Manager, and the Parliamentarian are non-Voting members of the Legislative Council.

The SSMU Legislative Council has many committees that focus on specific issues that are important to students and to the SSMU. Some of these include the Affordable Student Housing Committee, the Environment Committee, the Equity Committee, the Mental Health Committee, and *many more!* (ssmu.ca/governance/committees/). Most SSMU Committees have seats reserved for members-at-large which any undergraduate student is eligible to fill. If you're interested in sitting on a Committee, keep an eye out in the fall - that's the typical committee recruitment period.)

JUDICIAL BOARD

ssmu.ca/governance/judicial-board/

- Provide opinions and interpretation on matters of the *SSMU Constitution and/or Internal Regulations* (ssmu.ca/governance/governance-documents/)
- Operate and report as a committee of the SSMU Board of Directors.
- The Judicial Board may establish its own rules of practice, subject to ratification by the Legislative Council and the Board of Directors.

- A committee of the Board of Directors which consists of 7 members.
- The Justices are non-paid Members of the Society and are considered as volunteers in their position.

FIRST YEAR COUNCIL (FYC)

mcgill.ca/engage/overview/student-societies/first-year-students

- FYC is a body of the SSMU responsible for services, representation and programming for first year students.
- FYC operates under the guidance of the VP (Internal Affairs).
- FYC is a great way for first year students to get involved at SSMU. Consider running for one of the many positions!

Your Role in SSMU

HOW TO GET INVOLVED

While you may feel lost in the large structure that is McGill, SSMU has many ways for you to get involved and make you feel like a valuable part of the student life.

CLUBS

Clubs and student societies are a great way to meet new friends and do something you are passionate about. For more information regarding them, go to [page 21](#).

CAMPAIGNS

Campaigns are the engine of student activism on campus. The VP (External) is responsible for working with political and social justice campaigns on SSMU's behalf.

→ **DIVEST MCGILL | FB @DivestMcGill**
All Student Staff who are responsible for coordinating a committee. Commissioners report at least once per year to be the Legislative Council.

→ **INDIGENOUS STUDENT ALLIANCE (indigsa-mcgill.weebly.com) | FB @Indigenous.Student.Alliance**
ISA is a community of Indigenous students at McGill. The ISA works to promote Indigenous community growth and to help other marginalized communities. Their goal is to foster community solidarity and human development with the university's different student organizations/groups.

→ **STUDENTS FOR PEACE AND DISARMAMENT | FB @mcgillpeaceclub**
Students for Peace and Disarmament (Peace club) strives to end military research at McGill and promotes a peaceful university campus.

EMPLOYMENT

ssmu.ca/about-us/jobs/

Looking for a job? SSMU has many options if you want to work part-time and are looking for flexible jobs during your studies at McGill. Work positions are available throughout the school year and into the summer. Jobs vary, but you can find positions in community work, human resources, and political activism. Applications for the upcoming school year are posted in March and April and for the summer, it usually opens in January and or February.

GETTING INVOLVED POLITICALLY:

ssmu.ca/governance/

GENERAL ASSEMBLY

(ssmu.ca/governance/general-assembly/)

As a student at McGill, you have a voice and it can be heard. The GA is when members of the SSMU participate in student government by writing and voting on Motions that oblige the SSMU to take particular action. The GA this year took place in February.

SSMU COMMITTEES

(ssmu.ca/governance/committees/)

Interested in joining a committee? The SSMU Committees are governed by the Committee Terms of Reference book, which outlines the basic composition of all committees. A few of these are the Accessibility, Indigenous and Black Affairs, and Mental Health Committees.

ELECTIONS AND VOTING

(ssmu.ca/governance/elections/)

Student elections are done through SSMU, as well as through your faculty and department. Becoming a representative of the Society is an excellent way to make the voices of students and their concerns in your faculty and department heard. You can promote student rights and interests and coordinate on different projects. January is when elections are held so make sure to check your email.

Voting is an essential part in how the SSMU promotes student voices and their concerns. Make sure to vote in departmental, faculty, and SSMU elections. Without your vote the SSMU cannot create student movements and create projects, events, and services that are in your interest.

Referendums, questions put to a vote of the entire undergraduate student body, are a way to get involved in the democratic institution of the SSMU. They are held once per semester, typically in early November and early March. There are student-initiated and council-initiated referendums. For student-initiated referendums, students need to gather 100 signatures in order for a referendum question to be put on the ballot.

Getting Involved with SSMU

Student Life has been impacted greatly during the COVID-19 pandemic; student safety is the priority for the incoming executive team. The SSMU team, led by the VP (Student Life) will provide hybrid options in the fall, where activities will be offered virtually and in-person. Although it is important to note that in-person activities will be offered in a virtual platform as well, the feasibility of in-person activities will depend on the latest COVID-19 safety regulations.

It is very easy to get involved with SSMU and there is something for everyone.

CLUBS, STUDENT-RUN SERVICES, AND INDEPENDENT STUDENT GROUPS

Starting in the fall, the student group portal platform will launch. This project is a one stop shop for students to search and interact with clubs, services, and ISG'S. Not only this portal will allow students to get more involved with the McGill community, but clubs, services and ISG's will be able to submit their forms, events, and conduct their daily activities on the platform. With over 230 clubs, 15 student-run Services, and 12 Independent Student Groups, there are many opportunities to find what you like. Here are different areas of clubs that McGill offers:

CLUBS

*Athletic and Recreational Sports Clubs
Charity and Environment Clubs
Community Outreach and Volunteering Clubs
Fine Art, Dance, and Performance Clubs
Health and Wellness Clubs
Language and Publications
Leisure Activity and Hobby Clubs
Networking and Leadership Development Clubs -
Political and Social Activism Clubs
Religion and Culture Clubs*

*Quebec Public Interest Research Group (QPIRG)
The McGill Tribune
McGill Students Outdoors Club
AIESEC
CKUT Radio 90.3 FM
Daily Publications Society - The McGill Daily & Le Delit
Ecole Project (Education Community Living Environment)
The McGill Chavurah
Golden Key
International Relations Students' Association of McGill (IRSAM)
Legal Information Clinic at McGill (LICM)
MUSTBUS*

SERVICES

Student-run services are different from clubs in that with clubs you have to sign up to become a member of a particular club. services function without formal membership lists as services are accessible to all. They offer many opportunities for volunteering. Many of these services are run entirely by student bodies.

*McGill Student's Emergency Response Team (MSERT)
Flat Bike Collective
Sexual Assault Centre of the McGill Student's Society (SACOMSS)
Peer Support Centre (PSC)
McGill Students' Nightline
Union for Gender Empowerment (UGE)
Queer McGill
The Plate Club
Midnight Kitchen (MK)
SSMU Drivesafe
SSMU Walksafe
TVM: Student Television at McGill
Black Students' Network (BSN)
SSMU Musicians Collective
Arab Student Network*

INDEPENDENT STUDENT GROUPS

These are groups that exist on campus outside of the SSMU structure. These are larger than most clubs and have their own governance structures, with many being part of not-for-profit organizations.

SSMU Services

Student-run services are different from clubs in that with clubs you have to sign up to become a member of a particular club. Services function without formal membership lists as services are accessible to all. They offer many opportunities for volunteering. Many of these services are entirely run by student bodies.

McGill Student's Emergency Response Team (MSERT) (msert.sus.mcgill.ca)
MSERT is a student led volunteer service that is backed by the SSMU. It provides free and accessible first aid service to students.

Flat Bike Collective (mcgill.ca/programs/the-flat-bike-collective/)
The Flat Bike Collective is a volunteer-run service that promotes cycling by sharing tools and knowledge. They make bicycling more accessible and affordable through sharing repair facilities.

Sexual Assault Centre of the McGill Student's Society (SACOMSS) (sacomss.org/wp/)
SACOMSS is a volunteer-run organization that supports survivors of sexual assault. This is done through direct support, advocacy, and outreach. It provides a safe and accessible non-judgmental space for any one who wishes to use it free of charge.

Peer Support Centre (PSC) (psc.ssmu.ca)
The PSC staff are well-trained student peer supporters. They will listen to you so that you can share your experiences and find ways to resolve things that you are going through whether it be loneliness, stress or feeling down.

McGill Students' Nightline (nightline.ssmu.ca)
The McGill Students' Nightline is a confidential and anonymous non-judgmental listening service that is run by students. If you need someone to talk to you can call them fall and winter semesters from 6 pm to 3 am.

Union for Gender Empowerment (UGE) (unionforgenderempowerment.wordpress.com)
The UGE is a trans-positive feminist service of the SSMU. If you need materials such as ecologically responsible menstrual products, safer sex supplies or want to do the trans 101/allyship and anti-oppression workshops they are available here.

Queer McGill (queermcgill.org/)
QM is a student run association that is run by the queer community of McGill, they offer resources such as free safer sex supplies and a welcoming safe space for all students. They offer a welcoming safe space for all students.

The Plate Club (theplateclub.wixsite.com/mcgill)
The Plate Club offers free dishware rentals for students. This is an effort to reduce the waste generated. They offer most dishes and utensils and are run by volunteers.

Midnight Kitchen (MK) (midnightkitchen.org)
MK is a non-profit that operates out of tio'tia:ke land. It provides accessible food to everyone.

SSMU Drivesafe (drivesafe.ssmu.ca)
SSMU Drivesafe is a service run by the SSMU. The volunteers of Drivesafe drive students safely home anywhere on the island. It runs Thursday, Friday and Saturday nights from 11:00 pm to 3:00 am. Call 514-398-8040 for their services.

SSMU Walksafe (walksafe.ssmu.ca)
SSMU Walksafe is a service run by the SSMU. The volunteers provide free and confidential accompaniment for those walking at night. Phone the WALKSAFE office at 514-398-2498 if you need their services.

TVM: Student Television at McGill (tvmtvtelevision.com)
TVM is McGill's outlet for student television and film media. The work includes short films, documentaries, hype films for clubs and teams and much more.

Black Students' Network (BSN) (bsnmcgill.com/)
BSN is a service of the McGill Students Society and is available for everyone. While it is focused on addressing the needs and interests of Black students at the university, all students are welcome to participate in their events and activities.

SSMU Musicians Collective (musicianscollective.ssmu.ca/about-us/)
SSMU Musicians Collective is a musicians' network that is dedicated to promoting musical opportunities for students. It is a SSMU service that works to promote the musical community at McGill.

Arab Student Network **FB @ASNMcGill**
The Arab Student Network is the sole official representative of Arabic culture that is secular and non-political. If you are interested in cultural, social and philanthropic events or taking Arabic language courses this is for you.

SSMU OPERATIONS

The heart of operations for SSMU is the University Centre, which is the hub of all activities in McGill's downtown campus. The building hosts Gerts (SSMU's student bar), Minicourses, and many other things.

The SSMU Operations team focuses on supporting the Centre and the many SSMU clubs and services on campus. With the help of the Events Coordinator, you will be able to organize your event to its fullest potential. It is also the event hub of the SSMU and it helps organize popular student events like Carnival and 487. There are many resources at your disposal as well, and the team will help you with club events. They are here for you, so do not hesitate to ask them questions.

INDEPENDENT STUDENT GROUPS

These are groups that exist on campus outside of the SSMU structure. These are larger than most clubs and have their own governance structures, with many being part of not-for-profit organizations.

Quebec Public Interest Research Group (QPIRG) (qpirmcgill.org)
The QPIRG is a nonprofit student-run organization and it unites McGill and the greater Montreal community in the fight for social and environmental justice.

The McGill Tribune (mcgilltribune.com)
The McGill Tribune is an independent student-run newspaper and has a publication of 5,000 weekly print copies.

McGill Students Outdoors Club (mcgilloutdoorsclub.ca)
The MOC is for people who love the outdoors. They do weekly meetings and organize over 20 trips per semester. Activities consist of camping, cycling, ice climbing, skiing and so much more.

AIIESEC (aiiesec.ca)
AIIESEC is the largest student-run nonprofit organization that is in 127 countries. It strives to develop leadership through sending students abroad for international volunteer and internship programs.

CKUT Radio 90.3 FM (ckut.ca/en)
CKUT is a non-profit campus-community radio station at McGill. It provides a wide range of music, news, and word programming for Montreal. It is made up of over 200 volunteers and provides essential services to the Montreal community.

Daily Publications Society - The McGill Daily & Le Delit (dailypublications.org)
The Daily Publications Society is an independent, student-led, not-for-profit organization that publishes a French and English newspaper at the university. The Daily delivers one print issues every.

École Project (Education Community Living Environment) (ecoleproject.com)
The ÉCOLE Project is a hub for sustainable living as well as community organizing at McGill.

The McGill Chavurah **FB @themcgillchavurah**
The McGill Chavurah is an inclusive space for the community of Jewish students at McGill. They host regular shabbat services as well as other events in the McGill neighborhood.

Golden Key **FB @goldenkeymcgill**
The Golden Key chapter at McGill works to provide the best environment for helping its members achieve goals in academics, leadership and service. The members of the Golden Key focus on community service, networking events and to create connections with the community and students.

International Relations Students' Association of McGill (IRSAM) (irsam.ca)
IRSAM is the largest student group that consists of over 280 members. It is a federally incorporated, not-for-profit organization and has special consultative status to the Economic and Social Council of the United Nations. It offers a wide range of events from community outreach programs to their Model UN Conferences.

Legal Information Clinic at McGill (LICM) (licm.mcgill.ca)
The LICM is Canada's largest student-run legal clinic. It provides free legal information to McGill students. Their Student Advocacy office provided free representation for McGill students facing academic and non-academic offenses under the Code of Student Discipline.

MUSTBUS (mustbus.ca)
MUSTBUS is a student lead initiative that focuses on delivering low-cost transit travel. It offers weekend and holiday bus services to cities like NYC, Toronto, and much more.

GERTS CAFE
3480 rue McTavish
University Centre
basement south entrance
(514) 398-3459
gerts@mcgill.ca



HOURS: MON-FRI: 8 am-3pm
SAT, SUN: Reservation only
*** opening hours might be affected due to COVID-19*

Gerts Cafe will be new this fall and will be a sister to Gerts Bar. It'll be in the same place as Gerts. You could order a breakfast sandwich from the cafe and then grab a pint with your friends at the bar later that day.

GERTS BAR
3480 rue McTavish
University Centre basement
(514) 398-3459
gerts@mcgill.ca



HOURS: MON, TUES: 12pm-12am
WED - FRI: 12pm-2am
SAT, SUN: Reservation only
*** opening hours might be affected due to COVID-19*

Gerts Bar is a center of student life on campus. After a long hiatus due to the University Centre closure, a reopening this school year is looking promising!

Funding Opportunities

You might be interested in funding if you want to organize trips to conferences, need equipment for projects, or want to organize cultural events. The Funding Committee will look at your application and decide to approve your funding request. Submit by August 1 or December 1 for fall or winter semester plans.

- Read the updated SSMU *Funding Guidebook* (ssmu.ca/resources/funding) to understand the funding process and what is available.
- Choose which fund you wish to apply to. Assure that the mandate of the fund you are applying to matches your initiative.
- Send in your *Funding Application* (clubsportal.ssmu.ca/funding-application/) and assure yourself that all estimates, costs, and supporting documents are correct.
- Accept your decision and assemble your Post-Funding Report. Your student organization can apply again for other initiatives and events.
- Pro tip: contact the *Funding Commissioner* (fundcom@ssmu.ca) for any inquiries and before you submit your application you can ask the Funding Commissioner to review it.

24

FUNDS

Club Funds

The Club Fund is meant to provide funding for Club activities throughout the semester, instead of on a per-event basis. The Club Fund is only open to Full Status SSMU Clubs.

Ambassador Fund

This fund is a way to get financial assistance for students that wish to attend conferences that are academic or athletic oriented.

Community Engagement Fund

This fund is a way to get financial assistance for projects that are meant to push community building between McGill and other outside communities.

Mental Health Fund

The Mental Health Fund offers financial assistance to initiatives aiming to promote mental health awareness but also improve students' mental health and tear down the stigmatization of mental health on campus.

Campus Life Fund

The Campus Life Fund is a project/event-specific source of financial assistance and takes on many initiatives that occur at McGill.

Environment Fund (Green Fund)

The Green Fund is a great source of financial assistance for sustainable initiatives led by student groups and is also great for initiatives that advocate for sustainability at McGill.

Equity Fund

This fund is a way to get financial aid for projects, policies, and research with the objective of ending discrimination and promoting accessibility and inclusivity at McGill.

Space Fund

The Space Fund is a way to get financial aid to support physical improvements of the buildings in McGill.

First-Year Fund

The First-Year Fund is for events, initiatives, and services that are meant to improve the experience of first-year students at McGill. The amount of funds available each semester is \$1,000.

STUDENT SPONSORSHIP PROGRAM

To support student groups in the development This program is meant to support athletic, cultural, or educational student groups.

The McGill Alumni Association and University Advancement give financial support through sponsorships that go from \$250 to \$750.

FUNDING DEADLINES

AUGUST 1

(events taking place between September 1 and December 31)

DECEMBER 1

(events taking place between January 1 and April 30)

APRIL 1

(events taking place between May 1 and August 31)

For more information, and to apply, please click [here](https://myalumni.mcgill.ca) (myalumni.mcgill.ca).

Your SSMU Executives



DARSHAN DARYANANI
he/him/il
President
president@ssmu.ca

AREA OF STUDY

Joint Honours Political Science and International Development Studies with Double Minors in Social Entrepreneurship and Communication Studies.

WHAT DO YOU LIKE ABOUT BEING IN STUDENT GOVERNMENT?

Through student government, I have learned the significance of a shared goal and the true power of students' solidarity. My vision is to make a SSMU 4 YOU to: support marginalized voices, bring back student life and advocate for students' interests. After all, we, the student body, make McGill what it is. I am truly inspired by the unconditional dedication, determination and drive of student leaders who continue to strive for what's best for our peers. I am thankful for the physical, mental and emotional labour of students who continue to fight against all odds. This is what keeps me going!

FAVORITE MEMORIES AT MCGILL

Meeting Marty the Martlet at my first hockey game! Laughing out loud at the Gerts Comedy Night! Celebrating Holi at Cafe Campus!



SACHA DELOUVRIER
he/him/il
VP External
external@ssmu.ca

AREA OF STUDY

Bachelor of Arts, double-majoring in political science and international development

WHAT WILL IN PERSON CLASSES IN THE FALL MEAN FOR YOUR POSITION?

Being back in person is very exciting! My position and all of what it entails is very oriented towards advocacy and mobilisation. An in person return to campus will allow us to coordinate with all McGill students (first year and graduating students alike) to raise awareness about topics oriented around social justice, that are crucial nowadays, past our campus and into the world. I am really excited to be able to return to in person conversations, events, and mobilisations in a safe and equitable way, ensuring that the voices of all students on campus are heard.

MY EXPERIENCE AT MCGILL DURING THE PANDEMIC

The pandemic has been very difficult for all of us, and I personally had a very hard time working online. Being so distanced from all that is real, whether it be social interaction or the ability to have proper connections in an academic environment took a real toll on me that I had a hard time addressing.

25



CLAIRE DOWNIE
she/her/elle
VP University Affairs
ua@ssmu.ca

AREA OF STUDY

Economics, Health Geography, and History

WHAT WILL IN PERSON CLASSES FOR THE FALL MEAN FOR YOUR POSITION?

The transition to in-person learning is likely going to bring some challenges, and I feel strongly that every student deserves the right to a safe and accessible learning environment. I expect to be spending a lot of time and energy advocating for learning options students might need. Although many students are thrilled to return to in-person learning, this may not be a safe option for some students yet, and their needs must be taken into account.

MY EXPERIENCE AT MCGILL DURING THE PANDEMIC

I have been a part of a student-run mutual aid initiative that provides free weekly grocery deliveries to Montreal households. I feel so lucky to have had the time to spend doing this work, and I can't imagine a better way to have spent this difficult time. When it's safe, I'm really looking forward to reconnecting with friends and spending more time on campus (maybe even at Gert's?)



KARLA HEISELEE CUBILLA
she/her/elle
VP Student Life
studentlife@ssmu.ca

AREA OF STUDY

Major: Psychology
Minors: Science and Behavioral Science

WHAT WILL IN PERSON CLASSES FOR THE FALL LOOK LIKE FOR MY POSITION?

Student Life has been impacted greatly during the COVID-19 pandemic, that being said students safety will always be my priority. The SSMU team and I will provide hybrid options in the fall, where activities will be offered virtually and in-person. Although it is important to note that in-person activities will be offered in a virtual platform as well, the feasibility of in-person activities will depend on the latest COVID-19 safety regulations.

MY EXPERIENCE AT MCGILL DURING THE PANDEMIC

I have been enjoying remote learning thus far, it has given me a new outlook on education and learning. Even though I have adapted quite well to remote learning I do miss having on campus activities. Connecting with my community on a virtual platform has been a challenge, but after one year of living in these circumstances I have finally found a new normal and engaging with my community has become easier.



SARAH PAULIN
she/her/elle
VP Internal Affairs
internal@ssmu.ca

AREA OF STUDY

Major: double majoring in English Literature and Gender, Sexuality, and Feminist Studies

WHAT WILL IN PERSON CLASSES FOR THE FALL LOOK LIKE FOR MY POSITION?

For me, the most important aspect of university is the community that surrounds and upholds the students, which is why I am so excited for the prospect of in-person classes this fall. As the rest of the executive team and I push towards the best safety measures on campus, I hope everyone will be able to enjoy a more supported school year. As excited as I am about in-person classes, the health and well-being of students will definitely come first in how the executive team and I will be advocating and working on your behalf.

MY EXPERIENCE AT MCGILL DURING THE PANDEMIC

As a first-year, I struggled a lot with online school and feeling alienated in this new and daunting environment. However, through my involvement in student life, which eventually led me to run for this position, I was able to meet some amazing people that I look forward to finally meeting in the fall semester! I am looking forward to a safe and smooth transition in the coming year which will allow you all to have the best university and social experiences!



ERIC SADER
he/him/il
VP Finance
finance@ssmu.ca

AREA OF STUDY

I major in economics and am pursuing a double minor in mathematics and history. I am specifically interested in international trade, central banking, and especially development economics. I love linear algebra and modeling, and I mostly take history classes about the Middle East and about Ancient History.

WHAT WILL IN PERSON CLASSES FOR THE FALL LOOK LIKE FOR MY POSITION?

Making sure that the finances of SSMU are able to manage the transition as sustainably as possible and to support the student initiatives needed to both guarantee the safety of students as well as help bring back the student life that has taken a backseat due to COVID.

MY EXPERIENCE AT MCGILL DURING THE PANDEMIC

COVID definitely led to school being an alienating experience, as it was for many students. Not being able to meet my professors and have the personal element of schooling be present took its toll on my ability to learn. I would not have survived the year without the extra-curriculars I was involved in, and I can't wait to help the clubs and organisations at McGill stave off the alienation that comes hand-in-hand with online schooling. I cannot recommend having outside activities enough.

Professor Suzanne Morton is the one accredited to researching the history between McGill and First Nation people in her booklet Indigenous McGill.

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

Website
ssmu.ca



Facebook
[SSMUAEUM](https://www.facebook.com/SSMUAEUM)



Twitter
[@TheSSMU](https://twitter.com/TheSSMU)



Instagram
[ssmuaeum](https://www.instagram.com/ssmuaeum)



McGill University and the Island of Montreal sit on Indigenous lands. Throughout its history, the island of Montreal was the land of the Wendat, Anishnaabeg and Haudenosaunee. As of now, the Kanien'kehá:ka (Mohawk) are the caregivers of the land on which McGill University sits. While the Land Acknowledgement is vital in understanding the current territorial locations of the First Nation peoples, it does not give the complete context of the history and the dispossession of land that occurred with the arrival of Europeans.

In the late 1700s, Montreal had a large presence of Indigenous and Metis people, as the city was built on the fur trade. James McGill made his money as a fur trader but also through speculation on land that was taken from the Indigenous peoples. McGill's founding would not have been possible without the fur trade with Indigenous people and the dispossession of their land.

McGill and more broadly Montreal grew as Canada's most important economic city in the late 19th century. The completion of the Canadian Pacific Railway during this period was built on the expulsion of Indigenous people from their land. When William Dawson was appointed as Principal in 1855, the Executive Council of the Province of Canada agreed to a mortgaged loan of \$40,000; \$32,000 of that was withdrawn from the General Indian Trust Fund and \$8,000 from the Six Nations of Grand River Fund. The money was never returned to those funds. Without those funds, McGill would not have become the international institution that it is now.

McGill has historically excluded Indigenous students on campus. In 1876, the federal government passed the Indian Act, which imposed an involuntary enfranchisement whereby Indigenous people would lose their Indian status to become Canadian citizens. This policy imposed an involuntary strategy of assimilation where Indigenous people would lose their "Indian status" to become full citizens of the

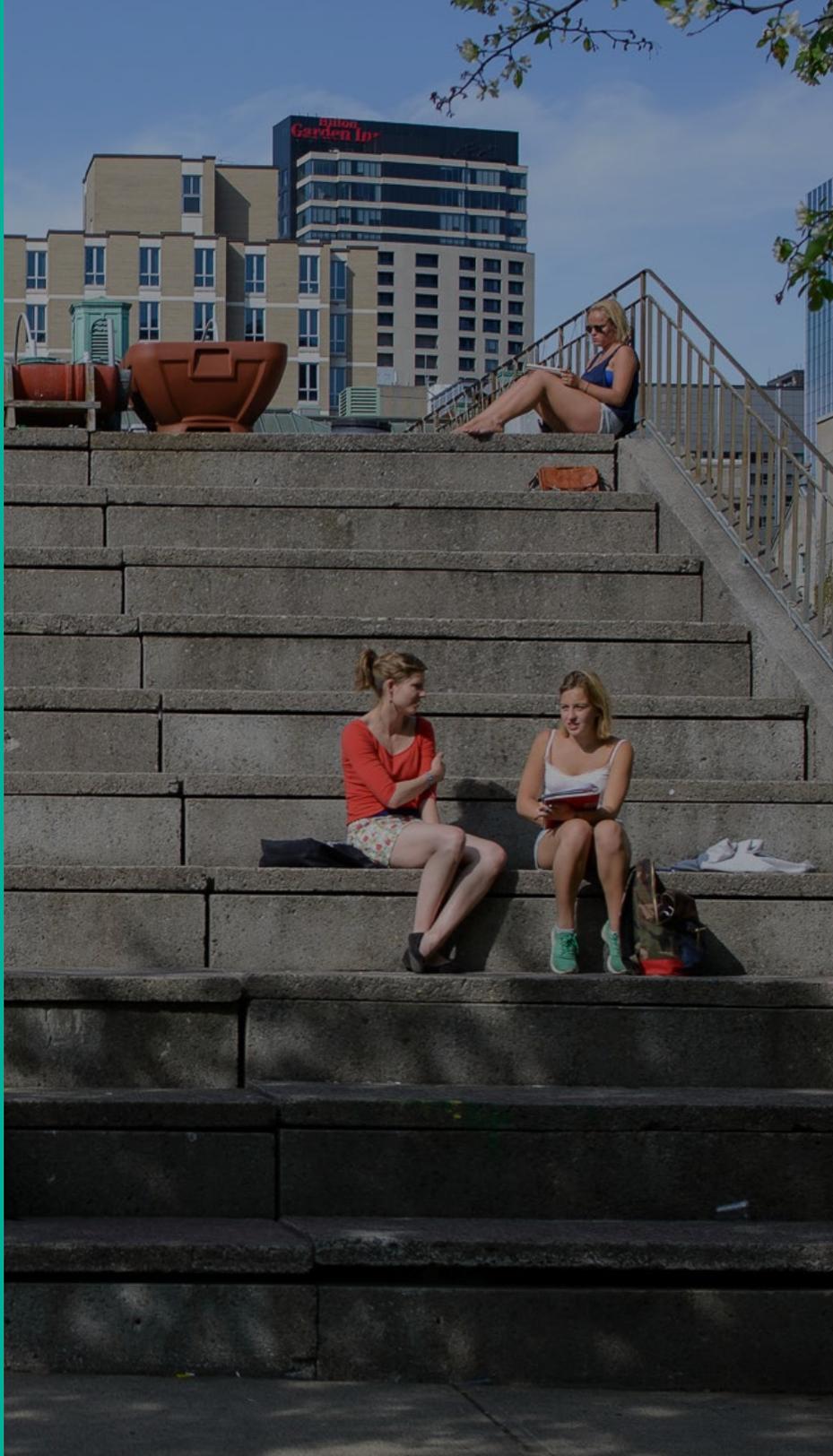
country. This was known as enfranchisement. Because many First Nation people were not willing to give up their culture and legal identities, few Indigenous students gained a university education from McGill. Government authorities knew that imposing such measures would mean few would want to go to McGill. There were many more measures imposed after that well into the mid 20th century. Four exceptional Indigenous students graduated from McGill between the 1870s and the end of WWI.

McGill, Montreal, Quebec, and Canada as a whole have a deep history of colonialism and anti-Indigenous sentiments. Non-Indigenous graduates of McGill worked in residential and Indian Day schools as teachers and medical officers. Notable McGill alumni like Sir Wilfrid Laurier led governments that pushed for a greater expansion and consolidation of residential schools. These schools have severe negative societal and cultural impacts on Indigenous people to this day. McGill has a history of reinforcing offensive stereotypes, such as with the use of "R*dmen" for men's varsity teams. The nickname of "R*dmen" was a caricaturization of Indigenous people that appeared in the late 1920s. Racist depictions of Indigenous people were added to McGill's marching band drum during that time. McGill now is in the process of reconciliation but still has a long way to go. The university has created research and training programs for small numbers of Indigenous students and communities. However, there are currently fewer than 500 Indigenous students enrolled. McGill has to continue promoting Indigenous voices to the best of its ability and as students we must push the university to accept greater amounts of Indigenous students and provide them with greater resources and support. McGill and its students must work as a collective to reflect on the institution's history, educate ourselves on the matter of Indigenous representation on campus, and stand in solidarity with Indigenous peoples.

Timeline

LAST HUNDRED YEARS OF FIRST NATIONS HISTORY AT MCGILL





My McGill

"The biggest hurdle I faced was continuing to do my best despite going through failure, to make sure I kept my spot at McGill. I realized that many of us in the McGill community have gone through academic hardships, but we are similar in that we persisted and are on track to obtain an exceptional education."

Laura Baikie, MsC 2021

Campus Events

Given the quickly-changing state of the pandemic and government regulations, it is uncertain what campus events will look like for the school year of 2021-22. However, the SSMU team will work within federal, provincial, municipal, and McGill regulations to provide high-quality events for students!

ACTIVITIES NIGHT | [FB @SSMUCS](#)

September 13 and 14, 2021 and January 12, 13 2022, online

For the latest updates regarding Activities Night, check the SSMU social media

Activities Night is a great way to get involved at McGill. It is held by the SSMU at the beginning of each semester. It gives you the opportunity to check out all the SSMU clubs, services, ISGs and community organizations. There are over 250 student groups, so make sure to check out **page 21-23** of the handbook to get an idea of what you want to get involved in!

BEATTY LECTURES | [mcgill.ca/beatty](#)

Fall, Online

The Beatty Lecture was established in 1952. It is McGill's most prestigious public event where an internationally renowned visitor presents a subject of choice. Its point is to foster an exchange of ideas between McGill faculty and students and the lecturer. Past speakers have included nature conservationist Jane Goodall, McGill alumnus and cognitive psychologist Steven Pinker. This fall's lecture will feature lead immunologist Anthony Fauci.

MCGILL ORIENTATION 2021|

[mcgill.ca/firstyear/undergraduate/orientation-week/fall](#)

Orientation activities August 23rd, platform unknown

Orientation is an important aspect of becoming a McGillian and the first step into understanding student life at McGill. At Orientation, you will be able to go to your individual faculty orientations to learn more about how to navigate your first year academics at the university.

BLACK HISTORY MONTH | [FB @BHMMcGill](#)

Early February, undecided on platform

Black History Month is co-organized by the Office of the Provost and Vice-Principal(Academic), the Black Students' Network, and the McGill African Students' Society. It aims to celebrate the achievements and contributions of Black Canadians and McGill students.

INDIGENOUS AWARENESS WEEK |

[mcgill.ca/equity/initiatives-education/indigenous-education/iaw](#)

September, platform unknown

McGill's Indigenous Awareness Week is an opportunity for students, staff, and faculty to learn more about Indigenous issues and to increase our knowledge and understanding about Indigenous peoples in Canada. You will be able to learn about Indigenous cultures of Canada and experience exchange of ideas regarding First Nations, Métis, and Inuit topics. It allows the McGill community to become active participants in advocating for Indigenous peoples.

MCGILL MENTAL ILLNESS WORKSHOP

October, online

Organized by the Student Wellness Hub and the Post Graduate Students Society, this public awareness workshop seeks to discuss the stigmas surrounding mental illnesses, what the differences between mental illness and mental health are, and address any concerns or questions students have. Local Wellness Advisors will be of assistance in guiding you.

SEXUAL ASSAULT AWARENESS WEEK

February, platform unknown

Held by the Sexual Assault Centre of the McGill Students' Society, this is a week-long event that aims to provide a safe space for healing and to give tools to participants in order to better support survivors. It fosters a discussion around consent and respecting personal space and boundaries. A series of workshops will be hosted throughout the week.

QUEER HISTORY MONTH |

[mcgill.ca/queerequity/events/queer-history-month](#)

October, platform unknown

Queer History Month celebrates the history of the 2SLGBTQIA+ communities at McGill but also in Montreal, Quebec 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. This is done by recognizing their history and contributions, building bridges and bringing together McGill students, staff, faculty, alumni, and Montreal community members.

PANDEMIC DROP-IN SUPPORT |

[mcgill.ca/studentsservices/channels/event/pandemic-drop-support-331109](#)

August 31st, online

Organized by the Wellness Hub, Pandemic Drop-In Support is for those whose mental health has been impacted by the pandemic. If you are struggling with grief, anxiety and distress related to COVID-19, this event is here to help you. It is an online support circle where you are able to express and share what you have been going through.

THE MCGILL FARMERS' MARKET |

[mcgill.ca/foodservices/sustainability/mcgill-farmers-market](#)

Held Until October 24th, undecided on platform

Taking place between July and late October, the McGill Farmers' Market offers vegetable basket subscriptions from farmers around the greater Montreal area. You can find homemade and handmade goods from local vendors. It is open every Thursday from 12pm-5 pm on McTavish Street.

OPEN AIR PUB (OAP) | [FB @OpenAirPub](#)

Early Fall, Late Winter Semester,

undecided on platform

OAP is a biannual student-run barbecue that is held on the field behind Roddick Gates. If you want to hear great live music, grab a drink and food, and hangout with your friends, this is the place to be. It is one the students most celebrated campus events.

FRANCOFÊTE |

[mcgill.ca/flc/activities-and-events/francofete-2021](#)

March-April, undecided on platform

Hosted by the French Language Centre, this is a two week celebration for International Francophonie Day. Students will be able to learn about the place of the French language at McGill and participate in different contests and activities. En français, s'il vous plaît!

CAREER FAIRS|

[mcgill.ca/caps/students/services/careerfairs](#)

Ongoing, undecided on platform

Organized by the Career Planning Service, career fairs are a great opportunity for students to talk to company representatives from a wide range of industries. Here you will be able to find out about entry-level positions, career paths, and disclose to employers what you would like to do in the future. Click the link [here \(mcgill.ca/caps/students/services\)](#) to learn more about the Career Planning Service can offer you.

Living in Residence

INFORMATION

mcgill.ca/students/housing

McGill's Student Housing and Hospitality Services consists of Student Housing, Food and Dining, and Accommodation and Conference Services on campus. Every year, Student Housing welcomes over 3,000 students that live in different kinds of housing at McGill. There is housing for upper-year students (Greenbriar and Hutchison) in addition to first year residences. If you are an upper-year student but wish to help first-year students transition into their life at Rez, become a Floor Fellow. Living in Rez is like no other experience at McGill. You are encouraged to meet new people, get involved in student government groups and clubs, and participate in events made to make your first year memorable. Rez can be more expensive than renting in Montreal as McGill has some of the highest priced residences in the country.

Students with disabilities can also reach out to OSD to aid with living accommodations if needed.

There are a variety of residences at McGill, but the three main categories of residences are:

1. Dormitory Style Residences: Offering single rooms and shared bathrooms with an overall great sense of community
2. Modern Dormitory Style Residences: They feature newly-renovated accommodations with double rooms and private bathrooms. They also have 24/7 front desk security.
3. Apartment style residence: Offered by Solin Hall, it has furnished apartments with private bedrooms and large common areas.

**First Peoples House Residence: Undergraduate and graduate communal living space that gives priority to Indigenous students.

QUESTIONS REGARDING LIFE IN REZ?

FLOOR FELLOWS

Floor fellows are upper-year students that have been trained to help you transition into your first year at McGill and make sure you are doing well. The Floor Fellows are a role model, a resource person, and a community builder that you can count on. They are here for you and are your point of contact if you need anything. Their job is to provide you with direct support and information.

RESIDENCE LIFE FACILITATORS

The facilitators are upper-year students that play a crucial role in coordinating the residence life at McGill. They are trained to help you adjust to life at McGill and give you the ropes of the residence community. It is also their job to organize residence events such as [housing/life/residencewarz](https://mcgill.ca/students/housing/life/housing/life/residencewarz) or the [Faculty-in-Residence \(mcgill.ca/students/housing/life/facultyinresidence\)](https://mcgill.ca/students/housing/life/facultyinresidence) speaker series that are done throughout the academic year.

If you are interested and want to get more involved in your residence, sit on one of the following councils by being elected or by volunteering:

HALL COUNCIL: Every residence hall has a Hall Council and their role is to plan events and advocate for the needs and interests of their hall's residents.

INTER-RESIDENCE COUNCIL (IRC): The IRC is the body representing all students in rez and helps facilitate community through inter-residence relationships.

UNIVERSITY RESIDENCE COUNCIL (URC): This is where dialogue between the Hall Councils, the IRC, and Student Housing and Hospitality Services meet with the McGill administration.

ENVIRONMENTAL RESIDENCE COUNCIL (ERC): This council is responsible for maintaining the eco-conscience of the resilience community. It also runs one of the biggest inter-residence events called [Fight the Power \(mcgill.ca/students/housing/current-residents/student-housing-sustainability/fight-power\)](https://mcgill.ca/students/housing/current-residents/student-housing-sustainability/fight-power) which is an energy-saving competition between residence buildings.

Tip: If you have any questions as a first year regarding student housing go to the [ASK McGill \(ask.mcgill.ca/\)](https://ask.mcgill.ca/) interactive online Q&A tool to get your questions answered.

If you are not a first year student and or wish to find a place to live close to McGill, request to join the [McGill Off-Campus Housing \(facebook.com/groups/Mcgill.offcampus.housing/\)](https://facebook.com/groups/Mcgill.offcampus.housing/) page.

Places to eat with your One card

Not only is your OneCard your ID as a student but it can be used to buy food on and off campus. If you are interested in what is offered on campus, check out the oneCard webpage to find out more regarding the Mandatory Meal Plan and the over 20 locations you can eat on campus including the dining halls.

With your OneCard you are able to go to other locations outside McGill and pay for your food using your card. Here are some of the restaurants you can go to:

BASHA | mcgill.ca/onecard/files/onecard/basha_menu_pdf.pdf
Munchies: Falafels
3507 Avenue du Parc
Basha has been a staple of Montreal for over 40 years. They offer a wide array of Mediterranean foods, including grilled and marinated meats, salads, hummus, and falafels. All is served fresh.

ALTO | mcgill.ca/onecard/files/onecard/menu_alto_feuillet_postal.pdf
Munchies: Poutine
3469 Avenue du Parc
Alto is a place that most students will go at least once during their time at McGill. It offers a wide variety of options but if you wish to eat a hearty poutine, homemade pizza, pasta, salads, or pitas, this is for you.

ST-HUBERT EXPRESS | mcgill.ca/foodservices/files/foodservices/menu_livraison_oct2015_mcgill.pdf
Munchies: Chicken
3575 Avenue du Parc
St-Hubert Express is an icon of Montreal fast food cuisine. If you wish to eat some delicious rotisserie chicken, coleslaw, and crispy fries, St-Hubert is waiting for you.

SANSALIZZA | mcgill.ca/onecard/files/onecard/36649016_260375414738428_2056354097065361408_o_1.pdf

Munchies: Pizza
3576 Avenue du Parc #4304
Sansalizza is the place to go if you are interested in trying out some great pizza and or sandwiches. They always serve its customers with fresh, quality ingredients. You can create your own pizza.

M4 BURRITOS | mcgill.ca/onecard/files/onecard/m4_menuaug2019.pdf
Munchies: Burritos
2053 Peel Street
M4 Burritos is the place to go for those Burrito lovers who wish to eat some great Mexican inspired food that is served fresh.

LE PLEZL | leplezl.com
Munchies: Fusion Cooking
3429 Rue Peel
Le Plezl is a mix of cuisines from the Mediterranean region. From Italy to Israel, with flavours also coming from California and Mexico, you will not regret trying this place. They make everything in house from pickles to yogurt.

FRESHII | mcgill.ca/onecard/files/onecard/freshii_student_menu.pdf
Munchies: Salads
Freshii serves a wide variety of fresh salads and offers some great deals for students who are on a budget.

International Students

McGill is home to more than 10,000 international students, which will consist of 12,228 students in 2020-21 coming from over 150 countries. It is not easy to move from a new country, especially when going to a country where the province, Quebec, is different from the Rest of Canada. To help you, there are many on and off campus resources that will help you transition into your new life in Montreal.

RESOURCES ONLINE

INTERNATIONAL STUDENT SERVICES |

mcgill.ca/internationalstudents
Brown Building (3600 Rue McTavish), suite 5100 | (514) 398 - 4349

The International Student Services (ISS) is the first resource to use for any questions you have as an international student. If you need help with your immigration documents, the ISS and its staff are here to help. Such services include but are not limited to, immigration advising (Visa, CAQ, study permits), international student health insurance and work permit information.

INTERNATIONAL BUDDY PROGRAM |

mcgill.ca/internationalstudents/once-here/buddy

Interested in the Buddy Program? Sign up [here \(mcgillbuddyprogram.com/new_student_signup\)](http://mcgillbuddyprogram.com/new_student_signup) The Buddy Program pairs up new international students with current students to hopefully become friends in this transition into living in Canada. The buddy can offer linguistic support, cultural guidance, and information about what it is like to live at McGill.

MCGILL INTERNATIONAL STUDENT NETWORK

(MISN) mcgill.ca/internationalstudents/resources/misn | [FB @mcgillisn](https://www.facebook.com/mcgillisn)

The MISN helps organize events, cultural activities, and excursions to help new international students become acquainted with life in Montreal. It offers as well around 10 language classes per semester and includes a multitude of intramural sports.

SSMU ORGANIZATIONS |

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

If you are interested in being updated on club events, follow the SSMU Clubs and Services page [here \(facebook.com/SSMU\)](https://www.facebook.com/SSMU) and the SSMU [here \(facebook.com/SSMUAEUM\)](https://www.facebook.com/SSMUAEUM)!

SSMU offers many cultural, athletic, religious, and linguistic clubs at McGill and you will be able to find one that fits your needs and interests.

You will be able to meet people from your home country and elsewhere. If you do not see a club that interests you, start your own club! Click the ["How to Start a Club"](http://ssmu.ca/student-life/club-resources/how-to-start-a-club/) (ssmu.ca/student-life/club-resources/how-to-start-a-club/)

webpage to get more information on how to start a club.

RESOURCES OFF CAMPUS

AGENCE OMETZ | ometz.ca

ometz.ca/contact+us
5151 Chemin de la Côte-Sainte-Catherine Road | (514) 342-0000

Agence Ometz is a charitable organization that offers employment, immigration, school and social services to help people find their potential and to promote a prosperous and growing Montreal community. The Ometz immigrations Services helps incomers settle into their new community. They offer welcome programs as well as cultural and social activities.

CENTRE D'APPUI AUX COMMUNAUTÉS

IMMIGRANTES (CACI) | caci-bc.org

caci-bc.org/contact
12049 Laurentian Boulevard, H4K 1M8 | (514) 856 - 3511

CACI helps those who just made it into Canada settle into their communities and helps incomers through language courses, employment assistance, paperwork, and caregiver support. They also host a series of community life events that bring people together.

SOLIDARITY ACROSS BORDERS |

solidarityacrossborders.org
solutions.justes@gmail.com
(514) 809- 0773

If you are interested in immigrating to Canada, Solidarity Across Borders can help you. As a migrant justice network, it directly supports people and families that are facing the immigration system. It organizes monthly mutual aid flights, public campaigns, and guides you through the bureaucratic processes.

Transfer Students

As a transfer student, you might have many questions regarding how you transfer credits from your previous university to McGill, how you make new friends, or where to live in Montreal. It is always daunting going to another university in the middle of your college experience. McGill has resources available to make your transition smoother.

Transfer Student Orientation & Information Session |

mcgill.ca/importantdates/channels/event/mature-re-entry-and-transfer-student-orientation-328719

August 25, 2021, platform unknown

As a transfer student, this orientation at the beginning of the school year will give you a strong start to your McGill career by informing you of the many resources and services that are available in the university. This is a great way to meet people who have transferred from other universities as well. To register click [here \(mcgill.ca/firstyear/undergraduate/orientation-week/fall/\)](http://mcgill.ca/firstyear/undergraduate/orientation-week/fall/).

Transfer Students and Credits |

mcgill.ca/transfercredit/prospective

To find out whether or not the college credits you took at your previous university will be transferable to McGill, check the [Course Equivalency System \(mcgill.ca/transfercredit/course-equivalency\)](http://mcgill.ca/transfercredit/course-equivalency) that helps you search and review course equivalencies from the college courses you have taken already and see if McGill offers similar classes. You may be qualified for

If you have taken university-level courses that do not appear in the equivalency database you may still qualify for transfer credits. Through the Course Equivalency System you can also submit requests for potential equivalencies that are not listed. You can also request a reassessment of expired equivalencies. If you wish to talk to someone for any faculty specific transfer credit questions contact your faculty [Student Affairs Office \(mcgill.ca/students/advising/advisordirectory\)](mailto:StudentAffairsOffice@mcgill.ca). If you have any general transfer credit questions as a new McGillian go to [Service Point \(mcgill.ca/servicepoint/contact\)](http://mcgill.ca/servicepoint/contact).

Tip: If you want to learn more about McGill **Orientation** in the fall, go to **page 34**, and for information on **clubs and services**, go to the **page 21-23**.

Communauté Francophone

LE FRANÇAIS À MCGILL

L'Université McGill étant le bastion académique anglophone de Montréal, il serait facile de penser que le français est persona non grata entre ses murs. Détrompez-vous, McGill ne renie pas ses racines montréalaises et québécoises. Sa population francophone en est la preuve. En effet, 20% des étudiant-e-s et 21% du personnel déclarent avoir le français comme langue maternelle.

Session d'accueil - Étudiant-e-s francophones
(mcgill.ca/firstyear/undergraduate/orientation-week/fall/francophone/)
Le mercredi 25 août 2021

Cette session de bienvenue sera aussi l'occasion de rencontrer d'autres étudiants francophones. Elle sera suivie de différents ateliers où vous serez fournis des outils utiles essentielles pour réussir à McGill.

Vivre McGill en Français |
vivreenfrancais.mcgill.ca/

Provenant des quatre coins du monde, la communauté étudiante francophone est très diverse. Découvrez les différentes façons d'intégrer la langue française à votre expérience mcgillienne!

QUELQUES ASSOCIATIONS ET CLUBS ÉTUDIANTS

Lisez les nouvelles en français avec Le Délit |
delitfrancais.com

Seul journal francophone de McGill, le Délit fait profiter le campus de ses articles et entretiens depuis quarante ans. Une nouvelle édition est publiée chaque semaine, que vous pouvez obtenir gratuitement aux différents points de distribution du campus. Vous pouvez même contribuer à la création du journal en soumettant vos articles ou illustrations!

Libérez l'actrice-ur enfouie en vous avec Franc-Jeu | [FB @francjeutheatre](https://fb.com/francjeutheatre)

Dédié au théâtre francophone, ce club de l'AEUM vous offre un espace convivial pour explorer l'univers du théâtre et rencontrer d'autres passionné-e-s. 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 assister à l'un de leurs spectacles?

DÉCOUVREZ L'ART DE LA RHÉTORIQUE AVEC LE CLUB DE DÉBAT FRANCOPHONE

Club de débat francophone McGill |
[FB @cdfmcgill](https://fb.com/cdfmcgill)

Que ce soit pour débattre de science, de politique ou encore de philosophie, le club de débat francophone de McGill se réunit chaque semaine. Ces pratiques hebdomadaires pourraient même vous amener à représenter McGill lors de tournois interuniversitaires!

Voici une *liste* - non exhaustive - des clubs et associations francophones et francophiles du campus (https://drive.google.com/file/d/1DckGUHct_ToPVaFarkbeyeCKThpAyamd/view)! À votre français, prêts, parlez!

ÉTUDIER EN FRANÇAIS

En plus de pratiquer le français sur votre temps libre, vous pouvez même l'intégrer à vos études! Le *Département des littératures de langue française, de traduction et de création (faculté des arts)* (mcgill.ca/litterature/fr) est en effet entièrement francophone. Au niveau facultaire, la *Faculté de droit* (mcgill.ca/law/) est entièrement bilingue et vous offre la possibilité de suivre des cours en français. Pareillement, la *Faculté des sciences de l'éducation* (mcgill.ca/dise/teachercert/kelempif) propose une majeure en pédagogie de l'immersion Française et le *Campus Outaouais* (mcgill.ca/campusoutaouais/fr/) de la Faculté de médecine et des sciences de la santé délivre une formation médicale entièrement en français. Les autres facultés ne sont pas en reste et ont toujours de nouvelles opportunités francophones. Pour plus d'informations, contactez les équipes administratives de la faculté en question.

VOUS POUVEZ MÊME SOUMETTRE VOS TRAVAUX EN FRANÇAIS!

Submitting in French |
mcgill.ca/students/srr/academicrights/course/french

Pour tous les cours - à l'exception des cours dont la maîtrise d'une langue est un objectif - vous avez le droit de soumettre vos travaux écrits en français plutôt qu'en anglais. Il s'agit d'un droit inscrit dans la Charte des droits de l'étudiant que vous pouvez invoquer à n'importe quel stade de vos études. Parlez-en à votre instructrice-ur!

OBTENEZ DE L'AIDE PERSONNALISÉE

Étudiants francophones |
mcgill.ca/firstyear/francophone

Mme Manon Lemelin, l'adjointe aux étudiants francophones de première année, a pour mission de faciliter l'intégration des francophones à la vie universitaire. N'hésitez pas à la contacter pour vous renseigner sur l'éventail des services offerts sur le campus.

À l'AEUM, la commission aux affaires francophones (caf@ssmu.ca) est chargée de protéger vos droits en tant que francophones et de promouvoir la francophonie sur le campus. Contactez-nous pour plus de renseignements sur vos droits et même participer au rayonnement de la langue française à McGill!

BIPOC Community

BLACK, INDIGENOUS, AND PEOPLE OF COLOUR

SSMU offers many clubs and services for the BIPOC community at McGill. There is a club designed for you and your interests and if you do not see one that connects with you, you can start your own! Go to **page 21** of the handbook to find more information on creating your own club.

ON CAMPUS

BLACK STUDENTS NETWORK

bsnmcgill.com | [FB @BlackStudentsNetworkOfMcGill](https://fb.com/BlackStudentsNetworkOfMcGill)
University Centre (3480 McTavish), room 415
The Black Students' Network is a service provided by the SSMU. Its main focus is that of the needs and interests of Black students at McGill. It offers social and political events, safer and more accessible space, and spreads awareness on the issues concerning the Black community.

FIRST PEOPLES' HOUSE (FPH)

mcgill.ca/fph | [FB @FPHMcGill](https://fb.com/FPHMcGill)
3505 Rue Peel (514) 398-3217
The First Peoples' House aims to provide a sense of community and belonging to Indigenous students who have left their homes in order to pursue their education at McGill. While the First Peoples' House is a residence, it also serves as a gathering place and resource centre and functions most of all as a community. It is a home for First Nations, Inuit and Métis students.

INDIGENOUS STUDENTS ALLIANCE

indigsa-mcgill.weebly.com | [FB @Indigenous.Student.Alliance](https://fb.com/Indigenous.Student.Alliance)
The Indigenous Student's Alliance provides integrative support for Indigenous peoples' at McGill and wishes to unite Indigenous students and allies in creating a community that promotes relationships with other marginalized communities. Its vision is to continue developing and maintaining on-going networking and partnerships with other University student groups and organizations through learning-teaching relationships that foster real and meaningful human development and community solidarity.

SPANISH AND LATIN AMERICAN STUDENTS' ASSOCIATION OF MCGILL UNIVERSITY

(SLASA) slasamcgill.wixsite.com | [FB @SLASA.Mcgill](https://fb.com/SLASA.Mcgill)
SLASA is a student run organization that is based in Montreal. It serves as a social and professional network for Spanish and Latin American students at McGill. Throughout the school year, they organize various events and activities to celebrate and share Hispanic culture and to promote the academic success of Spanish-speaking McGillians and to integrate them in the Montreal community.

BIPOC Community

OFF CAMPUS

NATIVE FRIENDSHIP CENTRE OF MONTREAL (NFCM) | [FB @nfcmaam](#)
2001 Boulevard St. Laurent
(514) 499 - 1854

The NFCM is a non-profit that provides health and social services to the urban Indigenous population of Montreal. It is the only comprehensive service and referral point in the Greater Montreal Area (GMA) when it comes to legal, educational, and employment referral.

NATIVE WOMEN'S SHELTER (NWSM) [nwsn.info](#) | [FB @NativeWomensShelter](#)
(514) 933-4688

The NWSM's main objective is to act as a safe environment where Indigenous women can begin to rebuild their lives. It does not disclose their location and provides support and front line services to First Nations, Inuit, and Métis women and children.

THE SOUTH ASIAN WOMEN'S COMMUNITY CENTRE (SAWCC) [sawcc-ccfsa.ca](#) | [FB @sawcccfssa](#)
1035 Rue Rachel
(514) 342-2247

The SACC believes in creating a community space for women and their families from around the world. It is a feminist and anti-racist organization which provides a wide array of services including one-on-one support. They host events like community gatherings, festivals, and film nights and are heavily involved in community activism.

THE BLACK COMMUNITY RESOURCE CENTRE (BCRC) [bcrctmontreal.com](#) | [FB @BCRCMTL](#)
6767 Côte-des-Neiges, Suite 497
(514) 342-2247

The 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 [destabyn.org](#) | [FB @destabyn](#)
1950 Rue St-Antoine Ouest
(514) 664-5042

DESTA pushes Black youth between the age of 18 to 35 to reach their educational, employability, and entrepreneurial goals through a holistic and individualized approach. It also offers ongoing re-entry support services that include employment, government identification cards, and medical assistance for those getting out of incarceration.

SISTERS IN MONTREAL | [FB @sistersinmotionmtl](#)

Sisters in Montreal aims to uplift the voices of BIPOC communities through creativity and sisterhood. They host an array of events in the Montreal area which includes poetry readings and book launches.

PAN-ASIAN COLLECTIVE | [FB @pacmontreal](#)

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

2SLGBTQIA+ Community

RESOURCES OFF CAMPUS

CENTRE FOR GENDER ADVOCACY [genderadvocacy.org](#) | [FB @CentreforGenderAdvocacy](#)
Peer Support and Advocacy Office:
2110 Rue Mackay
Programming and Campaigns (includes Missing Justice): 2100 Rue Guy

The Center operates with a mandate of promoting gender equality and empowerment especially when it comes to marginalized communities. It provides free and confidential individual services, which includes peer support and advocacy, safer-sex, injection and gender empowerment resources and support for trans or questioning individuals. The programming includes Missing Justice which demands justice for missing and murdered indigenous women, girls, trans and two-spirited people.

ACTION LGBTQ WITH IMMIGRANTS AND REFUGEES (AGIR) [agirmontreal.org](#) | [FB @agirmontreal](#)
2075 Plessis, room 311

AGIR Montreal gives support to LGBTQ+ migrants which include 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) [p10.qc.ca](#) | [FB @P10montreal](#)
1575 Atatak Street
(514) 989-4585

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. It also holds panels and workshops on a variety of interests.

AIDS COMMUNITY CARE MONTREAL [accmontreal.org](#) | [FB @ACCMontreal](#)
2017 Rue Plessis
(514) 527-0928

The ACCM is a volunteer-based community organization that works to improve the quality of life of those with HIV/AIDS or hepatitis by preventing transmission and promoting awareness and action through frequent events.

Montreal has a long and proud history of 2SLGBTQIA+ activism and community. Montreal hosts the Image+Nation which is an 11 day film festival that is dedicated to sharing the stories and experience of LGBTQ+ people. There are many other events as well as community and health resources for queer people who wish to celebrate their identity.

RESOURCES ON CAMPUS

QUEER MCGILL [queermcgill.org](#) | [FB @QueerMcGill](#)
3480 McTavish, Room 432

Queer McGill is a student-run service by the SSMU that is provided by and for queer students. They offer safer-sex supplies and organize events that go from weekly board game nights to workshops. You can participate at the *Trans Working Group* ([facebook.com/groups/234213041161965](#)), *QTBIPOC Working Group* ([facebook.com/groups/1459014180851045](#)), *Queer Bookclub*, and *Bi Working Group* ([facebook.com/groups/368469947669621](#)) which remain active.

THE UNION FOR GENDER EMPOWERMENT (UGE) [theuge.org](#) | [FB @UGEMcGill](#)
3480 McTavish, Room 413

The UGE is a trans positive and anti-racist feminist organization that continues to run events for students, as well as office hours and offers gender affirming resources like safer queer/trans-friendly health services in Montreal.

THE QUEBEC PUBLIC INTEREST RESEARCH GROUP MCGILL (QPIRG) [qipirgmcgill.org](#) | [FB @QPIRG.GRIP.McGill](#)
3647 Rue University
(514) 398-7432

The QPIRG is a non-profit student-run organization that rallies McGill and Montreal communities in the fight for social and environmental justice. Although not exclusively queer centric, it continues doing grassroots activism on campus.

THE GENDER AND SEXUALITY ADVOCACY COMMITTEE

The Gender and Sexuality Advocacy Committee, which is chaired by the Gender and Sexuality Commissioner, is a forum that unites and coordinates the efforts of Queer student groups on campus. It will continue to meet every other week to discuss problems facing the queer community on campus. If interested in filling a community member role contact gsc@ssmu.ca

The Arts

While there is no program or classes for fine arts at McGill, there are many independent student groups and clubs that make up for it.

THEATRE

The English Department offers practical drama classes in performance, stage scenery, and other theatre crafts. However, for a more hands on approach, join one of the following clubs if you want to fulfill your dreams as an actor.

MCGILL IN THE ARTS

Theater groups at McGill will give you the chance to act, sing, stage-manage, direct, and so much more. If you have direct questions, click on their Facebook pages to find out the specifics and learn about upcoming performances or casting calls.

ARTS UNDERGRADUATE THEATRE SOCIETY autstheatre.ca | [FB @autsmcgill](https://www.facebook.com/autsmcgill)

FRANC-JEU | [FB @francjeu](https://www.facebook.com/francjeu)

THE MCGILL SAVOY SOCIETY mcgillsavoy.ca | [FB @mcgillsavoy](https://www.facebook.com/mcgillsavoy)

PLAYERS' CLUB playerstheatre.ca | [FB @PlayersTheatreMcGill](https://www.facebook.com/PlayersTheatreMcGill)

TUESDAY NIGHT CLUB THEATRE tuesdaynightcafetheatre.wordpress.com | [FB @tuesdaynightcafetheatre](https://www.facebook.com/tuesdaynightcafetheatre)

NON TRADITIONAL PERFORMING ARTS

If you are not interested in traditional theater, McGill offers other ways to get on stage and they include improv, comedy, or spoken-word performance

BRING YOUR OWN JUICE | [FB @bringyourownjuice](https://www.facebook.com/bringyourownjuice)

MCGILL STUDENTS' IMPROV | [FB @mcgillimprov](https://www.facebook.com/mcgillimprov)

DANCE

SSMU offers many different types of dance clubs so you will find where you belong

AUDITION-BASED GROUPS

If you are already an experienced dancer and want to continue improving your craft at McGill check out some of these groups and their websites and social media pages.

ALLEGRIA CONTEMPORARY BALLET COMPANY | [FB @alegriaccontemporaryballet](https://www.facebook.com/alegriaccontemporaryballet)

DANCE PACK | [FB @mcgilldancepack](https://www.facebook.com/mcgilldancepack)

INERTIA MODERN DANCE COLLECTIVE | [FB @inertiamoderndancecollective](https://www.facebook.com/inertiamoderndancecollective)

MOSAICA DANCE COMPANY | [FB @mosaicadancecompany](https://www.facebook.com/mosaicadancecompany)

TASHAN DANCE COMPANY | [FB @tashandancecompany](https://www.facebook.com/tashandancecompany)

MONTREAL DI MAJESTY | [FB @montrealdimajesty](https://www.facebook.com/montrealdimajesty)

NO-AUDITION GROUPS

If you are just looking to dance recreationally then McGill has plenty to offer from drop-in classes to lessons for beginners

MCGILL STUDENT STREET DANCERS | [facebook.com/groups/291248837555196](https://www.facebook.com/groups/291248837555196)

MCGILL STUDENTS' BALLROOM DANCE CLUB | [FB @mcgillballroomdance](https://www.facebook.com/mcgillballroomdance)

MCGILL SWING KIDS ASSOCIATION | [FB @mcgillswingkids](https://www.facebook.com/mcgillswingkids)

RECREATIONAL DANCE COMPANY | [FB @RDCmcgill](https://www.facebook.com/RDCmcgill)

SALSEROS salserosmcgill.weebly.com | [FB @SalserosMcGill](https://www.facebook.com/SalserosMcGill)

UNITED GROOVE (UG) DANCE PROJECT | [FB @United-Groove-43950288647](https://www.facebook.com/United-Groove-43950288647)

The Arts

MUSIC

Here are some options for those who want to make music and perhaps be part of an ensemble.

A CAPPELLA AT MCGILL

There are quite a few choir and a cappella groups at McGill that do events year round and do recruitment during Activities Night (see page 34). Here you can check their websites and social media pages.

CHROMATONES A CAPPELLA chromatones.ca | [FB @ChromatonesACappella](https://www.facebook.com/ChromatonesACappella)

EFFUSION A CAPPELLA | [FB @effusionacappella](https://www.facebook.com/effusionacappella)

RAAG FUSION A CAPPELLA [youtube.com/raagofficial](https://www.youtube.com/raagofficial) | [FB @mcgillraag](https://www.facebook.com/mcgillraag)

TONAL ECSTASY A CAPPELLA tonalecstasy.com | [FB @txacappella](https://www.facebook.com/txacappella)

SOULSTICE A CAPPELLA soulsticeacappella.website | [FB @soulsticeacappella](https://www.facebook.com/soulsticeacappella)

GROUP INSTRUMENT PERFORMANCE

If you wish to perform an instrument as part of a large ensemble then look at some of these clubs that are of orchestral or band origin.

CLASSICAL MUSIC CLUB (CMC) [sites.google.com/site/mcgillcmc](https://www.google.com/site/mcgillcmc) | [FB @mcgillcmc](https://www.facebook.com/mcgillcmc)

SSMU SYMPHONIC BAND CLUB symphonicband.ssmu.ca | [FB @symphonicclub](https://www.facebook.com/symphonicclub)

MUSIC AND SOCIAL JUSTICE

These groups use music as a way to promote social justice issues. This is a great way to spread awareness on many issues and to help fundraise events.

JAM FOR JUSTICE jamforjustice.org | [FB @jamforjusticemcgill](https://www.facebook.com/jamforjusticemcgill)

MCGILL FANTASIA STUDENTS CLUB fantasiacmgill.weebly.com | [FB @mcgillfantasia](https://www.facebook.com/mcgillfantasia)

SEEING VOICES MONTREAL seeingvoicesmontreal.com | [FB @SeeingVoices](https://www.facebook.com/SeeingVoices)

ASIAN MUSIC APPRECIATION

If you are into K-POP or appreciate traditional Chinese music, these clubs help you explore Asian culture through its music.

K-RAVE KPOP CLUB k-rave.wixsite.com/krave | [FB @kravemcgill](https://www.facebook.com/kravemcgill)

MCGILL STUDENT'S CHINESE MUSIC SOCIETY mcgillchinesemusic.wixsite.com/mcscms | [FB @mcgillstudentschinesemusicociety](https://www.facebook.com/mcgillstudentschinesemusicociety)

CHORAL MUSIC

If you want your choir skills to be used and heard then look into joining one of these clubs.

LES MUSES CHORALE lesmuseschorale.wixsite.com/lesmuseschorale | [FB @LesMusesChorale](https://www.facebook.com/LesMusesChorale)

MCGILL CHORAL SOCIETY mcgillchoral.ca | [FB @mcgillchoralsociety](https://www.facebook.com/mcgillchoralsociety)

MUSIC RESOURCES

These resources provide you with a wide array of services from theory and practical lessons to a loaning bank for music instruments. Check out the links below.

MCGILL CONSERVATORY | mcgill.ca/conservatory

THE SSMU MUSICIANS COLLECTIVE musicianscollective.ssmu.ca | [FB @ssmumusicianscollective](https://www.facebook.com/ssmumusicianscollective)

VISUAL ARTS

MAKING ART

If you are interested in clubs that get you in touch with other artists at McGill check out their websites and social media pages below:

MCGILL STUDENTS' VISUAL ARTS SOCIETY | [FB @mcgillstudentsvisualartssociety](https://www.facebook.com/mcgillstudentsvisualartssociety)

MCGILL UNDERGRADUATE PHOTOGRAPHY STUDENTS SOCIETY (MUPSS) mupss.ca | [FB @MUPSSMcGill](https://www.facebook.com/MUPSSMcGill)

MCGILL STUDENTS CHINESE BRUSH ARTS mscbac.my-free.website | [FB @mscbac](https://www.facebook.com/mscbac)

SHOWING YOUR ART

If you are interested in finding a venue to present your art, these groups will hold exhibitions of students' work. Don't forget to check their websites and social media pages to find out when they are accepting submissions.

FRIDGE DOOR GALLERY fridgedoorgallerydotorg.wordpress.com | [FB @fridgedoorgallery](https://www.facebook.com/fridgedoorgallery)

FOLIO MAGAZINE foliomagazine.ca | [FB @foliooo](https://www.facebook.com/foliooo)

Campus Media

PRINT AND ONLINE

LE DÉLIT

delitfrancais.com | [FB @ledelitfrancais](https://www.facebook.com/ledelitfrancais)

Le Délit is McGill's only French-language newspaper which aims to close the gap of understanding between Anglophone and Francophone students on campus.

THE MCGILL DAILY

mcgilldaily.com | [FB @themcgilldaily](https://www.facebook.com/themcgilldaily)

The Daily is McGill's oldest independent student newspaper which aims to feature marginalized voices and under-reported stories in the McGill and Montreal communities.

THE BULL AND BEAR

bullandbearmcgill.com | [FB @musbullandbear](https://www.facebook.com/musbullandbear)

The Bull and Bear is a news and commentary publication that is based in the Desautels Faculty of Management. Published on a regular basis, they also print a special magazine issue at the end of each semester.

THE MCGILL TRIBUNE

mcgilltribune.com | [FB @mcgilltribune](https://www.facebook.com/mcgilltribune)

The McGill Tribune is an independent newspaper which covers the university, Canada, and the world since 1981. It is published weekly in print and online daily.

VEG MAGAZINE | [FB @thevegmagazine](http://thevegmagazine.com)

Veg Magazine is a semi-annual literary publication, publishing student prose, poetry, and artwork. You can grab a free copy in the Arts Building, Leacock, and McLennan.

CONTEMPORARY REVIEW OF GENOCIDE AND POLITICAL VIOLENCE crgreview.com | [FB @CRGreview](https://www.facebook.com/CRGreview)

CRG is an online publication that publishes articles under the context of genocide and political violence. They publish articles on a semester basis that take the form of research papers.

MCGILL INTERNATIONAL REVIEW mironline.ca | [FB @MIROmcgill](https://www.facebook.com/MIROmcgill)

The McGill International Review (MIR) is a bilingual student-run scholarly journal and online publication that provides academic analysis and coverage of world news.

FLUX [f luxirr.mcgill.ca](https://www.facebook.com/fluxirr) | [FB @fluxirr](https://www.facebook.com/fluxirr)

The print version of the MIR, Flux: International Relations Review is a peer reviewed undergraduate run academic journal. It publishes its research at the end of the fall and winter semesters.

MCGILL JOURNAL OF POLITICAL SCIENCE mjps.ssmu.ca | [FB @MJPS.PSSA](https://www.facebook.com/MJPS.PSSA)

The MJPS aims to publish high quality undergraduate research papers, offering unique perspective on current topic in the four areas of political science offered by the Political Science department: Canadian Politics, Comparative Politics, International Relations, and Political Theory

MCGILL SCIENCE UNDERGRADUATE RESEARCH JOURNAL (MSURJ) msurj.com | [FB @mcgillsurj](https://www.facebook.com/mcgillsurj)

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

RADIO

CKUT 90.3 FM ckut.ca | [FB @RadioCKUT](https://www.facebook.com/RadioCKUT)

CKUT is a non-profit campus/community radio station, committed to alternative music, news, and spoken word broadcasting. If interested in listening, tune in at 90.3 on the FM dial in Montreal or go to their website linked above.

TELEVISION

TVM: STUDENT TELEVISION AT MCGILL tvmtvtelevision.com | [FB @TVMTvtelevision](https://www.facebook.com/TVMTvtelevision)

TVM is a SSMU service and McGill's student-run television and film production team, offering original content, event coverage, filmmaking workshops, and more.

Student Activism

McGill has a deep history of student activism and has many political and social clubs that could fit your needs. Check all the groups below!

POLITICAL PARTIES AT MCGILL

The SSMU offers support to clubs of Canadian political parties as well as foreign political ones.

CONSERVATIVE ASSOCIATION conservativemcgill.ca | [FB @cpcmcgill](https://www.facebook.com/cpcmcgill)

DEMOCRATS ABROAD democratsabroad.org/ca_montreal | [FB @demsabroadmcgill](https://www.facebook.com/demsabroadmcgill)

LIBERAL MCGILL bit.ly/LiberalMcGill | [FB @LiberalMcGill](https://www.facebook.com/LiberalMcGill)

NEW DEMOCRATIC PARTY (NDP) ndpmcgill.ssmu.ca | [FB @NDPMcGill](https://www.facebook.com/NDPMcGill)

YOUNG GREENS greenparty.ca | [FB @McGillGreens](https://www.facebook.com/McGillGreens)

QUEBEC LIBERAL PARTY (PLQ) plq.org | [FB @CJPLQuMCGILL](https://www.facebook.com/CJPLQuMCGILL)

SOCIALIST FIGHT BACK marxist.ca | [FB @FightbackCM](https://www.facebook.com/FightbackCM)

BEGINNERS TO POLITICS

For those who are not too sure where to align themselves politically or just want to be introduced to the political world.

CINEMA POLITICA | [FB @FightbackCM](https://www.facebook.com/FightbackCM)

CKUT 90.3 FM | [@RadioCKUT](https://www.facebook.com/RadioCKUT)

THE QUEBEC PUBLIC INTEREST RESEARCH GROUP MCGILL (QPIRG) qipirgmcgill.org

Check out their Facebook page [FB @QPIRG.GRIP.McGill](https://www.facebook.com/QPIRG.GRIP.McGill)

MCGILL STUDENT SUSTAINABILITY NETWORK | [FB @RSNMcGill](https://www.facebook.com/RSNMcGill)

POLITICAL ACTIVISM

For those passionate about specific political issues

CLIMATE JUSTICE ACTION MCGILL (C-JAM) | [FB @ClimateJusticeActionMcGill](https://www.facebook.com/ClimateJusticeActionMcGill)

DIVEST MCGILL divestmcgill.com | [FB @DivestMcGill](https://www.facebook.com/DivestMcGill)

F-WORD (fwordmtl.wixsite.com/collective) | [FB @fwordmtl](https://www.facebook.com/fwordmtl)

FREETHOUGHT ASSOCIATION | [FB @FreethoughtAssociationMcGill](https://www.facebook.com/FreethoughtAssociationMcGill)

HERBIVORE SOCIETY FOR PEACE AND JUSTICE herbivores.ssmu.ca | [FB @herbivoresociety](https://www.facebook.com/herbivoresociety)

INDIGENOUS STUDENT ALLIANCE (ISA) indigsa-mcgill.weebly.com | [FB @Indigenous.Student.Alliance](https://www.facebook.com/Indigenous.Student.Alliance)

MCGILL AGAINST BILL 21 | [FB @McGillAgainstBill21](https://www.facebook.com/McGillAgainstBill21)

MCGILL CANADIAN STUDENTS FOR SENSIBLE DRUG POLICY cssdp.org | [FB @cssdpmcgill](https://www.facebook.com/cssdpmcgill)

MCGILL FOOD COALITION mcgillfoodcoalition.wordpress.com | [FB @McGillFoodCoalitionPage](https://www.facebook.com/McGillFoodCoalitionPage)

MCGILL STUDENTS CHAPTER OF JOURNALISTS FOR HUMAN RIGHTS (JHR) jhrmcgill.ssmu.ca | [FB @JHRmcgill](https://www.facebook.com/JHRmcgill)

MCGILL STUDENTS CHAPTER OF WAR CHILD warchild.ca | [FB @mcgillstudentschapterofwarchild](https://www.facebook.com/mcgillstudentschapterofwarchild)

MCGILL STUDENTS FOR A FREE TIBET studentsforafreetibet.org | [FB @sftmcgill](https://www.facebook.com/sftmcgill)

MCGILL STUDENTS FOR AMNESTY INTERNATIONAL amnestymcgill.ssmu.ca | [FB @McGillStudentsForAmnestyInternational](https://www.facebook.com/McGillStudentsForAmnestyInternational)

MCGILL STUDENTS FOR FIMRC fimrc.org | [FB @McGill.FIMRC](https://www.facebook.com/McGill.FIMRC)

MCGILL STUDENTS FOR GREENPEACE greenpeacecmcgill1.wixsite.com/msfgreenpeace | [FB @GreenpeaceMcGill](https://www.facebook.com/GreenpeaceMcGill)

MCGILL STUDENTS FOR HANVOICE mcgillhanvoice.weebly.com | [FB @McGillHanvoice](https://www.facebook.com/McGillHanvoice)

MCGILL STUDENTS FOR OXFAM QUEBEC | [FB @oxfam.mcgill](https://www.facebook.com/oxfam.mcgill)

McGill Students For UN Women Canada National Committee | [FB @UNWomenMcGill](https://www.facebook.com/UNWomenMcGill)

MCGILL STUDENTS IN SOLIDARITY FOR PALESTINIAN HUMAN RIGHTS (SPHR) linktr.ee/mcgillsphr | [FB @sphrmcgill](https://www.facebook.com/sphrmcgill)

OPENMEDIA MCGILL openmedia.org | [FB @openmediaorg](https://www.facebook.com/openmediaorg)

STUDENTS FOR PEACE AND DISARMAMENT - PEACE CLUB | [FB @mcgillpeaceclub](https://www.facebook.com/mcgillpeaceclub)

Jobs on Campus

Job searching in Montreal as a student at McGill can be difficult especially when you do not speak French. However, there are many jobs and services available on campus for students. To find out more, check the Career and Planning Service (CAPS) and if you are an international student go check the ISS to see what you need to work in Canada.

THE CAREER PLANNING SERVICE mcgill.ca/caps

Bown Building (3600 Rue McTavish), suite 2200
Macdonald Campus (Centennial Centre, 21111
Rue Lakeshore, Ste-Anne-de-Bellevue)
(514) 398 - 3304

The McGill Career Planning Service (CaPS) helps students in finding their career search for part-time and permanent jobs, internships, and summer jobs. CaPS provides workshops, individual advising, a comprehensive job posting service, and an extensive Career Resource Centre. If you are interested in setting up an appointment with a career counsellor set up a my future account here (caps.myfuture.mcgill.ca).

JOB OPPORTUNITIES ON CAMPUS

WORK STUDY

WHAT: A need-based system for part-time work (clerical, research, technical, library jobs, McGill-affiliated hospitals and organizations). Work study is usually done throughout the school year, but you can find summer positions also.

WHO: To be part of the Work Study program, you must be a full-time student, in satisfactory academic standing, and have applied for the maximum government aid that you are eligible for. Contact the Student Aid Office for more information here (mcgill.ca/studentaid).

HOW: The work study application opens on July 1 in Minerva. However, students can submit their application throughout the year. If you want more options, make sure to apply before September. If you are accepted into the program you will apply separately to the jobs available.

FACULTY ASSOCIATIONS www.mcgill.ca/engage/overview/employment-internships-research/employment

WHAT: Faculty associations (Engineering, Management, Law, Medicine, Internship Offices Network) hire students throughout the school year and in the summer.

BUT: Because the budgets are constricted, some positions will be volunteer-based.

HOW: Click on the link above and scroll down the different faculty websites for more details.

SSMU [careers.smartrecruiters.com/ StudentSocietyMcGillUniversity](http://careers.smartrecruiters.com/StudentSocietyMcGillUniversity)

WHAT: SSMU hires many students throughout the school year and in the summer for a wide array of jobs.

WHO : Any qualified student can apply. SSMU has jobs regarding political activism, event management, human resources, communications, and much more.

HOW: Job Postings for the next academic year are put out in March and April and applications for summer positions open in January and February. For external job postings click on the SSMU Marketplace webpage [here \(smu.ca/marketplace/ad-category/jobs/\)](http://smu.ca/marketplace/ad-category/jobs/)

STUDENT HOUSING mcgill.ca/students/housing/life

WHAT: McGill hires Flor Fellows and Residence Life Facilitators every year. The Floor Fellow lives and guides first year students in rez, while Residence Life Facilitators organize events for residences throughout the school year.

HOW: Applications for Floor Fellows opens in late December and for Residence Life Facilitators, around March and April.

RESEARCH POSITIONS mcgill.ca/caps/students/job/research

WHAT: If you are interested in doing research in a field, look for professors you have established a relationship with and ask them if they need someone to help them for their projects as a research assistant. There is also independent research funding that you can look into.

HOW: The Arts Undergraduate Research Internship Awards (ARIA) offers summer research stipends for students that are doing research work for a faculty. The Science faculty also offers research awards which you can check [here \(mcgill.ca/science/research/undergraduate-research/sura\)](http://mcgill.ca/science/research/undergraduate-research/sura). Also, QPIRG offers research stipends for projects on social justice.

ATHLETICS [mcgillathletics.ca/ sports/2012/11/2/1102123904.aspx](http://mcgillathletics.ca/sports/2012/11/2/1102123904.aspx)

WHAT: McGill Athletics requires students to referee and supervise sports facilities during the school year and also offers summer jobs.

HOW: If interested, visit Client Services at the Currie Gym or check the website linked above. Jobs are posted through the year but many go up at the end of January.

Volunteering

ENGAGE MCGILL mcgill.ca/engage/

McGill offers a wide variety of services to get students involved in university and student-led groups and events on both campuses.

MYINVOLVEMENT mcgill.ca/involvement/myinvolvement

MyInvolvement is an online space where you can find out about learning opportunities outside of the classroom. You can access Student Services' workshops as well as skill-building activities. You find out more about events, workshops, and volunteer opportunities. MyInvolvement also tracks and records your participation for your co-curricular record.

THE CAREER PLANNING SERVICES mcgill.ca/caps/students/job/volunteer Go to [page 48](#) for contact information!

The CaPS website is a great tool for finding volunteer opportunities and for tips for determining if a position is fit for you. If you are interested in international volunteering, check what they have to offer!

VOLUNTEER BUREAU OF MONTREAL cabm.net

The Volunteer Bureau of Montreal has been pushing for volunteers in the Montreal area for over 80 years. They have many opportunities on their website and more information about organizations you can get involved in.



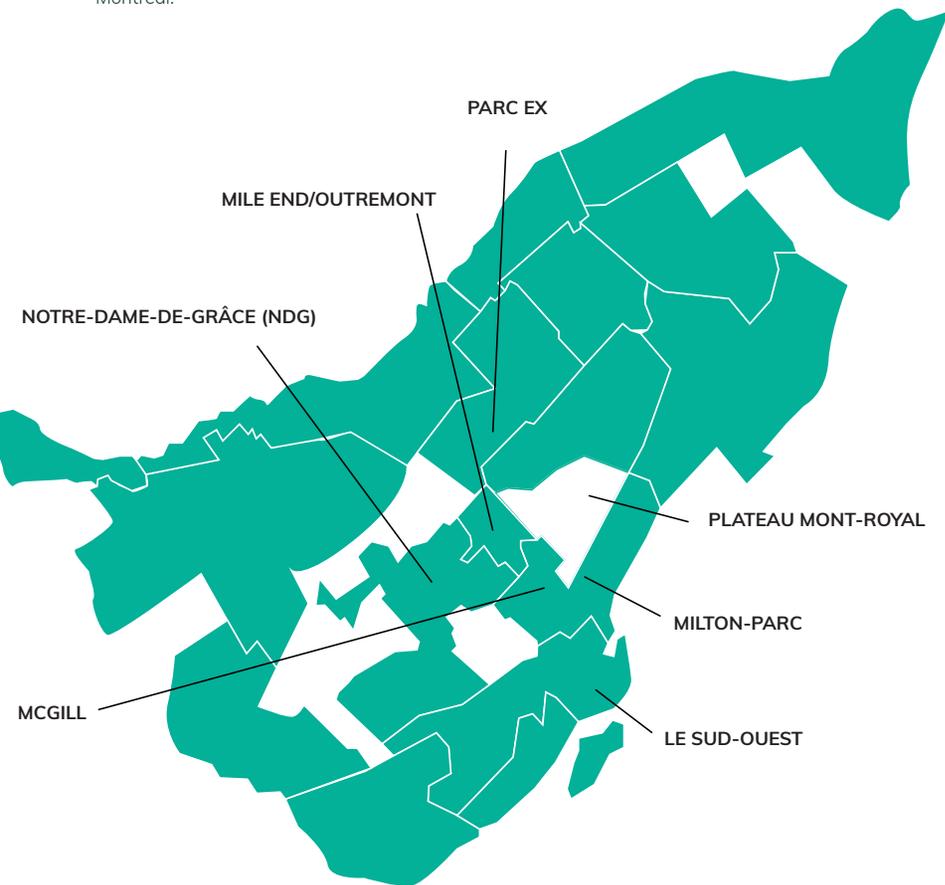
My McGill

“Going from an all night celebration with friends and a midnight walk in rainy streets to a night of midterm study and a bad Halloween movie on Netflix party with a pound of candy is as different as it can get but both give you great memories and a funny stomach.”

Juliette Chesnel, BA 2021

Neighbourhood Guide

Have you not left the McGill bubble? What are you waiting for? It is time to explore Montreal! The city is ranked as one of the best cities for students to live and study in. Take advantage of all the opportunities Montreal has to offer. Explore the different neighborhoods of the city, whether it is trying the bagels of St-Viateur in the Mile-End, having a picnic at Parc La Fontaine in the Plateau, or visiting the old French colonial architecture of the Vieux-Port, there is so much to visit in such little time. Here is a short guide of what neighborhoods to visit during your time in Montreal.



MILTON-PARC

miltonpark.org

Area: Rue University to St-Laurent, Sherbrooke to Des Pins

Milton-Parc is a great place to live if you are a student at McGill. It is very close to campus, downtown, and the Montreal nightlife. In this neighborhood, there are many local grocery stores, cafes, restaurants, and boutiques. Rent in the area can be quite expensive given that many students wish to live here. If you are interested in living in Milton-Parc, consider joining the [Milton Park Citizens' Committee \(ccmp-mpcc.com/en/home/\)](http://Milton Park Citizens' Committee (ccmp-mpcc.com/en/home/)) or volunteer in the neighbourhood! Most McGillians will stay in Montreal for their undergraduate degree, so think about giving back to the area while you are here.

PLATEAU MONT-ROYAL

montreal.ca/le-plateau-mont-royal

Area: Rue St. Laurent to Papineau, Sherbrooke to Mont-Royal

This largely francophone neighborhood is a young and student-friendly borough that is filled with casual cafes, parks, theaters, bars, and clubs. Similar to Milton-Parc, there are many students living here and this is reflected in the prices of rent. If you want a little separation from your student and social life, bus lines, bike lanes, and the metro make it easy to make it on campus. You will be easily entertained in this neighborhood, with contemporary galleries and theaters and of course the Mont Royal Park being nearby.

NOTRE-DAME-DE-GRÂCE (NDG)

montreal.ca/en/cote-des-neiges-notre-dame-de-grace

Area: West of Campus

Notre-Dame-de-Grace is just west of campus and offers a direct commute by way of the 24 bus line. Also referred to as NDG, it is a fairly anglophone community but is a multicultural residential neighborhood that offers independent shops, long-running restaurants, and take out spots. It has decent rent prices and many families live in the neighborhood. If you are looking for a place that is easy going and where you can enjoy going to parks and cafes, NDG may be for you. If you want to explore, check out the Saint Joseph's observatory, it is Canada's largest church and the tallest building in Montreal!

LE SUD-OUEST

montreal.ca/le-sud-ouest

Area: Saint-Henri, Griffintown, Little Burgundy

Le Sud-Ouest centres on the Lachine Canal and consists of great parks and a popular cycling path. It is known for having great food and drink spots including the Atwater Market where you can find gourmet food shops. If you wish to go to nice restaurants, artisan cafes, and bars, head to Notre-Dame Street West. Unfortunately, like many other areas of the city, le Sud-Ouest is facing greater gentrification. As a student, you can live in this neighborhood through the McGill residence Solin Hall and visit shows at Theatre Corona. If you are a fan of music and its history, check the Musée des Ondes Emile Berliner!

MILE END/OUTREMONT

montreal.ca/outremont

Area: North of the Plateau to Van Horne, East of Parc is the Mile-End, while west is Outremont.

These two neighborhoods comprise a great diversity of young professionals and 2LGBTQIA+ communities, and is the center of Montreal's

Hasidic Jewish population. It is a vibrant community but also is impacted by gentrification and rent hikes. There are many local businesses and landmarks, such as St. Viateur and Fairmount for old-school bagels; the favourite cafe of McGill alumni Arcade fire, Olimpico; and Montreal's staple bookshop, Drawn and Quarterly. While it is a bit farther from campus, living further away can help separate your academic life from your student one. It will allow you to see a different part of the city altogether.

Tip: If you wish to visit more of the city, try heading to a cafe or library in a neighborhood you have not gone to before. Montreal has great cafes, restaurants and libraries where you can study so there are many options for you. If you have not done so yet, go to the Bibliothèque et Archives nationales du Québec, a great library location if you want to study outside of McGill's libraries.

PARC EX

montreal.ca/villeray-saint-michel-parc-extension

Area: Between the Outremont railyard and Highway 40

This neighborhood is seeing a lot of hurdles, with the Mile End's popularity rising and demand for more space. Working class and migrant families are being pushed out of Parc-Ex, which for many decades has enjoyed affordable rent prices. Parc-Ex is one of Canada's most diverse neighborhoods but also one of its poorest. L'Université de Montreal has built a new campus in the southern borders which is bringing in an influx of students in the area for the next few years. Parc-Ex is also home to the Marché Jean-Talon which is open year-round and a great location to get your local products from local businesses!

OTHER NEIGHBORHOODS

mtl.org/en/explore/neighbourhoods

Montreal has a total of 19 boroughs and each has their own particular character. You will find neighborhoods that will fit what you are looking for whether it be for affordable rent and reasonable commutes. Other areas that are worth visiting that were not mentioned above are Cote-des-Neiges, Rosemont, Verdun, and Hochelaga-Maison. If you go farther east into the city, it will tend to be more Francophone while the West Island will tend to be more Anglophone.

Also, make the best out of your time in Montreal! This city is world-class, and while it can be easy to get caught up with your academic life, you also live in a great city. Remember to take a break from your studies once in a while and explore all the great locations, whether it be the Old Port or Downtown. Montreal has an urban geography that differs greatly from most cities in the world so make the most of it!

What is Gentrification?

Gentrification is the process of changing the character of a neighborhood to cater for more affluent residents and businesses. It often sees communities of colour and/or working class families being kicked out of their neighborhoods as they are priced out of the area. This creates greater class divisions and housing insecurity.

Getting Around

PUBLIC TRANSIT

stm.info/en

The Société de transport de Montréal (STM) is the public transport agency which operates transit buses and the metro across Montreal. There are four metro lines: Blue, Yellow, Orange, and Green. The Orange and Green lines run through downtown and are usually the busiest but also close to campus. Each metro station will have machines for you to use debit or visa to buy tickets. The teller at the gates only accepts cash however. Make sure that once you have your receipt and ticket to hold on to it as STM officers will sometimes stop you to ask for your proof of purchase.

COSTS

\$ 3.50: A one-way ticket for the metro or bus (for the bus you will need exact change)

\$ 6.50: A night pass with unlimited use between 6pm to 5 a.m.

\$52.00: Cost of a monthly full-time student pass for those of all age groups. You can buy this pass through Minerva.

RUN TIMES

All metros open at the same time, 5:30 am, but each closes at different schedules. If you wish to see what time the last train leaves, go to the station page on the STM website. Most buses run 24/7, however, bus numbers change after 1:00 am, as night routes differ.

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 of the bus when you would like to get off the bus and they will drop you off as close to the desired location you want. The "Between Stops" services operates at the following times:

Starting at 7:30 pm from August 30 to April 30

Starting at 9 pm from May 1 to August 29

We encourage you to check the STM website for the metro and bus schedules at stm.info/en

BIKING

mcgill.ca/transport/cycling

As you may have noticed, Montreal is a very bike-friendly city with many big streets having their own lanes that are separated by concrete. While it may seem inconvenient to use a bike during the winter season, if you are willing to buy a few extra parts, then you can extend your bike use into the winter months.

FIXING YOUR BIKE

facebook.com/TheFlatBikeCollective

Don't know how to fix your bike? Reach out to the Flat Bike Collective! FBC is free and open to everyone. However, it is a hands-off approach. Collective members will teach you how to fix your bike and will give you the parts that you will need. If you want your bike fixed by a specialist, then consult Bikurious on Ontario Street.

OWNING A BIKE

You can get a secondhand bike on Craigslist, Kijiji, or a McGill Facebook group, but be careful of scammers that try to re-sell stolen bikes. For those wanting new bikes, there are plenty of shops that have affordable to expensive prices. If you own a bike make sure to invest in a good bike lock as Montreal is infamous for bike thieves.

RENTING A BIKE

mcgill.ca/transport/cycling/bixi

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

CARS

Driving in Montreal can be difficult but can be practical for some occasions like day trips, large shopping missions, or moving. Having a car can be much easier and practical than having to deal with public transit at times

RENTING

mcgill.ca/travelservices/transport/book-vehicle

There are high premiums for drivers who are under the age of 25 at traditional companies. Make sure to check the link above for legal information and advice for McGill students. You can also look at car rental membership for short distances like Communauto which is perfect for day trips or bulk shopping.

OWN

<https://www.agencemobilitedurable.ca/en>

If you wish to own your own car then make sure to check out the parking rules and costs in your area and make sure to consider whether you really want to drive in Montreal's roads (potholes, construction, ice, etc).

CAB

In the city, the base fee for taxis is around \$3.45 plus \$1.70 per kilometer. Uber is also available in Montreal but can be expensive depending on the time and day. SSMU's Drivesafe, which operates Thursday-Sunday, will get you to your destination for free!

Milton Parc

NOT THE 'GHETTO'

Milton Parc is the neighborhood that sits directly east of campus. It is home to thousands of McGill students but many students know the neighborhood in the misnomer of "the McGill Ghetto." This label is problematic, as it erases the long and complex history of the neighborhood and its long-term residents.

There are almost 12,000 residents in the area and a quarter of them are McGill students. Although many residents are students of McGill, we do not own this neighborhood. Students do leave a huge impact on the lives of many permanent residents so it is up to us to be courteous and respectful of the others living in the neighborhood. Here is some information on the history and activism of Milton-Parc. Look into what the SSMU and the university are doing to maintain and build stronger relationships with citizen organizations.

HISTORICAL INFORMATION

Milton-Parc is one of the oldest neighborhoods in the city and is a landmark heritage site of Montreal. The first houses to pop up came in the late 18th century. Milton-Parc became an official neighborhood by the end of the 19th century. Milton Parc is known to have the largest concentration of cooperative housing in Canada. More than 1,500 people in the borough live in community-owned and operate housing. This network consists of 616 apartments, 148 buildings (2 commercials and 146 residential), and houses people from over 50 countries. Many of the commercial buildings in the neighborhood are owned and operated by the community. When there is a business in the area that goes up for sale, the community has first claim before it can list on the open market.

ACTIVISM

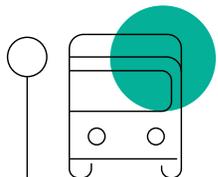
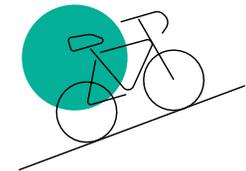
In the 1960's and 1970's, the Milton-Parc Citizens' Committee fought aggressively against gentrification and over-development in the neighborhood. This led to the preservation of many of the buildings we still see today. The organization Solidarité Milton-Parc works with the boroughs First Peoples' houseless population, providing meals and community. If you wish to, check out their website for ways to support their projects.

Last August, community organizations lobbied the city to use the Old Royal Victoria Hospital and the Hotel-Dieu as community housing spaces. Luckily, that month it was announced that the Royal Victoria Hospital would be converted into a resource for Montreal's homeless population.

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. The 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 out more information on the C.A.R.E agreement found here: externalaffairs.ssmu.ca/community-affairs/c-a-r-e-agreement.

The SSMU also hires 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.



The French Language in Montreal

Learning French can be very useful in Montreal. While most areas near or around campus are going to be primarily Anglophone, Montreal as a whole is still very much a Francophone city. There are many resources that McGill students can use to learn French no matter their skill level. Practice makes perfect, so keep speaking it wherever you can and eventually your accent and mastery of the language will get better.

TIPS ON LEARNING FRENCH

MEDIA

One great way to learn French is to hear it through shows on streaming services, social media, and through television. Putting subtitles on French shows is a great way to learn how the language is spoken by native speakers.

CONVERSATIONS

Practice your French through simple and small conversations. This could be with your Francophone friends, with the cashier, or at your local grocery store or dépanneur.

FRENCH RADIO

If you want to learn what the Montreal accent is like this is the best way to do it. Tune in to Radio Canada 95.1 FM, Le Québec Maintenant 98.5 FM, Or CKAC Radio Circulation Montréal 730 AM.

IMMERSION PROGRAM

Quebec Studies at McGill offers a five week summer intensive program designed to improve your French language skills and teach you about Quebec history. Explore is also a summer immersion program taking place in Montreal, Quebec City, Trois-Rivieres, and many other locations across the province and Canada.

TAKE A FRENCH CLASS

McGill classes are a great way to improve your grammar. SSMU offers a French conversational MiniCourse (see [page 70](#)) on evenings and weekends so you can practice your skills and also meet new people! Community centres in Montreal also offer free classes - intensive, casual, and [online \(immigration-quebec.gouv.qc.ca/en/french-language\)](#).

PICK UP A COPY OF LE DÉLIT

It is the only French language newspaper on campus, visit them at [delitfrancais.com](#). If you want to challenge yourself and put your French to the test. Le Délit welcomes contributing or new editors! Contact info on [page 46](#).

Arts, Culture & Events

Montreal is a vibrant and artistic city that offers a lot in terms of music, dance, film, performance art, comedy, theatre, and fine art. It's great cultural depth makes it a prime location for a selection of different venues and events. These are just some of the many iconic spots in the city.

FILM

CINEMA DU PARC

[cinemaduparc.com](#)
Perfect for indie flicks, cult classics, and more.

CINEMA MODERNE

[cinemamoderne.com/en/](#)
Great for hard-to-find international films.

DOLLAR CINEMA

[dollarcinema.ca](#)
Perfect for many movies... all for \$2.50.

MUSIC

NEW CITY GAS

[newcitygas.com](#)
Go for bottle service and electronic music.

M TELUS

[mtelus.com/en](#)
Go for big names in the music industry.

THEATRE AND DANCE

MAINLINE THEATRE

[mainlinetheatre.ca/](#)
If you like independent performing art shows.

THEATRE SAINTE-CATHERINE

[theatresaintecatherine.com/en/](#)
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.

FINE ART

BELGO BUILDING

[thebelgoreport.com/about/](#)
You will find great contemporary art and many galleries.

MUSÉE DES BEAUX-ARTS

[mbam.qc.ca/en/](#)
You will find Montreal's most extensive art collection.

GALLERY X

[galleryx.concordia.ca/](#)
You will find a student-run gallery.

ARTICULE

[articule.org/](#)
You will find an artist-run contemporary art gallery.

NEVER APART

[neverapart.com/](#)
Visit for the gallery, events, workshops, and saltwater pool.

Living Off Campus

Many McGill students decide to live off campus during their undergraduate degree. It is a great way to help make Montreal your home and it gives you a true feel for the city. While this is a great way to live in Montreal as a student, it can pose some legal and personal challenges as well (renting, living on your own for the first time). For all of your questions, visit the [LikeHome website \(likehome.info\)](http://likehome.info). It is 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 ½: A small studio with just one main room. This includes a kitchenette and a bathroom.

3 ½: A larger apartment that usually contains a bedroom, kitchen, living room, and a bathroom.

4 ½: An apartment containing two bedrooms, a living room, and one washroom (although many landlords will call small study spaces a second bathroom).

SUBLETTING

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

Most Montreal leases last twelve months, so many students sublet their apartments 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 intrigue subletters. You will need to notify your landlord before you let someone sublet your place, but they cannot reject a sublet without cause. Advertise in as many places as possible, with clear descriptions and photos. Try Facebook Marketplace for example.

MAKING CONNECTIONS

fb.com/groups/Mcgill.offcampus.housing

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

WHERE TO LOOK

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

TIPS FOR FINDING AN APARTMENT

- 1. Live with roommates to cut costs!** Even if you are friends, make sure to have to-the-point conversations about what you need in your home to be happy, including noise levels, cleanliness, how you will address conflict, and you will communicate desires to socialize or be left alone.
- 2. Leases generally start on the first of the month.** Make sure to start looking for a place at least two to three months before you want your lease to start. May 1, July 1, and September 1 are common start dates.
- 3. Montreal has some of the lowest rent of any city in North America.** Anything above \$700 if you have roommates is considered pricey.
- 4. Think outside of the bubble of the Milton-Parc community!** There are plenty of lovely (and cheaper) neighborhoods to explore in Montreal. Check out [page 52-53](#) for more information on what neighborhood you want to live in.
- 5. 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 tal.gouv.qc.ca.

Living Off Campus

TENANT'S RIGHTS

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

It is crucial to know the law and your rights to prevent exploitation. Many landlords get away with illegal measures because students do not know their rights as tenants.

You are entitled to...

TRANSFER YOUR LEASE.

You can assign it to new tenants during the lease term.

ASK YOUR LANDLORD TO MAKE NECESSARY REPAIRS.

The landlord is responsible for repairing defects in the apartment, and is also responsible for appliance repairs if the appliances are included with the rent.

TWENTY-FOUR HOURS' NOTICE IF YOUR LANDLORD NEEDS TO VISIT THE APARTMENT.

Or, if they want to show potential new tenants your place, they are required to respect your privacy (although this does not necessarily mean twenty-four hours notice).

BE INFORMED IN WRITING THREE TO SIX MONTHS BEFORE YOUR LANDLORD INTENDS TO RAISE YOUR RENT.

You have thirty days to respond. (no response means no agreement).

NOT VET TO PAY A SECURITY DEPOSIT, LAST MONTH'S RENT, KEY DEPOSIT, FINDER'S FEE, OR ANY OTHER EXTRAS.

The only advanced payment a landlord can ask for is the first month's rent.

KEEP PERSONAL INFORMATION LIKE YOUR BANK ACCOUNT NUMBER OF SOCIAL INSURANCE NUMBER PRIVATE.

However, a landlord can ask for a background check.

RESOURCES

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

RÉGIE DU LOGEMENT

tal.gouv.qc.ca/en

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

MCGILL STUDENT HOUSING

mcgill.ca/students/housing/offcampus

This is a great resource when looking for apartments and understanding your rights. They also have an apartment listings section to help students in their search for a place to live.

LEGAL INFORMATION CLINIC MCGILL

facebook.com/licm.cijm/
680 Rue Sherbrooke Street Ouest, suite 150
(514) 398 - 6792

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

HOUSING AND JOB RESOURCE CENTRE

csu.qc.ca/services/hojo
Although located on the Concordia campus, you do not have to be a student there to get help from the HOJO. It is a great one-stop shop for all your housing related questions. They will provide you with legal advice, as well as many forms you may need. Even if you are not having immediate issues with your rental location, it is a good idea to get their advice before signing anything!

Indigenous Art and Culture in Montreal

Montreal has a plethora of great indigenous art that consists of Inuit, First Nation, Metis, and Aboriginal art. Many of them are located in museums, art galleries, and shops. Take the time to explore the great culture of these people as you live on the traditional territory of the Kanien'kehà:ka.

INDIANICA
indianica.com
 79 St-Paul Street East,

For more than 40 years Indianica has focused on selling contemporary Native art and crafts made by artists from Quebec and North America. It tries to share the history and culture of Canadian culture through handmade craft items and through its collaboration with hundreds of artisans. It is a gift shop in the Old Port so make sure to visit it!

GALERIE D'ART INUIT IMAGES BORÉALES
imagesboreales.com
 4, rue St-Paul Est

Founded in 2010, the Galerie Images Boreales is proud to represent nearly 200 of Canada's most established Inuit artists from all over Nunavut. It works with young emerging artists by giving them a promising future by helping them in their career development. Also located in the Old Port.

DAPHNE
daphne.art
 5842 St Hubert St

Daphne is a relatively new non-profit indigenous artist-run centre committed to serving the needs of emerging, mid-career, and established indigenous artists through exhibitions and associated programming, workshops, residencies and curatorial initiatives. Daphne encourages a culture of peace through critical, respectful exchange with indigenous and non-indigenous peers and audiences.

HÉRITAGE FUR AND INUIT ART GALLERY
heritagegallery.ca
 30 St-Paul Est Old Montreal

This art gallery is a family-run gallery located in the Old Port. It is one of the premier fur and gift stores in Montreal. Its collections includes furs, fur accessories, native arts and craft and focuses primarily on Canadian heritage. It has a true appreciation of native art and is a must visit.

Off Campus Jobs

Looking for an off-campus job? Some will be harder to find in the city if you are not bilingual but this should discourage you as there is plenty of work in Montreal. 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 at the link above.

FACULTIES AND JOB AFFAIRS
 CaPS 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 will 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/home
young-canada-works.canada.ca/Account/Login

STM Map





My McGill

This section will get you started on understanding your role as a student at McGill. Find out more about McGill's history, as well as its future in sustainability. Learn about how McGill's structure and governance affects you, especially your rights and responsibilities!

"The biggest hurdle I faced was American intellectual hegemony through academic practices in writing. I see myself within the larger McGill community as a member of the First Peoples House who found solace from that hurdle with Indigenous storytellers and knowledge-holders."

- Jennifer Craig , PhD Anthropology, 2021

Governance

STRUCTURE

Although McGill's governance structure is complex, your individual interests should be the top priority.

Here is a brief snapshot of this structure and how advocating for your needs fits in.

BOARD OF GOVERNORS

The BoG is McGill's highest governing body. It has twenty-five members, twelve of whom do not have formal affiliations with the university. They have general jurisdiction and final authority over the academic, business, and financial affairs of McGill. The BoG meets six times throughout the year and has two voting student members, one from the SSMU and the other from the Post-Graduate Student's Society (PGSS). Representatives of the Macdonald Campus Students' Society (MCSS) as well as the McGill Association of Continuing Education Studies (MACES) have observer seats.

SENATE

The Senate handles general control and supervision over academic affairs of the university. The composition and responsibilities of the Senate are governed by the *Statutes of McGill University*, and the proceedings are governed by the *Standing Rules of Procedure*. It is also responsible for many committees that have student representatives - more information on the committees of Senate can be found [here](http://mcgill.ca/senate/committeesofsenate) (mcgill.ca/senate/committeesofsenate).

There are fourteen undergraduate student representatives in the Senate who are elected through their faculty or department student associations. The SSMU Senators can be found [here](http://ssmu.ca/senators) (ssmu.ca/senators). All undergraduate senators meet weekly in Senate Caucus, led by the SSMU VP-UA.

P7

The P7, also known as the Principals' Seven, consists of the Principal and the Chief of Staff, the Vice-Principals, General Counsel, the Secretary General, and the Deputy Provost (Student Life & Learning). Some of these roles are:

PRINCIPAL AND VICE-CHANCELLOR

Currently held by Suzanne Fortier, this is the chief executive officer of the university. The Principal works to improve academic excellence in teaching, research, and service. She represents McGill to external bodies domestically and abroad.

PROVOST AND VICE-PRINCIPAL (ACADEMIC)

Currently held by Christopher Manfredi, the Provost and Vice Principal (Academic) is the chief academic officer of the University and is in charge of the development, implementation and assessment of all academic policies and programs. The position also oversees budget planning and allocations.

VICE-PRINCIPALS

There are currently seven VPs and their duties range from Communications & External Relations to Research & Innovation.

DEPUTY PROVOST (STUDENT LIFE & LEARNING)

Currently held by Fabrice Labeau, the Deputy Provost (Student Life & Learning) is the senior administrator who is responsible for implementing policies, actions, and decisions that help improve student life and learning at McGill. This includes Student Services, Athletics and Recreation, and Student Housing and Hospitality Services. Student societies are able to give feedback on how the office can be improved.

Got questions about McGill governance? Not sure what a policy means? Want to get involved?

Contact the VP-UA at ua@ssmu.ca or the Students' Rights Researcher and Advocacy Commissioner at srrac@ssmu.ca

Student Aid and Finances

TUITION DUE DATES

FALL 2021: August 31st, 2021
WINTER 2021: January 4th, 2022

How much do I pay for Tuition?

There are three types of tuition costs depending where you are residing:

- Quebec
- Non-Quebec Canadian
- International

UNDERSTANDING TUITION

TUITION AND FEES ARE DIFFERENT FOR EVERYONE

Not everyone will pay the same amount for their studies at McGill. Depending on your faculty, major, residency, and how many credits you take, your overall cost will change. Unlike some universities, McGill has a credit-based system in which students will pay an amount per credit they take, and the prices depend on your program.

FEE EXEMPTION

Some students will be able to benefit from fee exemptions. For more information about fee exemptions, please look at the *International Fee Exemptions* (mcgill.ca/legaldocuments/fee-exemption).

WHY FEES EXIST

The fees you pay help fund things like the SSMU, Athletics and Recreation, and IT. Some of the fees are student initiated and go to student organizations to help provide services for you. Some of the fees are initiated by the university and fund university programs. For more information about the student fees visit the *SSMU Website* (ssmu.ca/about-us/finances).

YOU CAN OPT-OUT OF SOME FEES

Through the Students Accounts menu on Minerva, you have the choice to "opt-out" of some fees. However, doing this may mean that you will not be able to use some associated services. If you opt out of SSMU Health and Dental insurance, for example, you will not be able to use them.

PAYING TUITION

There are three steps in paying tuition:

- Log into Minerva
- View your e-bill
- Pay your e-bill

McGill is registered as a bill with most Canadian banks.

HOW TO PAY

- Log into your online banking account
- Add McGill as a bill. The account number will be your McGill ID number.
- The institution is listed as McGill University (PQ), or as MCGILL UNIVERSITY
- Pay McGill Bill - use the bills section of your online banking account to pay McGill.
- Double check that the amount you are paying equals the amount you are paying on your e-Bill takes one to three business days for the payment to be received.
- If you pay by the due date then there will be no interest charged.
- If there is a hold in your account, the hold will lift once the payment is received and credited into your account.

FINANCIAL ASSISTANCE

SCHOLARSHIPS

mcgill.ca/studentawards *undergraduatescholarships-and-awards*.

The McGill's Scholarships and Student Aid Office offers merit-based entrance scholarships for first year students.

There are:

- One-year Scholarships: valued at \$3,000 (non-renewable)
- Major Scholarships: valued between \$3,000 and \$12,000 (renewable annually)

LOANS AND BURSARIES

The student aid office helps you find financial aid options.

WORK-STUDY OPTION

McGill has plenty of opportunities and services to help students with financial needs access to clerical, research, technical, library or other jobs on campus.

WHEN APPLYING FOR JOBS

1. Job postings will be posted on *MyFuture* (caps.myfuture.mcgill.ca). SSMU Opportunities will be posted on SSMU's facebook page, as well as at careers.smartrecruiters.com.
2. Contact the individual listed in the job posting if you are interested in applying for a position.
3. Provide your prospective employer with a copy of your Work Study Confirmation letter

Student Rights

ACADEMIC INTEGRITY

McGill has a no-tolerance policy when it comes to plagiarism. In simple terms, the institution defines plagiarism as representing someone else's work as your own. The university's Academic Integrity policy is included in every course syllabus. As well, McGill requires every incoming student to finish and complete the Academic Integrity tutorial on myCourses.

What does this mean for students? It is important to cite materials properly, and give credit to others when using their ideas in your work. Not sure how to cite properly? Talk to a librarian or your course Teaching Assistant!

YOUR RIGHTS ARE IMPORTANT

Find McGill policies at: mcgill.ca/secretariat/policies-and-regulations
Find out more here: studentrights.ssmu.ca

McGill students enjoy rights under Quebec and Canadian law, as well as McGill policies. For example, students have the right to:

- Submit work in French and English, except in foreign language classes.
- Accommodations for exams on religious holidays.
- If you disclose a disability, the right to accommodations.
- Receive an explanation from your professor of why you received a particular grade
- An impartial third party review of an assessment.

POLICIES TO KNOW

All McGill students are entitled to the rights and freedoms granted and recognized by Canadian and Quebec Law. If you want to learn more about your rights, both academic and general, go to mcgill.ca/students/srr/policies-student-rights-and-responsibilities.

CHARTER OF STUDENT RIGHTS

Key rights and obligations of students and the university, including the right to free expression, the obligation to provide a safe learning environment, and the right to a quality education.

STUDENTS WITH DISABILITIES

Articulates the rights of students with disabilities, including to receive accommodations during exams and in the classroom, to be considered for financial aid on a full-time basis, and a commitment to barrier-free learning and architecture.

ACCOMMODATION OF RELIGIOUS HOLY DAYS

Sets out the procedures for students to request to write exams on a day other than a religious holy day.

CODE OF STUDENT CONDUCT AND DISCIPLINARY PROCEDURES

Describes academic and non-academic offenses and how they may be disciplined by the university.

Academic Rights

I HAVE A QUESTION ABOUT MY STUDENT RIGHTS! WHERE CAN I GO?

OFFICE OF THE DEAN OF STUDENTS

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

The Office of the Dean of Students oversees student rights and responsibilities. It is in charge of disciplinary procedures and provides resources and information to help enhance and improve students' academic and personal success.

OFFICE FOR STUDENTS WITH DISABILITIES (OSD)

1010 Sherbrooke Street West, suite 410
mcgill.ca/osd
3459 McTavish Street, Room RS56
(514) 398 - 2480 |
disabilities.students@mcgill.ca
mcgill.ca/osd

The Office for Students with Disabilities (OSD) gives support services and reasonable accommodations to any students at McGill with disabilities. This includes document disabilities that are permanent, temporary, or episodic in nature. Students are invited to contact them for more information on available support. This support could include note-taking services, exam accommodations, and/or assistive technology.

OMBUDSPERSON FOR STUDENTS

3610 McTavish Street, Suite 14
(514) 398 - 7059 |
ombudsperson@mcgill.ca
mcgill.ca/ombudsperson

The Office of the Ombudsperson for Students offers confidential, informal, independent, and impartial dispute resolution services to all members of the student community by providing information, advice, intervention and referrals.

SSMU STUDENT RIGHTS

studentrights@ssmu.ca
The SSMU Students' Rights Researcher and Advocacy Commissioner and VP (University Affairs) are here to answer any questions you may have about your academic or personal rights! They can also provide advice on dispute resolution, including advocating on your behalf.

LEGAL INFORMATION CLINIC MONTREAL (LICM) (licm.ca)

The LICM provides free and confidential advice and representation to McGill students facing disciplinary procedures. Contact them if you are being disciplined, or have questions about your academic and personal rights on campus.



My McGill

“As an entering university student, taking on new responsibilities that will impact and shape your future can be quite intimidating. Nevertheless, the McGill community truly offered me a ‘second home’, allowing me to grow as a person in a safe environment while still being able to live unforgettable and fun experiences. Overall, the main lesson I have gotten from my years here is not to be afraid to ask friends, advisors and professors for help when you need it, whether it be on which classes to take, mental health or what next steps you should take for your future career.”

Melanie Baume, B.A. 2021

Course Registration

Registering for courses through Minerva can feel like a daunting task at first but no worries! This section will help you make sense of all the links, acronyms, and boxes you will see when registering for your classes.

F.A.Q.

Q: MINERVA CRASHED AND I WAS NOT ABLE TO REGISTER FOR THE CLASSES I WANTED. WHAT DO I DO?

This has happened to everyone at least once! Try first talking to an academic advisor about your options, you can check [page 77](#). Many students will change their schedule in the first few weeks of the semester so make sure to check Minerva for open spaces to get a spot. It is also a good idea to reach out to the professor to see if they can get you into your desired class. Many students spend a dollar to register on [getaseat.ca](#) which will alert you via email or text about when a spot opens in the class.

Q: WHAT IS "ADD/DROP" ?

The add/drop period runs from the first day of class September 14 (and until January 18 in the Winter semester). During this time, you can change your schedule as much as you like without worrying about penalties. The Add/Drop will give you the opportunity to explore different subjects and times to figure out your schedule and what works best for you. Instructors are not allowed to assign any graded work during this time and are not allowed to penalize students for missing grades or assignments during the add/drop. (you can check [page 67](#) for more information on your academic rights).

Q: WHAT DOES IT MEAN WHEN IT SAYS A CLASS HAS A "WAITLIST"? HOW DO I GET ON ONE?

Not all courses will have a waitlist. If a course page on Minerva says "WL Rem" (Waitlist Remaining) column, and the "Rem" is greater than 0, then there is space on the waitlist. Students who are on the top of the waitlist will be sent an email allowing them to register for the course within the next 24 hours. If the student does not register in the allotted time, they will lose their place on the waitlist. During this period, spaces that are open are reserved for the next student on the waitlist. Even if they seem to be available, no one else is allowed to register. If you are sent an invitation to register, you should accept or reject it as soon as possible to be considerate of the other students on the waitlist. You can check your status on the waitlist by going to "View Student Schedule by Course Section" within Minerva's Registration Menu.

Q: WHAT IS THE DIFFERENCE BETWEEN U0 AND U1?

If you come to McGill as a student with advanced standing (you have at least 24 existing course credits equal to McGill course credits), you will be in U1. This will generally apply to students who already have enough AP or IB credits, went to CEGEP, or have transferred from another university. You can find out about your status online on Minerva by searching for "Registration Eligibility." If you are in U1, it will say if you are a "UG Level Year 1 New." If you have no credits prior to arriving at McGill, this means you are a U0. As a U0, you will have to complete your faculty's Freshman year program of 30 introductory level credits. (For more information go to [page 70](#) and check your faculty website or set up a meeting with an academic advisor.)

SSMU MINICOURSES

The SSMU Mini Courses are fun, inexpensive, and non-credit courses offered to students and the Montreal community. It encourages students to develop knowledge and skills that are helpful inside and outside the classroom. You find more information [here: \(ssmu.ca/student-life/minicourses/\)](https://ssmu.ca/student-life/minicourses/)

Textbooks

Textbooks and course-packs are vital to your success in class. However, both can get expensive and as a university student, you may be on a budget. Below are some ways to save money on textbooks. Be aware that some textbooks have single use online access codes preventing you from using a second-hand book for class. As of January 2021, the McGill Library will be a great way to get access to course-related material including digital course packs. Coursepacks will be free at no additional cost to the student.

The most common places for students to buy textbooks are:

LE JAMES MCGILL BOOKSTORE
680 Sherbrooke Street West
lejames.ca

The services provided by LE JAMES were completely online last year due to COVID-19 with the option of delivery to the address of your choice or pickup. With COVID restrictions being lifted - we are hopeful that the bookstore will be open to the public this fall semester, while continuing to follow Government and University directives. Follow the bookstore on Social Media and sign up to their newsletter to keep up to date.

To order course materials online: lejames.ca/textbook
To sign up to the newsletter: lejames.ca/newsletter-signup

PARAGRAPHE BOOKSTORE
2220 McGill College Avenue
Paragraphbooks.com

Paragraphe bookstore is a great location to get many of the course materials you will need for the semester. They have shelves labeled with different course numbers and the books the professor wants you to get for the class. They offer textbooks, books, and course packs.

WORD(THE)
469 Milton Street
Wordbookstore.ca

Word is a small independent book store that offers secondhand books focused on literature, philosophy, political science, and poetry. Most of the books offered are affordable so make sure to check out this spot not too far from campus. They also offer textbooks.

TIPS TO SAVE MONEY:

RENT/BUY YOUR TEXTBOOKS FROM AMAZON.

They will often be cheaper than Le James. Students who have a valid .edu email address can join Amazon Prime Student, which has additional deals.

BUY AN EARLIER EDITION.

Once a newer version of a textbook is released, the older ones get a lot cheaper. Make sure to ask your professor if it is okay, since older editions may no longer have up-to-date information!

BUY YOUR TEXTBOOKS SECONDHAND.

Le James will occasionally have used copies and have copies in limited supply, so check McGill Facebook groups and used bookstores (like The Word on Milton). Check online for a free version if it is 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 is an OER for your course!

ASK YOUR PROFESSOR FOR HELP

It is a good idea to ask your professors to scan relevant readings or textbook passages and upload them to MyCourses. This might not always be possible, but some professors are more than willing to make all relevant information available online.

Libraries

Montreal has many different types of places to go study, including cafes and parks, but nothing compares like McGill's libraries. They are probably the most important hotspot for students to gather and study. There are seven libraries in the downtown campus, so take the time to find your perfect study space in the first few weeks of the semester. The hours for each library vary, so check out mcgill.ca/library/ to make sure your spot will be open when you want to study!



MCLENNAN-REDPATH LIBRARY COMPLEX

3459 Rue McTavish

Best For: A great location 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. Be aware of the overpriced coffee in the basement cafeteria.



BLACKADER-LAUTERMAN LIBRARY

Redpath Library, floor 3

3459 Rue McTavish

Best For: A semi-secret study space located up a back stairwell in McLennan, Blackader is the home of McGill's Architecture and Art collection. It also has a great view of campus.



SCHULICH LIBRARY OF SCIENCE AND ENGINEERING

809 Rue Sherbrooke Ouest

Best For: Schulich Library is popular due to its 24/7 accessibility. Unfortunately, this 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

Best For: This ultra-modern, sun-filled library is renowned for its easy access to the RVC Cafeteria, Vinh's Too Vietnamese Restaurant, and Starbucks. Although it has a three floor range, space is limited and those in the faculty of Music are given priority.



NAHUM GELBER LAW LIBRARY

3660 Rue Peel, floors 2-5

Best For: The Law Library is for those students who really need to get their homework done. The library takes their no-speaking and no-eating policy very seriously, so make sure to leave your friends and snacks at the door.



BIRKS READING ROOM

William and Henry Birks Building, floor 2

3520 Rue University

Best For: The Birks Reading Room has a classic atmosphere that is different from other libraries on campus. It is located in the upper level of the Birks building on Sherbrooke. This location is a blast in the past as it is a cozy reading room with many shelves full of antiquated books.



ISLAMIC STUDIES LIBRARY

3485 rue McTavish

Best For: The Islamic Studies Library is at the centre of campus and is a great location for readings between classes. Also, it is a beautiful place to get work done as it is the most aesthetically-pleasing study spot.



GEOGRAPHIC INFORMATION CENTRE

Burnside Hall, floor 5

805 rue Sherbrooke Ouest

Best For: 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 know.

Studying

McGill asks a lot of its students academically. Although your first semester might be challenging, there are plenty of ways to make sure you stay on track. It is important to remember to not push yourself to the limit. Part of being in university is learning from your mistakes and there is plenty to learn throughout your career at McGill.

UTILIZE 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 do not 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.

Grading

Your Grade Point Average (GPA) for each term, as well as your GPA for your whole entire, is listed on your unofficial transcript in Minerva (go to Student > Student Records Menu > View Unofficial Transcript).

Below is the basic grading scale for McGill. 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 degree 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 is wise to see an advisor before choosing to take one.

GRADES	GRADES POINTS	NUMERICAL SCALE
A	4.0	85-100
A-	3.7	80-84
B+	3.3	75-79
B	3.0	70-74
B-	2.7	65-69
C+	2.3	60-64
C	2.0	55-59
D	1.0	50-54
F(Fail)	0	0-49

SATISFACTORY PASS

Needed for courses that fulfill program requirements

CONDITIONAL PASS

FAILURE

TAKE A BREAK FROM THE LIBRARY

Make sure to take a break from the library and go to an unconventional location to go study. Flip to [page 37](#) for a list of cheap eateries to check out.

DO NOT CRAM

Everybody does it at least once, but make sure to spread out your studying over time so that you can retain information better and see the big picture.

TRY TO SLEEP, EAT WELL, AND STAY ACTIVE

Taking care of yourself while you study can be hard, but it is vital for more focused studying and for your physical and mental health.

TALK TO YOUR PROFESSOR AND YOUR TA DURING OFFICE HOURS

It is their job to make sure you understand the content, so it can only be beneficial to approach them to get their help. It is great to establish a relationship with your professors in the long run as well.

ACADEMIC PROBATION

When you have a GPA that is below 2.0, you are placed on academic probation. You will be reinstated once you raise it to 2.5. If you fall below a 1.5, you will need to be placed in Unsatisfactory Standing and must request readmission to your program. Contact your advisor if you are in this situation.

K

On a transcript, this means "incomplete" because your deadline to submit work in a course was extended. If you are 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 final exam. 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.

Exams

Exams can be tough, especially when it's your first time writing them at university. These FAQs should help you understand what the process is like, so you can focus on hitting the books. For advice on study tips and study spaces, you can flip to **page 73 and 84-85**. If you're feeling overwhelmed, flip to page 50 for information on the services available to you.

FREQUENTLY ASKED QUESTIONS:

Q: WHEN ARE MY EXAMS?

The tentative dates for the exam schedule is usually published around the fifth week of the semester. The final one will not come out until two weeks later. Make sure to wait for your final exam schedule to come out before you make any travel plans. McGill does not take travel as an excuse for missing an exam.

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

Most important thing to bring (besides yourself) is your student ID! You will need a valid card in order to write your exam. When you are writing the exam, you are not allowed to have any of your belongings with you, so make sure to leave all your valuables at home. Do not forget to eat well and bring water for your exams.

74 Q: WHAT IS AN "EXAM ACCOMMODATION"?

Students who are registered with the Office for Students with Disabilities can request alternative exam accommodations. There is a seven day deadline to sign up for accommodations, so be sure to inform the OSD in advance. It is also important to let the OSD know if you would rather write your finals with the rest of your class.

Q: WHAT HAPPENS IF I DO NOT PASS MY EXAM?

If you receive a D, F, J or U on a final exam and are in satisfactory or probationary standing, you may be able to write a supplemental exam. Keep in mind that your original and supplemental grades will appear on your transcript and in your CGPA. Your supplemental exam will count for a large percentage of your final exam. Writing

a supplemental exam costs \$35, and you can apply on Minerva. Some faculties will not allow supplemental exams (Agriculture, Environment Sciences, Management, Music, Engineering, etc).

Q: WHAT HAPPENS IF SOMETHING GOES TERRIBLY WRONG AND I CAN'T WRITE MY EXAM?

If you are not able to write an exam due to illness, family passing, or another serious reason, you can apply to defer your exam. To do so, first head to Minerva and fill out the deferral 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.dated/supdefer#deferred.

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

You have an exam conflict 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
- Five exams in three days

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

Remember, travel arrangements do not qualify as a conflict, so make sure to make plans after the final schedule is released! You can also request religious accommodation for an exam. The deadline for requesting accommodation is four weeks before the exam period begins. Make sure to fill out the Conflict form that was mentioned above.

Tutoring

The first year at McGill means adjusting to new study strategies, tactics, and schedules. Classes at McGill are known to be hard so it is normal to seek out extra assistance. Try contacting one of the resources listed below for advice on new habits and for help on difficult subjects. You should also reach out to your departmental association for free tutoring, but do it sooner than later. Working with a tutor can help you prep without having to cram and will also alleviate stress.

MCGILL TUTORIAL SERVICE mcgill.ca/tutoring/ Tutoring.service@mcgill.ca

McGill's Tutorial Service offers academic assistance from qualified and vetted students. It costs eighteen dollars an hour, but first-year students get the first hour free! If you are an Indigenous student, a Varsity athlete, a Mastercard Scholar, registered with the OSD, or on academic probation, the cost of a tutor is subsidized and even free. Students that are 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.

MCGILL WRITING CENTRE mcgill.ca/mwcc/ mwccutorial@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 do not just proofread your essays but actively help you to build the writing skills needed for the future. The Centre books fast during the paper-writing season so make sure to get a space early and register for an appointment using your McGill email.

ENGINEERING PEER TUTORING mcgill.ca/engineering/students/undergraduate/mesc/engineering-peer-tutoring-service Epts@mcgillus.ca

Sponsored by the Engineering Undergraduate Society (EUS) and McGill Engineering Student Service (MESC), EPTS is a free tutoring service for undergraduate Engineering students. This service has upper-level undergraduate tutors from all departments available for weekly drop-ins to help U0/U1 students with many of 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 one-on-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, structure or simply want someone to proofread your work, the Essay Centre tutors can provide free peer editing services when you bring a physical copy of your essay. They are very helpful when it comes to figuring out citation rules and will provide editing assistance in either French or English. Visit their website to meet the tutors and to figure out which is your best option to get help.

Mentoring

McGill has an abundant number of mentorship programs meant for undergraduate students. Mentorship programs are a great way to get advice from someone who has been there before. Check in with your advisors about faculty- or department-specific mentorships, or look into these specialized programs explained below.

INDIGENOUS STUDENT MENTORSHIP

Peer-to-peer mentoring for Indigenous students.

WHO?

Mentoring by volunteer graduate and upper-year undergraduate students.

HOW?

Helps connect with the McGill community, navigate your first year, and familiarize yourself with university life.

WHERE?

First Peoples House at fph.mentorship@mcgill.ca

OFFICE FOR STUDENTS WITH DISABILITIES MENTOR PROGRAM

Peer-to-peer support for diverse learning.

WHO?

Mentoring by graduate and upper-years earlier

WHAT?

Students who are registered with the OSD can receive mentoring to ease the transition to university and develop their networks and skill sets.

WHERE:

OSD at www.mcgill.ca/osd/student-resources/peer-peer-supports/mentoring.

MCGILL MENTOR PROGRAM

Provides career guidance to any McGill undergraduate.

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

Peer-to-peer support for new international students.

WHO?

Mentoring by returning McGill students.

WHAT?

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

WHERE?

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

HOMEWORK ZONE

mcgill.ca/branches-program/school-outreach/hz

Are you interested in becoming a mentor?

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 Kahnawa:ke.

Academic Advising

mcgill.ca/students/advising/advisordirectory

Advisors help you navigate the complex administrative bureaucracy that is McGill and help plan your degree! They are here to help 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 is usually a rush to see advisors at the start of each semester, so plan accordingly and prepare for lines that stretch into the hallway. There are also Peer Advisors, who are trained to help you with academic and non-academic concerns. Make sure to check out the Advisor Directory to find the advisor who can best help you!

A good tip is to visit an advisor at least once a year to ensure you are on the right track. Many students are confused or make mistakes about their course requirements and checking in can help you avoid graduating later than planned.

WHO DOES THE ADVISING

Faculty Advisors

WHERE?

Find them in the Student Affairs of each faculty.

WHAT?

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

DEPARTMENTAL ADVISORS

WHERE?

Go to your department website to see which professor is the advisor for your program (Major, Minor, Honours, Joint Honours, etc) and their office hours. It is recommended that you send an email about your goals first so that they can prepare once you meet.

WHAT?

Advise you on the issues related to your specific program. Assist with course approvals, ensure you are 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. Share and brainstorm potential essay ideas or research topics. Discuss potential research opportunities. Write recommendation letters.



My McGill

"The biggest hurdles I faced while I was an undergraduate at McGill were related to my lack of experience with University bureaucracy and how it works. Although, by using the different services offered by McGill (CaPS, Service Point and others) I was able to acquire knowledge on how University works."

I see myself as part of a big McGill family. I know I can always rely on another McGill student like they are my brother or sister. McGill has become a second family in which I strive to succeed. I'm always proud of where I am studying, because I am proud of my McGill family and who we are."

Kevin Jutras, BA 2020

Health Insurance

Studentcare.ca

HOW STUDENT HEALTHCARE WORKS

The SSMU Health and Dental Plan helps students pay for services that are not covered by provincial health care. All SSMU members (undergraduate students on the downtown campus including Law, Medicine, and Dentistry students) registered in the fall semester and paying Canadian or Quebec tuition rates are automatically registered for StudentCare and covered from September 1 until August 31 of the next year. International students are automatically covered by the SSMU Dental Plan. International student health insurance is administered by the University via the Blue Cross International Student Health plan.

Students starting in the Winter semester are not automatically enrolled in the plan by the university. They have the possibility to enroll during the January Change-of-Coverage Period by contacting StudentCare at 514-789-8775.

WHAT TO KNOW

- The fees associated with the Health & Dental plan are billed directly to your August McGill e-bill available on Minerva.
- StudentCare pairs with health care providers in Montreal to offer you discounts. Check out these networks on studentcare.ca to find out more.
- You have more than \$10,000 in health care coverage and up to \$5 million in travel coverage. The complete list of benefits is available [here](#).
- You can combine the plan with a parent or spouse's employment benefit plan to maximize coverage, or opt-out of StudentCare altogether, if you choose to use private insurance. Remember, most parental plans stop covering you after the age of 25.
- You can also enroll your spouse, common-law partner, and dependents for an **extra fee**.
- The SSMU office staff cannot answer specific or personal questions about the plan; you must contact StudentCare directly. Moreover, to respect privacy and confidentiality, only students may make changes to their coverage.

THE CLAIMING PROCESS

For students that have never made an insurance claim before, the process can be tricky to navigate. First, go to studentcare.ca (studentcare.ca/) and identify the SSMU as your student association. You will be redirected to a page specifically for McGill undergraduate students. Second, find the claims forms on the right-hand side in a blue box. Finally, complete the correct form(s) using this [guide](http://studentcare.ca/rte/en/McGillUniversityundergraduatestudentsSSMU_Claims_HowtoClaim) (studentcare.ca/rte/en/McGillUniversityundergraduatestudentsSSMU_Claims_HowtoClaim) with information on the deadlines and addresses where to send the forms.

You will need to provide your group numbers on the forms. As a McGill student, they are as follows:

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

Travel (insured by Blue Cross): 97180

Certificate Number : Your 9-digit McGill student ID number.



studentcare.ca

Family Life on Campus

There are lots of on- and off- campus networks and structures helping students who balance family life with going to school. Here are some resources available to you that will help you navigate your school life, as well as connect with your loved ones and other families!

ON CAMPUS RESOURCES

MCGILL FAMILY CARE | mcgill.ca/familycare
familycare.coordinator@mcgill.ca
3610 McTavish, room 11-3
514-398-5645

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

THE SSMU DAYCARE / NURSERY | daycare.ssmu.ca | daycare@ssmu.ca
3600 Rue McTavish, Suite 2300
514-398-8590

Located in McGill's Downtown campus, the SSMU Daycare / Nursery is an English-based centre set up to receive up to 40 infants aged less than 18 months and children aged up to five years (8 infants and 32 children). The educators are dedicated to providing children with a safe and emotionally-secure environment during their formative years. The spaces are subsidized and priority is given to full-time McGill undergraduate and postgraduate students. Visit their website for more information and go to laplace0-5.com to register your child on the waiting list.

OFF CAMPUS RESOURCES

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

The Queen Elizabeth Health Complex is a not-for-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 lactation consultations. you can visit their urgent care clinic twelve hours a day (from 8 a.m. to 8 p.m.), 365 days a year. However, during the Covid-19 crisis, an appointment must be made online using the Quebec Medical Appointment Scheduler. (rvsq.gouv.qc.ca/fr/accueil)

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 will 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 58-59** to find out more info about your options. The VP (External Affairs) is also working on intergenerational housing; you can email them directly at external@ssmu.ca for more information.

While there currently does not exist any on or off-campus, family-style housing options at McGill, there are plenty of services to support you, and help you find the right environment for you and your loved ones.

Moreover, as part of the Affordable Housing Plan (see **page 55** of the handbook to find out more about the plan), the office of the Vice-President (External Affairs) is working to establish the feasibility and to incorporate intergenerational housing in the to-be built student housing structures.

Spirituality and Religion

The McGill Office for Religious and Spiritual Life (MORSL) mcgill.ca/morsl | FB @morsl

MORSL is your religious and spiritual place on campus, welcoming all students, of any faith or religious denomination - and also those without any religious affiliation. As it is one of the few intentionally religion-positive spaces on campus, students can experience and model peaceful and celebratory religious pluralism via various resources and activities, including workshops, events, publications, a lounge and a meditation space. Visit their website for more information.

Chabad at McGill chabadmcgill.com | FB @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 | FB @sikhsatmcgill

The McGill Sikh Student's Association provides the community and Sikh students with an all-inclusive platform to connect and promote an understanding of the Sikh way of life.

McGill Thaqaalayn Muslim Students' Association FB @McGillTMA

The McGill Thaqaalayn 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 events 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 hillel.org/college-guide/list/record/mcgill-university | FB @HillelMTL

Representing the vast and diverse Jewish community here at McGill, Hillel McGill supports and facilitates student initiatives that promote Jewish values. 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 msamcgill.com | FB @MSAMcGill

The MSA brings together Muslim students to provide resources, essential services, and educational tools needed to enhance their university experience. Through the services and events provided, the MSA aims to facilitate the spiritual and social growth of its members, as well as the larger McGill community, supporting diverse student needs.

The Newman Centre newmancentre.org FB @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) mcgillcf.com FB @ivfmcgillcf

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

Eating Disorders

mcgill.ca/wellness-hub/self-help/healthy-eating

WARNING: This page discusses eating disorders. Some of the content is sensitive and meant to help students

Eating disorders (also known as EDs) can be hard to understand and to navigate. There are many factors that can lead to EDs, such as biological, psychological, and social factors. They often exist with other factors like depression, substance abuse, and/or anxiety disorders. Eating disorders have the highest mortality rate of all psychiatric disorders, therefore, it is important to get help quickly if you or someone close to you is experiencing this.

RESOURCES

ANEB QUEBEC | anebquebec.com/en (514) 630-0907 | 1 (800) 630-0907

Anorexia and Bulimia Quebec (ANEB) offers services like help and referral phone lines, open and closed support groups, and online help given in both English and French to those suffering from EDs. They also provide help for helping someone you care about.

DOUGLAS HOSPITAL EATING DISORDER PROGRAM | montrealfamilies.ca/health/douglas-eating-disorders-clinic 6603-6605 Boulevard LaSalle (514) 761-6131 ext. 2895

The Eating Disorder Program at the Douglas Hospital has an out-patient clinic, a day program as well as an in-patient unit. Before contacting them, you need a referral from a health care professional to access the program. You will need to visit your family doctor or the McGill Student Wellness Hub first (page 14).

NEDIC | nedic.ca

1 (866) 633-4220
Hours: 9:00 am - 9:00 pm | Monday through Thursday (until 5pm on Friday)
NEDIC is a toll-free helpline and website, providing information and support to Canadians who are directly or indirectly affected by EDs. Staffers will be able to provide local resources and referrals from a national directory of more than 700 service providers.

SSMU EATING DISORDER RESOURCE AND SUPPORT CENTRE

ssmu.ca/resources/eating-disorders
FB @ssmueatingdisorderawareness
Starting as an Eating Disorder Awareness Campaign led by the 2018-19 VP (Student Life), the now-established Centre provides on-campus, peer support for those experiencing an eating disorder. Contact support-eating-disorders@ssmu.ca for more information.

Mental Health

During Covid-19, mental health has all been on our mind and as students it has taken a great toll. At McGill, there is a wide array of health and wellbeing initiatives offered by students, by McGill, and by the wider Montreal Community. The SSMU encourages students to take advantage of the resources and activities that are available so that they can cultivate their wellbeing during their time at McGill. If you have any questions or concerns reach out to the Mental Health Commissioner at: mentalhealth@ssmu.ca

KEEP.MESAFE

ssmu.ca/blog/2020/03/mental-health-resource-available-keep-mesafe

Keep.meSAFE is a service that is available to all McGill students. It is a mental health counseling service that specializes in student health support and provides access to resources free of charge for all students. **Download** (<https://www.mcgill.ca/continuingstudies/keepmesafe>) (scroll down webpage hyperlinked) the MySSP mobile application for access to:

- 24/7 unlimited access to licensed counselors through a phone call or mobile chat even when not in Montreal
- Access to appointment-based counselling sessions, including in-person counselling when available
- Mental health care in over 60 languages

HEALTHY LIVING ANNEX

mcgill.ca/wellness-hub/get-support/healthy-living-annex
FB @healthiermcgill

This is a space on the third floor of the Brown Building dedicated to outreach, health promotion, and peer support activities. Check out the workshops led by Peer Health Ambassadors, and the McGill Art Hive. Many workshops and webinars are offered on-demand on the **Student Wellness Hub** (<https://www.mcgill.ca/wellness-hub/get-support/remote-and-person-workshops-groups>) website.

STUDENT WELLNESS HUB mcgill.ca/wellness-hub FB @healthiermcgill

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

Hours: 8:30 am - 4:30 pm

The Student Wellness Hub provides students with professional physical and mental health services. You will have access to doctors, nurses, counsellors, psychiatrists, and dieticians and social workers. Tools and activities offered by the Hub include peer-led support groups, light therapy lamps, exam self-care programming, and so much more.

LOCAL WELLNESS ADVISORS (LWAs)

mcgill.ca/wellness-hub/get-support/local-wellness-advisors

LWAs are trained clinicians who can orient and connect you with the appropriate resources for your unique situation. You can access them through the Wellness Hub. LWAs can familiarize you with the many health and wellness supports that are available to you on campus. They can also equip you with tools and resources to take charge of your mental health.

STUDENT-RUN SERVICES

MCGILL STUDENTS' NIGHTLINE

nightline.ssmu.ca
FB @mcgill.nightline
(514) 398 - 6246

Chatline from 6pm to 3am

Run by McGill students, Nightline provides non-judgmental, anonymous, and confidential active listening in English available every night during the fall & winter semesters (including exams), from 6 p.m. to 3 a.m.

It offers both phone and online chat service, so you will be able to reach out in whatever way makes you most comfortable.

THE PEER SUPPORT CENTRE psc.ssmu.ca
FB @peersupportmcgill
3471 Rue Peel, Floor 2

The Peer Support Centre offers free, drop-in, confidential, and non-judgmental peer-to-peer support and resources referral to McGillians. A student-run initiative through the SSMU, the PSC provides a welcoming space where you can share your experiences, feel listened to, and find ways to resolve the things you are going through. Students can book an appointment with a BIPOC, 2SLGBTQIA+ or woman (trans-inclusive) supporters who can provide an added degree of understanding to the lived experience of marginalized students. Non-judgmental, and always confidential.

THE EATING DISORDER RESOURCE AND SUPPORT CENTRE ssmu.ca/resources/eating-disorders
FB @ssmueatingdisorderawareness

The EDRSC's student volunteers have received training in active listening, peer mental health support, eating disorders and disordered eating, and anti-oppressive practices. The EDRSC provides students with support groups as well as drop-in services.

MORE INFORMATION:

During the month of October, there are many student groups that collaborate to host the annual Mental Illness Awareness Week.

In January, student groups will collaborate with the Wellness Hub for Mental Health Action Week

If you are interested in funding for mental health initiatives, you can do so by applying to the mental health fund here (ssmu.ca/resources/ funding).

BEING UPDATED ON MENTAL HEALTH RESOURCES AND OPPORTUNITIES

Follow SSMU Mental Health on **Facebook** (@[ssmumentalhealth](https://www.facebook.com/ssmumentalhealth)) and **Instagram** (@[ssmumentalhealth](https://www.instagram.com/ssmumentalhealth)). Check the SSMU webpage [here](https://ssmu.ca/resources/mental-health/mental-health-resources) (ssmu.ca/resources/mental-health/mental-health-resources) for updated resource listings and for more information on the work done by the SSMU to make McGill a mentally healthier community.

Here is a collection of tips that can benefit all of us.

FIVE TIPS FOR ACCESSING MENTAL HEALTH SUPPORT

1. Looking for support outside Quebec, outside office hours, or in your first language?

Use **keep.meSAFE** (myssp.app/keepmesafe/ca/home) by downloading the MySSP mobile app. More information on accessing trained counsellors through this FREE service can be found [here](https://ssmu.ca/blog/2020/03/mental-health-resource-available-keep-mesafe) (ssmu.ca/blog/2020/03/mental-health-resource-available-keep-mesafe), as well as through our **student ambassadors on Instagram** (@[mcgill_campus_ambassadors](https://www.instagram.com/mcgill_campus_ambassadors))

2. Need to see an off-campus mental health professional?

Save money through your student insurance plan. Students enrolled in the **SSMU Health & Dental Plan** (studentcare.ca/rte/en/McGillUniversityundergraduatestudentsSSMU-Home) have 80% coverage for sessions with a mental health professional, up to \$1000/year, as well as reduced-cost services through the StudentCare

Psychology Network (studentcare.ca/rte/en/McGillUniversityundergraduatestudentsSSMU-HealthCareNetworks_PsychologyNetwork). For international students, the Blue Cross Plan (mcgill.ca/internationalstudents/health) covers up to \$750/year in psychologist or psychotherapist fees.

3. Prefer booking appointments online?

Reach out to an **Access Advisor** (outlook.office365.com/owa/calendar/StudentWellnessHubAccessAdvisors@McGill.onmicrosoft.com/bookings) or **Local Wellness Advisor** (mcgill.ca/wellness-hub/get-support/local-wellness-advisors). All of them are qualified professionals, and provide a great resource for navigating your mental health – whether through self care or further support. Local Wellness Advisors serve specific groups of students, which means they can be great at understanding certain shared experiences.

4. Want insider info on the Student Wellness Hub?

Follow [@healthiermcgill](https://www.instagram.com/healthiermcgill) on **Instagram**. In addition to tips on accessing care, you'll find wellness strategies, event announcements, and behind-the-scenes insight into the "who", "what", "where", "when", "why" and "how" of the Hub.

5. Just need a listening ear? Easily access support through the **Peer Support Centre (psc.ssmu.ca), **Nightline** (nightline.ssmu.ca), and the **Eating Disorder Resource and Support Centre** (edrsc.ssmu.ca). These student-run services provide support with minimal barriers and timely access. Check [here](https://ssmu.ca/resources/mental-health/mental-health-resources) (ssmu.ca/resources/mental-health/mental-health-resources) for more on- and off-campus resources that provide support, especially those catering to specific identities/groups.**

If you need help navigating all these resources or do not understand how to access mental health support you can always reach out to mentalhealth@ssmu.ca for guidance.

Alcohol & Drugs

WARNING: This page discusses drugs and alcohol use. Some of the content is sensitive and meant to help students

ALCOHOL

Despite what it may feel like, drinking is not a necessary part of university life. No pressure! If you choose to drink, know your limits and stay safe!

Here are some tips on safe drinking:

- **Stick to one drink per hour!** Some mobile apps - such as AlcoDroid Alcohol Tracker - even exist to help you keep count!
- **Stay hydrated!** Drink water before and after drinking.
- **Eat some food!** Do not drink on an empty stomach.
- **Be aware of laws related to alcohol consumption!** Open containers are illegal in Montreal unless you are also eating a meal, and the drinking age in Quebec is 18.
- **Be prepared!** Have a plan for the night - where you will party and how to get home for instance - and make a plan with your friends about what to do if something goes wrong.
- **Utilize Drivesafe and Walksafe** to get to your destination safely.

REMEMBER

If a person is unconscious, breathing slowly, and has bluish-tinged or pale skin, they may have alcohol poisoning. Seek medical help immediately!

- First, call 911.
- If you are on campus, second call Security

Services who will coordinate with emergency responders.

- Downtown: (514)-398-3000
- Mac Campus: (514)398-7777.

DRUGS

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

GUIDELINES FOR SAFER DRUG USE

- **Utilize Drivesafe and Walksafe** to get to your destination safely.
- **Only try a little bit of the drug you decided to use!** 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!** Dance Safe (dancesafe.org) provides detailed info about different drug use in a non-judgemental way.
- Beware of overdoses and laced substances!
- If you believe you are experiencing an opioid overdose, or know someone experiencing one, check the sites (inspq.qc.ca/sites/default/files/cartes/naloxone/index.html) in the Montreal area that offer Naloxone. Naloxone is meant to help. Make sure you trust the source you bought from. Additionally, you can purchase a naloxone kit at most pharmacies. Naloxone is a medication meant to block the effects of opioids.
- Mix = risk! A cocktail of substances can be dangerous and have unexpected effects. Moreover, be careful when mixing substances with medicine and alcohol.
- Find yourself a safety buddy! It is important to have someone clear-headed that can react quickly if something happens. 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 sanitary equipment for drug injection or inhalation. They also hold a meeting place for drug users to build safer drug using practices and promote the health and well-being of the community

Safer Sex : Consent

WARNING: This page discusses sex and consent. Some of the content is sensitive and meant to help students

mcgill.ca/wellness-hub/selfhelp/healthy-sexuality
[instagram.com/givingthetalk/](https://www.instagram.com/givingthetalk/)

Consent is essential if you're engaged in sexual activities! It is integral to a healthy and safe sex life, not just for you, but for your partner(s) too.

WHAT IS CONSENT?

Consent is an enthusiastic and freely given "YES!" that must be given for all kinds of sexual activity that you engage in.

ACTIVE. Consent 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. It must be given by clear and unequivocal words and/or actions.

REVOCABLE. It must be continuous and can be withdrawn at any point, even if someone has said "yes" before. You can change your mind at any time, for any reason and the activity must stop.

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. Check-in with your partner(s) every step of the way to ensure an enjoyable experience.

FREELY GIVEN. Consent cannot be obtained if there is any kind of threat 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.

AFFECTED BY INTOXICATION. The use of alcohol and/or drugs never implies consent, and should not be assumed to have played a role in causing a survivor's experience of sexual violence. Furthermore, alcohol and/or drug use by the perpetrator, never justifies their actions. Consent does not kill the "mood" and can even help build intimacy! The best way to know if consent is present is to ... **ASK!** After asking, it is imperative that you **LISTEN** to their decision and **RESPECT** their choice!

Here are some example of sentences you can use to ask for consent:

- Do you want to [cuddle/have sex/keep going]?
- Can I touch you here?
- Are you okay / is this okay ?
- Should we continue / stop / slow down?

Here are some examples of sentence you can use to give consent:

- YES!
- Let's do it!
- That's exactly what I wanted! / I was thinking the same thing!
- I'd love that, what about we start with

Here are some examples of how to revoke consent :

- I changed my mind. This isn't doing it for me.
- No! Stop!
- I think I'd rather [cuddle/have a snack / leave].
- Let's pause this, I need a minute.

Here is how to receive a "No"?

- That's totally okay. Thanks for letting me know.
- Cool. What do you want to do instead?
- Okay! Do you want to watch a movie?
- I'm glad you said something. Would you prefer to [cuddle/ be alone/ get a snack] ?

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?

Safer Sex : Protecting Yourself

WARNING: This page discusses sex and consent. Some of the content is sensitive and meant to help students

Part of safer - and enjoyable - sex is about knowing the risks of any kind of sexual activity and making sure you're taking care of yourself and your partner(s). 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. Remember that if you are on HRT (Hormone Replacement Therapy), it does not prevent pregnancy and you still need a birth control plan.

BARRIER PROTECTION. You can buy barrier methods (internal and external condoms, sponges) at the *Shag Shop* (mcgill.ca/healthymcgill/shagshop) 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.

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*, (mcgill.ca/healthymcgill/shagshop) or the UGE and *Queer McGill* (queermcgill.org/ressources).

If you discover you are pregnant, here's some information about your options:

→ Abortion is legal in Canada and available up until twenty-two (22) 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. For example, Head & Hands also hosts a "Young Parent Program" for parents or parents-to-be under 25 years old.

SEXUALLY TRANSMITTED INFECTIONS (STIS)

STIs can affect anyone who is sexually active. If you're planning to engage in a sexual activity, consider and discuss STI prevention methods with your partner(s) beforehand. According to the *World Health Organization* ([https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-\(stis\)](https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis))), STIs "spread predominantly by sexual contact, including vaginal, anal and oral sex. Some STIs can also be spread through non-sexual means such as via blood or blood products. Many STIs can also be transmitted from mother to child during pregnancy and childbirth."

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. The Wellness Hub and other resources below perform STI testing. See **page 80** for more information on your insurance coverage.

RESOURCES FOR HEALTHY SEXUALITY

MCGILL STUDENT WELLNESS HUB

mcgill.ca/wellness-hub
3600 McTavish Street West - Brown Student Services Building - Suite 3400
(514) 398-6017

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

UNION FOR GENDER EMPOWERMENT (UGE)

theuge.org
680 rue Sherbrooke Ouest, room 110
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.

QUEER MCGILL | queermcgill.org

3600 rue McTavish - Room 432
Queer McGill is a student run service by queer people for queer and questioning folks. They offer a range of resources from free safer sex supplies to pay-what-you-can gender affirming products such as binders, packers, stps and gaffs.

SHAG SHOP

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

Sexual Assault & Harassment

WARNING: This page discusses sexual and gender-based violence. Some of the content is sensitive and meant to help students

RESOURCES OFF CAMPUS

L'ACTUEL | CLINIQUELACTUEL.COM

1001 de Maisonneuve East, #1130
(514) 524-1001 (new appointments)
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 | sexted.org

(514) 700-4411

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
8560 rue St-Hubert, bureau 310
(514) 844-4844

This clinic offers surgical (instruments) and medical (pills) abortion services, curettage, and related contraception services.

CENTRE DE SANTÉ DES FEMMES DE

MONTRÉAL | csfmontreal.qc.ca/wp/

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 and Gender-based Violence

WARNING: This page discusses sexual and gender-based violence. Some of the content is sensitive and meant to help students

TERMS TO KNOW

SEXUAL VIOLENCE

Any non-consensual, unwanted actual, attempted, or threatened act or behaviour, that is carried out through sexual means or by targeting a person's sexuality, gender identity, or gender expression.

SEXUAL ASSAULT

Any form of sexual touching or the threat of sexual touching without the individual's consent

SEXUAL HARASSMENT

Any unwanted conduct of a sexual nature or attention that affects the working, learning, or living environment or leads to adverse consequences. It can include verbal abuse, manipulation, and coercion.

STALKING

Engaging in conduct that causes an individual to fear for their physical or psychological safety, such as repeatedly following or communicating with someone (through any means), engaging in threatening conduct, or keeping watch over any place where the individual happens to be.

INDECENT EXPOSURE

Exposing one's body to another individual for a sexual purpose or coercing another individual to remove their clothing in order to expose their

body without their consent.

VOYEURISM

Non-consensual viewing, photographing, or otherwise recording of another individual in a location where there is an exception of privacy and where the viewing, photographing, or recording is done for a sexual purpose.

NONCONSENSUAL DISTRIBUTION OR RECORDING OF A SEXUALLY EXPLICIT PHOTOGRAPH OR RECORDING

The distribution of a sexually explicit photograph or recording of an individual to one or more individuals other than the individual in the photograph, or recording the individual without their consent in a photograph or recording.

STEALTHING

Stealthing is defined as nonconsensual condom removal during sexual intercourse. Stealthing "exposes victims [survivors] to physical risk such as pregnancy and disease" and has been characterized by survivors as "dempowering, demeaning violation of a sexual agreement."

Sexual and Gender-based Violence

WARNING: This page discusses sexual and gender-based violence. Some of the content is sensitive and meant to help students

GENDERED VIOLENCE

Any act of physical, verbal, or emotional aggression which implicates, targets, or de-legitimizes an individual's gender presentation or identity, or an act reinforcing gender inequalities resulting in physical, sexual, emotional, or economic harm. This includes misogynistic, queerphobic, and transphobic violence.

Gendered and/or Sexual Violence impact people in different ways. Some of the effects include but are not limited too:

- Mental Health impacts (e.g., depression, anxiety, post-traumatic stress disorder, suicidal thoughts)
- Pregnancy
- Sexually transmitted infections
- Dissociation
- Flashbacks and triggers
- Self-injurious coping behaviours (e.g., self-harm, substance abuse, eating disorders);
- Changes in how you view trust, a sense of vulnerability, and feeling unsafe;
- Personal and professional impacts;
- Academic difficulties

INTERSECTIONALITY OF SEXUAL VIOLENCE

The SSMU believes that all discussions surrounding sexual violence must take an *intersectional approach* (ted.com/talks/kimberle_crenshaw_the_urgency_of_intersectionality?language=en) recognizing that individuals from certain marginalized groups experience sexual violence at higher rates and also in a different manner than those who hold different forms of privilege.

It is important to recognize that individuals who experience various forms of marginalization, which includes but is not limited to, women, trans and gender nonconforming people, queer people, black, Indigenous, and people of color, people with lower socioeconomic status, and disabled people, are all disproportionately impacted by sexual violence.

CONTACT AND GETTING SUPPORT

The SSMU *Gendered and Sexual Violence Policy (GSVP)* (ssmu.ca/resources/sexual-violence/ssmu-gendered-and-sexualized-violence-policy), serves to create confidential and survivor-centric processes for members of the SSMU community who have experienced

sexual violence and/or gendered violence to receive support and accommodations and make a complaint about sexual or gendered violence. The Anti-Violence Coordinators (AVCs) are those responsible for implementing the four components: prevention, support, advocacy, and response. You can contact them at: avc@ssmu.ca

RESOURCES ON CAMPUS

OSVRSE | mcgill.ca/osvrse
550 Rue Sherbrooke Ouest, suite 585
(514) 398-4486 | (514) 398-3786

The OSVRSE provides support to those who have been impacted by sexual and gender-based violence. It provides confidential, non-judgmental, and nondirectional support and education to all those who have been impacted by sexual violence. They provide crisis intervention and short term counseling and can help connect survivors with resources, assist in safety planning, provide support groups and activities, and assist with academic or workplace accommodations.

SACOMSS | sacomss.org/wp
680 Sherbrooke St W, Suite 150
(514) 398-5000

The Sexual Assault Centre of the McGill Students Society is a volunteer-run organization committed to supporting survivors of sexual assault and their allies through direct support, advocacy, and out-reach. Their services include Drop-In and Line (DIAL), support groups and can support individuals making reports of sexual violence, provide information and accompaniment services.

MCGILL PEER SUPPORT CENTRE | psc.ssmu.ca
Second Floor, 3471 Peel St
514-398-3782

The Peer Support Centre offers free, non-judgmental peer support, and can help direct you toward other available resources.

THE MCGILL STUDENTS' NIGHTLINE | ssmu.mcgill.ca/nightline

The McGill Students' Nightline is a peer resource which offers confidential, anonymous, and non-judgmental listening. Services include active listening, resource referrals, and crisis management. Nightline can be accessed at 514-398-6246. **LEGAL INFORMATION CLINIC AT MCGILL** | licm.ca

University Centre, Suites 108 & 107-A

The Student Advocacy Branch at LICM can help students navigate McGill's internal policies. Their volunteers can inform, advise, and represent students who are undergoing disputes at the University. They can also assist students who have had a complaint filed against them.

RESOURCES OFF CAMPUS

MONTREAL SEXUAL ASSAULT CENTRE | cvasm.org/en

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

The Montreal Sexual Assault Centre offers a range of free services to individuals eighteen years and up who have been a victim of sexual assault, sexual abuse, or incest, as well as to survivors' family and friends. It offers a toll-free helpline for those of all ages.

TEL-AIDE | telaide.org/en

A free, anonymous, non-judgmental listening centre for people in distress in both English and French. They can be reached at 514-935-1101.

CIRCLES | ssmu.ca/wp-content/uploads/2018/01/Circles-Community-Response-Resource-Online.pdf?x21981

CIRCLES is a resource, a letter of solidarity to fellow survivors, and a reconstruction of what it means to heal collectively. The resource document includes an in-depth listing of support services available in the community.

PROJECT 10 | p10.qc.ca

1575 Rue Atateken

The Project promotes the personal, social, sexual, and mental well being of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersexed, and questioning youth and adults ages 14–25. They provide active listening services, drop-in hours, an accompaniment service, and a listening line that is open Tuesday through Wednesday, 12–6 p.m., and Thursday, 1:3000–6 p.m.. The anonymous listening line can be reached at 514-989-4585 and provides peer support, active listening, as well as information and referrals to 2SLGBTQIA+ services.

CRIME VICTIMS ASSISTANCE CENTRE | cavac.qc.ca/en/services

Crime Victims Assistance Centres offer free, confidential, front-line services to any crime victim or witness in English, French, or Spanish. They provide accompaniment services to police and judicial processes as well as post-traumatic and psychosocial intervention. The Centres also provide legal information, assistance with filing applications or producing documents, and referrals to specialized services. To access their services you must first make an appointment by calling 514-277-9860.

SOS VIOLENCE CONJUGALE | sosviolenceconjugale.ca

Free, confidential, bilingual hotline for individuals experiencing domestic violence and for people supporting them, available 24/7. They provide support, safety information, evaluations, and direct referrals. They can be reached at 514-873-9010 in Montreal and across Quebec at 1 800-363-9010.

REGROUPEMENT QUÉBÉCOIS DES CENTRES D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (RQCALACS) | rqcalacs.qc.ca/the-calacs.php
C.P. 56574, Succursale Ontario

CALACS provides support to individuals who have experienced sexual assault. There are two CALACS in Montreal, *Trêve Pour Elles* (trevepourelles.org) and *CALACS de L'Ouest-de-l'Île* (calacsdelouest.ca).



Perks &
Deals

Divider 1

LIBRAIRIE / BOOKSTORE

LE JAMES

McGill

680 Sherbrooke St. W.
www.lejames.ca

 /McGillBookstore

 @McGillBookstore

 @McGillBookstore

Show your McGill pride!



SIGN UP & SAVE!

Get 10% OFF on your next online purchase*
when you sign up to our newsletter!

www.lejames.ca/newsletter-signup

* For more details, please visit our website.

SSMU Health & Dental Plan*



Make the most out of it

The Plan is designed to fill the gaps in provincial health care.

What's covered?

Over **\$10,000** Health Coverage

Over **\$250** Vision Coverage

Up to **\$750** Dental Coverage

Up to **\$5,000,000** Travel Coverage

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 Term are automatically covered by the Dental Plan only.

For complete coverage details and eligibility, visit www.studentcare.ca.

Save Money with the Studentcare Networks



By consulting a Network professional, you'll get additional coverage on services like:

- Dental
- Vision
- Psychology
- Chiropractic
- Physiotherapy

Change-of-Coverage & Opt-Out Period

Fall (enrolments and opt outs): **Aug. 23 – Sept. 29, 2021**

Winter (enrolments and opt outs for new students only): **Jan. 17 – 31, 2022**

Early Bird! If you complete your opt out before Aug. 25, 2021, you can have the Plan fee reversed from your student account before the tuition fee payment deadline.

Virtual Health Care

Connect virtually with nurses and physicians from anywhere in Canada.

Provided by **Dialogue**

Please note that at the time of printing, benefits for 2021-2022 were still subject to change. For complete details, visit www.studentcare.ca in August.



Questions?
9 am to 5 pm on weekdays
www.studentcare.ca



LIVE CHAT AND
WEB REQUEST FORM
AVAILABLE



DOWNLOAD THE APP
Search **Studentcare mobile**
to download now!

LOOKING TO PLAN AN UNFORGETTABLE EVENT?

SSMU EVENTS



We like to keep things simple and aim to provide you with the tools and assistance necessary to plan a smooth and unforgettable event. Whether it be a large scale celebration or a simple meeting, we are proud to offer various services and amenities that suit your needs!

Catering - Audio/Visual Equipment - Coatcheck
Furniture Rentals - Room Bookings - Bar Service

eventscoord@ssmu.ca

minicourses.ssmu.ca

SSMU MINICOURSES



Fun, inexpensive, non-credit courses offered by the Students' Society of McGill University. Optimal for students and the McGill community seeking to learn a new skill or hobby outside of class time!



LANGUAGES - WELLNESS - ART - SOFTWARE & PROGRAMMING
DANCE & FITNESS - COOKING - CRAFTS & DIY - MUSIC
PERSONAL DEVELOPMENT & MUCH MORE!

SSMU Perks & Deals

Finding you the best student perks, deals and discounts in and around campus!



Finances
Essentials
Health & Fitness
Fashion & Beauty
Food & Beverages
Events & Activities



ssmu.ca/resources/perks-deals/

TREAT YOURSELF. LIVE AT LUNA.

PRIME LOCATION FOR STUDENTS!
JUST STEPS TO MCGILL UNIVERSITY
IN THE HEART OF MONTREAL'S
DOWNTOWN CORE

Our premium facilities include a 24-hour doorman,
study room, new gym, laundry room with games,
lounge, restaurant, convenience store, storage
room, spice garden, indoor parking and more!

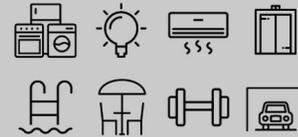
BOOK A PRIVATE TOUR OF OUR
PREMIUM 1 AND 2 BEDROOM SUITES

438-800-0876
appartementsluna.com



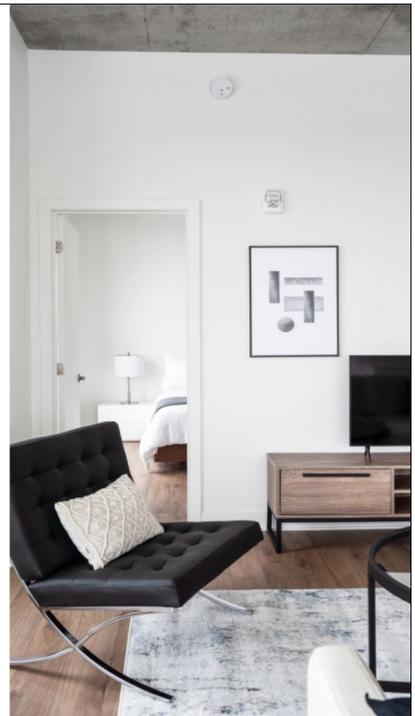
MONDEV

RENT A CONDO
&
ALL ITS ADVANTAGES



VILLE-MARIE • SAINT-HENRI • GRIFFINTOWN •
OLD PORT • LASALLE • QUARTIER DES SPECTACLES •
PLATEAU-MONT-ROYAL • OUTREMONT • MILE-EX •
AHUNTSIC-CARTIERVILLE

MONDEV.CA



RBC helps students get financially settled.

Here for you from
Frosh Week to
Final Exams.



rbc.com/student



® / ™ Trademark(s) of Royal Bank of Canada. vps108687

118908 (06/2021)

RECYC-QUÉBEC
Québec

To bin or not to bin?

Recycling - Compost - Ecocentre
It tells you exactly where everything goes

Download on the
App Store

GET IT ON
Google Play

1245 METCALFE, MONTRÉAL, QC



Andies
BARBERSHOP

\$27 STUDENT HAIRCUT
(TAXES INCLUDED)

MAKE AN APPOINTMENT BY:

- CALLING: 514-903-1462
- CLICKING THE 'BOOK NOW' BUTTON ON OUR FACEBOOK @ANDIESBARBERSHOP
- VISITING OUR WEBSITE

ANDIESBARBERSHOP.COM

57 PRINCE-ARTHUR EST • CAFECAMPUS.COM

CAFÉ CAMPUS DEPUIS 1967

BOÎTE DE NUIT • SALLE DE SPECTACLE • COOP DE TRAVAIL

f i s SHERBROOKE ST-LAURENT

Best part of being a student is STUDENT CARE!

As member of **Student Care**, you have dental insurance included in your tuition. In addition to your insurance, **Mdex** provides you an additional rebate to completely cover your dental cleaning up to 100%!

514-907-6339
secretariat@complexemdex.com
1002 Sherbrooke Ouest R-18 level C, Montreal, QC
www.complexemdex.com




NOW OFFERING VIRTUAL CONSULTATIONS
CALL TO BOOK YOUR APPOINTMENT NOW!



We're building a talented team to tackle some of the world's most challenging environmental problems.

CNL.CA/CAREERS

 Canadian Nuclear Laboratories | Laboratoires Nucléaires Canadiens

LOCATION POUR ÉVÉNEMENTS DEPUIS 1919

GRUPE **CELEBRATIONS**

GERVAIS **ENCH & TABLE**

SPECIAL EVENT RENTALS SINCE 1919



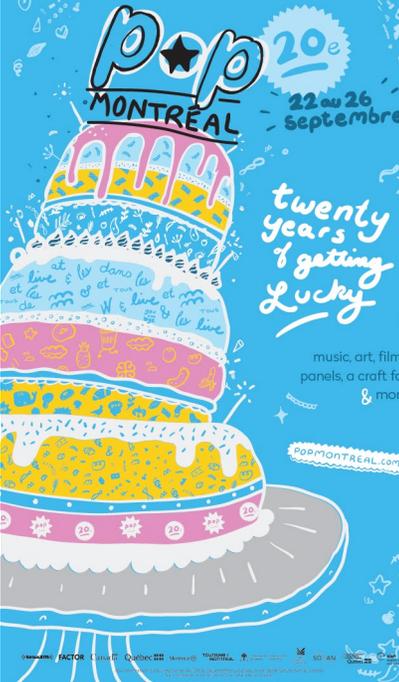
514 738-4755 | WWW.CELEBRATIONSGROUP.COM

POP MONTREAL 20^e 22 au 26 septembre

twenty years of getting Lucky

music, art, films, panels, a craft fair & more!

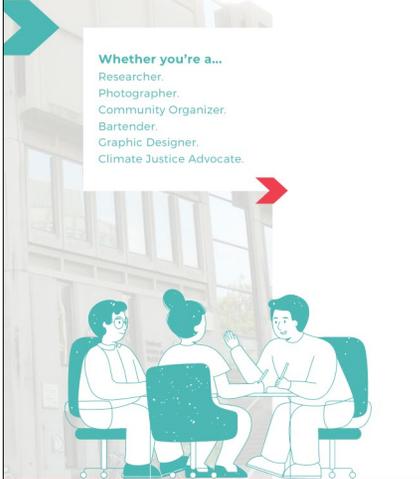
POP.MONTREAL.COM



Join the SSMU Team!

Whether you're a...

- Researcher.
- Photographer.
- Community Organizer.
- Bartender.
- Graphic Designer.
- Climate Justice Advocate.



Check out the openings at ssmu.ca/jobs



Back to School. Back to Cool.

Everybody loves multiple choices... when it comes to phones.
Get the phone and plan you want, with the flexibility
to change anytime.* No skill-testing questions required.



fizz
mobile + internet

Details at fizz.ca.

gertscampusbar.ca

3480 MC TAVISH ST.
MONTREAL, QC H3A 1X9

Gerts ¹⁹⁷⁴ Campus Bar

 @GERTSTILITHURTS

 /GERTSMCGILLCAMPUSBAR



Gerts
CAMPUS BAR

gertscampusbar.ca
3480 MC TAVISH ST.
MONTREAL, QC H3A 1X9

Gerts Campus Café

 @GERTSCAFE

 /GERTSCAFE



Gerts
CAMPUS BAR

A g e n d a

2021-2022

LEGEND

LC MEETING : Legislative Council Meeting

BOD MEETING : Board of Directors Meeting

BOG MEETING: Board of Governors Community Session

SSMU GA : SSMU General Assembly

MCGILL BOG : McGill Board of Governors Community Session

The SSMU reserves the right to cancel or call a meeting or event without notice. Please check our website/social media for such updates.

8

AUGUST

SUNDAY/DIMANCHE

MONDAY/LUNDI

TUESDAY/MARDI

WEDNESDAY/MERCREDI

THURSDAY/JEUDI

FRIDAY/VENDREDI

SATURDAY/SAMEDI

1

2

3

4

5

6

7

8

9

10

11

12

13

14

DEADLINE TO REGISTER FOR AT LEAST ONE COURSE

15

16

17

18

19

20

21

BOD MEETING @ 6PM

22

23

24

25

26

27

28

ORIENTATION ACTIVITIES

29

30

31

1

2

3

4

DEADLINE TO CANCEL REGISTRATION
TUITION DUE DATE

GOALS

-
-
-
-
-

108

**AUG 23-SEP 29
**CHANGE-OF-COVERAGE & OPT-OUT PERIOD

NOTES

NOTES

9

SEPTEMBER/
SEPTEMBRE

SUNDAY/DIMANCHE

MONDAY/LUNDI

TUESDAY/MARDI

WEDNESDAY/MERCREDI

THURSDAY/JEUDI

FRIDAY/VENDREDI

SATURDAY/SAMEDI

29

30

31

TUITION
DUE DATES

1

CLASSES START!

2

3

4

5

GOALS

-
-
-
-
-

6

LABOUR DAY

7

8

9

BOD MEETING
@ 6PM

10

11

12

13

ACTIVITIES NIGHT

14

ADD/DROP
DEADLINE

ACTIVITIES NIGHT

15

16

LC MEETING
@ 6PM

17

18

19

20

21

FULL REFUND
DEADLINE

22

MCGILL SENATE
@ 2:30PM

23

BOD MEETING
@ 6PM

24

25

26

27

28

29

CHANGE-
OF-COVERAGE
& OPT-OUT
PERIOD DEADLINE

30

LC MEETING
@ 6PM

1

2

**AUG 23-
SEP 29
**CHANGE-
OF-COVERAGE
&
OPT-OUT
PERIOD

NOTES

NOTES

30 | Monday/Lundi
😊 😐 😞

2 | Thursday/Jeudi
😊 😐 😞

31 | Tuesday/Mardi
😊 😐 😞

TUITION
DUE DATE

3 | Friday/Vendredi
😊 😐 😞

1 | Wednesday/Mercredi
😊 😐 😞

CLASSES START!

4 | Saturday/Samedi
😊 😐 😞

5 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

6 | Monday/Lundi
😊 😐 😞
LABOUR DAY

9 | Thursday/Jeudi
😊 😐 😞
BOD MEETING
@ 6PM

7 | Tuesday/Mardi
😊 😐 😞

10 | Friday/Vendredi
😊 😐 😞

8 | Wednesday/Mercredi
😊 😐 😞

11 | Saturday/Samedi
😊 😐 😞

12 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

CAMPUS1 MTL
Urban Student Living Across the
Street from McGill University

CALL (514) 273-7626
420 Sherbrooke Street West




Lease **TODAY** or book your virtual
or in-person tour at Campus1MTL.ca



13 | Monday/Lundi
😊 😐 😞
ACTIVITIES NIGHT

16 | Thursday/Jeudi
😊 😐 😞
LC MEETING
@ 6PM

14 | Tuesday/Mardi
😊 😐 😞
ACTIVITIES NIGHT

17 | Friday/Vendredi
😊 😐 😞

15 | Wednesday/Mercredi
😊 😐 😞

18 | Saturday/Samedi
😊 😐 😞

19 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

20 | Monday/Lundi
😊 😐 😞

23 | Thursday/Jeudi
😊 😐 😞

BOD MEETING
@ 6PM

21 | Tuesday/Mardi
😊 😐 😞

FULL REFUND
DEADLINE

24 | Friday/Vendredi
😊 😐 😞

22 | Wednesday/Mercredi
😊 😐 😞

MCGILL SENATE
@ 2:30PM

25 | Saturday/Samedi
😊 😐 😞

26 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES



27 | Monday/Lundi
😊 😐 😞

30 | Thursday/Jeudi
😊 😐 😞

LC MEETING
@ 6PM

28 | Tuesday/Mardi
😊 😐 😞

1 | Friday/Vendredi
😊 😐 😞

29 | Wednesday/Mercredi
😊 😐 😞

2 | Saturday/Samedi
😊 😐 😞

3 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

10

OCTOBER/
OCTOBRE

	SUNDAY/DIMANCHE	MONDAY/LUNDI	TUESDAY/MARDI	WEDNESDAY/MERCREDI	THURSDAY/JEUDI	FRIDAY/VENDREDI	SATURDAY/SAMEDI
	3	4	5 BOD MEETING @ 6PM	6	7 BOD MEETING @ 6PM MCGILL BOG @ 7 - 7:20PM	8	9
	10	11 THANKSGIVING	12 FALL BREAK	13	14 MAKE UP DAYS LC MEETING @ 6PM	15	16
	17	18 SSMU GA @ 6PM	19	20 MCGILL SENATE @ 2:30PM	21 BOD MEETING @ 6PM	22	23
	24	25	26 COURSE/ UNI WITHDRAWAL W/O REFUND DEADLINE	27	28 LC MEETING @ 6PM	29	30
	31	1	2	3	4	5	6

GOALS

-
-
-
-
-

122

NOTES

NOTES

4 | Monday/Lundi
😊 😐 😞

7 | Thursday/Jeudi
😊 😐 😞

BOD MEETING
@ 6PM

MCGILL BOG
@ 7 - 7:20PM

5 | Tuesday/Mardi
😊 😐 😞

8 | Friday/Vendredi
😊 😐 😞

6 | Wednesday/Mercredi
😊 😐 😞

9 | Saturday/Samedi
😊 😐 😞

10 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

11 | Monday/Lundi
😊 😐 😞
THANKSGIVING

14 | Thursday/Jeudi
😊 😐 😞
MAKE UP DAYS
LC MEETING
@ 6PM

12 | Tuesday/Mardi
😊 😐 😞
FALL BREAK

15 | Friday/Vendredi
😊 😐 😞
MAKE UP DAYS

13 | Wednesday/Mercredi
😊 😐 😞
FALL BREAK

16 | Saturday/Samedi
😊 😐 😞

17 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

18 | Monday/Lundi
😊 😐 😞
SSMU GA
@ 6PM

21 | Thursday/Jeudi
😊 😐 😞
BOD MEETING
@ 6PM

19 | Tuesday/Mardi
😊 😐 😞

22 | Friday/Vendredi
😊 😐 😞

20 | Wednesday/Mercredi
😊 😐 😞
MCGILL SENATE
@ 2:30PM

23 | Saturday/Samedi
😊 😐 😞

24 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

NOTES

-
-
-
-
-

25 | Monday/Lundi
😊 😐 😞

28 | Thursday/Jeudi
😊 😐 😞

LC MEETING
@ 6PM

26 | Tuesday/Mardi
😊 😐 😞

COURSE/ UNI
WITHDRAWAL
W/O REFUND
DEADLINE

29 | Friday/Vendredi
😊 😐 😞

27 | Wednesday/Mercredi
😊 😐 😞

30 | Saturday/Samedi
😊 😐 😞

31 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

11

NOVEMBER/
NOVEMBRE

SUNDAY/DIMANCHE

MONDAY/LUNDI

TUESDAY/MARDI

WEDNESDAY/MERCREDI

THURSDAY/JEUDI

FRIDAY/VENDREDI

SATURDAY/SAMEDI

31

1

2

3

4

BOD MEETING
@ 6PM

5

6

GOALS

-
-
-
-
-

7

8

9

10

11

LC MEETING
@ 6PM

12

13

14

15

16

17

MCGILL SENATE
@ 2:30PM

18

BOD MEETING
@ 6PM

19

20

21

22

23

24

25

LC MEETING
@ 6PM

26

27

28

29

30

1

2

3

4

132

NOTES

NOTES

1 | Monday/Lundi
  

4 | Thursday/Jeudi
  

BOD MEETING
@ 6PM

2 | Tuesday/Mardi
  

5 | Friday/Vendredi
  

3 | Wednesday/Mercredi
  

6 | Saturday/Samedi
  

7 | Sunday/Dimanche
  

WEEKLY GOALS

-
-
-
-
-

NOTES

8 | Monday/Lundi
  

11 | Thursday/Jeudi
  

LC MEETING
@ 6PM

MCGILL JOINT
BOARD SENATE
@ 4 - 7PM

9 | Tuesday/Mardi
  

12 | Friday/Vendredi
  

10 | Wednesday/Mercredi
  

13 | Saturday/Samedi
  

14 | Sunday/Dimanche
  

WEEKLY GOALS

-
-
-
-
-

NOTES

15 | Monday/Lundi
😊 😐 😞

18 | Thursday/Jeudi
😊 😐 😞

BOD MEETING
@ 6PM

16 | Tuesday/Mardi
😊 😐 😞

19 | Friday/Vendredi
😊 😐 😞

17 | Wednesday/Mercredi
😊 😐 😞

MCGILL SENATE
@ 2:30PM

20 | Saturday/Samedi
😊 😐 😞

21 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

22 | Monday/Lundi
😊 😐 😞

25 | Thursday/Jeudi
😊 😐 😞

LC MEETING
@ 6PM

23 | Tuesday/Mardi
😊 😐 😞

26 | Friday/Vendredi
😊 😐 😞

24 | Wednesday/Mercredi
😊 😐 😞

27 | Saturday/Samedi
😊 😐 😞

STUDY DAYS

28 | Sunday/Dimanche
😊 😐 😞

STUDY DAYS

WEEKLY GOALS

-
-
-
-
-

NOTES

29 | Monday/Lundi
😊 😐 😞

2 | Thursday/Jeudi
😊 😐 😞
BOD MEETING
@ 6PM

30 | Tuesday/Mardi
😊 😐 😞

3 | Friday/Vendredi
😊 😐 😞

1 | Wednesday/Mercredi
😊 😐 😞
MCGILL SENATE
@ 2:30PM

4 | Saturday/Samedi
😊 😐 😞
STUDY DAYS

5 | Sunday/Dimanche
😊 😐 😞
STUDY DAYS

WEEKLY GOALS

-
-
-
-
-

NOTES

12

DECEMBER/
DÉCEMBRE

	SUNDAY/DIMANCHE	MONDAY/LUNDI	TUESDAY/MARDI	WEDNESDAY/MERCREDI	THURSDAY/JEUDI	FRIDAY/VENDREDI	SATURDAY/SAMEDI
	28	29	30	1 MCGILL SENATE @ 2:30PM	2 BOD MEETING @ 6PM	3	4 STUDY DAYS
GOALS	5 STUDY DAYS	6 CLASSES END	7 EXAMS BEGIN	8	9	10	11
○ ○ ○ ○ ○	12	13	14	15	16	17 OPT-OUT PERIOD FOR NEW STUDENTS BEGIN	18
144	19	20	21 EXAMS END	22	23 MCGILL CLOSED	24	25
**DEC 17- JAN 30 OPT-OUT PERIOD FOR NEW STUDENTS BEGIN	26 MCGILL CLOSED	27	28	29	30	31 DEADLINE TO CANCEL REGISTRATION	1

NOTES

NOTES

6 | Monday/Lundi
😊 😐 😞
LAST CLASS

9 | Thursday/Jeudi
😊 😐 😞

7 | Tuesday/Mardi
😊 😐 😞
EXAMS BEGIN

10 | Friday/Vendredi
😊 😐 😞

8 | Wednesday/Mercredi
😊 😐 😞

11 | Saturday/Samedi
😊 😐 😞

12 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

13 | Monday/Lundi
  

16 | Thursday/Jeudi
  

14 | Tuesday/Mardi
  

17 | Friday/Vendredi
  
OPT-OUT PERIOD FOR
NEW STUDENTS BEGIN

15 | Wednesday/Mercredi
  

18 | Saturday/Samedi
  

19 | Sunday/Dimanche
  

WEEKLY GOALS

-
-
-
-
-

NOTES

20 | Monday/Lundi
😊 😐 😞

23 | Thursday/Jeudi
😊 😐 😞

MCGILL CLOSED

21 | Tuesday/Mardi
😊 😐 😞

EXAMS END

24 | Friday/Vendredi
😊 😐 😞

MCGILL CLOSED

22 | Wednesday/Mercredi
😊 😐 😞

25 | Saturday/Samedi
😊 😐 😞

MCGILL CLOSED

26 | Sunday/Dimanche
😊 😐 😞

MCGILL CLOSED

WEEKLY GOALS

-
-
-
-
-

NOTES

27 | Monday/Lundi
😊 😐 😞
MCGILL CLOSED

30 | Thursday/Jeudi
😊 😐 😞
MCGILL CLOSED

28 | Tuesday/Mardi
😊 😐 😞
MCGILL CLOSED

31 | Friday/Vendredi
😊 😐 😞
MCGILL CLOSED

DEADLINE TO
CANCEL
REGISTRATION

29 | Wednesday/Mercredi
😊 😐 😞
MCGILL CLOSED

1 | Saturday/Samedi
😊 😐 😞
MCGILL CLOSED

2 | Sunday/Dimanche
😊 😐 😞
MCGILL CLOSED

WEEKLY GOALS

-
-
-
-
-

NOTES

1

JANUARY/
JANVIER

SUNDAY/DIMANCHE

MONDAY/LUNDI

TUESDAY/MARDI

WEDNESDAY/MERCREDI

THURSDAY/JEUDI

FRIDAY/VENDREDI

SATURDAY/SAMEDI

2

3

4

5

CLASSES
BEGIN
DEADLINE TO
REGISTER
(NEW STUDENTS)
TUITION
DUE DATE

6

7

8

9

10

11

12

13

14

15

GOALS

-
-
-
-
-

ACTIVITIES NIGHT

ACTIVITIES NIGHT

16

17

18

ADD/DROP
DEADLINE

19

MCGILL SENATE
@ 2:30PM

20

LC MEETING
@ 6PM

21

22

23

24

25

FULL REFUND
DEADLINE

26

27

BOD MEETING
@ 6PM

28

29

30

31

OPT-OUT
PERIOD FOR
NEW STUDENTS
ENDS

**DEC 17-
JAN 30
OPT-OUT
PERIOD FOR
NEW
STUDENTS
BEGINS

NOTES

NOTES

3 | Monday/Lundi
😊 😐 😞

6 | Thursday/Jeudi
😊 😐 😞

4 | Tuesday/Mardi
😊 😐 😞

7 | Friday/Vendredi
😊 😐 😞

5 | Wednesday/Mercredi
😊 😐 😞

CLASSES
BEGIN
DEADLINE TO
REGISTER
(NEW STUDENTS)
TUITION
DUE DATE

8 | Saturday/Samedi
😊 😐 😞

9 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

10 | Monday/Lundi
😊 😐 😞

13 | Thursday/Jeudi
😊 😐 😞
ACTIVITIES NIGHT

11 | Tuesday/Mardi
😊 😐 😞

14 | Friday/Vendredi
😊 😐 😞

12 | Wednesday/Mercredi
😊 😐 😞
ACTIVITIES NIGHT

15 | Saturday/Samedi
😊 😐 😞

16 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

CAMPUS1 MTL
Urban Student Living Across the Street from McGill University

CALL (514) 273-7626
420 Sherbrooke Street West




Lease **TODAY** or book your virtual or in-person tour at Campus1MTL.ca



17 | Monday/Lundi
😊 😐 😞

20 | Thursday/Jeudi
😊 😐 😞

LC MEETING
@ 6PM

18 | Tuesday/Mardi
😊 😐 😞
ADD/DROP
DEADLINE

21 | Friday/Vendredi
😊 😐 😞

19 | Wednesday/Mercredi
😊 😐 😞
MCGILL SENATE
@ 2:30PM

22 | Saturday/Samedi
😊 😐 😞

23 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

24 | Monday/Lundi
  

27 | Thursday/Jeudi
  

BOD MEETING
@ 6PM

25 | Tuesday/Mardi
  
FULL REFUND
DEADLINE

28 | Friday/Vendredi
  

26 | Wednesday/Mercredi
  

29 | Saturday/Samedi
  

30 | Sunday/Dimanche
  
OPT-OUT PERIOD FOR NEW
STUDENTS END

WEEKLY GOALS

-
-
-
-
-

NOTES

02

FEBRUARY/
FÉVRIER

	SUNDAY/DIMANCHE	MONDAY/LUNDI	TUESDAY/MARDI	WEDNESDAY/MERCREDI	THURSDAY/JEUDI	FRIDAY/VENDREDI	SATURDAY/SAMEDI
	29	30	1	2	3 LC MEETING @ 6PM	4	5
GOALS	6	7	8	9	10 BOD MEETING @ 7AM BOG MEETING @ 7PM	11	12
<ul style="list-style-type: none">○○○○○	13	14	15	16 MCGILL SENATE @ 2:30PM	17 LC MEETING @ 6PM	18	19
164	20	21 SSMU GA @ 6PM ACTIVITIES NIGHT	22	23	24 BOD MEETING @ 6PM	25	26
	27	28 SPRING BREAK	1	2	3	4	5

NOTES

NOTES

31 | Monday/Lundi
  

3 | Thursday/Jeudi
  

LC MEETING
@ 6PM

1 | Tuesday/Mardi
  

4 | Friday/Vendredi
  

2 | Wednesday/Mercredi
  

5 | Saturday/Samedi
  

6 | Sunday/Dimanche
  

WEEKLY GOALS

-
-
-
-
-

NOTES

7 | Monday/Lundi
😊 😐 😞

10 | Thursday/Jeudi
😊 😐 😞

BOD MEETING
@ 7AM

BOG MEETING
@ 7PM

8 | Tuesday/Mardi
😊 😐 😞

11 | Friday/Vendredi
😊 😐 😞

9 | Wednesday/Mercredi
😊 😐 😞

12 | Saturday/Samedi
😊 😐 😞

13 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

14 | Monday/Lundi
😊 😐 😞

17 | Thursday/Jeudi
😊 😐 😞

LC MEETING
@ 6PM

15 | Tuesday/Mardi
😊 😐 😞

18 | Friday/Vendredi
😊 😐 😞

16 | Wednesday/Mercredi
😊 😐 😞

MCGILL SENATE
@ 2:30PM

19 | Saturday/Samedi
😊 😐 😞

20 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

21 | Monday/Lundi
😊 😐 😞
SSMU GA
@ 6PM

24 | Thursday/Jeudi
😊 😐 😞
BOD MEETING
@ 6PM

22 | Tuesday/Mardi
😊 😐 😞

25 | Friday/Vendredi
😊 😐 😞

23 | Wednesday/Mercredi
😊 😐 😞

26 | Saturday/Samedi
😊 😐 😞

27 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

03

MARCH/MARS

SUNDAY/DIMANCHE	MONDAY/LUNDI	TUESDAY/MARDI	WEDNESDAY/MERCREDI	THURSDAY/JEUDI	FRIDAY/VENDREDI	SATURDAY/SAMEDI
27	28 SPRING BREAK	1	2	3	4	5
6	7	8 COURSE/ UNI WITHDRAWAL W/O REFUND DEADLINE	9	10 LC MEETING @ 6PM	11	12
13	14	15	16	17 BOD MEETING @ 6PM	18	19
20	21	22	23 MCGILL SENATE @ 2:30PM	24 LC MEETING @ 6PM	25	26
27	28	29	30	31 BOD MEETING @ 6PM	1	2

GOALS

-
-
-
-
-

174

NOTES

NOTES

28 | Monday/Lundi
😊 😐 😞

SPRING BREAK

3 | Thursday/Jeudi
😊 😐 😞

1 | Tuesday/Mardi
😊 😐 😞

4 | Friday/Vendredi
😊 😐 😞

2 | Wednesday/Mercredi
😊 😐 😞

5 | Saturday/Samedi
😊 😐 😞

6 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

NOTES

-
-
-
-
-



7 | Monday/Lundi
😊 😐 😞

10 | Thursday/Jeudi
😊 😐 😞

LC MEETING
@ 6PM

8 | Tuesday/Mardi
😊 😐 😞

COURSE/ UNI
WITHDRAWAL
W/O REFUND
DEADLINE

11 | Friday/Vendredi
😊 😐 😞

9 | Wednesday/Mercredi
😊 😐 😞

12 | Saturday/Samedi
😊 😐 😞

13 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES



14 | Monday/Lundi
😊 😐 😞

17 | Thursday/Jeudi
😊 😐 😞

BOD MEETING
@ 6PM

15 | Tuesday/Mardi
😊 😐 😞

19 | Friday/Vendredi
😊 😐 😞

16 | Wednesday/Mercredi
😊 😐 😞

19 | Saturday/Samedi
😊 😐 😞

20 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

NOTES

-
-
-
-
-



21 | Monday/Lundi
😊 😐 😞

24 | Thursday/Jeudi
😊 😐 😞

LC MEETING
@ 6PM

22 | Tuesday/Mardi
😊 😐 😞

25 | Friday/Vendredi
😊 😐 😞

23 | Wednesday/Mercredi
😊 😐 😞

MCGILL SENATE
@ 2:30PM

26 | Saturday/Samedi
😊 😐 😞

27 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES



28 | Monday/Lundi
😊 😐 😞

31 | Thursday/Jeudi
😊 😐 😞

BOD MEETING
@ 6PM

29 | Tuesday/Mardi
😊 😐 😞

1 | Friday/Vendredi
😊 😐 😞

30 | Wednesday/Mercredi
😊 😐 😞

2 | Saturday/Samedi
😊 😐 😞

3 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

4

APRIL/AVRIL

SUNDAY/DIMANCHE

MONDAY/LUNDI

TUESDAY/MARDI

WEDNESDAY/MERCREDI

THURSDAY/JEUDI

FRIDAY/VENDREDI

SATURDAY/SAMEDI

27

28

29

30

31

1

2

3

4

5

6

7

8

9

LC MEETING @ 6PM

STUDY DAYS

10

11

12

13

14

15

16

STUDY DAYS

MCGILL SENATE @ 2:30PM

LAST DAY OF CLASS

START OF EXAMS

BOD MEETING @ 6PM

STUDY DAYS

GOOD FRIDAY

17

18

19

20

21

22

23

STUDY DAYS

EASTER MONDAY

MCGILL SENATE @ 2:30PM

24

25

26

27

28

29

30

BOD MEETING @ 6PM

END OF EXAMS

**MAY 11
MCGILL SENATE @ 2:30PM

NOTES

NOTES

28 | Monday/Lundi
😊 😐 😞

31 | Thursday/Jeudi
😊 😐 😞

29 | Tuesday/Mardi
😊 😐 😞

1 | Friday/Vendredi
😊 😐 😞

30 | Wednesday/Mercredi
😊 😐 😞

2 | Saturday/Samedi
😊 😐 😞

3 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

NOTES

-
-
-
-
-

4 | Monday/Lundi
😊 😐 😞

7 | Thursday/Jeudi
😊 😐 😞

LC MEETING
@ 6PM

5 | Tuesday/Mardi
😊 😐 😞

8 | Friday/Vendredi
😊 😐 😞

6 | Wednesday/Mercredi
😊 😐 😞

9 | Saturday/Samedi
😊 😐 😞
STUDY DAYS

10 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

NOTES

-
-
-
-
-

11 | Monday/Lundi
😊 😐 😞

14 | Thursday/Jeudi
😊 😐 😞

BOD MEETING
@ 6PM

12 | Tuesday/Mardi
😊 😐 😞
LAST DAY OF
CLASS

15 | Friday/Vendredi
😊 😐 😞
STUDY DAYS
GOOD FRIDAY

13 | Wednesday/Mercredi
😊 😐 😞
START OF EXAMS

16 | Saturday/Samedi
😊 😐 😞

17 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

18 | Monday/Lundi
😊 😐 😞
EASTER MONDAY

21 | Thursday/Jeudi
😊 😐 😞

19 | Tuesday/Mardi
😊 😐 😞
MCGILL SENATE
@ 2:30PM

22 | Friday/Vendredi
😊 😐 😞

20 | Wednesday/Mercredi
😊 😐 😞

23 | Saturday/Samedi
😊 😐 😞

24 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

CAMPUS1 MTL
Urban Student Living Across the Street from McGill University
CALL (514) 273-7626
420 Sherbrooke Street West




Lease **TODAY** or book your virtual or in-person tour at Campus1MTL.ca



25 | Monday/Lundi
😊 😐 😞

28 | Thursday/Jeudi
😊 😐 😞

BOD MEETING
@ 6PM

26 | Tuesday/Mardi
😊 😐 😞

29 | Friday/Vendredi
😊 😐 😞

END OF EXAMS

27 | Wednesday/Mercredi
😊 😐 😞

30 | Saturday/Samedi
😊 😐 😞

1 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

-
-
-
-
-

NOTES

23 | Monday/Lundi
😊 😐 😞

26 | Thursday/Jeudi
😊 😐 😞

24 | Tuesday/Mardi
😊 😐 😞

27 | Friday/Vendredi
😊 😐 😞

25 | Wednesday/Mercredi
😊 😐 😞

28 | Saturday/Samedi
😊 😐 😞

29 | Sunday/Dimanche
😊 😐 😞

WEEKLY GOALS

NOTES

-
-
-
-
-

Glossary

WELCOME & SSMU

Agenda: pp. 90

Refers to a schedule of the items being discussed in a meeting.

Board of Directors: pp. 18

The Board of Directors is the decision-making body of the Society and deals with HR, legal, financial matters, as well as the ratification of various decisions and motions.

Campaigns: pp. 20

Campaigns are the engine of student activism on campus. The Vice-President (External Affairs) is responsible for working with political and social justice campaigns on SSMU's behalf.

Clubs & services: pp. 20

Clubs and associations are student groups with which you can do something you are passionate about. Student-run services are different from clubs in that with clubs you have to sign up to become a member of a particular club. Services are free and accessible to all. They offer many opportunities for volunteering; many of these services are entirely run by students.

Commissioners: pp. 19

Refers to Student Staff who are responsible for chairing a committee. They are part of the portfolio of an Executive and report to the Legislative Council or to the Board of Directors at least once a semester.

Committees: pp. 19

Committees can be reporting to the Board of Directors or the Legislative Council.

Councillors: pp. 19

Councillors are elected student representatives to the legislative council. During their one year term, their role is to represent and advocate for the rights of their constituents (there is from 1 to 3 councillors per faculty depending on the size of the faculty in question), to debate motions, and sit on various committees.

COVID-19 pandemic: pp. 12

Emergency support: pp. 14

Executive Committee: pp. 25

Every week, the executives meet to manage the daily business and operations of the Society in between meetings of the Board of Directors, holding the same powers as the Board.

General Assembly: pp. 18

Refers to meetings for all SSMU Members (undergraduate students at McGill's downtown campus). Any student can introduce a motion, a proposal to be voted on which, if approved, mandates SSMU to take a specific action or adopt a certain position.

Legislative council: pp. 19

The Legislative Council is the legislative arm of the SSMU. Thirty councillors elected by specific constituencies, including school and faculty associations and councils representing particular student demographics, and the six (6) SSMU Executives comprise the voting members of Council. The Speaker, Parliamentarian, General Manager, and Recording Secretary are non-voting members.

Member of the Gallery: pp. 19

Refers to the audience of the Legislative Council.

Motions: pp. 18

Refers to a business item that requires a vote or decision. At the Legislative Council, motions are presented by Executives or Councillors.

Ombudsperson: pp. 67

Policies/ Plan: pp. 66

SSMU policies are mandates or positions of the SSMU valid for 5 years approved by both the Legislative Council or General Assembly. Conversely, plans refers to actionable, implementable proposals typically valid for ten (10) years.

Referenda: pp. 19

Refers to the process through which Members vote on a particular question. There are two (2) referendum periods per year, one (1) in the Fall and one (1) in the Winter semesters. Among other items, fees are approved for renewal via referendum questions.

The Speaker: pp. 19

The Speaker - and speaker on call- of the Society are in charge of presiding over General Assemblies, meetings of the Legislative Council, and meetings of the Board of Directors. Where applicable. The speaker shall not vote or be counted toward the quorum of meets over which they preside. Moreover, they work closely with the governance team of the Society to ensure that governing documents and procedures are followed and efficient.

Senate caucus: pp. 64

Refers to the weekly meeting of the thirteen (13) Undergraduate elected Senators. These meetings are an opportunity to strategize and discuss the state of their various advocacy efforts, committee meetings, and constituency projects.

LIFE ON CAMPUS

Arts: pp. 44

BIPOC: pp. 40

Black, Indigenous and People of Color

Campus events: pp. 3

Campus media: pp. 46

Communauté francophone: pp. 40

Frosh: pp. 34

Refers to a series of events organized by student groups, clubs, or Faculty student associations. As part of Orientation Week, Frosh is organized by upper year students for new recruits.

Indigenous/First Nations/Métis/Inuit: pp. 29
Indigenous" is an umbrella term for First Nations (status and non-status), Métis and Inuit (Queen's University). Conversely, "First Nation" refers to all indigenous peoples in Canada, except Métis and Inuit. Finally, Inuit are a specific indigenous people living in northern Canada and Métis are people with both indigenous and European ancestry (Indigenous Corporate Training Inc.)

International students: pp. 38

Listserv: pp. 13

Refers to an electronic mailing list.

One Card: pp. 37

Not only is your OneCard your ID as a student but it can be used to buy food on and off campus.

Residences (on campus housing): pp. 36

Student Activism: pp. 47

Sustainability: pp. 47

Tiohtià:ke: pp. 3

The City of Montreal is known as Tiohtià:ke in Kanien'kéha.

Transfer students: pp. 39

Volunteering: pp. 49

Work Study: pp. 48

A need-based system for part-time work (clerical, research, technical, library jobs, McGill-affiliated hospitals and organizations). Work study is usually done throughout the school year, but you can find summer positions also.

2SLGBTQIA+: pp. 43

Two-Spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, and more.

STUDENT HEALTH AND WELLNESS

Alcohol and drugs: pp. 86

Consent: pp. 87

Consent is an enthusiastic and freely given "YES!" that must be given for all kinds of sexual activity that you engage in.

Eating disorder: pp. 83

Eating disorders are complex, and are generally characterised by abnormal eating patterns, a strong fear of weight gain, and an intense preoccupation with body image (Aneb).

Family: pp. 79

Gendered violence: pp. 89

Any act of physical, verbal, or emotional

aggression which implicates, targets, or de-legitimizes an individual's gender presentation or identity, or an act reinforcing gender inequalities resulting in physical, sexual, emotional, or economic harm. This includes misogynistic, queerphobic, and transphobic violence.

Health Insurance/Health and Mental Plan: pp. 80

Mental health: pp. 84

Sexual assault/harassment/violence: pp. 89
Sexual violence refers to any non-consensual, unwanted actual, attempted, or threatened act or behaviour, that is carried out through sexual means or by targeting a person's sexuality, gender identity, or gender expression. Sexual assault is a form of sexual violence characterized by sexual touching or the threat of sexual touching without the individual's consent. Finally, sexual harassment refers to any unwanted conduct of a sexual nature or attention that affects the working, learning, or living environment or leads to adverse consequences. It can include verbal abuse, manipulation, and coercion.

Spirituality / religion: pp. 82

LIFE IN MONTREAL

Arts, culture & events in Montreal: pp. 57

Indigenous Arts & culture in Montreal: pp. 60

Living off campus/ renting / subletting: pp. 58
Renting and subletting an apartment are different in whose name is on the lease. When you rent an apartment (or any location), your name should be on the lease and you can directly reach out to the landlord for rent and any issues arising up. Conversely, when you are subletting, it means that you are renting a space through the original renter; your name is not on the lease. In that case, you will have to deal with them for rents or any issues, and not the landlord.

Milton Parc: pp. 55

Neighborhood: pp. 52

Off campus jobs: pp. 60

Public Transportation: pp. 54

THE UNIVERSITY

Chancellor/Principal/Provost/Dean: pp. 64

The Chancellor is the titular head of the University. They preside over the Convocation, and represents the University at official functions. The Principal and Vice Chancellor is the chief executive officer of McGill who works with the University community to achieve excellence in teaching, research and service, and represents McGill to external bodies at

home and around the world. Thirdly, the Provost and Vice-Principal (Academic) acts as McGill's chief academic officer and is responsible for the development, implementation and assessment of all academic policies and programs, budget planning and allocations. Finally, the 14 deans are the head of their respective faculty.

Financial support: pp. 65

P7: pp. 64

The P7, also known as the Principals' Seven, consists of the Principal and the Chief of Staff, the Vice-Principals, General Counsel, the Secretary General, and the Deputy Provost (Student Life & Learning).

Senate: pp. 64

The McGill Senate is the highest governing body of the University tasked with general control and supervision over academic matters. It is composed of 111 voting members broadly representative of the University's constituencies (faculty, staff, students, administrators, Governors and alumni). There are 13 one-year term Student Senators representing the undergraduate student body on the McGill University Senate.

Student rights: pp. 66

ACADEMICS

Academic advising: pp. 77

Course registration: pp. 70

Electives: pp. 73

Elective courses are courses that you can take outside of your chosen major/minor - and in some cases even outside of your faculty.

Exam/midterm/final: pp. 74

In McGill, there are 2 designated final exam periods, happening in December and April. During the semester, your course instructor will probably administer a midterm exam, whose dates are entirely to their discretion.

Grading: pp. 73

Libraries: pp. 72

Mentoring: pp. 76

Tutoring: pp. 75

MiniCourses: pp. 70

Offered by SSMU, they are non-credit courses offered to students and the Montreal community.

COVID SU Option: pp. 73

Using the Satisfactory/Unsatisfactory (S/U) option, you will receive a final grade of "S" or "U". These courses will not count toward the GPA, while still counting as credits.

Textbook/coursepack: pp. 71