

Land Acknowledgement

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

SSMU ohén:ton Rón:nete tehonwanarénhsarons, ronwatien'té:res tánon
ronwatiriwakwenniéhstha na Kanien'kehá:ka tánon tsi ronón:ha rontehontsanónhna
tánon ronteniataranónhna 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.

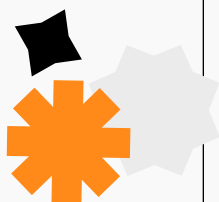
L'AÉUM reconnaît que l'Université McGill est située sur le territoire traditionnel non
cédé des nations Haudenosaunee et Anishinaabe. L'AÉUM reconnaît et respecte ces
nations en tant que gardiennes traditionnelles de la terre et de l'eau sur lesquelles elle
est située aujourd'hui. En outre, l'AÉUM s'engage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

This publication is published by the Students' Society of McGill University, an undergraduate student association at McGill University.



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Check out the digital version of the Handbook!



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



























































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MAP

DOWNTOWN CAMPUS





- 1 Sherbrooke 688   
- 2 Adams Building   
- 4 Birks Reading Room  
- 5 Armstrong Building  
- 6 Brown Student Services   
- 7 Burnside Hall  
- 8 Carrefour Sherbrooke  
- 9 Currie Gym  
- 10 Dawson Hall  
- 11 Douglas Hall   
- 12 Duff Medical Building   
- 13 Education Building  
- 14 Elizabeth Wirth Music Building  
- 15 Faculty Club   
- 16 First Peoples' House   
- 17 Greenbriar Residence   
- 18 La Citadelle   
- 19 Leacock Building   
- 20 Life Science Complex  
- 21 Macdonald Engineering Building  
- 22 Macdonald Harrington Building  
- 23 Macdonald Stewart Building / Schulich Library of Science & Engineering  
- 24 McConnell Engineering Building  
- 25 McIntyre Medical Building  
- 26 McLennan-Redpath Library Complex  
- 27 Molson Stadium  
- 28 Montreal Neurological Institute  



If your class is in a building that is inaccessible to you because of lack of elevator or wheelchair access, contact Office for Students with Disabilities (mcgill.ca/osd). They can advocate for you in changing the course location to a more accessible building.

- | | |
|--|---------------------------------|
| 29 Morrice Hall/ Islamic Studies Library | 43 Thompson House |
| 30 Nahum Gelber Law Library | 44 Trottier Centre |
| 31 New Chancellor Day Hall | 45 University Centre |
| 32 New Residence Hall | 46 University Hall |
| 33 Old Chancellor Day Hall | 47 Upper Residence |
| 34 Otto Maass Chemistry Building | 48 Wong Building |
| 35 Peterson Hall | 49 3501 Peel Street |
| 36 Redpath Museum | 50 McCall MacBain Arts Building |
| 37 Royal Victoria College | 51 Armstrong Building |
| 38 Rutherford Physics | |
| 39 Social Equity and Diversity Education | |
| 40 Stewart Biology Building | |
| 41 Strathcona Anatomy and Dentistry | |
| 42 Strathcona Music Building | |

 **ELEVATOR**
 **GENDER NEUTRAL WASHROOM**
 **WHEEL CHAIR ACCESSIBILITY**



WELCOME



Ashton Matthias ✓ @BA '20

"During Outdoors Frosh, after paddling for hours and then flipping over our canoe, we sat around a fire and cracked open a bottle of wine as we watched the stars in Parc de la Mauricie. Super fun experience."





Welcome to McGill! This section will provide you with all of the most important details for your arrival on campus, including safety procedures, information about orientation events, and a handy checklist of tasks to get through in your first week.

Welcome

LETTER FROM THE EDITOR

Welcome to McGill, and to this year's SSMU Student Handbook!

This handbook is a one-stop guide to life as a McGill student, giving you all of the information you need to navigate everything from surviving your first week to finding a community in Montreal. For this year's handbook, we chose the theme <http://handbook> to recognize the integral role that social media and technology plays in a student's life. Whether you're coming to McGill for the first time, or entering your fourth year, we have all undoubtedly spent the last two years online in a way that we've never seen, moving our school, work, and social lives onto platforms like Zoom and Microsoft Teams.

I still remember the day that I first joined my entering class Facebook group back in February 2018. It was my first glimpse into my new social life at McGill. Seeing everyone's intro posts and connecting with others in my major was exhilarating, and I couldn't wait to get to campus. During my four years at this university, social media has had my back in so many ways. I've used it to find out about upcoming on-campus events, schedule study sessions, and connect with the editors at the campus paper I ended up working at for half of my degree, among other things. We recognize how central social media can be to student life, which is why we have made it a central theme of this year's handbook.

We hope that this handbook kicks off a fun and exciting year for you at McGill. And even though student life can feel very busy, don't forget to log off and experience all that McGill and Montreal have to offer.

Kate Ellis (they/them/iel)
Handbook Content Editor



content editor: **Kate Ellis (they/them/iel)**
layout editor: **Karima Afghoul (she/her/elle)**

LETTER FROM THE SSMU PRESIDENT

Hello/Bonjour members of the Students' Society of McGill University,

It is my pleasure to extend to you a warm welcome to the 2022-2023 academic year on behalf of the SSMU executive team.

My name is Risann Wright, and I am a fourth year student pursuing a Bachelor of Arts, studying Honours Political Science. I am honoured and excited to represent you, and to advance your interests and priorities this year as SSMU President.

The year ahead promises to be filled with excitement and enthusiasm as we return to full in person activities at McGill. We are thrilled to be returning to our student spaces, including the University Center, the 3501 Peel Building, and Gert's Bar, and to be connecting with each other once again.

The SSMU is dedicated to advancing and promoting your rights as a student. We advocate on your behalf to the McGill administration for improved academic processes and policies, as well improved instruction, and services for students. We also advocate more broadly for student rights and access to quality public education. This year, the SSMU will take a student-centered approach, and will prioritize advocacy and student support.

My goals for this year include affecting lasting institutional change at SSMU in the areas of equity and student support, and developing space for student opportunity and advancement. I am filled with anticipation and enthusiasm for the year ahead.

I look forward to meeting you, and working together to meaningfully impact the lives of students at McGill University.
Have a wonderful and successful academic year.

Best wishes,
Risann Wright (she/her/elle)

First Week Checklist

WELCOME FELLOW MCGILLIANS!

- ☐ Check [McGill Key Academic dates](#) online and in this handbook (page 112). (bit.ly/3MKUEVd)
- ☐ Enter your Montreal address and emergency contact information on Minerva.
- ☐ Set up your [McGill email account](#) (bit.ly/37WOF0T).
- ☐ Join the Facebook group for the entering class of 2022-23 (fb.com/groups/mcgill22) and follow Campus Life & Engagement on social media | @clemcgill (bit.ly/39oNvvc) to stay up to date on summer programming.
- ☐ Register for McGill Pre-Registration Orientation (PRO), which is important for getting into your classes. (bit.ly/39EhzmZ)
- ☐ Create your first-year budget by going to the Student Budget Plan (bit.ly/3kEgDBg). For inquiries regarding financial aid, go to the McGill's Financial Aid program (bit.ly/3FbXvng)
- ☐ Submit your personal documents (bit.ly/3KLnUcN) and final grades (bit.ly/3FdWuLJ) to Enrollment Services. International students (bit.ly/3vFiMmm) should also submit their study permit and CAQ.
- ☐ Are you an out-of-province Canadian student? 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. (bit.ly/3kC8rBJ)
- ☐ Complete McGill 101 on myCourses. This is a virtual orientation program that will help you transition into McGill student life. Once you have completed the modules, you will find more resources and services that will be important for you as you go through your first year. (bit.ly/3vBeSuJ)
- ☐ Need someone to show you around? International students are eligible for the Buddy Program offered by the International Student Services. They will pair you up with a returning McGillian that will answer all of your questions about McGill and life in Montreal. (bit.ly/3vFgRhG)
- ☐ Relax, everything is going to be fine!

Frosh and Orientation



THERE ARE A NUMBER OF EVENTS ON CAMPUS TO HELP YOU GET ADJUSTED TO LIFE AT MCGILL!



ORIENTATION

Orientation refers to events organized by Campus Life & Engagement to introduce you to the campus and the university, such as Discover McGill. For up to date information on this year's orientation events, check the Fall 2022 orientation page. (bit.ly/3vHfgrP) Some faculties may have additional orientation events. Keep an eye on your McGill email for information about faculty-specific events.

FROSH WEEK

Frosh refers to student-run events designed to help you get to know Montreal and meet your fellow classmates. These events typically last 3-4 days and occur before the start of classes in the fall.

Many students choose to attend Faculty Frosh, which is organized by individual faculty student associations and designed to appeal to a wide audience of incoming students. However, there are also alternative frosh events run by other student and campus groups. It is up to each individual whether they choose to attend their faculty frosh or one of the alternative events.

ALTERNATIVE FROSHES

Fish Frosh: a "dry" (non-alcoholic) frosh hosted by Christian groups at McGill and open to students regardless of religious background.

Jewish Frosh: a frosh hosted by Jewish campus groups intended to help students feel welcome in McGill's Jewish community and Jewish Montreal.

Outdoor Frosh: a frosh hosted by the McGill Outdoors Club that focuses on outdoor activities including cycling, hiking, and climbing.

Muslim Students' Association Frosh: a non-drinking, halal frosh option open to all students.

Rad Frosh: a social and environmental justice oriented frosh hosted by the Quebec Public Interest Research Group (QPIRG) at McGill.

For more information on frosh, including registration deadlines, visit (bit.ly/3w0MgtY).

ALCOHOL AT FROSH

All faculty froshes and some alternative froshes include events in which alcohol is served. That being said, you can have a great frosh experience whether or not you choose to drink! Students are never required to consume alcohol to participate in frosh events and some froshes have designated alcohol-free events. SSMU will also be running dry events during some of the inter-faculty frosh events to provide an alternate option to students.

If you do choose to consume alcohol during frosh, you can find information on drinking and using drugs safely on page 59 of this handbook.

OTHER WELCOME EVENTS

Outside of official orientation and frosh week, there are a number of welcome events hosted by student groups and campus organizations. Keep an eye on your McGill email and the social media of any groups you are interested in for information on these events.



Service Point

mcgill.ca/servicepoint

(514) 398-7878 |

LOCATED AT 3415 MCTAVISH STREET

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 to get your McGill ID. This is crucial to gain access to buildings and events. Before showing up in person to get your ID, you must register for at least one class and upload your photo using the photo upload tool.

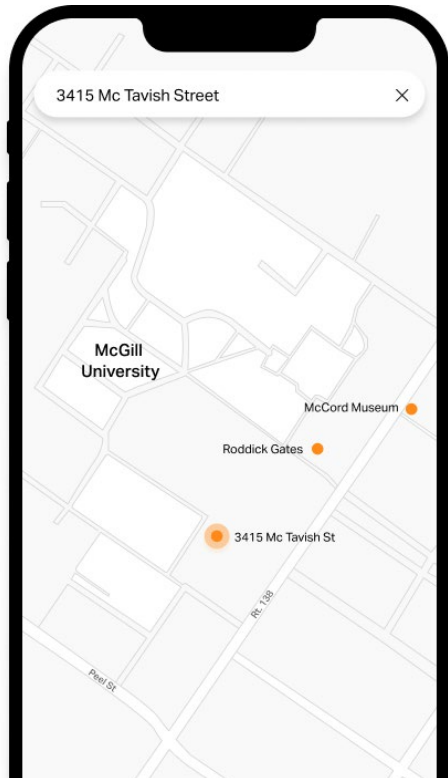
bit.ly/3OUekYB.

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 (<https://bit.ly/3vD29YA>).

You must consider the following before entering Service Point in person:

- ★ BOOK AN APPOINTMENT
- ★ 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).



Emergency Support



ALWAYS DIAL **911** IN CASES OF EMERGENCY. AFTER CONTACTING EMERGENCY SERVICES, CALL MCGILL SECURITY SERVICES IF YOU ARE ON CAMPUS.

SAFETY MCGILL



MCGILL SECURITY SERVICES

DOWNTOWN LOCATION

Burnside Hall, 805 Sherbrooke St. West,
Room 120, Montreal, Qc H3A 0B9

Email: 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

Email: macdonald.security@mcgill.ca

General Inquiries: (514) 398-7770

Emergencies: (514) 398-7777

- 12 Students can also register for health and safety alerts through the McGill mobile app (mcgill.ca/app/). For more information, visit the Campus Public Safety webpage (bit.ly/3MEUgYi).

MCGILL WELLNESS HUB

(514) 398-6017

mcgill.ca/wellness-hub

Brown Student Services Building | 3600
McTavish Street, 3rd floor

The McGill Wellness Hub is a centralized location for health and wellbeing on campus. The Hub offers resources for physical and mental wellness. More detailed information about the services provided by the Wellness Hub is available on page 46.

MCGILL SPORTS MEDICINE CLINIC

(514) 398-7007

mcgillathletics.ca/sports

475 Pine Ave W, Montreal, Quebec H2W 1S4
To make an appointment with a physiotherapist, athletic therapist, massage therapist, click here (bit.ly/3vFjRdU).

SAFETY SSMU



DRIVE SAFE

(514) 398-8040

drivesafe.ssmu.ca

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, as well as a South Shore shuttle four times on Friday and Saturday nights. 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. Walksafe is available from 9 PM - midnight from Sunday - Thursday and 9 PM - 3 AM on Friday and Saturday (Fall and Winter Semesters).

MSERT

(514) 398-3000

msert@ssmu.ca

msert.sus.mcgill.ca

The McGill Student Emergency Response Team (M-SERT) is a volunteer service run by the SSMU for those students who need emergency first aid services. MSERT volunteers are certified First Responders and Emergency Medical Responders under the Canadian Red Cross. Coverage includes Frosh, on and off campus events, and nightly on-call response to all residence buildings except for Solin Hall between the hours of 6 PM and 6 AM.

COVID-19 Pandemic



WHAT DO YOU NEED TO KNOW

ACADEMICS

ARE IN-PERSON CLASSES MANDATORY?

For Fall 2022, McGill is planning a full return to in-person activities, including large lectures. Students will be expected to be present on campus. However, McGill is planning on maintaining appropriate measures to ensure that campus is safe. If you have any concerns regarding your immunocompromised status, you can reach out to OSD to discuss learning accommodations for this upcoming year. Students can also contact the Office of the Dean of Students (bit.ly/3yZKQmG). (mcgill.ca/coronavirus)

HOW CAN SSMU SUPPORT YOU DURING THE PANDEMIC?

It's SSMU's job to ensure that students are given safe and accessible learning environments throughout the pandemic. If you are faced with unsafe learning conditions, 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.

VACCINATION AND MASKS

WILL YOU NEED TO BE VACCINATED?

McGill does not require students to show proof that they have been vaccinated before starting classes or to participate in any on-campus activities. However, as of January 2022, all international students entering Canada must be fully vaccinated with a series of Government of Canada recognized vaccines (bit.ly/3y61kJs). If you want to get vaccinated in Montreal, you can book an appointment via ClicSante (portal3.clicsante.ca). All adults can register for their first, second, third (booster), or fourth (for immunocompromised individuals or an optional additional dose for others) dose, regardless of residency or citizenship.

ARE MASKS REQUIRED ON CAMPUS?

In line with Quebec law, masks are no longer mandatory on campus. However, McGill strongly encourages students to continue to wear masks. Procedural masks remain available at several locations, including the entrances to most buildings on campus (bit.ly/3FvwEi8).

AS A STUDENT, YOU MAY BE WONDERING HOW THE ONGOING PANDEMIC WILL IMPACT YOUR EDUCATION AT MCGILL. HERE ARE ANSWERS TO SOME FREQUENTLY ASKED QUESTIONS ABOUT THE PANDEMIC AND MCGILL.

PLEASE NOTE THAT THIS FAQ IS CURRENT TO JUNE 2022. FOR UP-TO-DATE INFORMATION ON MCGILL'S COVID MEASURES, VISIT [MCGILL.CA/CORONAVIRUS](https://mcgill.ca/coronavirus).

TESTING

WHERE CAN I ACQUIRE AT-HOME RAPID TESTS?

In Quebec, rapid test kits are available for pickup at select pharmacies once every 30 days to residents over 14 years of age, regardless of citizenship or residency. To book an appointment for pickup, select "Distribution of free covid screening test" on Clicsante (portal3.clicsante.ca).

CAN I GET A PCR TEST?

PCR testing is only available at screening clinics to members of certain priority groups. To see if you are eligible, visit the Government of Quebec's page on testing (bit.ly/3LHVFNH).

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 (bit.ly/3kzVzMf) 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. As of April 2022, there are no testing requirements for fully vaccinated individuals entering Canada. Vaccination requirements remain in place (bit.ly/3kzVzMf).

RESIDENCES

WHAT ARE MY OPTIONS IF I WANT TO LIVE ON CAMPUS?

McGill has announced that student residences will be open to "close to normal" operations in Fall 2022 and accommodation will be guaranteed to all eligible first-year students who have requested it.



SSMU

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Noah Merali ✓ @BA '22

"I made lifelong friends through MSERT and it really defined my McGill experience. From overnight shifts to dodgeballs games to meetings that went until 3am, I would do it all again in a heartbeat."



If you're reading this, you're probably wondering: what is SSMU? This section will answer all of your burning questions about your student union, including what we do, how it impacts you, and how to get involved!



SSMU Social Media

If you are interested in being updated on SSMU projects, events, and campaigns, follow us on social media!

INSTAGRAM: SSMUAEUM

FACEBOOK: SSMUAEUM

TWITTER: THESSMU

WEBSITE: SSMU.CA

YOUTUBE: SSMU LIVESTREAM

About the SSMU



WHAT IS THE SSMU?



The Students' Society of McGill University (SSMU) or l'Association étudiante de l'Université McGill (AÉUM) 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.

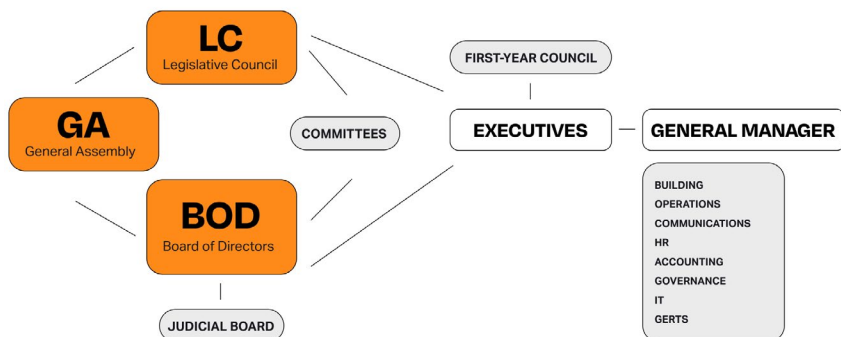
SSMU was founded in 1908 with the objective of being a student-government institution separate from the McGill administration. It is currently run by six (6) undergraduate students who are elected every spring: the President, VP External, VP University Affairs, VP Finance, VP Student Life, and VP Internal.

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, and how to get involved on campus.

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HOW SSMU WORKS



The organization has:

- 6 Elected Student Executives
- 30 Elected Student Councillors (who sit on the SSMU Legislative Council)
- 13 Elected Student Senators (who sit on the McGill Senate)
- 12 Members of the Board of Directors
- 7 Judicial Board Justices
- 30 Permanent Support Staff
- 160 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 (fb.com/SSMUAÉUM), as well as here (bit.ly/39C5gHv). For more information on SSMU jobs, see page 79.

GOVERNING BODIES



GENERAL ASSEMBLY - GA (ssmu.ca/ga)

- ★ 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 (bit.ly/3yImVxI)

- ★ The Board of Directors (BoD) 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).

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
- ★ Gendered and Sexual Violence Committee
- ★ Health and Dental Review Committee
- ★ Nominating Committee

LEGISLATIVE COUNCIL (ssmu.ca/lc)

- ★ May amend the Internal Regulations (bit.ly/3LVzCTH) (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. (bit.ly/3LVzCTH)

- ★ 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! (bit.ly/3KToMMJ) 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 on the SSMU listserv in the fall - that's the typical committee recruitment period.

JUDICIAL BOARD

(bit.ly/3skz7Lb)

- ★ Provide opinions and interpretation on matters of the SSMU Constitution and/or Internal Regulations (bit.ly/3LVzCTH)
- ★ 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)

(bit.ly/3kLFvXR)

- ★ 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).
- ★ FYC is a great way for first year students to get involved at SSMU. Consider running for one of the many positions!

COMMITTEES


(bit.ly/3KToMMJ)

COMMISSIONERS

- ★ All Student Staff who are responsible for coordinating a committee.
- ★ Commissioners must report at least once per year to the Legislative Council.

Your role in SSMU

WHILE YOU MAY FEEL LOST IN THE LARGE STRUCTURE THAT IS MCGILL, SSMU HAS MANY WAYS FOR YOU TO GET INVOLVED AND MAKE YOU A VALUABLE PART OF STUDENT LIFE. IF YOU AREN'T SURE WHAT INVOLVEMENT IS RIGHT FOR YOU, THE SSMU EXECUTIVE TEAM IS HERE TO SUPPORT YOU, SO FEEL FREE TO REACH OUT USING THE CONTACT INFO ON PAGES 23 AND 25!




CLUBS

Clubs and student groups are a great way to meet new friends and do something you are passionate about. For more information regarding them, go to page 19.

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

divestmccgill.com

fb.me/DivestMcGill/

Divest McGill urges the university to address the urgency of climate change and to stop investing in the fossil fuel industry.

INDIGENOUS STUDENT ALLIANCE

bit.ly/38ccW2P

facebook.me/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.me/mcgillpeaceclub

Students for Peace and Disarmament (Peace Club) strives to end military research at McGill and promotes a peaceful university campus.

EMPLOYMENT

bit.ly/39C5gHv

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. Positions are available throughout the school year and into the summer. Jobs vary, and positions include community work, human resources, and political activism, among other things. Applications for summer jobs at SSMU usually open in January or February and positions for the upcoming school year are posted in March and April.

GETTING INVOLVED IN GOVERNANCE

ssmu.ca/governance/

GENERAL ASSEMBLY

bit.ly/3Fmb4Rs

As a student at McGill, you have a voice you can use. 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 dates for each GA will be posted on the SSMU website at the beginning of each academic year.

SSMU COMMITTEES

bit.ly/3KToMMJ

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.



VOTING, ELECTIONS, AND REFERENDA

bit.ly/3P1uuPP

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. Elections are held in January, 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

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

CLUBS, STUDENT-RUN SERVICES, AND INDEPENDENT STUDENT GROUPS

SSMU now operates a club portal, which is a one stop shop for students to search and interact with clubs, services, and ISGs. Not only does this portal allow students to get more involved with the McGill community, but clubs, services and ISG's are able to submit their forms, events, and conduct their daily activities on the platform. You can visit the portal at clubportal.ssmu.ca/.

With over 230 clubs, 17 student-run Services, and 11 Independent Student Groups, there are many opportunities to find yourself. Here are different areas of clubs that McGill offers:

CLUBS

- ★ **ATHLETIC AND RECREATIONAL SPORTS CLUBS** - (bit.ly/3shW2XF)
- ★ **CHARITY AND ENVIRONMENT CLUBS** - (bit.ly/3LRwEQb)
- ★ **COMMUNITY OUTREACH AND VOLUNTEERING CLUBS** - (bit.ly/3FpO2sN)
- ★ **FINE ART, DANCE, AND PERFORMANCE CLUBS** - (bit.ly/3MXwy9L)
- ★ **HEALTH AND WELLNESS CLUBS** - (bit.ly/3ykFQbF)
- ★ **LANGUAGE AND PUBLICATIONS** - (bit.ly/3vOVIXW)
- ★ **LEISURE ACTIVITY AND HOBBY CLUBS** - (bit.ly/3sjjSSM)
- ★ **NETWORKING AND LEADERSHIP DEVELOPMENT CLUBS** - (bit.ly/37r8bSQ)
- ★ **POLITICAL AND SOCIAL ACTIVISM CLUBS** - (bit.ly/3kLEQWc)
- ★ **RELIGION AND CULTURE CLUBS** - (bit.ly/39K3leM)

SERVICES

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 services to students.

FLAT BIKE COLLECTIVE (bit.ly/3MTLKEX)

The Flat Bike Collective is a volunteer-run service that promotes cycling by sharing tools and knowledge. Students can visit The Flat to access tools and parts to repair their bike during its opening hours. The Flat also runs workshops about bike maintenance.

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)

PSC offers a space where students can confidentially connect with trained volunteer peer supporters to talk about what's on their mind, such as academic stress, relationship problems, and homesickness. PSC volunteers receive training in a number of areas including active listening, common student issues, and ethical conduct.

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 during the fall and winter semesters from 6 p.m to 3 a.m. As of spring 2022, the service has temporarily closed its phone lines, but can still be reached via their online chatline.

UNION FOR GENDER EMPOWERMENT (UGE) (theuge.org/)

The UGE is a trans-positive feminist service of the SSMU. They provide Pay-What-You-Can gender-affirming, safer sex, and hygiene products to students. The service also offers a safer space, alternative library, and workshops and events.

EATING DISORDER RESOURCE AND SUPPORT CENTRE (EDRSC) (edrsc.ssmu.ca/)

The EDRSC is a student volunteer service that provides peer support around eating disorders and disordered eating. Support services are run by trained facilitators and include support groups,

virtual messaging support, and educational events. Services are open to all who feel they may benefit from them, regardless of medical diagnosis.

MUSLIM STUDENTS ASSOCIATION (MSA) (msamcgill.com/)

The MSA brings Muslim students of McGill together and provides resources, services, and events to help promote spiritual and social growth of its members.

QUEER MCGILL (queermcgill.org/)

QM is a service run by and for queer students that supplies resources such as an alternative library, safer sex supplies, gender-affirming items, and help finding resources in the greater Montreal community. They also run a number of events and groups for queer students include game nights, movie nights, dances, and workshops.

THE PLATE CLUB (bit.ly/39JuHXU)

The Plate Club offers free dishware rentals for students in an effort to reduce waste generated by student-run events.

MIDNIGHT KITCHEN (MK) (midnightkitchen.org)

MK is a non-profit that provides accessible food to everyone through programs such as emergency grocery cards, a free prepared meal program, and solidarity servings for organizations that align with its mandate.

SSMU DRIVESAFE (drivesafe.ssmu.ca)

SSMU Drivesafe provides safe rides home to students on Thursday, Friday, and Saturday nights. More information about Drivesafe is available on page 12.

SSMU WALKSAFE (walksafe.ssmu.ca)

SSMU Walksafe provides free and confidential accompaniment for those walking alone at night. More information on Walksafe is available on page 12.

TVM: STUDENT TELEVISION AT MCGILL

(tvmtelevision.com)

TVM provides opportunities for students to work on film and video projects on and around campus. The organization also provides live-streaming and recording services to McGill organizations.

BLACK STUDENTS' NETWORK (BSN)

(bsnmcgill.com/)

BSN hosts a range of political and social events by and for Black students at McGill, such as Soul Food Fridays, Hair Day, Black Frosh, movie nights, and much more.

SSMU MUSICIANS COLLECTIVE

(fb.me/ssmumusicianscollective/)

SSMU Musicians Collective is a musicians' network that is dedicated to promoting musical opportunities for students through jam room bookings, instrument loans, open mics, and more.

ARAB STUDENT NETWORK

(fb.me/ASNMcGill/)

ASN is a secular, non-partisan group that offers a number of social, educational, and charity-based events related to Arab culture and heritage.

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 NOT-FOR-PROFIT ORGANIZATIONS.

QUEBEC PUBLIC INTEREST RESEARCH GROUP (QPIRG)

(qipirgmcgill.org)

QPIRG-McGill is a student-run organization that unites McGill and the greater Montreal community in the fight for social and environmental justice through projects like Rad Frosh, event series, and the Community University Research Exchange (CURE).

THE MCGILL TRIBUNE (mcgilltribune.com)

The McGill Tribune is an independent student-run newspaper that has covered McGill, Canada and the world since 1981.

AIESEC (aiesec.ca)

AIESEC is the largest student-run nonprofit organization that operates 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.

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 and Le Delit produce print issues every week during the fall and winter semesters.

ECOLE PROJECT (EDUCATION COMMUNITY LIVING ENVIRONMENT) (ecoleproject.com)

The ECOLE Project is a hub for sustainable living and community organizing at McGill.

THE MCGILL CHAVURAH (fb.me/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.me/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 creating connections with the community and students.

INTERNATIONAL RELATIONS STUDENTS' ASSOCIATION OF MCGILL (IRSAM) (irsam.ca)

IRSAM is the largest student group at McGill, with 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 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. More information on the Student Advocacy office is available on page 31.

MUSTBUS (mustbus.ca)

MUSTBUS is a student lead initiative that focuses on delivering low-cost bus travel. It offers weekend and holiday bus services to cities like NYC and Toronto and plans to expand to more in the future.

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 student activities.

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 4a7.

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.

SSMU LISTSERV (ssmu.ca/resources/listserv)

The SSMU listserv is a weekly newsletter from the SSMU Executives highlighting what's new and happening on campus – including what governance meetings are coming up, what the SSMU executives are up to, and what events SSMU Clubs, Services, and other student groups around campus are planning! As a SSMU member, you will receive it directly in your email. Keep an eye out for it to always stay updated!

SSMU EVENTS CALENDAR (ssmu.ca/events)

The SSMU Calendar compiles all of the activities on and around campus.

GERTS BAR

(gertscampusbar.ca)

University Centre basement

3480 McTavish Street

(514) 398-3459 | gerts@ssmu.ca

Monday to Friday: 4pm–12am

Saturday and Sunday: Closed

Gerts Bar is a center of student life on campus.

For information on events and to see the menu, visit their website.

GERTS CAFE

(gertscampusbar.ca)

University Centre basement (3480 McTavish Street)

(514) 398-3459 | gerts@ssmu.ca

Monday to Friday: 9am-3pm

Saturday and Sunday: Closed

Gerts Cafe is the sister to Gerts Bar and is located in the same space. You could order a breakfast sandwich from the cafe and then grab a pint with your friends at the bar later that day.

MINICOURSES

(minicourses.ssmu.ca/)

SSMU offers a number of affordable extra-curricular courses and workshops that allow you to learn or build on skills through the MiniCourses program. Past courses have included Yoga Fundamentals, Introduction to Birdwatching, Intermediate French Conversation, and Still-Life Drawing. There's something fun and interesting for everyone! Keep an eye on the SSMU Listserv for updates on the fall courses.

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 (bit.ly/3KTF9su) 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 (bit.ly/3yka66A) 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.

CLUB FUNDS


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, 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 close to or on the McGill campus.

ENVIRONMENT FUND (GREEN FUND)

The Green Fund is a source of financial assistance for sustainable initiatives led by student groups and 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

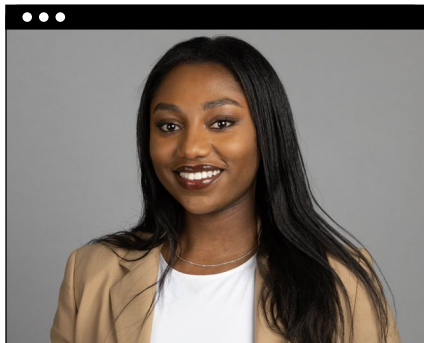
The Space Fund is a way to get financial aid to support physical improvements of buildings at McGill.

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

This program is meant to support cultural, athletic, and educational student groups. The McGill Alumni Association and University Advancement give financial support through sponsorships that go from \$250 to \$750. 



PRESIDENT

Risann Wright (SHE/HER/ELLE)
president@ssmu.ca

EXPLANATION OF POSITION

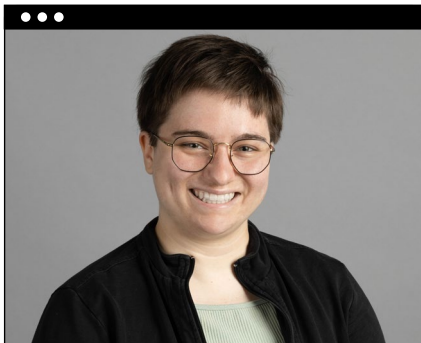
The President is the chief officer and chief spokesperson of the SSMU, responsible for determining the vision of the Society and ensuring its long-term integrity. The President is also responsible for representing students on various university governance bodies and managing relations between the Society and SSMU, overseeing the governance, Constitution, and Internal Regulations of the Society, and chairing and coordinating the activities of the Executive Officers.

AREA OF STUDY

Honours Political Science

FAVORITE MCGILL MEMORY

My favourite McGill memory is of my very first semester at McGill, enjoying the full experience of in person student life. That first semester is my favourite McGill memory, as it was full of discovery, new friends, and new experiences. I loved attending Open Air Pub (OAP) and the annual McGill Book Fair!



VP EXTERNAL

Val Mansy (THEY/THEM/EL/I/EL)
external@ssmu.ca

EXPLANATION OF POSITION

The Vice-President (External Affairs), VP X for insiders, is responsible for:

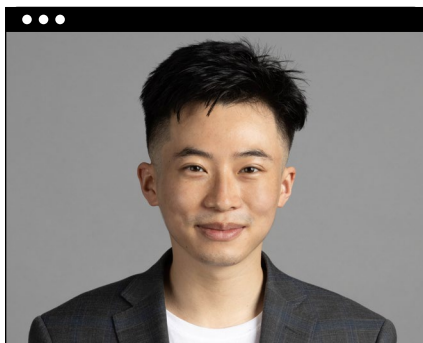
- ✳ Advocating at the university, municipal, provincial, federal level;
- ✳ Maintaining relations with unions, community, student associations, federations;
- ✳ Supporting current political campaigns. It is crucial that, in doing so, the VP X promotes student engagement, solidarity, accessibility and accountability.

AREA OF STUDY

I am majoring in Psychology and have yet to declare my minor in Gender, Sexuality and Feminist Studies (GSFS). For now, I have the privilege of working with teenagers that deal with mental health issues and live with the consequences of complex trauma.

FAVORITE MCGILL MEMORY

In the winter of 2022, Divest McGill occupied the Arts Building for 12 consecutive days. Let me tell you I hadn't seen that amount of student mobilization in a while at McGill. Rather than being in opposition to administration and powers that be, Divest decided to create this truly generative place where knowledge was shared, ideas exchanged and a radical community built. A truly remarkable initiative!



**VP UNIVERSITY
AFFAIRS**

Kerry Yang (HE/HIM/IL)
ua@ssmu.ca

EXPLANATION OF POSITION

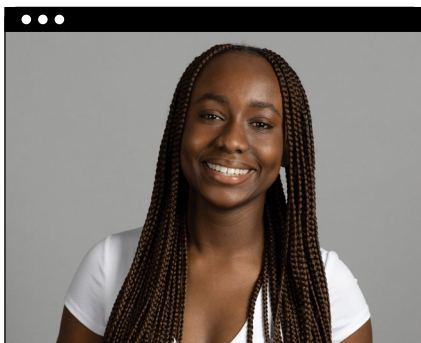
The Vice President University Affairs is responsible for advocating for student interests at a university-wide level. This is mainly done by sitting on Senate and key committees, policy drafting and research, and championing student rights. The VP University Affairs is also responsible for overseeing the equity portfolio and many equity-related initiatives. The last major responsibility of the VP UA is supporting and advocating for improved academic resources, such as library development and better study spaces.

AREA OF STUDY

Neuroscience

FAVORITE MCGILL MEMORY

Leading Frosh! Frosh is a fun and amazing time and I encourage y'all to attend!



**VP
STUDENT LIFE**

Hassanatou Koulibaly
(SHE/HER/ELLE)
studentlife@ssmu.ca

EXPLANATION OF POSITION

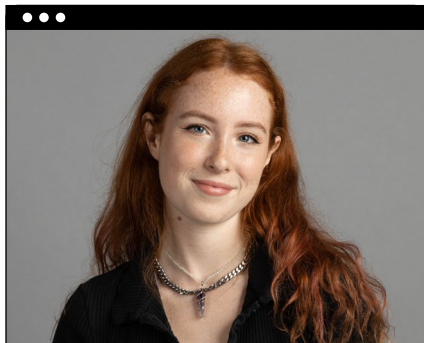
As VP Student Life, I am responsible for maintaining relations and providing support to our various student groups at McGill. I am here as a resource to ensure student groups can function and cater to their communities in the student population. I am also responsible for advocating for mental health initiatives as well as accommodating student caregivers and their needs.

AREA OF STUDY

Cognitive Science (Neuroscience stream) and Interdisciplinary Life Sciences Minor

FAVORITE MCGILL MEMORY

This past year I was part of a club's executives cabin bonding weekend. They've really become my family since and my support system here at McGill :)



**VP INTERNAL
AFFAIRS**

Cat Williams (SHE/THEY/ELLE/IEL)
internal@ssmu.ca

EXPLANATION OF POSITION

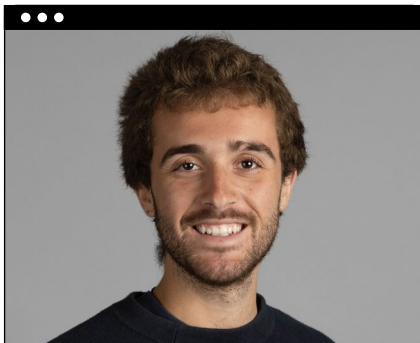
The Internal Affairs portfolio deals primarily with events, large and small scale throughout the year, working with the SSPN committee to plan inclusive and accessible events. Internal also is the main coordinator of the SSMU's communications, internally and between SSMU and the McGill student body. Alongside this, internal also overlooks operations of first years through the First Year Council and alumni.

AREA OF STUDY

I am a fourth year Psychology student, with minors in Behavioural Science and Sociology, in the Arts faculty.

FAVORITE MCGILL MEMORY

One of my favourite McGill memories has to be Frosh in my first year, it was where I met all my close friends, and current roommates, and where I learnt about all the different ways I could get involved at McGill. A specific memory from frosh that I'll always remember is just sitting around with my frosh group and leaders at OAP after an event, chilling and talking as a band played in the background-great vibes.



VP FINANCE

Marco Pizarro (HE/HIM/IL)
finance@ssmu.ca

EXPLANATION OF POSITION

As the Chief Financial Officer of the Society, the VP Finance is charged with ensuring the long-term and administrative stability of SSMU. In cooperation with the General Manager, they prepare the annual budget, manage human resources, and oversee the insurance plan.

AREA OF STUDY

I finished my second year at McGill in Political Science and Economics.

FAVORITE MCGILL MEMORY


First time going hiking with my class and seeing the famous red orange and yellow colours in the trees of the mountains.



THE UNIVERSITY

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Danielle Vazan  @BA '83

"Back in 1983 students got to meet their peers in their assigned classrooms, at Gerts' bar or sitting on the grass in front of the Redpath building. We read the McGill Daily with anticipation of upcoming events, the [sports teams] were playing hard, The Cure and The Police were potential happenings we wouldn't miss. Today we connect faster and relay information with ease; yet I still miss the gentle smell of that dewy lawn through campus."






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

Governance

ALTHOUGH MCGILL'S GOVERNANCE STRUCTURE IS COMPLEX, IT'S IMPORTANT TO UNDERSTAND HOW IT IMPACTS YOUR LIFE AS A STUDENT. HERE IS A BRIEF SNAPSHOT OF THIS STRUCTURE AND HOW ADVOCATING FOR YOUR NEEDS FITS IN.



THE 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) and the McGill Association of Continuing Education Studies (MACES) have observer (non-voting) seats.

SENATE

The Senate handles general control and supervision of academic affairs of the university. The composition and responsibilities of the Senate are governed by the Statutes of McGill University (bit.ly/3Fp8DqY), and the proceedings are governed by the Standing Rules of Procedure (bit.ly/3KT0far). It is also responsible for many committees that have student representatives - more information on the committees of the Senate can be found here (bit.ly/37tPIVM).

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 (bit.ly/3ynxxMq). All undergraduate senators meet weekly in the Senate Caucus, led by the SSMU VP-University Affairs.

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 (until August 31, 2022), 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. As of right now, there is no definitive timeline for the selection of the next Principal and Vice-Chancellor. For updates on the process, visit bit.ly/3LTGZv5.

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 2022: AUGUST 31, 2022

WINTER 2023: JANUARY 5, 2023

PAYING TUITION

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

- ★ Quebec
- ★ Non-Quebec Canadian
- ★ International

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 (bit.ly/3LUYtqU).

WHERE DOES MY MONEY GO?

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 (bit.ly/3MVui2M)

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

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

McGill is registered as a bill with most Canadian banks.

TO PAY VIA A CANADIAN BANK

- ★ 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. It 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

LOANS AND BURSARIES

The student aid office helps you find financial aid options. For information on in-course needs-based financial aid, visit the website of Scholarships and Student Aid (bit.ly/3P3Xi65).

SCHOLARSHIPS

McGill's Scholarships and Student Aid Office offers merit-based entrance scholarships for incoming 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)

Other awards and scholarships may be available in-program or upon graduation. For the majority of these awards, students are automatically considered and do not need to submit an application. For more information, visit the website of Scholarships and Student Aid (bit.ly/3KWaHxSj).

WORK-STUDY

McGill has plenty of opportunities and services to help students with financial needs access to clerical, research, technical, library or other jobs on campus. If interested, you must check your eligibility (bit.ly/3LUopTm) prior to applying. If you are not eligible for work-study but desire to work part time, check the Career Planning Service (bit.ly/3P6b5NO) website to find other opportunities.

When Applying for Jobs:

- ★ Job postings will be posted on MyFuture (caps.myfuture.mcgill.ca).
- ★ Contact the individual listed in the job posting if you are interested in applying for a position.
- ★ Provide your prospective employer with a copy of your Work Study Confirmation letter

For information about jobs outside of Work Study, including jobs at the SSMU, consult pages 79 and 93 of this handbook.

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

Before your first day of classes, review the SSMU Student Rights website (studentrights.ssmu.ca/). There, you will find important information about your rights in relation to course syllabi, assessments, final exams, accommodations, and more.

STUDENT RIGHTS

POLICIES TO KNOW:

★ CHARTER OF STUDENT RIGHTS

(bit.ly/3kOEhLg)

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.

★ POLICY CONCERNING THE RIGHTS OF STUDENTS WITH DISABILITIES

(bit.ly/39Ls4ot)

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.

★ POLICY FOR THE ACCOMMODATION OF RELIGIOUS HOLY DAYS

(bit.ly/3ynulR8)

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

★ CODE OF STUDENT CONDUCT

(bit.ly/3yjuK0t)

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

★ HAZING AND INAPPROPRIATE INITIATION PRACTICES

(bit.ly/3FpC6aD)

Joining student clubs and associations is a huge part of McGill student life, and for many, a highlight of their university experience. Groups are welcome to engage in positive team-building activities with new members.

Student and Academic 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.

McGill requires every incoming student to finish and complete the Academic Integrity Tutorial seen on myCourses. Not completing this tutorial will result in a registration block for the following term.

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

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

This policy outlines what activities constitute inappropriate initiation practices and hazing, which are strictly prohibited by the university. Any member of the McGill community who suspects that hazing or other inappropriate initiation practices are taking place should contact the Office of the Dean of Students.

HARRASSMENT, SEXUAL HARRASSMENT, AND DISCRIMINATION PROHIBITED BY LAW

(bit.ly/3KU5E1g)

This policy defines harassment, sexual harassment, and discrimination here on campus, and in the wider McGill community.

For McGill resources on these and related issues, see the Equity at McGill

(bit.ly/3KU5EtmM) webpage.

For SSMU resources, consult page 18 of this handbook.

SEXUAL VIOLENCE

(bit.ly/3vVB7vN)

McGill is committed to fostering a safe and respectful space on campus. A variety of supports for survivors of sexual assault, as well as those who are impacted by sexual violence, are available through the Office for Sexual Violence Response, Support and Education (OSVRSE) (mcgill.ca/osvrse).

For more information about resources provided by the university and SSMU for those impacted by sexual violence, see pages 52 and 53 of this handbook.

For more policies and regulations, check the McGill Secretariat website (mcgill.ca/secretariat), or the website of your faculty or school.

I have a question about my student rights! Where can I go?

OFFICE OF THE DEAN OF STUDENTS

Brown Student Services Building
3600 McTavish Street, Room 2100


(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.

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

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 AT MCGILL (LICM)

3480 McTavish Street, Suites 108 & 107-A
(University Centre)

cs.licm@mail.mcgill.ca

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.

OFFICE FOR STUDENTS WITH DISABILITIES (OSD)

Main office: 1010 Sherbrooke Street West, suite 410

mcgill.ca/osd

disabilities.students@mcgill.ca

OSD exam centre:

3459 McTavish Street, Room RS56

(514) 398 - 2480 | exams.osd@mcgill.ca

The Office for Students with Disabilities (OSD) gives support services and academic accommodations to any students at McGill with disabilities. This includes documented disabilities, mental health disorders, chronic illnesses, and other conditions that are permanent, temporary, or episodic in nature.

HOW DO I REQUEST ACCOMMODATIONS?

To receive accommodations related to a disability, you must register with the OSD. To register, students must make an appointment on the OSD website (mcgill.ca/osd/contact-us) and submit the required documentation.

WHAT DOCUMENTATION IS REQUIRED?

At least 1 business day prior to your OSD appointment, you must submit documentation from a licensed medical professional involved in your care.



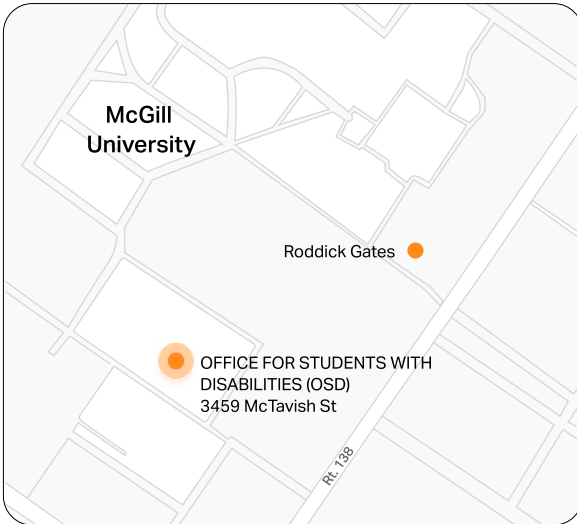
This documentation must adhere to these requirements:

- ★ BE ON THE OFFICIAL LETTERHEAD OF THE MEDICAL PROFESSIONAL OR CLINIC
- ★ CONTAIN A DIAGNOSIS
- ★ EXPLAIN HOW YOUR DIAGNOSIS CURRENTLY IMPACTS YOUR ACADEMIC EXPERIENCE
- ★ CONTAIN THE SIGNATURE AND LICENSE NUMBER OF THE MEDICAL PROFESSIONAL

The OSD encourages students to have their medical professional fill out the OSD referral form (<https://bit.ly/3FrSo2G>) prior to their first appointment.

WHAT DOCUMENTATION IS REQUIRED?

Accommodations are based on the specific barriers that you face. An Access Services Advisor at the OSD will work with you to develop an individualized accommodation plan. Some available supports include note-taking services, exam accommodations, and/or assistive technology.



Sustainability at McGill

Sustainability is the challenge of our lifetime. At McGill, there are no limits to the ways that students can get involved in building a sustainable campus and world, no matter their area of study.

SUSTAINABILITY PROJECTS FUND

The Sustainability Projects Fund (SPF) builds a culture of sustainability on McGill's campuses by providing seed funding for interdisciplinary projects. It is the largest fund of its kind in Canada, valued at \$1 million annually, and supports initiatives of all sizes, from those needing under \$300 for sustainability-related events to those requiring over \$400,000 for University-wide transformations.

GET YOUR SUSTAINABILITY PROJECT STARTED:
mcgill.ca/sustainability/spf

SUSTAINABILITY STUDENT GROUPS

McGill is home to more than 100 student-run groups and clubs that engage with and raise awareness about sustainability topics. From the SSMU Environment Committee and Plate Club to Campus Crops and the Research and Sustainability Network, there is something out there for everyone.

FIND A SUSTAINABILITY STUDENT GROUP THAT INTERESTS YOU: mcgill.ca/x/Jvn

SUSTAINABILITY AMBASSADORS PROGRAM

The Sustainability Ambassadors Program (SAP) is a year-long leadership development and volunteer opportunity that invites students to promote sustainability on campus. With three streams to choose from, students apply

their skills and creativity in order to grow the sustainability movement on campus.

BECOME A SUSTAINABILITY AMBASSADOR:
mcgill.ca/x/Jv7

MCGILL UNIVERSITY CLIMATE & SUSTAINABILITY STRATEGY 2020-2025

As a member of the global community, it is McGill's responsibility to do what it can to mitigate climate change and foster a community of sustainability-minded citizens. The McGill University Climate & Sustainability Strategy 2020-2025 lays out more than 60 actions across eight categories, from Research & Education to Community Building, that guide the University towards its long-term targets of attaining a platinum sustainability rating by 2030, becoming zero-waste by 2035, and achieving carbon neutrality by 2040.

GET INVOLVED IN MCGILL'S SUSTAINABILITY JOURNEY: mcgill.ca/sustainability/sustainability-strategy

LEARN WHAT GOES WHERE

Achieving zero-waste by 2035 will require the effort of all McGillians. Try reducing the amount of waste you create, reuse things that otherwise would have been thrown out, and learn how to sort your waste properly using McGill's four waste streams.

Test your waste sorting knowledge with RECYC-QUÉBEC's Ça Va Ou app: recyc-quebec.gouv.qc.ca/appmobile-cavaou

Want more ways to get involved in sustainability during your time on campus?

Visit mcgill.ca/sustainability to learn more.

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PAPER, CARDBOARD
PAPIERS, CARTONS



COMPOSTABLES



PLASTIC, GLASS, METAL
PLASTIQUE, VERRE, MÉTAL



LANDFILL
DÉCHETS





ACADEMICS

34



Eve Cable ✓ @BA '22

"Sitting on the arts steps in my pyjamas crying because I had just slept through my first ever University midterm! Luckily my Prof accepted my groveling email and let me retake the exam!"





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

Course Registration

REGISTERING FOR COURSES THROUGH MINERVA CAN FEEL LIKE A DAUNTING TASK AT FIRST BUT YOU'LL GET THE HANG OF IT QUICKLY! 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 find more about this on page 42. 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. You can also sign up on seataalert.ca/mcgill 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 until September 13 (and until January 17 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. If your professor is not following these rules, you can email the VP Academic of your department/faculty or SSMU VP University Affairs (ua@ssmu.ca). You can check page 30 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 number 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 (or less than 24 course credits), 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.

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. THE MCGILL LIBRARY IS 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 / Mac Campus - Centennial Centre

lejames.ca

LE JAMES has the biggest selection of textbooks and course materials. Many professors order books directly to both locations, making it the most convenient option. Students can visit the bookstore in person or order materials online, have them shipped or pick-up in-store.

To order course materials online: bit.ly/3Gn43jW

To sign up to the newsletter: bit.ly/3wRUW67

PARAGRAPH 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. They will also often order in books for students if they are not available in-store already.

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, which is conveniently located in Milton-Parc. They also offer textbooks.

TIPS TO SAVE MONEY



RENT/BUY YOUR TEXTBOOKS FROM AMAZON.

They will sometimes 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, online and frequently peer-reviewed academic resources. Check out openstax.org, bccampus.ca, the McGill library, or the SSMU OER webpage (bit.ly/3aY4rJK) 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.

SHARE A TEXTBOOK

If you have a study buddy who is taking the same course as you, consider splitting the cost of a textbook. If you choose this option, think about whether it will be practical for you before purchasing.

Libraries



MONTREAL HAS MANY DIFFERENT TYPES OF PLACES TO GO STUDY, INCLUDING CAFES AND PARKS, BUT NOTHING COMPARES TO 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/BRANCHES](https://mcgill.ca/library/branches) 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.

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.

**** NOTE: THIS LIBRARY IS CLOSED FOR RENOVATIONS BUT IS EXPECTED TO REOPEN IN FALL 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. All students can come here, not just music students, and they have lots of resources available, including pianos, audio equipment, LPs and turntables, and audio editing software. Students should note that those in the faculty of Music are given priority in this space.

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. This area is usually filled with law and other graduate students and this may inspire you to get your work done. The view of Mount Royal is unbeatable as well!

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 from 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. The library works in conjunction with the Institute of Islamic Studies to highlight and illustrate the scale of Islamic civilization.

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.

LIBRARY RESOURCES



The library website is a great place to access information and resources that can aid you in research, help you navigate the library system, and provide you with access to countless materials ranging across all subject areas. However, the massive number of links can be a bit overwhelming and some students aren't aware of everything that is available to them. Here are some of the key resources offered on the library website.

AUDIO-VISUAL RESOURCES | bit.ly/3NyGR4r

There are a number of ways to access free TV shows, movies, and music through the library. Listed here are a few highlights, but check out the library website for all of your options!

KANOPY | mcgill.kanopy.com

This video streaming service offers thousands of documentaries, training films, and movies (including theatrical releases) across a wide variety of subject areas.

CRITERION ON DEMAND | bit.ly/3wJyKVw

An extensive collection of movies and documentaries, including blockbuster hits.

NATIONAL FILM BOARD (NFB) | bit.ly/3NCMwX6

A variety of animation, documentaries, experimental films and alternative dramas.

DRAM ONLINE | dramonline.org/

A streaming platform with mainly American sound recordings from independent labels and archives.

WORKSHOPS | bit.ly/3MMGBi5

McGill's libraries offer many informative and skill-building workshops. Check out the website to see your options and when they are held. Student might be particularly interested in research skills workshops (bit.ly/3PKxxfw).

RESEARCH MATERIALS



The library has lots of resources to help you with any research that you are conducting at McGill.

SUBJECT GUIDES | libraryguides.mcgill.ca/

The library offers extensive guides for researching specific subjects, including information about different types of resources and where to access them. They are compiled by resource librarians with specific knowledge in the subject areas to ensure that the

information is accurate and helpful. To find a guide, search for your subject at the link above or browse through the list of options. You can also reach out to subject liaison librarians (bit.ly/3aLQleg), who are knowledgeable about specific areas and available research materials.

NEWSPAPERS | bit.ly/3MJ5JR4

McGill students have access to a number of newspapers across different time periods and locations.

DATABASES | bit.ly/3PBI6BP

McGill students have access to over 1500 databases across a wide array of subject areas. Databases can be a great place to find articles, book chapters, and other materials about a particular topic. Consult the above link and filter by subject area or use the keyword search to find one that works for you!

CITATION GUIDES | bit.ly/3PIQIf9

When submitting academic work, it is important to have thorough and accurate citations. This website provides tutorials on using citation managers (Zotero and Endnote) and guides to using different citation styles.

INTER-LIBRARY LOAN | bit.ly/38PWlgi

Want a book or other material that you can't find at the McGill library? McGill has a partnership with libraries worldwide, meaning that you can have materials sent in from other libraries. For more information on making a request, click the link above. Make sure to submit your request well before your assignment deadline as you may face delays in accessing materials, especially those from far-away libraries.

ARTICLE/CHAPTER SCAN | bit.ly/3MQgg2W

Do you need a digital copy of a material that the library only has in print? McGill students can request an article or chapter scan at the above link to be delivered to their McGill email address. Delivery time is typically 2 to 4 business days, but make sure to submit your request well ahead of your deadline in case of delays.

ROOM BOOKING | bit.ly/3PFDTwR

Library study rooms are a great place to hold a study or tutoring session, work on a group project, or ensure that your group has a quiet place to work during finals season. Rooms must be prebooked at the link above. Students can book study rooms for 2 hours at a time and up to 4 hours per week. Rooms can be booked up to 2 weeks in advance, so make sure to plan ahead!



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.

STUDY TIPS



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

★ 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. Check out involvement.mcgill.ca to sign up for these workshops.

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★ TAKE A BREAK FROM THE LIBRARY.

You might benefit from taking a break from the library and trying a new setting, like a cafe or park.

★ 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.

EXAMS



Exams can be tough at McGill, especially when it is your first time writing them at the university level. In order to alleviate the stress and confusion that comes around during Midterms and Finals season, there are a lot of resources available to support you.

FREQUENTLY ASKED QUESTIONS

Q: WHEN ARE MY EXAMS?

The tentative 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?

The most important thing to bring (besides yourself) is your student ID! You will need a valid student ID card in order to write your exam. Make sure to leave all your valuables at home and also do not forget to eat well and bring water for your exams.

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. For more information on registering for exam accommodations, check out page 31 and 32.

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 an illness, family death, or another serious reason, you can apply to defer your exam. If you are in the faculty of Arts and/or Science, first head to Minerva and fill out the deferral form (Student Menu > Student Records Menu > Deferred Exam Application). For all other faculties, contact your faculty's student affairs office.

After submitting a deferral request, you must present documentation, like a doctor's note, to your faculty's office as soon as possible. However, your first exam deferral in faculties besides Medicine and Denistry does not require documentation. Deferred exams are generally scheduled about a semester later. For more information on exam deferrals, visit bit.ly/3LGJQXg and bit.ly/3sP0WM4.

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

You have an academic 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

You can also request religious accommodation for an exam, such as if your exam conflicts with a religious holy day or you are unable to attend due to religious obligations. Travel arrangements do not qualify as a conflict.

Usually, McGill will let you know if you have an academic conflict. If you are not alerted, or if you have a religious conflict, you must fill out a Final Exam Conflict Form and submit it to Service Point. The deadline for requesting accommodation is four weeks before the exam period begins. You can find the form at mcgill.ca/exams/final-exam-conflict-form.

Grades



Your Grade Point Average (GPA) for each term, as well as your GPA for your whole academic career (CGPA), 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 and can only do it for a certain number of courses), so it is wise to see an advisor before choosing to take one.

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 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 to complete your course work, especially due to medical issues, and think you need some extra time, contact your academic 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.

| GRADES | GRADES | NUMERICAL SCALE |
|---------|--------|--------------------------|
| | POINTS | |
| 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 — CONDITIONAL PASS |
| F(Fail) | 0 | 0-49 — FAILURE |

SATISFACTORY PASS

Needed for courses that fulfill program requirements

CONDITIONAL PASS

A "D" grade, which can be cleared either through passing a supplemental exam or retaking the course

FAIL

Your grade point average is a 0.

Academic Advising



bit.ly/3yUI0iP

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, HELP YOU REGISTER FOR 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 Office 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.



Tutoring

Your first year at McGill comes with 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. Working with a tutor can help you prep without having to cram and will also alleviate stress.

You should also reach out to your departmental association for free tutoring, but do it sooner rather than later.

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 sometimes even free. All 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 out the form at: bit.ly/3LGXrxH.

MCGILL WRITING CENTRE

mcgill.ca/mwc/

mwctutorial@mcgill.ca

The McGill Writing Centre offers up to seven hours of support per semester and will help you with any stage of the writing process. Note that they do not proofread your essays, but can 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 here: bit.ly/3MHpwX3.

ENGINEERING PEER TUTORING

bit.ly/3wlASDI

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

bit.ly/38PkSr4

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

bit.ly/3IU7oOt

Aus.essaycentre@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.

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STUDENT HEALTH AND WELLNESS

Aiden Drake  @BaSc '21

"During Thanksgiving weekend my floor in residence gathered to make a student's Thanksgiving dinner - rice and bean tacos with lettuce salad. We ate it gathered together around a beer pong table."





This section will provide important information on health and wellness services at McGill, as well as tips for staying well!



THE WELLNESS HUB IS THE GO-TO PLACE FOR STUDENTS TO ACCESS PHYSICAL AND MENTAL HEALTH SERVICES ON CAMPUS. SERVICES ARE AVAILABLE IN BOTH FRENCH AND ENGLISH.



WHAT CLINICIANS CAN I SEE? ▼

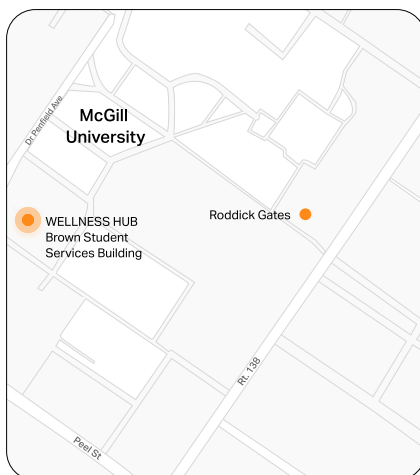
The Wellness Hub has a number of clinicians on site. At the Hub, you can see professionals including:

- ✱ **Access Advisors**, who can help you navigate services offered by the Wellness Hub and elsewhere.
- ✱ **Counsellors**, who can help you reach your mental health and wellness goals. You can read more about your mental health support options on page 50-51.
- ✱ **Dietitians**, who can provide information and guidance related to nutrition, dietary choices, and your relationship with food.
- ✱ **Nurses**, who play an important role in providing preventative care and can be a great first point of contact.
- ✱ **Doctors**, who can provide care and/or referrals for any medical condition, including the medical management of mental health conditions.
- ✱ **Laboratory Services**, which are available to students with a requisition from the Hub.
- ✱ **Local Wellness Advisors (LWAS)**, mental health professionals who facilitate one-on-one appointments and campus wellness programming.
- ✱ **Psychiatrists**, who can diagnose and treat mental health conditions. Students must have a referral from a Hub doctor to see a psychiatrist.
- ✱ **Sexologists**, who are mental health professionals who specialize in sexual health.

MAKING AN APPOINTMENT

To make an appointment with most clinicians, you must call the clinic at 514-398-6017. The phone lines operate Monday-Friday, 8:30am-3:30pm. However, appointments are first-come first-serve, and students are most likely to get an appointment if they call when phone lines open in the morning. The Hub does not provide emergency services. Some appointments can be booked online, including Access Advisors (bit.ly/39JR1Rh), Local Wellness Advisors (bit.ly/3Lsmep7), and lab services (bit.ly/3sMtRA3).

Appointments are held at **Brown Student Services Building** which is located on the third floor of 1070 Avenue Dr. Penfield. When attending your appointment, you must present your McGill ID and up-to-date insurance card. The Hub accepts health cards from all provinces, as well as Blue Cross, CIDA, CIGNA, COWAN and Great-West Life insurance.



Telehealth



AS A MCGILL STUDENT, YOU HAVE ACCESS TO A NUMBER OF VIRTUAL HEALTH SERVICES THAT ALLOW YOU TO ACCESS SERVICES FROM THE COMFORT OF YOUR OWN HOME, WITHOUT THE WAIT OF A TRADITIONAL DOCTOR'S OFFICE.



DIALOGUE

bit.ly/39JCdIK

Dialogue is a telehealth app available to students enrolled in the SSMU Health Insurance plan. Via the app, students can use chat, audio call, or video call to connect with nurses and doctors. Around 70% of typical walk-in cases can be addressed via the app, including anything that does not require a physical exam.

Some issues that can be addressed by the app (according to the Studentcare website):

- ★ Certain conditions: nasal congestion, sore throat, cough, fever, vomiting, diarrhea, minor aches and pains, headaches, migraines, allergies
- ★ Dermatology conditions: skin rashes, hives, or abrasions
- ★ Minor emergencies: urinary tract infection, conjunctivitis, sinusitis
- ★ Advice regarding minor injuries: cuts, bites, muscular or joint pains
- ★ Sexual health: sexually transmitted infection (STI) information and screening

The app can also be used in some cases to renew prescription medications.

MAPLE

bit.ly/3sPtGE6

Maple is a telehealth service available to international students enrolled in the Medavie Blue Cross plan. Via the app, members will receive 24/7 on-demand access to doctors by secure text or video for advice, diagnosis, and prescriptions.

Services provided by the app include:

- ★ Medical advice
- ★ Prescriptions
- ★ Doctor's notes
- ★ Lab work requisitions

General physician fees are covered by Blue Cross in full, and if students enroll in direct billing, they do not have to pay up front.

KEEP.MESAFE

bit.ly/38u951z

Keep.mesafe is a mental health service available to all McGill students. For more information, check out page 48.

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Health Insurance

STUDENTCARE.CA

(studentcare.ca)

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, which is available on Minerva. This is the same bill that your fall semester tuition will appear on.
- ★ StudentCare pairs with health care providers in Montreal to offer you discounts. Check out these networks at (bit.ly/3sL2g2l) 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 at (bit.ly/3Npr1J8).
- ★ 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. Learn more at (bit.ly/3Ls2HoS).
- ★ 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 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 (bit.ly/37VusZ4) 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.

You can also upload claims via the Studentcare mobile app (bit.ly/3NuV1UN) by logging in and taking a photo of your receipt.



Exam Health

EXAM PERIODS CAN BE STRESSFUL. TO REDUCE THE STRAIN OF SCHOOL, PLAN IN ADVANCE, MAKE SURE TO KEEP TRACK OF YOUR FINAL EXAM SCHEDULE, AND BE PROACTIVE ABOUT YOUR PHYSICAL AND MENTAL HEALTH.

mcgill.ca/students/exams

TIPS FOR HANDLING EXAMS

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

ARE YOU TOO STRESSED?

Helpful stress is usually temporary and can help you perform better by motivating you and helping you rise in order to meet challenges. However, if your stress feels overwhelming and insurmountable, it's no longer useful. Here are some signs to look for if you're feeling too stressed out:

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

If you recognize any of these signs, you can find resources on pages 50 -51. If you feel you're unable to write an exam, you can apply to defer.

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Mental Health



AT MCGILL, THERE ARE 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

bit.ly/38u951z

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 (myssp.app/ca/home) 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

bit.ly/3sPstwy | FB [@healthiermcgill](https://www.facebook.com/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 (bit.ly/3Mu46N0) website.

STUDENT WELLNESS HUB

mcgill.ca/wellness-hub | FB [@healthiermcgill](https://www.facebook.com/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)

bit.ly/3Lsmep7

LWAs are trained clinicians who can 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.

CALM

calm.com/

Through the organization Student Support, SSMU members have access to the library of Calm, a meditation app. While Calm is not a replacement for professional mental health services, the app can be a great supplementary tool to deal with the stress and anxiety that come with being a student.

STUDENT-RUN SERVICES

MCGILL STUDENTS' NIGHTLINE

nightline.ssmu.ca | FB [@mcgill.nightline](https://www.facebook.com/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. As of spring 2022, the phone lines are currently closed, but the chat service remains up. Check the website for the most up-to-date information on the service.

THE PEER SUPPORT CENTRE

psc.ssmu.ca | FB [@peersupportmcgill](https://www.facebook.com/peersupportmcgill)
3471 Rue Peel, Floor 2

The Peer Support Centre offers free, drop-in, confidential, and non-judgemental peer-to-peer support and resource 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 address the things you are going through.

THE EATING DISORDER RESOURCE AND SUPPORT CENTRE |

edrsc.ssmu.ca/

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. The organization is the first chapter of the larger organization Safely Connected (safelyconnected.wixsite.com), an organization which aims to provide services around eating disorders and disordered eating on university campuses.

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 (bit.ly/3ySWAay) for updated resource listings and for more information on the work done by the SSMU to make McGill a mentally healthier community.

While page 50-51 gives out valuable resources and links, this is a list of tips for navigating mental health care.



FIVE TIPS FOR ACCESSING MENTAL HEALTH SUPPORT

- ★ Looking for support outside Quebec, outside office hours, or in your first language? Use keep.meSAFE (bit.ly/3sTfnQW) by downloading the MySSP mobile app. More information on accessing trained counsellors through this FREE service can be found here (bit.ly/3z1ykTo), as well as through our student ambassadors on Instagram ([@mcgillcampus_ambassadors](https://www.instagram.com/mcgillcampusambassadors))
- ★ Need to see an off-campus mental health professional? Save money through your student insurance plan. Students enrolled in the SSMU Health & Dental Plan (bit.ly/3PDHcED) 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 (bit.ly/3sSPXB1). For international students, the Blue Cross Plan (mcgill.ca/internationalstudents/health) covers up to \$750/year in psychologist or psychotherapist fees.
- ★ Prefer booking appointments online? Reach out to an Access Advisor (bit.ly/3NtBh3h) or Local Wellness Advisor (bit.ly/3PCm0Po). All of them are qualified professionals, and provide a great resource for navigating your mental
- ★ 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.
- ★ 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.

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.

Safer Sex: Consent



CONTENT WARNING: DISCUSSION OF SEXUAL INTERACTIONS

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 via 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.

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 examples 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

CONTENT WARNING: DISCUSSION OF SAFER SEX

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

They require a prescription from a doctor and can be bought at a pharmacy (, i.e., pill, patch, ring.). 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 (bit.ly/3lzDChe) 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 emergency contraceptive 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 can make an appointment for a pregnancy test at the Wellness Hub. You can also buy a test at any pharmacy, the Shag Shop, the UGE, or Queer McGill.

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 in full, but students with other kinds of insurance must pay upfront before being reimbursed by their health plan.

✳️ If you want to place a child 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. You can also find out more about specific resources for student parents on page 74 of this handbook.

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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 (bit.ly/3sPJC9B), 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."

You can prevent STI transmission by getting tested. At least one test a year is recommended, but testing more often is encouraged if you have multiple partners. The Wellness Hub and other resources below perform STI testing. See page 48 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 appointments with sexologists to discuss anything around sexual health.

UNION FOR GENDER EMPOWERMENT (UGE) |

theuge.org

680 rue Sherbrooke Ouest, room 110

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

QUEER MCGILL | queermcgill.org

3600 rue McTavish - Room 432

Queer McGill is a student run service by and for queer students. They offer a range of resources from free safer sex supplies to pay-what-you-can gender affirming products such as binders, packers, stp devices, and gaffs.

SHAG SHOP | bit.ly/3IzDChe

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. As of summer 2022, the Shag Shop is currently closed. Follow [@HealthierMcGill](#) on Instagram and [Facebook](#) for updates on the shop's opening.

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 and/or Hepatitis C by preventing transmission and promoting awareness and action through frequent events.

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 bit.ly/3zdcID0

1801 boulevard de Maisonneuve Ouest

514 934-0354

Located near the downtown Concordia campus, it provides STI screening, prevention services, and testing. Students should note that only those with a RAMQ card can access a CLSC.

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 or receive information about safer sex.

ABORTION CLINICS



MONTREAL MORGENTALER CLINIC

montrealmorgentaler.ca

8560 rue St-Hubert, bureau 310

(514) 844-4844

This clinic offers surgical and medical abortion services 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 Assault & Harassment



CONTENT WARNING: DISCUSSION OF SEXUAL VIOLENCE

550 Rue Sherbrooke Ouest, suite 585
(514) 398-4486 | (514) 398-3786
OSVRSE provides support to those who have been impacted by sexual and gender-based violence. It provides confidential, non-judgemental, 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 for those impacted by sexual violence. OSVRSE can also provide referrals for psychiatrists or other mental health services from the wellness hub or off campus.

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) and support groups. Volunteers can also support individuals making reports of sexual violence, including by providing information and accompaniment services.

LEGAL INFORMATION CLINIC AT MCGILL
licm.ca

William Shatner 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 survivors of sexual assault, sexual abuse or incest over eighteen years old, 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
bit.ly/38JgXMz

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.

CRIME VICTIMS ASSISTANCE CENTRE
cavac.qc.ca/en/services

Crime Victims Assistance Centre offers 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 Centre also provides 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 (RQCALCS)
bit.ly/3lvOj4j

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).



CONTENT WARNING: DISCUSSION OF SEXUAL VIOLENCE

TERMS TO UNDERSTAND

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 sexual contact or behavior that occurs without explicit consent of the victim.

SEXUAL HARASSMENT

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

STALKING

56 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 expectation 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 "disempowering, demeaning violation of a sexual agreement."

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:

INTERSECTIONALITY OF SEXUAL VIOLENCE



- * Mental Health impacts (e.g., depression, anxiety, post-traumatic stress disorder, suicidal thoughts)
- * Physical injury;
- * 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



The SSMU believes that all discussions surrounding sexual violence must take an intersectional approach (bit.ly/3IEGo4R), 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) (bit.ly/3airvTn) 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.

If you have ever experienced sexual or gendered violence, inside or outside McGill, remember that it is not your fault and that you are believed and supported. The SSMU is working to take meaningful steps to shift the internal culture of the SSMU and collaborate with campus stakeholders to prevent sexual violence and support survivors at McGill.

How and when to get support is never an easy answer. There are free and survivor-centric support options available to you if you wish to access them. There are peer-to-peer, student, and institutional support resources for you. The resources in the next page of this handbook are confidential, non-judgemental, trauma-informed, and have staff who can work with survivors of sexual violence as try to heal.

OSVRSE mcgill.ca/osvrse

Eating Disorders



CONTENT WARNING: DISCUSSION OF EATING DISORDERS

EATING DISORDERS (ALSO KNOWN AS EDS) CAN BE HARD TO UNDERSTAND AND TO NAVIGATE. HOWEVER, THERE ARE MANY RESOURCES AVAILABLE TO STUDENTS WHO ARE CONCERNED ABOUT OR STRUGGLING WITH THEIR RELATIONSHIP WITH FOOD AND/OR EATING.



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 with EDs. They also provide guidance in supporting someone you care about who has an eating disorder.

DOUGLAS HOSPITAL EATING DISORDER PROGRAM |

bit.ly/3GgiBl9

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, and 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 46).

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.

THE EATING DISORDER RESOURCE AND SUPPORT

CENTRE | edrsc.ssmu.ca/

3480 McTavish Street, Room 409

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.

Alcohol and Drugs



ALCOHOL



Despite what it may feel like, drinking is not a necessary part of university life, and you can have lots of fun at university whether or not you choose to drink. 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! Avoid drinking on an empty stomach.
- ★ Be aware of laws related to alcohol consumption! Open containers are illegal in public outdoor spaces (i.e. parks) in Montreal unless you are also eating a meal, and the legal 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 and from 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.

Second, If you are on campus, call Security Services who will coordinate with emergency responders.

Downtown: (514)-398-3000

Mac Campus: (514)398-7777.



DRUGS



While SSMU does not promote drug use, the organization endorses harm reduction and promotes information over stigmatization when it comes to substance use. If you are interested in experimenting with different substances, please follow the tips below to help ensure your safety.

GUIDELINES FOR SAFER DRUG USE

- ★ Only try a little bit of the drug you decided to use. Sometimes overdoses happen because people 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 drug use in a non-judgemental way.
- ★ Beware of the risk of overdoses and laced substances. Students can request a drug-checking kit from Making Drugs More Accurate (bit.ly/3wDjqkE).
- ★ Carry a Naloxone kit. Check the sites (bit.ly/3PzCgAS) in the Montreal area that offer Naloxone. Naloxone is a medication meant to block the effects of opioids. If you believe you are experiencing an opioid overdose, or know someone experiencing one, use Naloxone.
- ★ Be aware of the risk of mixing substances. A cocktail of substances can be dangerous and have unexpected effects. Moreover, be careful and do your research when mixing substances with medication and alcohol.
- ★ Find yourself a safety buddy! It is important to have someone clear-headed that can react quickly if something happens. You can find more information on trip-sitting at bit.ly/39JhpdL. You may also wish to consider a safe use site.

Information on CACTUS Montreal can be found below. Cactusmontreal.org



LIFE ON CAMPUS



Charles Hardy ✓ @BSc 2021

"Being a member of Soulstice a Cappella was one of the most rewarding experiences of my undergrad career. It's easy to sometimes feel disconnected from a community as large as McGill's, so becoming part of a tight-knit, loving, and supportive group of people dedicated to an art form I'm passionate about, made a huge difference in my social and academic life."





In this section, you can find information about campus life and getting involved!

Campus Events



BEING A STUDENT AT MCGILL MEANS HAVING ACCESS TO MANY FUN AND EXCITING EVENTS THAT PERTAIN TO A WIDE VARIETY OF INTERESTS!

ACTIVITIES NIGHT

ssmu.ca/student-life/activities-night/

SEPTEMBER 19-21, 2022

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. This event 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 19 of the handbook to get an idea of what you want to get involved in!

BEATTY LECTURES | mcgill.ca/beatty
FALL 2022

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 purpose is to foster an exchange of ideas between McGill faculty and students and the lecturer. Past speakers have included nature conservationist Jane Goodall, Bad Feminist author Roxane Gay, and McGill alumnus and cognitive psychologist Steven Pinker. The fall 2022 lecture will be delivered by Maria Ressa, a celebrated journalist and advocate for freedom of the press. Tickets are \$10 and can be booked at mcgill.ca/beatty.

MCGILL ORIENTATION 2022 | bit.ly/3sy35eE

LATE AUGUST

Orientation is an important aspect of becoming a McGillian and the first step to 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](https://fb.com/BHMMcGill)

EARLY FEBRUARY

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.

SEXUAL ASSAULT AWARENESS WEEK

FEBRUARY

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.

QUEER HISTORY MONTH | bit.ly/3NavNKH
OCTOBER

Queer History Month celebrates the history of 2SLGBTQIA+ communities at McGill, as well as 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.

THE MCGILL FARMERS' MARKET | mcgillfarmersmarket.org/

EVERY THURSDAY FROM JULY 7 - OCTOBER 27

Taking place through the summer and early fall, the McGill Farmers' Market offers vegetable basket subscriptions from farmers around the greater Montreal area, as well as homemade and handmade goods from local vendors. It is open every Thursday from 11am-5 pm on McTavish Street.

OPEN AIR PUB (OAP) | [FB @OpenwAirPub](https://fb.com/OpenwAirPub)
BEGINNING OF FALL SEMESTER AND END OF WINTER SEMESTER

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.

FRANCOFÔTE | bit.ly/3FJ9g4Z
MARCH-APRIL

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 | bit.ly/3yATw2x
ONGOING

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 network with potential future employers.

If you are an upper-year student but wish to help first-year students transition into their life at residence, you can become a Floor Fellow. More information is available on page 79. Students with disabilities are also encouraged to reach out to OSD to discuss their specific housing needs.

Living in Residence



EVERY YEAR, STUDENT HOUSING WELCOMES OVER 3,000 STUDENTS THAT LIVE IN DIFFERENT KINDS OF HOUSING AT MCGILL. THERE ARE A NUMBER OF RESIDENCE OPTIONS FOR FIRST-YEAR STUDENTS, AS WELL AS CAMPUS APARTMENTS FOR UPPER YEAR STUDENTS IN THE GREENBRIAR AND HUTCHISON BUILDINGS. vmcgill.ca/students/housing

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

★ DORMITORY STYLE RESIDENCES:

Offering single rooms and shared bathrooms with a strong sense of community. Dormitory style buildings include Gardner Hall, McConnell Hall, Molson Hall, Royal Victoria College, and Douglas Hall.

★ MODERN DORMITORY STYLE

RESIDENCES: These hotel-style buildings feature newly-renovated accommodations with both single and double rooms and private bathrooms. They also have 24/7 front desk security. Modern Dormitory style buildings include New Residence Hall, La Citadelle, and Carrefour Sherbrooke.

★ APARTMENT STYLE RESIDENCE:

Unique to Solin Hall, this style of residence consists of furnished apartments with private bedrooms, kitchens, and large common areas. Solin Hall is farther from campus than other residences, located minutes away from Lionel-Groulx metro station.

RESIDENCES FOR SPECIFIC GROUPS



The First Peoples House Residence is an undergraduate and graduate communal living space that gives priority to Indigenous students.

The majority of residence buildings have mixed-gender accommodations on each floor, meaning that students will be living on the same floor as people of other genders. However, Royal Victoria College offers a female-only section in the West Wing.

QUESTIONS REGARDING LIFE IN RESIDENCE?



FLOOR FELLOWS

Floor fellows are upper-year students that live in your residence building trained to help you transition into your first year at McGill. The Floor Fellows are role models, resource people, and community builders 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 (RLFS)

RLFs are upper-year students that play a crucial role in coordinating residence life at McGill. It is also their job to organize residence events to build community, help you adjust to life in Montreal, and create a fun and welcoming atmosphere in residence.

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

★ HALL COUNCIL:

Every residence hall has a Hall Council whose 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 residence and helps facilitate community through inter-residence relationships. The IRC includes representatives of each residence as well as vice presidents who oversee its overall operations.

★ UNIVERSITY RESIDENCE COUNCIL (URC):

This is where representatives of Hall Councils, the IRC, and Student Housing and Hospitality Services meet with the McGill administration to discuss concerns and initiatives related to residence life.

★ ENVIRONMENTAL RESIDENCE COUNCIL (ERC):

This council, which consists of the VP Environment from each Hall Council, is responsible for educating students in residence about the environment, ensuring that residences are as eco-friendly as possible, and running fun sustainability-themed events.

★ COMMUNITY ENGAGEMENT AND EQUITY COMMITTEE (CEEC):

This committee, which consists of the VP Equity from each council and volunteer members, runs equity-themed events and initiatives for students in residence.

TIP:

If you have any questions as a first year student regarding student housing, go to the ASK McGill (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 off-campus, there are a number of resources available to you. Check out pages 90 for more information.



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% DE LA COMMUNAUTÉ ÉTUDIANTE ET 21% DU PERSONNEL DÉCLARENT AVOIR LE FRANÇAIS COMME LANGUE MATERNELLE.

SESSION D'ACCUEIL - CORPS ÉTUDIANT FRANCOPHONES [\[bit.ly/3aos5z3\]](https://bit.ly/3aos5z3)

AOÛT 2022

Cette session de bienvenue sera aussi l'occasion de rencontrer d'autres francophones. Elle sera suivie de différents ateliers où vous serez fournis des outils utiles essentiels 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'INTERPRÈTE EN VOUS AVEC FRANC- JEU | FB@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 adeptes. Si ce n'est pas encore le moment pour faire face aux feux de la rampe, pourquoi ne pas assister à l'un de leurs ateliers hebdomadaires ou à l'un de leurs spectacles?

CLUB DE DÉBAT FRANCOPHONE MCGILL |

FB@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.

Voici une liste - non exhaustive - des clubs et associations francophones et francophiles du campus [\[bit.ly/3NfWVfH\]](https://bit.ly/3NfWVfH)! 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) [\[mcgill.ca/litterature/fr\]](https://mcgill.ca/litterature/fr) est en effet entièrement francophone. Au niveau facultaire, la Faculté de droit [\[mcgill.ca/law/\]](https://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 [\[bit.ly/3zevBGi\]](https://bit.ly/3zevBGi) propose une majeure en pédagogie de l'Immersion Française et le Campus Outaouais [\[bit.ly/3tqvHtI\]](https://bit.ly/3tqvHtI) 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 | bit.ly/3GHZTTI

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 au corps professoral!

OBTENEZ DE L'AIDE PERSONNALISÉE



ÉTUDIANTS FRANCOPHONES | bit.ly/38lx3WG

Mme Manon Lemelin (manon.lemelin@mcgill.ca), l'adjointe aux membres de la communauté étudiante francophones de première année, a pour mission de faciliter l'intégration des francophones à la vie universitaire.

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.

Places to eat with your OneCard



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 (mcgill.ca/onecard) TO FIND OUT MORE REGARDING THE MANDATORY MEAL PLAN AND THE OVER 20 LOCATIONS YOU CAN EAT ON CAMPUS INCLUDING THE DINING HALLS.



You are able to go to a number of off-campus restaurants and pay for your food using your OneCard. Here are some of the restaurants you can go to:

ALTO | bit.ly/3yFoKFI

3469 AVENUE DU PARC

Alto is a place that most students will go to 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.

BASHA | basha-montreal.com/

3507 AVENUE DU PARC AND 666 RUE SHERBROOKE OUEST

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.

FRESHII | bit.ly/3wcxz8o

Freshii serves a wide variety of fresh salads, wraps, and bowls that can accommodate a wide variety of diets.

KINTON RAMEN | bit.ly/3yBCKAs

1202 UNION AVE

Kinton Ramen provides fresh and delicious ramen bowls made with high-quality ingredients.

LE PLEZL | leplezl.com

3429 RUE PEEL

Le Plezl is a mix of cuisines from the Mediterranean region. They make everything in house, from pickles to yogurt.

M4 BURRITOS | bit.ly/3MgpqVV

2053 PEEL STREET

M4 Burritos is a Mexican-inspired grill that serves tacos, burritos, bowls, quesadillas, and more.

MCGILL PIZZA | fb.me/mcgillpizza

625 MILTON AVE

A classic among McGill students serving pizza, pasta, salads, sandwiches, breakfast, and more at affordable prices.

SANSALIZZA | bit.ly/37HT3Ay

3576 AVENUE DU PARC #4304

Sansalizza is the place to go if you are interested in trying out some great pizza and sandwiches.

ST-HUBERT EXPRESS | bit.ly/3Mlp5la

3575 AVENUE DU PARC


St-Hubert Express is an iconic staple of Montreal fast food cuisine. If you wish to eat some delicious rotisserie chicken, coleslaw, and crispy fries, St-Hubert is waiting for you.

THAI EXPRESS | thaiexpress.ca/

3550 AVENUE DU PARC

Thai quick-service restaurant offering soup, noodle dishes, rice, salad, and other dishes, including vegan and gluten-free options.

Athletics and Fitness

WHETHER YOU'RE INTERESTED IN CHEERING ON YOUR TEAM FROM THE STANDS OR GETTING ACTIVE YOURSELF, THERE ARE PLENTY OF OPPORTUNITIES FOR ENGAGING IN ATHLETICS AT MCGILL. MONTREAL HAS PROFESSIONAL SPORTS TEAMS AS WELL AS HUNDREDS OF PRIVATE GYMS AND FITNESS STUDIOS, BUT THE MOST COST-EFFECTIVE WAY TO GET FIT IS BY HEADING OVER TO THE MCGILL GYM. 

FREE FACILITIES

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

GYMS AND FITNESS CENTRES

As a student, joining the McGill Fitness Centre is only **\$47.99** plus taxes per semester, which is much cheaper than other gyms in the city. The Fitness Centre can get pretty crowded, so be prepared to wait for machines or try to schedule exercise in off-peak hours, like the middle of the day. Cheap gyms off campus include Éconofitness (**\$10/month if you sign up for a year**) or the YMCA (a student rate of **\$35/month**). Students should note that aquatic and fitness activities at the Downtown YMCA (**1440 Stanley Street**) are currently suspended, but the nearby Du Parc (**5550 Park Avenue**) and Westmount (**4585 Sherbrooke Street West**) locations remain open.

RENTING EQUIPMENT

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

PLAYING ON A TEAM

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

TAKING A CLASS

McGill offers many exercise classes that you can register for. Either pick a single course for a semester or buy a pass for drop-in classes. Check out mcgillathletics.ca/ for more information.

CHEERING ON THE TEAMS

You can cheer on McGill's varsity teams or competitive clubs throughout the year. Most games are under \$5 to attend and are a great way to have fun with friends (there's also a season pass available for 25\$). If you're really enthusiastic, join Red Thunder, a club dedicated to sports enthusiasts, and get access to all sports games, pre-game events, and some cool sporting swag. Contact them for more info at mcgillredthunder@gmail.com.

The Arts

WHILE THERE IS NO PROGRAM OR CLASSES FOR FINE ARTS AT MCGILL, THERE ARE MANY INDEPENDENT STUDENT GROUPS AND CLUBS THAT ALLOW YOU TO EXPLORE THESE PASSIONS AND HOBBIES.

PERFORMING ARTS

THEATRE CLASSES

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.

THEATRE GROUPS

Theater groups at McGill 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 |

[FB @autsmcgill](#)

FRANC-JEU | [FB @francjeutheatre](#)

MCGILL CLASSICS PLAY | [bit.ly/3MtW1lh](#)

THE MCGILL SAVOY SOCIETY

[mcgillsavoy.ca](#) | [FB @mcgillsavoy](#)

PLAYERS' THEATRE

[playerstheatre.ca](#) | [FB PlayersTheatreMcGill](#)

TUESDAY NIGHT CAFE THEATRE | [FB @tuesdaynightcafetheatre](#)

NON TRADITIONAL PERFORMING ARTS

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

BRING YOUR OWN JUICE (LIVE SKETCH COMEDY) | [FB @bringyourrownjuice](#)

MCGILL STUDENTS' IMPROV |

[FB @mcgillimprov](#)

MCSWAY POETRY COLLECTIVE |

[fb.me/mcswaypoetry](#)

DANCE

SSMU offers many different types of dance clubs.

AUDITION-BASED GROUPS

If you are already an experienced dancer and want to continue improving your craft at McGill, check out these groups.

ALLEGRIA CONTEMPORARY BALLET COMPANY |

[FB @alegriaccontemporaryballet](#)

INERTIA MODERN DANCE COLLECTIVE |

[FB @inertiamoderndancecollective](#)

MOSAICA DANCE COMPANY |

[FB @mosaicadancecompany](#)

MONTREAL DI MAJESTY |

[FB @montrealdimajesty](#)

RECREATIONAL GROUPS

If you are just looking to dance recreationally, McGill has plenty of more casual dance groups for both experienced dancers and beginners.

MCGILL STUDENTS' BALLROOM DANCE CLUB |

[FB @mcgillballroomdance](#)

MCGILL SWING KIDS ASSOCIATION |

[FB @mcgillswingkids](#)

RECREATIONAL DANCE COMPANY |

[FB @RDCmcgill](#)

SALSEROS [salserosmcgill.weebly.com](#) |

[FB @SalserosMcGill](#)

UNITED GROOVE (UG) DANCE PROJECT |

[FB @United-Groove-43950288647](#)

K-RAVE KPOP CLUB [k-rave.wixsite.com/krave](#)

| [FB @kravemcgill](#)

MUSIC

Here are some options for those who want to explore their musical talents and passions at McGill.

A CAPELLA AT MCGILL

There are quite a few a cappella groups at McGill. Auditions run during the fall semester, so keep an eye on their social media pages if you're interested!

CHROMATONES A CAPELLA |

[FB @ChromatonesACappella](#)

EFFUSION A CAPELLA |

[FB @effusionacappella](#)

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

SOULSTICE A CAPPELLA |

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

GROUP INSTRUMENT PERFORMANCE

LES MUSES CHORALE |

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

MCGILL CHORAL SOCIETY |

[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 of 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 connecting with other artists and creating together, check out these clubs.

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 bit.ly/3Mgjdco | [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 bit.ly/3NcoyC2 | [FB @fridgeoordogallery](https://www.facebook.com/fridgeoordogallery)

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



Campus Media

PRINT AND ONLINE

LE DÉLIT delitfrancais.com |

[FB @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](#)

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](#)

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

THE MCGILL TRIBUNE mcgilltribune.com |

[FB @mcgilltribune](#)

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

VEG MAGAZINE | [FB @thevegmagazine](#)

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](#)

CRG is an online publication that publishes articles on the topic 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](#)

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

FLUX fluxirr.mcgill.ca | [FB @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](#)

The MJPS aims to publish high quality undergraduate research papers, offering unique perspectives on current topics 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](#)

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](#)

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

VIDEO

TVM: STUDENT TELEVISION AT MCGILL tvmtelevision.com | [FB @TVMTelevision](#)

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

There are a number of clubs on campus for supporters of Quebec, Canadian, and international political parties and groups.

CONSERVATIVE ASSOCIATION |

[FB @cpcmcgill](#)

DEMOCRATS ABROAD | E

[B @demsabroadmcgill](#)

LIBERAL MCGILL | [FB @LiberalMcGill](#)

NEW DEMOCRATIC PARTY (NDP) |

[FB @NDPMcGill](#)

SOCIALIST FIGHT BACK | [FB @FightbackCM](#)

GENERAL POLITICAL GROUPS

These organizations focus on a number of political issues and topics.

CINEMA POLITICA |

[fb.me/CinemaPoliticaMcGill/](#)

CKUT 90.3 FM

Check out their Facebook page here ([@RadioCKUT](#))

THE QUEBEC PUBLIC INTEREST RESEARCH GROUP MCGILL (QPIRG) ([qiprgmcgill.org](#))

Check out their Facebook page here ([@QPIRG.GRIP.McGill](#))

MCGILL MODEL PARLIAMENT | [fb.me/mcgillmodelparliament/](#)

MCGILL STUDENT SUSTAINABILITY NETWORK | [FB @RSNMcGill](#)

POLITICAL ACTIVISM

For those passionate about specific political issues

DIVEST MCGILL [divestmcgill.com](#) | [FB @DivestMcGill](#)

MCGILL STUDENT CLUB FOR ANIMAL LIBERATION AND ETHICS [herbivores.ssmu.ca](#) | [fb.me/McGillSCALE](#)

INDIGENOUS STUDENT ALLIANCE (ISA)

[indigsa-mcgill.weebly.com](#) | [FB @Indigenous.Student.Alliance](#)

MCGILL AGAINST BILL 21 | [FB @McGillAgainstBill21](#)

MCGILL COLLECTIVE FOR GENDER EQUALITY | [fb.me/GenderEqualityMcGill](#)

MCGILL STUDENTS CHAPTER OF JOURNALISTS FOR HUMAN RIGHTS (JHR) [jhrmcgill.ssmu.ca](#) | [FB @JHRmcgill](#)

MCGILL STUDENTS CHAPTER OF WAR CHILD [warchild.ca](#) | [FB @mcgillstudentschapterofwarchild](#)

MCGILL STUDENTS FOR A FREE TIBET [studentsforafreetibet.org](#) | [FB @sftmcgill](#)

MCGILL STUDENTS FOR FIMRC [www.fimrc.org](#) | [FB @McGill.FIMRC](#)

MCGILL STUDENTS FOR GREENPEACE [greenpeacemcgill1.wixsite.com/msfgreenpeace](#) | [FB FB @GreenpeaceMcGill](#)

MCGILL STUDENTS FOR HANVOICE [mcgillhanvoice.weebly.com](#) | [FB @McGillHanvoice](#)

MCGILL STUDENTS IN SOLIDARITY FOR PALESTINIAN HUMAN RIGHTS (SPHR) [linktr.ee/mcgillsphr](#) | [FB @sphrmcgill](#)

OPENMEDIA MCGILL [openmedia.org](#) | [FB @openmediaorg](#)

STUDENTS FOR PEACE AND DISARMAMENT - PEACE CLUB | [FB @mcgillpeaceclub](#)

International Students

McGILL IS HOME TO MORE THAN 10,000 INTERNATIONAL STUDENTS, WHO MAKE UP 30 PERCENT OF THE CAMPUS POPULATION. IT IS NOT EASY TO MOVE FROM A NEW COUNTRY. FORTUNATELY, THERE ARE MANY ON AND OFF CAMPUS RESOURCES THAT CAN HELP INTERNATIONAL STUDENTS TRANSITION INTO LIFE IN MONTREAL.



RESOURCES ON CAMPUS

INTERNATIONAL STUDENT SERVICES | mcgill.ca/internationalstudents

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

International Student Services (ISS) is the first resource you should turn to for any questions you have as an international student. If you need help with your immigration documents and other administrative tasks related to moving, the ISS 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 | bit.ly/3lafXUm

Interested in the Buddy Program?

Sign up here (bit.ly/3suCIXd)

The Buddy Program pairs up new international students with current students to provide a friendly face and point of contact upon moving to 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)

bit.ly/3Mh2YMt | [@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 also offers around 10 language classes per semester and a multitude of intramural sports.

SSMU ORGANIZATIONS

bit.ly/3I70vZh

If you are interested in being updated on club events, follow the SSMU Clubs and Services page here (fb.me/SSMUCS) and the SSMU here (fb.me/SSMUAEUM)!

SSMU offers many cultural, athletic, religious, and linguistic clubs at McGill. Through these clubs, you can meet people from your home country and people who have shared interests with you, which can help you feel like you have a "family" at McGill. If you do not see a club that interests you, start your own club! Click the "How to Start a Club" (bit.ly/3weEvSB) SSMU webpage to get more information on how to start a club.

CEEC MAP-REAL bit.ly/3suCWxx

The Community Engagement and Equity Committee (CEEC), a part of McGill Residence Life, has created an extensive map to help students find familiar places in Montreal. Entries on the map include cultural and community centres, places of worship, and grocery stores that carry international products.

RESOURCES OFF CAMPUS

AGENCE OMETZ | ometz.ca

5151 Chemin de la Côte-Sainte-Catherine Road | (514) 342-0000

ometz.ca/contact+us

Agence Ometz is a charitable organization that offers services related to employment, immigration, and school to help people find their potential and to promote a prosperous and growing Montreal community. The Ometz Immigration Services helps newcomers 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

12049 Laurentian Boulevard, H4K 1M8 | (514) 856 - 3511

caci-bc.org/contact

CACI helps those who have recently arrived in Canada settle into their communities through language courses, employment assistance, caregiver support, and more. They also host a series of community events to bring newcomers together.

** Information for international students is also available on the websites of the Government of Quebec (bit.ly/3FM9jwR) and the Government of Canada (bit.ly/3McFdoM).

Transfer Students & First-Gen 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.

INFO SESSION FOR UNDERGRADUATE TRANSFER STUDENTS | bit.ly/3wbyrKk AUGUST 25, 2022

As a transfer student, this info session 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.

TRANSFER STUDENTS AND CREDITS | bit.ly/3L71C5C

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 (bit.ly/3Lc9VNI) 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 McGill credits and/or an exemption.

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 (bit.ly/3woh5Jm). If you have any general transfer credit questions as a new McGillian, go to Service Point (bit.ly/3vD29YA).

Tip: If you want to learn more about McGill Orientation in the fall, go to page 10.

FIRST-GEN STUDENTS

McGill's First Generation Student Support program offers orientation events to first-generation students. For more information, visit bit.ly/3yBDEgk.

1ST UP PEER SUPPORT GROUP | fb.me/groups/410525029814520/

1st Up is a Facebook support group for first-generation students to receive emotional and academic support in an informal, peer-to-peer structure. The group is facilitated by other first-generation students and is a project of McGill's Office for Campus Life & Engagement.

YOU BELONG HERE: A GUIDE FOR FIRST- GENERATION STUDENTS AT MCGILL | bit.ly/37M1jj8

This guide provides information, advice, and comforting words to first-generation students.

Religion and Spirituality



MCGILL IS HOME TO MORE THAN 10,000 INTERNATIONAL STUDENTS, WHO MAKE UP 30 PERCENT OF THE CAMPUS POPULATION. IT IS NOT EASY TO MOVE FROM A NEW COUNTRY. FORTUNATELY, THERE ARE MANY ON AND OFF CAMPUS RESOURCES THAT CAN HELP INTERNATIONAL STUDENTS TRANSITION INTO LIFE IN MONTREAL.



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, including 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.

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 THAQALAYN MUSLIM STUDENTS' ASSOCIATION | [FB @McGillTMA](#)

The McGill Thaqalayn Muslim Students' Association (TMA) grew out of a desire to provide a space for Muslim students, especially those who identify as Shi'i, to practice their faith and rediscover their values. They hold 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 bit.ly/3Mgahnw | [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) www.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.

THERE ARE MANY ON- AND OFF- CAMPUS NETWORKS AND STRUCTURES COMMITTED TO HELPING STUDENTS WHO BALANCE FAMILY LIFE WITH GOING TO SCHOOL.

ON CAMPUS RESOURCES

MCGILL FAMILY CARE | mcgill.ca/familycare | family.coordinator@mcgill.ca

3610 McTavish, room 11-3
514-398-5645

The McGill Family Care website provides student caregivers – including student parents and students caring for other family members – 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 children, including 8 infants less than 18 months in age and 32 children up to five years of age. The educators are dedicated to providing children with a safe and emotionally-secure environment during their formative years. Care is 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 | gehc.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 spontaneously 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 (www.rvsq.gouv.qc.ca/fr/accueil)

QUEBEC DAYCARE SUBSIDIES | bit.ly/37HUzCK

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 | bit.ly/3MqHdd2

Unfortunately, McGill does not offer any family-style housing on-campus. However, you can get information at the above link for help with finding housing off-campus. Check out page 90 to find out more info about your options. Moreover, as part of the Affordable Housing Plan (see page ___ 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.

BIPOC Community

(BLACK INDIGENOUS PEOPLE OF COLOUR)

ON CAMPUS

SSMU offers many clubs and services for the BIPOC community at McGill.

BLACK STUDENTS NETWORK bsnmcgill.com | [FB @BlackStudentsNetworkOfMcGill](https://fb.com/BlackStudentsNetworkOfMcGill)

University Centre (3480 McTavish), room 415
The Black Students' Network is a SSMU service that advocates for the needs and interests of Black students at McGill. It offers social and political events, a safer space for Black students, 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 People's House aims to provide a sense of community and belonging to Indigenous students at McGill. They provide support to Indigenous students through in-house tutoring support, weekly soup and bannock lunches, a drum circle, the ability to meet with an elder in residence, and a community gathering space.

INDIGENOUS STUDENTS ALLIANCE | [FB @Indigenous.Student.Alliance](https://fb.com/Indigenous.Student.Alliance)

The Indigenous Student's Alliance provides support for Indigenous students at McGill and aims 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) bit.ly/3weFceF | [FB @SLASA.Mcgill](https://fb.com/SLASA.Mcgill)

SLASA 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.

THE BLACK AFFAIRS COMMITTEE

The Black Affairs Committee is chaired by the Black Affairs Commissioner, and is a forum to unite and coordinate the efforts of Black student

groups on campus. The committee meets bi-weekly, and serves to bolster institutional capacity, advocacy efforts, and community among Black student groups and Black students on campus. If you are interested in serving on the committee, or would like more information, please contact blackaffairs@ssmu.ca.

OFF CAMPUS

NATIVE FRIENDSHIP CENTRE OF MONTREAL (NFCM) | [FB @nfcmcaam](https://fb.com/nfcmcaam)

2001 Boulevard St. Laurent
(514) 499-1854

The NFCM is a non-profit organization that provides health and social services to the 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.

THE SOUTH ASIAN WOMEN'S COMMUNITY CENTRE (SAWCC) sawcc-ccfsa.ca | [FB @sawcccfssa](https://fb.com/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 and hosts events like community gatherings, festivals, and film nights. They are also heavily involved in community activism.

THE BLACK COMMUNITY RESOURCE CENTRE (BCRC) bcrcmontreal.com | [FB @BCRCMTL](https://fb.com/BCRCMTL)

6767 Côte-des-Neiges, Suite 497
(514) 342-2247

The BCRC is a community organization that provides holistic support to English-speaking Black youth in Montreal. Initiatives of the organization include running the Black Community Forum, offering community events and workshops, and connecting Black youth with employment resources.

DESTA: BLACK YOUTH NETWORK destabyn.org | [FB @destabyn](https://fb.com/destabyn)

1950 Rue St-Antoine Ouest
(514) 664-5042

DESTA pushes Black youth between the ages of 18 to 35 to reach their educational, employability, and entrepreneurial goals through a holistic and individualized approach. The organization also offers ongoing re-entry support services to those exiting the carceral systems that include assistance in accessing employment, government identification cards, and medical services.

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2SLGBTQIA+ Community



MONTREAL HAS A LONG AND PROUD HISTORY OF 2SLGBTQIA+ ACTIVISM AND COMMUNITY. THERE ARE MANY EVENTS IN THE CITY, AS WELL AS COMMUNITY AND HEALTH RESOURCES, FOR QUEER PEOPLE WHO WISH TO CELEBRATE THEIR IDENTITY OR FIND A COMMUNITY IN MONTREAL.

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 the Asian community in Montreal and build a network of support and friendship.

BLACK HEALING FUND [blackhealingfund.com/](#) | [fb.me/BlackHealingFund/](#)

Black Healing Fund is a volunteer-run initiative which works to provide low-income Black folks in the Montreal area with funding and resources that contribute to mental health and wellness.

RESOURCES ON CAMPUS

QUEER MCGILL [queermcgill.org](#) | [FB @QueerMcGill](#)

3480 McTavish, Room 432
Queer McGill is a student-run service by and for queer students. They offer safer-sex supplies and organize community-building events like weekly board game nights, workshops, and performances. You can also participate in the Trans Working Group ([bit.ly/3l7q9ga](#)), QTBIPOC Working Group ([bit.ly/3wolq6B](#)), and Bi Working Group ([bit.ly/3a1ankT](#)).

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 run events for students, hosts a safer space, runs an alternative library, and offers gender affirming supplies through their Pay What You Can co-op.

THE GENDER AND SEXUALITY ADVOCACY COMMITTEE

The Gender and Sexuality Advocacy Committee, 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 you are interested in filling a community member role, contact [gsc@ssmu.ca](#).

QUIPS

QUIPS (or QQueer Improvement and Partnership Solidarity) is a new fund for queer students that first went live in 2022, and is run by the Gender and Sexuality Commissioner (GSC). It funds queer grad and undergraduate students in urgent need, and queer community projects that would benefit the community as a whole. You can contact the GSC ([gsc@ssmu.ca](#)) for any questions.

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 for Gender Advocacy 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 include peer support and advocacy, gender empowerment resources, and support for trans or questioning individuals. The programming includes the campaign 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 provides 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 Atatenk Street
(514) 989-4585
P10 is a service for youth ages 14-25 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

Students with Disabilities



CONNECTIONS AND ADVOCACY



While all individuals have a differing experiences and needs regarding their disability status, here are a few resources that can be utilized across Montreal for individuals seeking support:

MONTREAL CENTRE FOR LEARNING DISABILITIES | ldmontreal.ca/

The MCLD offers Life Skills Support Seminars, support groups and ambassador programs to aide those with learning disabilities in their day-to-day life.

ACTION DES FEMMES HANDICAPÉES | afhm.org/

AFHM is a membership space for women with disabilities that provides promotion and defense of rights and interests, discussion forums, support and mutual aid groups and educational workshops.

L'ÉTAPE | letape.org/en/

L'ÉTAPE is a non-profit organization located in Montreal and Laval that offers free employability support services for people with disabilities.

DISABLED WOMEN'S NETWORK CANADA (DAWN) | dawncanada.net/

DAWN Canada's mission is to end the poverty, isolation, discrimination and violence experienced by women with disabilities and Deaf women

MONTREAL QUEER SPOON SHARE | bit.ly/3LIQ2Uv

Montreal Queer Spoon Share is a Facebook group that helps people who are chronically ill or disabled through mutual aid and support.

Hello! My name is Sal Cuthbertson (they/ them) I am the 2022 - 2023 Accessibility Commissioner. I am a recent graduate from McGill and had the Accessibility Commissioner position in the 2021 - 2022 year along with acting as the Chair of the Peer Support Centre and working in research on interpersonal relationships. I am passionate about advocating for students with disabilities, hosting inclusive and accessible events, maintaining accessibility standards of practise for SSMU across governance procedures and acting as a resource for clubs and services regarding accessibility concerns.

ON CAMPUS COMMITTEES



On campus committees that advocate for students with disabilities include:

EQUITY COMMITTEES

Many of the major faculties on campus have Equity Commissioners who work to improve the accessibility and inclusivity of their respective faculty's events, governance procedures, trainings, etc. These Equity Commissioners run equity committees that aid them with their work and are open to student applicants. Faculties/ departments with Equity Committees include; Macdonald Campus, Arts, Biology, Chemical Engineering, Computer Science, Engineering, Law, Physics, Mechanical Engineering, Medicine, Material Engineering, Science, Social Work and Politics. More information can be found on each organization's website.

SSMU ACCESSIBILITY COMMITTEE

The Accessibility Commissioner at the SSMU also runs their own committee which aims to make the SSMU a more accessible organization. The Accessibility Committee also does open hiring for committee members and takes projects and input from members to guide its vision and project schedule each year. You can check the SSMU job board found online for information regarding hiring.

THE NEURODIVERGENT ADVOCACY COMMITTEE

Founded by Arts Senator Yara Coussa in 2021, the Neurodivergent Advocacy Committee is a new initiative within the Arts Undergraduate Society (AUS) that aims to strive forward with the representation and advocacy work done by the AUS for Neurodivergent students. Some of this year's initiatives included setting up a neurodivergent inclusive space within the University Centre and opening up channels of discussion with the Office of the Dean of Students to assure that neurodivergent students get the support they need from McGill administration.

CLUBS/SERVICES/ISGS

If you are interested in getting involved in a volunteer position working either in an advocacy, fundraising capacity or directly with those with disabilities here are some additional opportunities:

BEYOND ME | montrealbeyondme.ca/
Beyond Me is a student-run non-profit

organization from McGill University with a mandate to provide a fun and flexible one-on-one mentoring program for children and teenagers with special needs.

MCGILL UNDERGRADUATES FOR COMMUNICATION DISORDERS AWARENESS |

<fb.me/mcgill.ucda/>

McGill Undergraduates for Communication Disorders Awareness (MUCDA) is an on-campus organization made up of undergraduate students from across disciplines, dedicated to raising awareness for individuals with communication disorders.

MCGILL STUDENTS CHAPTER OF HEART 4 HEART |

<fb.me/heart4heartmcgill/>

Heart4Heart is a non-profit organization that raises money to fund surgeries for children born with congenital heart disease (CHD) in developing countries.

COMPLAINT PROCESSES

There are multiple different ways to make complaints regarding accessibility depending on the context of the complaint:

SSMU ACCESSIBILITY COMPLAINT


This is an avenue to make a complaint within the SSMU context, meaning that the accessibility concern came about, for example, within a club or service, within a SSMU meeting, from a SSMU staff member or in a SSMU space. These complaints are handled by the SSMU Accessibility Commissioner.

MCGILL OFFICE FOR MEDIATING AND REPORTING (OMR)

<bit.ly/3aHhMGx>

The McGill OMR handles complaints in the realm of equity, inclusion and accessibility in the McGill context, meaning that complaints can be handled regarding McGill staff and McGill contexts (such as the classroom). The Accessors at the OMR are legal professionals and can provide formal investigation services or conduct formal mediation so that a chance is given to both parties to communicate their concerns and come to conclusions together. Disciplinary action can be taken by this office

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. 

THE CAREER PLANNING SERVICE mcgill.ca/caps

Bown Building (3600 Rue McTavish), suite 2200
Macdonald Campus (Centennial Centre, 2111
Rue Lakeshore, Ste-Anne-de-Bellevue)
(514) 398 - 3304

The McGill Career Planning Service (CaPS) helps students in 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, login to your MyFuture account here (caps.myfuture.mcgill.ca).

WORK STUDY

WHAT:

A need-based system for part-time work on campus. These jobs usually occur over the fall and winter semesters, but some summer positions are also available.

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 on Minerva. However, students can submit their application throughout the year and receive responses on a rolling basis. If you want more options, make sure to apply before September. If you are accepted into the program, you can find and apply to work study jobs on MyFuture.

FACULTY ASSOCIATIONS

(bit.ly/3wb4Xw5)

WHAT:

Faculty associations hire students throughout the school year and in the summer.

BUT:

Because these associations have limited budgets, some positions are volunteer-based.

HOW:

Click on the link above and visit the different faculty websites for more details.

SSMU

bit.ly/39C5gHv

WHAT:

SSMU hires many students throughout the school year and in the summer for a wide array of part-time and contract-based jobs.

WHO:

Any qualified student can apply. SSMU offers jobs related to political activism, event management, human resources, communications, and much more.

HOW:

Job Postings for the next academic year are released in March and April and applications for summer positions open in January and February. For external job postings, visit the SSMU Marketplace webpage here (bit.ly/3N0tb5t).

STUDENT HOUSING

bit.ly/39QvmHo

WHAT:

McGill hires Floor Fellows and Residence Life Facilitators every year. Floor Fellows live in residence and support first-year students, while Residence Life Facilitators organize events for residences throughout the school year.

HOW:

Applications for Floor Fellows open in late December and for Residence Life Facilitators in early spring.

RESEARCH POSITIONS

bit.ly/3Ph4dNE

WHAT:

If you are interested in doing research in a particular field, speak to professors in that field who you have an established relationship with about whether they are looking for a research assistant. Professors sometimes also reach out to current and former students for these roles via MyCourses and email. There are also independent research funding opportunities 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 member. The Science faculty also offers research awards which you can view here (bit.ly/3aEGRBN). QPIRG also offers research stipends for projects on social justice, which do not have to be associated with a faculty member (bit.ly/3xbK1FS).

ATHLETICS

bit.ly/3Mlr6Oq

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.

LE JAMES MCGILL BOOKSTORE

WHAT:

LE JAMES hires students to work on both levels at 680 Sherbrooke and at Mac Campus.

HOW:

LE JAMES hires during peak periods, but you can always send us your information. All job applications should be submitted to jobs. jobs.bookstore@mcgill.ca.

Please make sure to include the following:

• CV

• COVER LETTER

• ADDITIONAL DETAILS SUCH AS YOUR AVAILABILITY (TENTATIVE OR OTHERWISE), THE EARLIEST POSSIBLE DATE YOU COULD START WORKING, AND MAXIMUM HOURS OF WORK PER WEEK.

Off-Campus Jobs



Looking for an off-campus job? While this will certainly be easier if you are bilingual, there are still options for English speakers. Check out these resources for a few leads.

NOTE: The passing of Bill 96 (bit.ly/3Ore0zU) may significantly limit opportunities for anglophone individuals looking for work off-campus. This situation is developing rapidly and the SSMU is currently unable to know that the exact impacts will be on McGill's student community. Keep an eye out on the SSMU External Affairs Facebook page (fb.me/ssmuea/) for SSMU's efforts to address this situation.

CAPS: MYFUTURE

Caps.myfuture.mcgill.ca

MyFuture is a one-stop-shop for career-related events and job postings for McGill students. You can sign up for events like panels and workshops on myFuture.Jobs, internships, and volunteer opportunities are also listed here.

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 exciting 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 & Internships (bit.ly/3GPR0Yn), 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 for you.

WEBSITES

These websites are great places to keep track of job availability in Montreal and find jobs specific to your field or skill set!

ca.indeed.com/

jobbank.gc.ca/home

young-canada-works.canada.ca

Volunteering & Mentoring



MONTREAL HAS A LONG AND PROUD HISTORY OF 2SLGBTQIA+ ACTIVISM AND COMMUNITY. THERE ARE MANY EVENTS IN THE CITY, AS WELL AS COMMUNITY AND HEALTH RESOURCES, FOR QUEER PEOPLE WHO WISH TO CELEBRATE THEIR IDENTITY OR FIND A COMMUNITY IN MONTREAL.

ENGAGE MCGILL mcgill.ca/engage/

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

MYINVOLVEMENT bit.ly/3yIU6v0

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 can also find out more about events, workshops, and volunteer opportunities. MyInvolvement also tracks and records your participation for your co-curricular record.

MCGILL CAREER PLANNING SERVICES bit.ly/3sBP7Zw

Go to page __ 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 recruiting 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.

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 – contact them at fph.mentorship@mcgill.ca

OFFICE FOR STUDENTS WITH DISABILITIES MENTOR PROGRAM

Peer-to-peer support for students with disabilities.

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?

OFFICE FOR STUDENTS WITH DISABILITIES

bit.ly/3Nx1m4

MCGILL MENTOR PROGRAM



Provides career guidance to any McGill undergraduate.

WHO?

Mentoring by McGill alumni in your field of interest.

WHAT?

Two-month mentorship for students, including helpful career path advice from successful alumni. Be aware that this is not meant as a job placement.

WHERE?

Career Planning Services (CaPS) – contact them at mentor.caps@mcgill.ca or find more information at bit.ly/38bWnnL

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) – find information at mcgillbuddyprogram.com/.organization from McGill University with a mandate to provide a fun and flexible one-on-one mentoring program for children and teenagers with special needs.



LIFE IN MONTREAL

82



Willa Holt ✓ @BA '22

I love being in a city with such a large and visible LGBTQ+ community! It really makes me feel welcome in Montreal.





83

Many McGill students move to Montreal for the first time to attend university. If you are one of them, or you just want to learn something new about the city you already live in, check out this section for a brief guide to life in Montreal!

Neighbourhood Guide

HAVE YOU STAYED WITHIN THE MCGILL BUBBLE? YOU DON'T NEED TO! 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-VIAEUR 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. HERE IS A SHORT GUIDE OF WHAT NEIGHBORHOODS TO VISIT DURING YOUR TIME IN MONTREAL.

MILTON-PARC

miltonpark.org

Area: Rue University to St. Laurence, 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) or volunteering in the neighborhood! Most McGillians will stay in Montreal for their undergraduate degree, so think about giving back to the area while you are here. For more information on Milton-Parc and the history of the neighbourhood, check out page 86.

PLATEAU MONT-ROYAL

bit.ly/3GQ9JU4

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

This 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 between 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, theatres, and parks nearby.

NOTRE-DAME-DE-GRÂCE (NDG)

bit.ly/3x3QTEc

Area: West of Campus

Notre-Dame-de-Grace is just west of campus and offers a direct commute via 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, 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

bit.ly/3mgia0U

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, as well as being the centre 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 in the area, such as St. Viaeur and Fairmount for old-school bagels, Cafe 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 home life. 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, check out the Bibliothèque et Archives nationales du Québec, a great library location if you want to study outside of McGill's libraries.

PARC EX

bit.ly/3xja7H7

Boundaries: Between the Outremont railway and Highway 40

L'Université de Montreal recently built a new campus in the southern borders of this neighbourhood, which has brought an increased amount of students into this historically working class and immigrant community. This means

that working class and migrant families are being pushed out of Parc-Ex, which for many decades has offered affordable rent prices. Parc-Ex is home to the Jean-Talon market which is open year-round and a great location to support local businesses!

OTHER NEIGHBORHOODS

bit.ly/3mf1R4B

Montreal has a total of 19 boroughs and each has their own particular character. You can find a neighborhood that fits your own lifestyle, budget, and preferences. Other areas that are worth visiting that were not mentioned above are The Village, Villeray, Cote-des-Neiges, Rosemont, Verdun, and Hochelaga-Maison. A good rule of thumb to remember is that 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 pushed out of their neighborhoods as they are priced out of the area. Gentrification leads to greater class divisions in society, as well as housing insecurity. For further information on gentrification, specifically in the context of the Parc Ex neighbourhood, visit antievictionmontreal.org/en/.

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 are also the closest to campus. Each metro station will have machines where you can use cash or card to buy tickets.

FARES:

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

\$5.75: A night pass with unlimited use from 6:00pm to 5:00 a.m. (first use must be before midnight).

\$56.50: Cost of a monthly full-time student pass for those of all age groups. You can buy this pass through Minerva. More information is available at bit.ly/3ayVNBq.

* To get to Montreal from the yellow line, you need to buy a specific ticket. More information can be found at bit.ly/3tvUp9q.

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 (bit.ly/3wWfB9u). Most buses run 24/7. However, some bus numbers change after 1:00 am, as night routes differ.

We encourage you to check the STM website for the metro and bus schedules at stm.info/en. On the go, you can also use the Transit App (transitapp.com/).

SAFETY

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 your desired location as possible. The "Between Stops" services operates at the following times:
Starting at 7:30 pm from August 30 to April 30
Starting at 9:00 pm from May 1 to August 29

BIKING

bit.ly/3tgwSJl

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. You can learn more about winterizing your bike by reading this handout (bit.ly/3atTzDc) created by the Flat Bike Collective.

FIXING YOUR BIKE

fb.me/TheFlatBikeCollective

Don't know how to fix your bike? Reach out to the Flat Bike Collective! The Flat is free and open to everyone. Collective members will not fix your bike for you, but can teach you how to fix your bike, give you the parts that you will need, and answer questions about bike repair. If you want your bike fixed by a specialist, you can contact Bikurious on Ontario Street (bikuriousmontreal.com/).

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. Consider visiting a used bike shop like Recycliste (fb.me/recycliste), who can make you a custom bike from used parts. For those wanting new bikes, there are plenty of shops with a variety of price ranges. If you do choose to own a bike, make sure to invest in a good bike lock as Montreal is infamous for bike thieves.

RENTING A BIKE

bit.ly/3zb50do

McGill offers a 10% discount for an annual BIXI membership for students. Stations are conveniently located throughout the city, including close to campus. However, you can also rent based on time periods, including the month, day, or hour. Throughout the summer, they offer free rides the last Sunday of every month. You need a credit card to rent these cruising bikes. More info is available at bixi.com/en.

CARS

Driving in Montreal can be difficult but can be practical for some occasions like day trips, large shopping missions, or moving.

RENTING

bit.ly/38MeJMm

There are high premiums for drivers who are under the age of 25 when renting at traditional companies. Make sure to check the link above for legal information and advice for McGill students. You can also look at a car rental membership through Communauto (montreal.communauto.com/) for short distances like day trips or bulk shopping.

OWNING A BIKE

agencemobilite durable.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, which are infamous for construction, potholes, and icy winter conditions. Many neighbourhoods also require resident parking passes for street parking.

CAB

In the city, the base fee for taxis is around \$4.00 plus \$1.75 per kilometer. Uber is also available in Montreal but can be expensive depending on the day and time (surges occur frequently). SSMU's Drivesafe (drivesafe.ssmu.ca), which operates Thursday-Saturday evenings, can also 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 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, however, 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, as well as what SSMU is doing to maintain meaningful relationships with permanent residents of the neighbourhood.

HISTORY

In 2010, the McGill administration, the MPCC, and the SSMU created the C.A.R.E (Community Action and Relations Endeavour) agreement. The

- ★ Milton-Parc is one of the oldest neighborhoods in the city and is a landmark heritage site of Montreal. The first houses propped up 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 operated housing. This network consists of 616 apartments, 148 buildings (2 commercial and 146 residential), and houses people from over 50 countries. To learn more about the history of Milton-Parc, check out this article by the
- ★ Canadian Centre for Architecture (bit.ly/3md5jwL)

ACTIVISM AND ADVOCACY

- ★ In the 1960s and 1970s, the Milton-Parc Citizens' Committee fought against gentrification and over-development in the neighborhood. This led to the preservation of many of the buildings we still see today. This organization is still active and runs a number of campaigns to build social connections, fight gentrification, and keep the community safe and clean. Residents of Milton-Parc can learn how to become involved in this central part of their community by visiting their website at ccmp-mpcc.com.

★ 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 a chance to claim it before it can be listed on the open market.

★ The Yellow Door is an organization located in Milton-Parc that promotes social inclusion across age groups through a number of campaigns and programs. Students who are interested in combating social isolation, connecting with community members across generations, and being involved in meaningful social projects can apply to volunteer by visiting yellowdoor.org/get-involved.

MCGILL'S ROLE

★ Document outlines how we can be better neighbours as well as the expectations held by and for each stakeholder group (students, administration, and citizens). You can find more information on the C.A.R.E agreement here: bit.ly/3taasth

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.

movies for free through the McGill library.

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

FRENCH RADIO: If you want to learn what the Montreal accent is like, this is one of the best ways 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 (bit.ly/3NhmLMv). However, it is not offered every summer. Explore (englishfrench.ca/explore/) is also a summer immersion program taking place in Montreal, Quebec City, Trois-Rivieres, and many other locations across the province and Canada, but is only available to Canadian citizens and permanent residents.

TAKE A FRENCH CLASS: McGill classes are a great way to improve your grammar. If you are interested in taking a for-credit class on campus, check out the French Language Centre website (bit.ly/398qvB1) for information about taking your placement test and registering. SSMU often offers conversational French minicourses (see page 21) on evenings and weekends so you can practice your skills and also meet new people! Community centres in Montreal also offer classes (bit.ly/3MhKKJS).

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 contributors! Contact info is available on page 69.

FRANCOPHONE COMMUNITY EVENTS

If you are a francophone student, these events are a great way to find your community in Montreal. They are also a great opportunity for french learners to get some real-world practice while enjoying art and culture!

CHANSON FRANCOPHONE

2022-2023

bit.ly/3QGZo0W

A series of exciting francophone concerts and shows presented at the Place Des Arts.

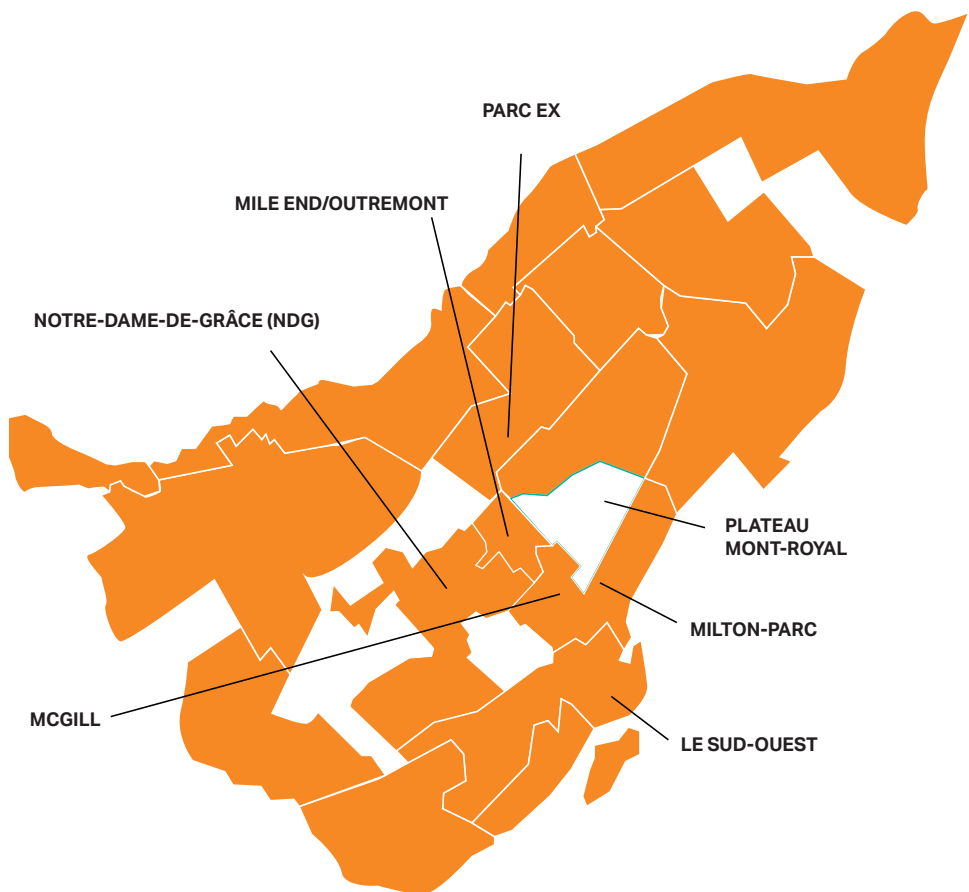
The French Language in Montreal



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. Check out page 39 for info on how to access shows and



Metro Map



SALON DU LIVRE DE MONTREAL

November 23-27, 2022

salondulivredeMontreal.com/

A book fair hosted annually at the Palais des congrès de Montréal.

FRANCOS DE MONTREAL

Annually in June

francosmontreal.com/

An annual francophone music festival.

FESTIVAL DE LA POESIE DE MONTREAL

Summer 2023

festivaldelapoesiedemontreal.com

An opportunity for Quebecois and Franco-Canadian poets and poetry fans to gather and share their love of poetry.

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, LIKE RENTING AND LIVING ON YOUR OWN FOR THE FIRST TIME. FOR ALL OF YOUR QUESTIONS, VISIT THE LIKEHOME WEBSITE (LIKE-HOME.INFO). IT IS A RESOURCE MANAGED BY TWO STUDENT HOUSING ORGANIZATIONS IN MONTREAL - UTILE AND HOJO.

UNDERSTANDING THE NUMBERS

bit.ly/3mjWu3X

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, kitchen, living room, and one washroom. Sometimes the second room in a 4 ½ is not a bedroom, but is rather an office or living room.

SUBLETTING

bit.ly/3MimGX0

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. Many leases have specific conditions for subletting, so you should also review this before taking on a subletter. Advertise in as many places as possible, with clear descriptions and photos. Many students advertise on Facebook Marketplace or within Facebook groups about housing.

WHERE TO LOOK

You can find apartments online by looking 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 (bit.ly/3zhE8IT) for LGBTQ+ renters and Chez IBPOC (bit.ly/3zbjKZQ) for renters who identify as Black, Indigenous, and/or people of colour. Keep an eye out for "à louer" signs and ask friends if they know of any places for rent.

TIPS FOR FINDING AN APARTMENT

- ★ **Live with roommates to cut costs!** Even if you are friends, make sure to have straight to the point conversations about what you need in your home to be happy, including noise levels, cleanliness, how you will address conflict, and how you will communicate desires to socialize or be left alone.
- ★ 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.
- ★ Montreal has some of the lowest rent of any major city in North America. **Anything above \$700 if you have roommates is considered pricey.**
- ★ **Think outside of the bubble of the Milton-Parc community!** There are plenty of lovely (and cheaper) neighborhoods to explore in Montreal. Check out page 84 for more information on what neighborhood you want to live in.
- ★ **Check the blacklist!** The Regie du logement, Quebec's rental board, also maintains a blacklist of landlords to prepare you for who to avoid! Find the list at rdl.gouv.qc.ca. It may also be worth it to talk to friends and family in the city about a landlord or property before signing a lease to see if it has a bad reputation.

Tenants' Rights

likehome.info/actions/

IT IS CRUCIAL TO BE FAMILIAR WITH THE LAW AND YOUR RIGHTS WHEN RENTING. MANY LANDLORDS GET AWAY WITH THINGS THAT ARE ILLEGAL BECAUSE STUDENTS DO NOT KNOW THEIR RIGHTS AS TENANTS

YOU ARE ENTITLED TO...

TRANSFER YOUR LEASE, meaning that 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 repairing any appliances that are included within your lease.

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. If you do not respond, this legally means that you have accepted the rent increase.

NEVER BE REQUIRED TO PAY A SECURITY DEPOSIT, LAST MONTH'S RENT, KEY DEPOSIT, FINDER'S FEE, OR ANY OTHER EXTRAS.

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

KEEP PERSONAL INFORMATION LIKE YOUR BANK ACCOUNT NUMBER OR SOCIAL INSURANCE NUMBER PRIVATE. However, a landlord can ask for a background check.

RESOURCES

If you are struggling to understand the process of renting, are having problems with a landlord, want to learn more about your rights, or just want to get involved in improving the housing conditions in Montreal, here are some resources.

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 if you need to file any complaints against a landlord.

MCGILL STUDENT HOUSING

bit.ly/3atVd7Q

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 |

fb.me/licm.cijm/

3480 McTavish, suites 108 & 107-A
(514) 398 - 6792

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

HOUSING AND JOB RESOURCE CENTRE

bit.ly/3tg3y5A

Despite being located on Concordia's campus, you do not have to be a Concordia student to visit HOJO. It is a great one-stop shop for all your housing related questions. They will provide you with legal advice and assistance with paperwork. Even if you are not having immediate issues with a landlord, it can be useful to get their advice before signing anything!

MONTREAL'S AUTONOMOUS TENANTS' UNION

linktr.ee/slam.matu | [instagram.com/slam.matu/](https://www.instagram.com/slam.matu/)

Montreal's Autonomous Tenants' Union is a direct-democracy of tenants. We meet every two weeks to discuss issues in our buildings, and to coordinate actions against our landlords to resolve these issues. We encourage and help tenants to establish their own union branches in their buildings to form relationships with their neighbours and to discuss solutions to common issues.

Students facing issues with their landlords or looking to join the union can contact us through slam.matu@protonmail.com; or visit the 3516 Parc community building Tuesday - Thursday 3pm-7pm.

REGISTRE DES LOYERS CITOYENS

monlover.quebec/

This is a French-language website where individuals can anonymously indicate what they currently pay in rent and see what others have paid in an effort to combat illegal rent increases in Quebec

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. Its 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 BANQUE SCOTIA MONTREAL

cinplx.co/3MkkRcz

This theatre, conveniently located downtown, shows most mainstream movies. Tickets can be pricey – if you're set on seeing a new blockbuster in the cinema, look for promotions on Cineplex's website (cinplx.co/3auehmn).

CINEMA DU PARC

cinemaduparc.com

This theatre, conveniently located in Milton-Parc, is perfect for indie flicks, cult classics, and more. Films are typically offered in English and/or French. Films in other languages typically have French subtitles.

CINEMA MODERNE

cinemamoderne.com/en/

Great for hard-to-find international films. Films are typically offered in English or with English subtitles.

MUSIC VENUES



MTELUS

mtelus.com/en

This venue, which is conveniently located downtown, often hosts big names in pop music. Shows this fall include Måneskin, Alan Walker, and Rainbow Kitten Surprise.

BAR LE RITZ PDB

fb.me/barleritzpdb

If you like indie music or nostalgic themed dance parties, Bar Le Ritz is the place to go!

THEATRE CORONA

theatrecorona.ca

A premier concert venue located in the Sud-Ouest. This fall, you can catch acts like Calum Scott, Gracie Abrams, and Clinton Kane at this venue.

MUSIC FESTIVALS



POP MONTREAL

popmontreal.com

Sept 28 - Oct 2, 2022

An annual festival featuring musical talent from around the world alongside symposium discussions, art exhibitions, film screenings, fashion shows, and fun parties.

IGLOOFEST

igloofest.ca

Jan 19 - Feb 11, 2023

A unique electronic music festival that takes place outside in the winter. Don't be surprised to see the crowd decked out in snow suits as what is called the "coldest musical festival in the world".

FRANCOS DE MONTREAL

francosmontreal.com/

June 2023 (exact dates tbd)

A festival that showcases the rich diversity of Francophone music, featuring a wide variety of talented francophone artists.

THEATRE



MAINLINE THEATRE

mainlinetheatre.ca/

The host of fun and exciting independent theatre productions.

INFINITHEATRE

infinitheatre.com/

This venue shows unique theatrical productions in English.

CENTAUR THEATRE

centaurtheatre.com/

This theatre features large-scale English language productions.

SEGAL CENTRE

segalcentre.org/

Considered the heart of English theatre in Montreal, this venue hosts exciting original and touring shows.

ART GALLERIES AND MUSEUMS



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. It works with young emerging artists by giving them a promising future by helping them in their career development. Head to the Old Port to visit!

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.

MUSÉE DES BEAUX-ARTS

mbam.qc.ca/en/

Here you will find Montreal's most extensive art collection. Visitors under 20 years old are free and visitors ages 21 to 30 get in for \$16. Annual memberships for individuals under 30 cost \$35, meaning that the card is paid off in 3 visits.

ARTICULE

articule.org/

An open-access artist-run centre. Visit to see contemporary art and exciting exhibitions.

LA GUILDE

laquilde.com

A gallery featuring Inuit art, First Nations art, and Fine Crafts, including permanent and rotating exhibits.

MCCORD MUSEUM

musee-mccord.qc.ca/

A museum that celebrates past and present life in Montreal through exhibitions that focus on history, people, and communities.

Looking for an off-campus job? While this will certainly be easier if you are bilingual, there are still options for English speakers. Check out these resources for a few leads.

NOTE: The passing of Bill 96 (bit.ly/3Ore0zU) may significantly limit opportunities for anglophone individuals looking for work off-campus. This situation is developing rapidly and the SSMU is currently unable to know that the exact impacts will be on McGill's student community. Keep an eye out on the SSMU External Affairs Facebook page (fb.me/ssmuea/) for SSMU's efforts to address this situation.

CAPS: MYFUTURE

Caps.myfuture.mcgill.ca

MyFuture is a one-stop-shop for career-related events and job postings for McGill students. You can sign up for events like panels and workshops on myFuture.Jobs, internships, and volunteer opportunities are also listed here.

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 exciting 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 & Internships (bit.ly/3GPR0Yn), 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 for you.

WEBSITES

These websites are great places to keep track of job availability in Montreal and find jobs specific to your field or skill set!

ca.indeed.com/

jobbank.gc.ca/home

young-canada-works.canada.ca



GLOSSARY



WELCOME

MINERVA (PG 9):

a web interface to McGill's central information system, which allows students to complete tasks like applying for financial aid, registering for classes, viewing your transcript, and paying your tuition e-bill.

CAQ (PG 9):

a Quebec Acceptance Certificate, which is a required document for international students studying at McGill.

IMMUNOCOMPROMISED (PG 13):

the CDC defines an immunocompromised person as someone who has a weakened immune system, which can be the result of a medical condition or certain medical treatments.

SSMU

CARNIVAL (PG 19):

a series of fun events run by the Management Undergraduate Society to raise money for the Canadian Cancer Society.

LISTSERV (PG 21):

an electronic mailing list.

UNIVERSITY

PLAGIARISM (PG 30):

McGill defines plagiarism as "the representation of another's work as one's own or assisting another in representing another's work, published or unpublished, as their own."

DISABILITY (PG 30):

the OSD considers a number of things to be disabilities, including mental health conditions, chronic health conditions, and other documented disabilities. These conditions can be temporary, permanent, or episodic. If you have a documented condition that causes barriers to your learning, you may be able to get accommodations through the OSD.

ACADEMICS

COURSE PACK (PG 37):

a collection of mandatory readings selected by a professor for a course and assembled into a book that can be purchased from specific bookstores or consulted at the library.

STUDENT HEALTH AND WELLNESS

TELEHEALTH (PG 47):

electronic resources (e.g. apps and websites) that allow individuals to access clinical services remotely.

LIFE ON CAMPUS

ONECARD (PG 65):

the money that is loaded onto your student ID card, which can be used for things like food, laundry, and items from certain campus vending machines.

TRANSFER STUDENT (PG 72):

those who have completed university studies at an institution other than McGill.

FIRST-GEN STUDENT (PG 72):

McGill allows students to self-identify as first-gen, but this category typically includes students whose parent(s) or caregiver(s) did not complete a four-year university degree. This can also include students whose parent(s) or caregiver(s) completed a degree outside of Canada or the United States and students who are/were youth in care.

STUDENT CAREGIVER (PG 74):

a student who provides regular care for another individual, such as a child, senior, or person with a disability.

LIFE IN MONTREAL

MCGILL BUBBLE (PG 84):

a colloquial name for the area directly around the university, which many students find they spend the majority of their time in during their studies.

METRO (PG 84):

the underground train (subway) system in Montreal.

SUBLETTING (PG 90):

according to likehome.info, subletting is "finding someone to live temporarily in your dwelling and pay the rent for the time that you are gone."

TENANT (PG 91):

a person who occupies rented property.



PERKS AND DEALS



DIVIDER 1

DIVIDER 2



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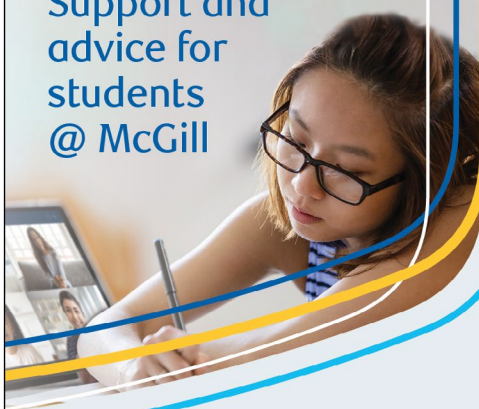


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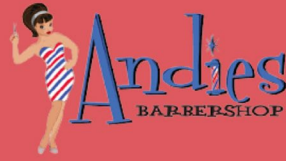
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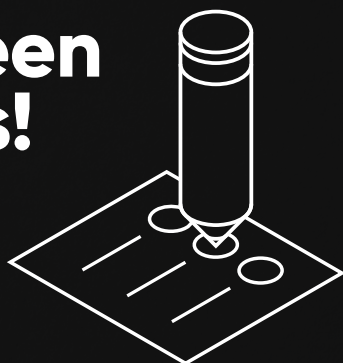
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AGENDA

2022-2023

119

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

● ACADEMIC DATES

The SSMU reserves the right to cancel or call a meeting or event without notice.
Please check our website/social media for such updates.

08

AUGUST

120

| Mon | Tue | Wed |
|-----------------------------|-----------------------------------|---|
| 1 | 2 | 3 |
| 8 | 9 | 10 |
| 15 | 16 | 17 |
| 22 | 23 | 24 |
| ORIENTATION MOVE-IN WEEK | | FIRST GENERATION WELCOME |
| OFF-CAMPUS CONNECTS | DISCOVER MCGILL/ ENGAGE MCGILL | RECEPTION AND ORIENTATION MATURE, RE-ENTRY & TRANSFER STUDENT ORIENTATION |
| 29 | 30 | 31 |
| ORIENTATION WEEK | WELCOME BACK TO CAMPUS EVENT | CLASSES BEGIN |
| | | DEADLINE TO CANCEL REGISTRATION |

| Thu | Fri | Sat | Sun |
|--|-------------------------------|-----|--|
| 4 | 5 | 6 | 7 |
| 11 | 12 | 13 | 14 |
| <div>BOD MEETING</div> | | | <div>ONE COURSE REGISTRATION DEADLINE</div> |
| 18 | 19 | 20 | 21 |
| | | | <div>ORIENTATION MOVE-IN WEEK</div> <div>121</div> |
| 25 | 26 | 27 | 28 |
| <div>ACADEMIC EXPECTATIONS DAY</div> | <div>END OF MOVE-IN</div> | | |
| <div>FROSH</div> | | | |
| 1 | 2 | 3 | 4 |
| <div> <div></div> NOTES </div> | | | |

09

SEPTEMBER

122

| Mon | Tue | Wed |
|-------------------------|--|-----|
| 29 | 30 | 31 |
| 5 <div>LABOUR DAY</div> | 6 | 7 |
| 12 | 13 <div>ADD/DROP DEAD- LINE</div> | 14 |
| 19 | 20 <div>COURSE/UNI WITHDRAWAL WITH REFUND DEADLINE</div> | 21 |
| 26 <div>GA</div> | 27 | 28 |

| Thu | Fri | Sat | Sun |
|--|-----|-----|------------------------------|
| <div>1</div> <div>QUEER ORIENTATION</div> | 2 | 3 | 4 |
| <div>8</div> <div>LC MEETING</div> | 9 | 10 | 11 |
| <div>15</div> <div>BOD MEETING</div> | 16 | 17 | <div>18</div> <div>123</div> |
| <div>22</div> <div>WELCOME RECEPTION FOR NEW INTERNATIONAL STUDENTS</div> <div>BOD MEETING</div> | 23 | 24 | 25 |
| 29 | 30 | 1 | 2 |
| <div> <div></div> <div>NOTES</div> </div> | | | |

29
Mon

30
Tue

124

31
Wed

CLASSES
BEGIN

DEADLINE TO
CANCEL
REGISTRATION

1
Thu

QUEER
ORIENTATION

2
Fri

SEPTEMBER

3
Sat

4
Sun


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5
Mon

LABOUR
DAY

6
Tue

126

7
Wed

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Thu

LC MEETING

9
Fri

SEPTEMBER

10
Sat

11
Sun

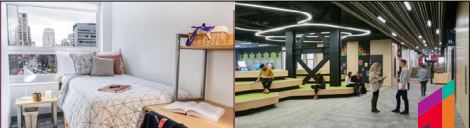

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12
Mon

13
Tue

ADD/DROP DEAD-
LINE

128

14
Wed

15
Thu

BOD MEETING

16
Fri

SEPTEMBER

17
Sat

18
Sun


NOTES

19
Mon

20
Tue

COURSE/UNI
WITHDRAWAL
WITH REFUND
DEADLINE

130

21
Wed

22
Thu

WELCOME RECEPTION FOR NEW
INTERNATIONAL
STUDENTS

BOD MEETING

23
Fri

SEPTEMBER

24
Sat

25
Sun


NOTES

26
Mon



27
Tue

132

28
Wed

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Fri

SEPTEMBER

1
Sat

2
Sun

133


NOTES



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10

OCTOBER

134

| Mon | Tue | Wed |
|--------------------|--|-----|
| 26 | 27 | 28 |
| 3 | 4 | 5 |
| 10 THANKSGIVING | 11 FALL READING BREAK | 12 |
| 17 | 18 | 19 |
| 24 31 | 25 COURSE/UNI WITHDRAWAL W/O REFUND DEADLINE | 26 |

| Thu | Fri | Sat | Sun |
|--|--|-----|-----|
| 29 | 30 | 1 | 2 |
| <div>6</div> <div>LC MEETING</div> | 7 | 8 | 9 |
| <div>13</div> <div>MAKEUP DAYS</div> | <div>14</div> <div>MAKE-UP LECTURE (MONDAY SCHEDULE)</div> | 15 | 16 |
| <div>20</div> <div>BEATTY LECTURE</div> <div>BOD MEETING</div> | 21 | 22 | 23 |
| 27 | <div>28</div> <div>MAKE-UP LECTURE (MONDAY SCHEDULE)</div> | 29 | 30 |
| <div>  NOTES </div> | | | |

3
Mon

4
Tue

136

5
Wed

6
Thu

LC MEETING

7
Fri

OCTOBER

8
Sat

9
Sun


NOTES

10
Mon

THANKSGIVING

11
Tue

FALL
READING
BREAK

138

12
Wed

13
Thu

MAKEUP
DAYS

14
Fri

MAKEUP
DAYS

OCTOBER

15
Sat

16
Sun


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17
Mon

18
Tue

140

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Wed

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BEATTY
LECTURE

BOD MEETING

21
Fri

OCTOBER

22
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NOTES

24
Mon

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Tue

COURSE/UNI
WITHDRAWAL
WO REFUND
DEADLINE

142

26
Wed

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Thu

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Fri

MAKE-UP
LECTURE
(MONDAY
SCHEDULE)

OCTOBER

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30
Sun


NOTES

26
Mon

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Tue

144

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OCTOBER

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NOTES

11

NOVEMBER

146

| Mon | Tue | Wed |
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| 14 | 15 | 16 |
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| 28 | 29 | 30 |

| Thu | Fri | Sat | Sun |
|------------------------------|-----|-----|----------------------|
| 3 <div>LC MEETING</div> | 4 | 5 | 6 |
| 10 <div>BOD MEETING</div> | 11 | 12 | 13 |
| 17 | 18 | 19 | 20 <div>147</div> |
| 24 | 25 | 26 | 27 |
| 1 | 2 | 3 | 4 |
| <div>NOTES</div> | | | |

31
Mon

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LCMEETING

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NOVEMBER

5
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NOTES

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BOD MEETING

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NOVEMBER

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NOTES

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NOVEMBER

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NOTES

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NOVEMBER

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NOTES

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Mon

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156

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1
Thu

LCMEETING

2
Fri

NOVEMBER

3
Sat

4
Sun



NOTES

12

DECEMBER

158

| Mon | Tue | Wed |
|------------------------------|----------------------------|------------------------------|
| 28 | 29 | 30 |
| 5 <div>CLASSES END</div> | 6 <div>STUDY DAY</div> | 7 <div>EXAMS BEGIN</div> |
| 12 | 13 | 14 |
| 19 | 20 | 21 <div>EXAMS END</div> |
| 26 <div>HOLIDAY BREAK</div> | 27 | 28 |
| | | |

| Thu | Fri | Sat | Sun |
|-------------------------------------|--|--|------------------------------|
| <div>1</div> <div>LC MEETING</div> | 2 | 3 | 4 |
| <div>8</div> <div>BOD MEETING</div> | 9 | <div>10</div> <div>BOD MEETING</div> | 11 |
| 15 | 16 | 17 | <div>18</div> <div>159</div> |
| 22 | <div>23</div> <div>HOLIDAY BREAK</div> | 24 | 25 |
| 29 | 30 | 31 | 1 |
| | | <div>DEADLINE TO CANCEL REGISTRATION</div> | |
| <div>NOTES</div> | | | |

5
Mon

CLASSES
END

6
Tue

STUDY
DAY

160

7
Wed

EXAMS
BEGIN

8
Thu

BOD MEETING

9
Fri

DECEMBER

10
Sat

11
Sun


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12
Mon

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162

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DECEMBER

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Sat

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Sun


NOTES

19
Mon

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Tue

164

21
Wed

EXAMS
END

22
Thu

23
Fri

HOLIDAY
BREAK

DECEMBER

24
Sat

25
Sun



NOTES

26
Mon

HOLIDAY
BREAK

27
Tue

166

28
Wed

29
Thu

30
Fri

HOLIDAY
BREAK

DECEMBER

31
Sat

1
Sun




NOTES

01

JANUARY

168

| Mon | Tue | Wed |
|------------------------------------|--|--|
| 2 <div>HOLIDAY BREAK END</div> | 3 | 4 <div>CLASSES BEGIN</div> <div>DEADLINE TO REGISTER W/O PENALTY</div> |
| 9 | 10 | 11 |
| 16 <div>GA</div> | 17 <div>ADD/DROP DEADLINE</div> | 18 |
| 23 | 24 <div>COURSE/UNI WITHDRAWAL WITH REFUND DEADLINE</div> | 25 |
| 30 | 31 | 1 |

| Thu | Fri | Sat | Sun |
|--|-----|-----|-------------------|
| 5 <div>BOD MEETING</div> | 6 | 7 | 8 |
| 12 <div>LC MEETING</div> | 13 | 14 | 15 |
| 19 <div>BOD MEETING</div> | 20 | 21 | 22 <div>169</div> |
| 26 | 27 | 28 | 29 |
| 2 | 3 | 4 | 5 |
| <div>  NOTES </div> | | | |

2
Mon

HOLIDAY
BREAK END

3
Tue

170

4
Wed

CLASSES
BEGIN

DEADLINE TO
REGISTER
W/O PENALTY

5
Thu

BOD MEETING

6
Fri

JANUARY

7
Sat

8
Sun

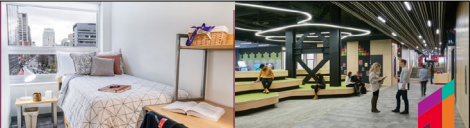

NOTES

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CAMPUS1 MTL
STUDENT LIVING
ACROSS THE STREET FROM MCGILL

9
Mon

10
Tue

172

11
Wed

12
Thu

LCMEETING

13
Fri

JANUARY

14
Sat

15
Sun


NOTES

16
Mon

GA

17
Tue

ADD/DROP
DEADLINE

174

18
Wed

19
Thu

BOD MEETING

20
Fri

JANUARY

21
Sat

22
Sun



NOTES

23
Mon

24
Tue

COURSE/UNI
WITHDRAWAL
WITH REFUND
DEADLINE

176

25
Wed

26
Thu

27
Fri

JANUARY

28
Sat

29
Sun


NOTES

30
Mon

31
Tue

178

1
Wed

2
Thu

BOD MEETING

3
Fri

JANUARY

4
Sat

5
Sun


NOTES

02

FEBRUARY

180

| Mon | Tue | Wed |
|------------------|-----|-----|
| 30 | 31 | 1 |
| 6 | 7 | 8 |
| 13 | 14 | 15 |
| 20 | 21 | 22 |
| 27 | 28 | 1 |
| READING BREAK | | |
| | | |

| Thu | Fri | Sat | Sun |
|---|-----|-----|------------------------------|
| <div>2</div> <div>BOD MEETING</div> | 3 | 4 | 5 |
| <div>9</div> <div>LC MEETING</div> | 10 | 11 | 12 |
| <div>16</div> <div>BOD MEETING</div> | 17 | 18 | <div>19</div> <div>181</div> |
| 23 | 24 | 25 | 26 |
| 2 | 3 | 4 | 5 |
| | | | |
| <div> <div></div> <div>NOTES</div> </div> | | | |

6
Mon

7
Tue

182

8
Wed

9
Thu

LCMEETING

10
Fri

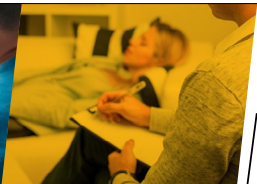
FEBRUARY

11
Sat

12
Sun


NOTES

**UN MONDE
QUI TE
RESSEMBLE**



*Centre intégré
de santé
et de services sociaux
des Laurentides*

Québec 

13
Mon

14
Tue

184

15
Wed

16
Thu

BOD MEETING

17
Fri

FEBRUARY

18
Sat

19
Sun


NOTES

20
Mon

21
Tue

186

22
Wed

23
Thu

24
Fri

FEBRUARY

25
Sat

26
Sun


NOTES

27
Mon

READING
BREAK

28
Tue

188

1
Wed

2
Thu

3
Fri

READING
BREAK

FEBRUARY

4
Sat

5
Sun



NOTES

03

MARCH

190

| Mon | Tue | Wed |
|-----|--|---------------------------|
| 27 | 28 | 1 |
| 6 | 7 <div>COURSE/UNI WITHDRAWAL W/O REFUND DEADLINE</div> | 8 |
| 13 | 14 | 15 |
| 20 | 21 | 22 |
| 27 | 28 | 29 <div>BOD MEETING</div> |

| Thu | Fri | Sat | Sun |
|---|-----|-----|-----|
| 2 | 3 | 4 | 5 |
| <div>9</div> <div>LC MEETING</div> | 10 | 11 | 12 |
| <div>16</div> <div>BOD MEETING</div> | 17 | 18 | 19 |
| 23 | 24 | 25 | 26 |
| 30 | 31 | 1 | 2 |
| <div> <div></div> <div>NOTES</div> </div> | | | |

6
Mon

7
Tue

COURSE/UNI
WITHDRAWAL
W/O REFUND
DEADLINE

192

8
Wed

9
Thu

LC MEETING

10
Fri

MARCH

11
Sat

12
Sun


NOTES

13
Mon

14
Tue

194

15
Wed

16
Thu

BOD MEETING

17
Fri

MARCH

18
Sat

19
Sun


NOTES

20
Mon

21
Tue

196

22
Wed

23
Thu

24
Fri

MARCH

25
Sat

26
Sun


NOTES

27
Mon

28
Tue

198

29
Wed

BOD MEETING

30
Thu

31
Fri

MARCH

1
Sat

2
Sun


NOTES

04

APRIL

Mon

Tue

Wed

27

28

29

3

4

5

10

EASTER
MONDAY

11

12

MAKEUP DAYS

17

18


19

24

25

26

200

| Thu | Fri | Sat | Sun |
|--|------------------------------|-----------------------------|----------------------------------|
| 30 | 31 | 1 | 2 |
| 6 <div>LC MEETING</div> | 7 <div>GOOD FRIDAY</div> | 8 | 9 |
| 13 <div>MAKEUP DAYS</div> <div>CLASSES END</div> <div>BOD MEETING</div> | 14 <div>EXAMS BEGIN</div> | 15 <div>STUDY DAYS</div> | 16 <div></div> 201 |
| 20 | 21 | 22 | 23 |
| 27 | 28 <div>EXAMS END</div> | 29 | 30 |
| <div>  NOTES </div> | | | |

3
Mon

4
Tue

202

5
Wed

6
Thu

LC MEETING

7
Fri

GOOD FRIDAY

APRIL

8
Sat

9
Sun

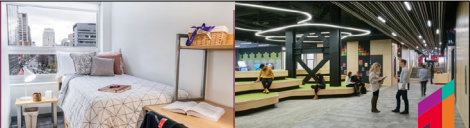

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ACROSS THE STREET FROM MCGILL



10
Mon

EASTER
MONDAY

11
Tue

204

12
Wed

MAKEUP DAYS

CLASSES END

BOD MEETING

13
Thu

14
Fri

EXAMS BEGIN

APRIL

15
Sat

STUDY
DAYS

16
Sun

STUDY
DAYS


NOTES

17
Mon

18
Tue

206

19
Wed

20
Thu

21
Fri

APRIL

22
Sat

23
Sun


NOTES

24
Mon

25
Tue

208

26
Wed

27
Thu

28
Fri

EXAMS
END

APRIL

29
Sat

30
Sun


NOTES



DAILY SPECIALS

FEATURING DAILY SPECIALS AND REGULAR EVENTS
INCLUDING MUSIC SHOWS, STANDUP COMEDY AND MORE.



Signature cocktails

MASON JAR
MONDAYS



Cans of beers

TALLBOY
TUESDAYS



Sangria pitchers

SANGRIA
WEDNES
DAYS



Jagerbomb &
Beer/Cider

TOKYO
THURSDAYS



Beer/Cider

T.G.I.F THANK
GERTS IT'S
FRIDAY

GERTS PROVIDES A SAFE AND ACCESSIBLE SPACE FOR
STUDENTS, STAFF AND FACULTY TO GATHER AND HOST
EVENTS, AND PROMOTE MCGILL ON-CAMPUS CULTURE