



# 2023 - 2024 SSMU AGENDA & HANDBOOK

Published by SSMU  
Students' Society of McGill University



Dre. Zeina   
Abou-Khalil  
**DENTAL SURGEON**  
**GENERALIST DENTIST**

514 608-7555

## TEETH WHITENING

Free\* deluxe kit teeth whitening  
to all new patients !

## INSURANCES

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

Dre Abou-Khalil is proud to partner with ASEQ

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

\*Some restrictions may apply

## SERVICES



Esthetics  
treatments



Root  
canal



Periodontics



Implants  
& protheses



Dental  
surgery



Preventive  
dentistry



Emergencies

## KEEP SMILING !

1440 Sainte-Catherine West  
Suite 215  
Montreal H3G 1R8

 Guy-Concordia

[www.drzeinaclinic.com](http://www.drzeinaclinic.com)

 @CliniqueDentaireDreZeinaAbouKhalil



# Land Acknowledgement

*Teionkwatonhontsó:ni a'iakwariwahní:rate tsi nón:we  
ratehiatónkwa ne SSMU Tsi ionterihwaienstákhkwa  
ohén:ton Rón:nete tis íáh nenwén:ton  
tehonnatenakahseratká:wen ne kanien'kehá:ka  
tánon ne Anishnabeg. SSMU ohén:ton Rón:nete  
tehonwanarénhsarons, ronwatiien'té:res tànon  
ronwatiwakwenniéhstha na Kanien'kehá:ka  
tánon tsi ronnón:ha rontehontsanóhnhha tánon  
ronteniataranóhnhha tsi nón:we ón:wa wenhniserá:te  
tetewatátkens tánon wahón:nise tsi náhe  
thia'tekanakerahserà:ke kén:ien nón:we tahontákenhskwe  
tánon tehontatá:wihskwe.*

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

## LETTER FROM THE EDITORS

*Hello, new McGillians! Welcome to the university, and to my fellow international students, welcome to Canada.*

*This agenda isn't just a convenient place to keep track of deadlines, scribble to-do lists, and doodle during class – it's also a resource for you to consult throughout your first year at McGill, brought to you by the Students' Society of McGill University. The SSMU has a number of resources to help you with everything from getting free food, to accessing mental health care, to acquiring funds for starting new clubs. I hope you take advantage of everything the Society has to offer you – that's why we pay SSMU fees, after all!*

*SSMU's abundance of resources, and the community it's built as a result, are the inspiration behind this year's handbook theme, "Sowing Seeds." University is often characterized as a time of personal growth, and while that's definitely true, it's also a unique opportunity to contribute to a broad community. In that way, it's like a garden: by cultivating yourself – through clubs, making friends, and studying – you're also adding to a diverse campus ecosystem. I encourage you to dive headfirst into university life by joining clubs, meeting new people, and advocating for whatever cause you're passionate about. Perhaps most importantly, don't be afraid to ask for help when you need it; that's what SSMU, plus faculty- and departmental-level student associations, are here for.*

*My first year at McGill was cut short by the pandemic, but I still managed to immerse myself in student journalism and political activism. Now that the university's back in full swing, I hope this handbook can introduce you to the various activities and support systems at your disposal.*

*Best of luck, and have a great school year!*

**Abigail Popple (she/her/elle)**  
Handbook Content Editor



*Let's turn a new leaf haha! ;")*

**Celine Tang (she/her/elle)**  
Handbook Layout Editor



## LETTER FROM THE PRESIDENT

*Fellow students,  
On behalf of the Students' Society of McGill University's executive team,  
welcome to the 2023-2024 school year!*

*My name is Alexandre Ashkir, I'm a fourth year finishing the last few credits of my Bachelor of Arts in Religious Studies and Political Science, and this year I am honoured to be SSMU's President.*

*The year ahead is going to be an exciting one: we expect student life to come back in force though all sorts of activities and events, and we'll see many plans that are years in the making come to fruition. I am so thrilled to see what fun stuff will be brewing at Gerts, in the University Center, or elsewhere on and around campus!*

*In addition to events, we'll see SSMU continue and expand many of its services this year. Particularly tackling food insecurity on campus, through initiatives like the new grocery program and our newest service SNAC, aiming to provide students with more accessible and affordable options.*

*You can keep tabs on all the services SSMU offers by following us on social media and checking out our website [SSMU.ca](https://ssmu.ca)!*

*This year, we'd also like to see you, our fellow students, more involved in your student union, so that we can be better representatives of the student body and better provide for students. We'd love to see you join some of our many committees, work with us on providing services, or otherwise participate in your democracy, sharing your opinions and having SSMU act on them!*

*Our office doors are always open to you: come visit us in the Brown building, left of the entrance, or by turning right and going through the double doors when you enter the University Center :)*

*I look forward to meeting you and to working together to make our experience as students the best it can be.*

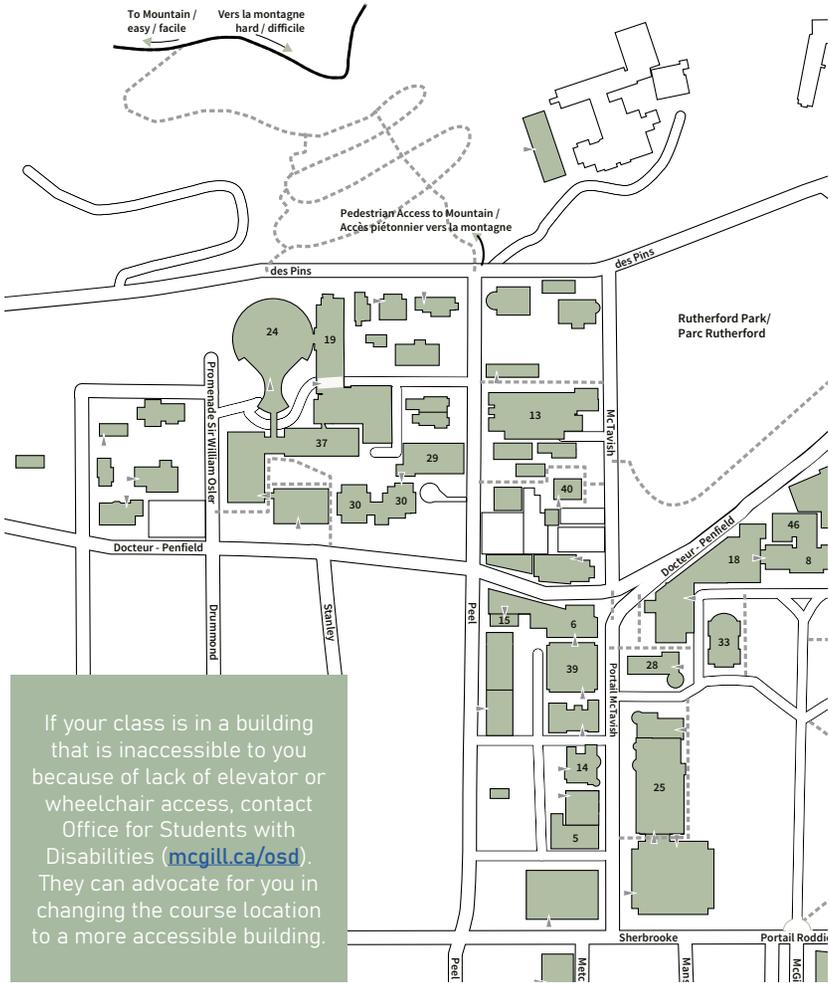
*To a great year full of discovery and success!*

**All the best,**  
**Alex**



# MAP

## DOWNTOWN CAMPUS



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](http://mcgill.ca/osd)). They can advocate for you in changing the course location to a more accessible building.

- 1 Sherbrooke 688   
- 2 Adams Building   
- 3 Art Building   
- 4 Birks Building   
- 5 Bronfman Building   
- 6 Brown Student Services   
- 7 Burnside Hall   
- 8 Carrefour Sherbrooke   
- 9 Currie Gym   
- 10 Dawson Hall   
- 11 Douglas Hall   
- 12 Education Building   
- 13 Elizabeth Wirth Music Building   

- 14 Faculty Club   
- 15 First Peoples' House   
- 16 Greenbriar Residence   
- 17 La Citadelle   
- 18 Leacock Building   
- 19 Life Science Complex   
- 20 Macdonald Engineering Building   
- 21 Macdonald Harrington Building   
- 22 Macdonald Stewart Building / Schulich Library of Science & Engineering   
- 23 McConnell Engineering Building   
- 24 McIntyre Medical Building   



- 25 McLennan-Redpath Library Complex   
- 26 Molson Stadium   
- 27 Montreal Neurological Institute   
- 28 Morrice Hall/ Islamic Studies Library   
- 29 Nahum Gelber Law Library   
- 30 Old and New Chancellor Day Hall   
- 31 New Residence Hall   
- 32 Otto Maass Chemistry Building   
- 33 Redpath Museum   
- 34 Royal Victoria College   
- 35 Rutherford Physics   
- 36 Service Point   

- 37 Stewart Biology Building   
- 38 Strathcona Anatomy and Dentistry   
- 39 Strathcona Music Building   
- 40 Thompson House   
- 41 Trotter Building   
- 42 University Centre / SSMU Office   
- 43 University Hall   
- 44 Upper Residence   
- 45 Wong Building   
- 46 McCall MacBain Arts Building   

-  Elevator
-  Gender Neutral Washroom
-  Wheel chair accessibility

**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

\* Tip: Save McGill Security Services as a contact in your phone so you can reach them quickly in the event of an emergency.

**Downtown Location**

[campus.security@mcgill.ca](mailto:campus.security@mcgill.ca)  
General Inquiries: (514) 398-4556  
Emergencies: (514)398-3000

**Macdonald Location**

[macdonald.security@mcgill.ca](mailto:macdonald.security@mcgill.ca)  
General Inquiries: (514) 398-7770  
Emergencies: (514) 398-7777

Students can also register for health and safety alerts through the McGill mobile app ([mcgill.ca/app](http://mcgill.ca/app)).

For more information, visit the Campus Public Safety webpage ([bit.ly/3MEUgYl](http://bit.ly/3MEUgYl))

**MCGILL WELLNESS HUB**

(514) 398-6017 | [mcgill.ca/wellness-hub](http://mcgill.ca/wellness-hub)

**Downtown Location**

Brown Student Services Building

**Macdonald Location**

Centennial Centre, Room 124

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 170](#).

**MCGILL SPORTS MEDICINE CLINIC**

(514) 398-7007 | [mcgillathletics.ca/sports](http://mcgillathletics.ca/sports)

To make an appointment with a physiotherapist, athletic therapist, massage therapist, visit [mcgillsportmedicineclinic.ca/get-started](http://mcgillsportmedicineclinic.ca/get-started).

**WALKSAFE**

(514) 398-2498 | [walksafe.ssmu.ca](http://walksafe.ssmu.ca)

Sunday-Thursday – 9 p.m. to 12:00 a.m.

Friday and Saturday – 9 p.m. to 3:00 a.m.

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.

**DRIVESAFE**

(514) 398-8040 | [drivesafe.ssmu.ca](http://drivesafe.ssmu.ca)

Every Thursday, Friday, and Saturday, unless otherwise stated on social media.

Hours Operational: 11 p.m. to 3 a.m.; calls made after 2:45 a.m. will not be picked up.

DriveSafe is a service offered by the SSMU. Their patrols will drive you home safely anywhere on the Island of Montreal or in the Mohawk Territory of Kahnawake. They also operate a shuttle to the South Shore that operates on Friday and Saturday nights.

**MSERT**

(514) 398-3000 | [msert.sus.mcgill.ca](http://msert.sus.mcgill.ca)

6:00 p.m. to 6:00 a.m. every night

The McGill Student Emergency Response Team (MSERT) is a volunteer service supported by the SSMU for 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.

- ✓ Check McGill Key Academic dates ([mcgill.ca/importantdates/key-dates](http://mcgill.ca/importantdates/key-dates)) both online and in this agenda.
- ✓ Enter your Montreal address and emergency contact information on Minerva.
- ✓ Set up your McGill email account ([bit.ly/37WOFoT](http://bit.ly/37WOFoT)).
- ✓ Join the Facebook group ([facebook.com/groups/mcgill2324](https://facebook.com/groups/mcgill2324)) and Discord server ([discord.com/invite/sabKx6v52e](https://discord.com/invite/sabKx6v52e)) for the entering class of 2023-24 and follow the Campus Life & Engagement on your social media account | @clemcgill ([bit.ly/39oNvvc](http://bit.ly/39oNvvc)) to stay up to date on summer programming.
- ✓ Register for Intro to Course Registration ([mcgill.ca/getready/orientation/intro-course-registration](http://mcgill.ca/getready/orientation/intro-course-registration)), which is important for getting into your classes.
- ✓ Create your first-year budget by going to the Student Budget Plan ([bit.ly/3kEgDBg](http://bit.ly/3kEgDBg)). For inquiries regarding financial aid, go to the McGill's Financial Aid programs ([bit.ly/3FbXvna](http://bit.ly/3FbXvna)).
- ✓ Submit your personal documents (<https://bit.ly/3KLnUcN>) and final grades ([bit.ly/3FdWuLJ](http://bit.ly/3FdWuLJ)) to Enrollment Services.
- ✓ International students ([bit.ly/3vFiMmm](http://bit.ly/3vFiMmm)) should also submit their study permit and CAO.
- ✓ Are you a non-Quebec Canadian? Notify your provincial Ministry of Health that you will be studying outside your province. You must bring your current provincial health card when you are at McGill.
- ✓ Think you may need any accommodations? We encourage you to reach out to Student Accessibility & Achievement (formerly known as the Office for Students with Disabilities) ([mcgill.ca/access-achieve](http://mcgill.ca/access-achieve)).
- ✓ 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](http://bit.ly/3kC8rBj))
- ✓ On myCourses, complete It Takes All of Us, the Academic Integrity Tutorial, and McGill Essential.
- ✓ 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](http://bit.ly/3vFgRhG))
- ✓ Canadian students are eligible for the New Student Mentorship Program offered by Campus Life & Engagement: [shorturl.at/fwzRW](http://shorturl.at/fwzRW)

Scan this code for quick access to the links relevant to this section!



# FROSH + 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 2023 orientation page ([mcgill.ca/getready/orientation](http://mcgill.ca/getready/orientation)). 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.

## 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.

If you do choose to consume alcohol during frosh, you can find information on drinking and using drugs safely on page 182 of this handbook.

# AGENDA

-  FALL 2023
-  WINTER 2024
-  SUMMER 2024

## LEGEND

-  Provincial Holiday
-  SSMU Governance Meetings

*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 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 First Day of Class	31			

*Notes*

*Notes*



**28 - MONDAY (AUGUST) :**

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**29 - TUESDAY :**

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**30 - WEDNESDAY :** FIRST DAY OF CLASS

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**31 - THURSDAY :**

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**1 - FRIDAY (SEPTEMBER) :**

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**2 - SATURDAY**

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**3 - SUNDAY**

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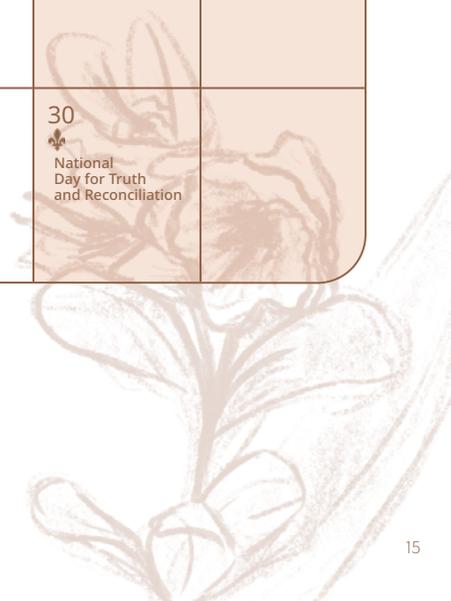
*Notes*

# 09 - SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 🍁 Labour Day	5	6	7 👤 Board of Directors	8	9	10
11	12 Add/Drop Deadline	13	14 👤 Legislative Council	15	16	17
18	19 Deadline to Withdraw With Refund	20	21 👤 Board of Directors	22	23	24
25	26	27	28 👤 Legislative Council	29	30 🍁 National Day for Truth and Reconciliation	

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4 - MONDAY : 🍀 LABOUR DAY

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5 - TUESDAY :

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6 - WEDNESDAY :

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7 - THURSDAY : 👤 BOARD OF DIRECTORS

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8 - FRIDAY :

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9 - SATURDAY

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**CAMPUS 1 MTL**  
 Urban Student Living Across the Street from McGill University  
 CALL (514) 273-7626  
 420 Sherbrooke Street West

Lease **TODAY** or book your virtual or in-person tour at [Campus1MTL.ca](http://Campus1MTL.ca)

**CAMPUS 1 MTL**  
 REIMAGINE STUDENT LIVING

**11 - MONDAY :**

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**12 - TUESDAY :** ADD/DROP DEADLINE

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**13 - WEDNESDAY :**

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**14 - THURSDAY :**  LEGISLATIVE COUNCIL

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**15 - FRIDAY :**

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**16 - SATURDAY**

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**17 - SUNDAY**

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**18 - MONDAY :**

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**19 - TUESDAY :** DEADLINE TO WITHDRAW WITH REFUND

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**20 - WEDNESDAY :**

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**21 - THURSDAY :**  BOARD OF DIRECTORS

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**22 - FRIDAY :**

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**23 - SATURDAY**

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**24 - SUNDAY**

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25 - MONDAY :

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26 - TUESDAY :

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27 - WEDNESDAY :

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28 - THURSDAY :  LEGISLATIVE COUNCIL

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29 - FRIDAY :

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30 - SATURDAY   
NATIONAL DAY FOR TRUTH AND RECONCILIATION

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1 - SUNDAY (OCTOBER)

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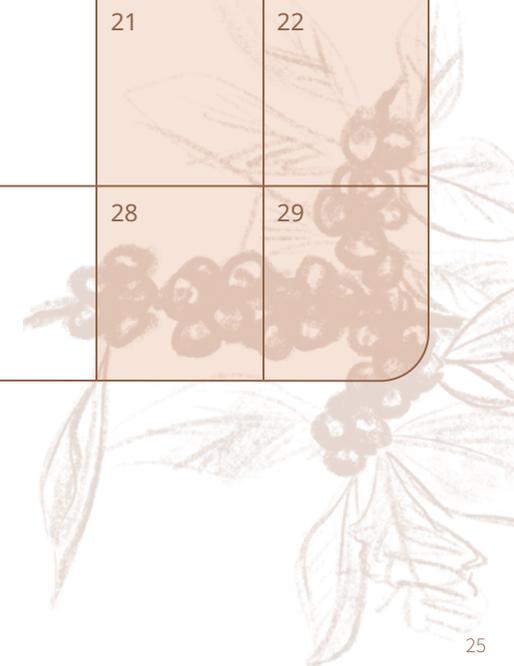
SEPTEMBER 27   [POPMONTREAL.COM](http://POPMONTREAL.COM)   OCTOBER 1 2023

**POP MTL IS THIS WEEK**

OVER 300 ARTISTS. MUSIC, ART, FILM, CRAFT MARKET, PANELS, WORKSHOPS, BBQS AND MUCH MORE!

# 10 - OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 👤 General Assembly	3	4	5 👤 Board of Directors	6 Fall Reading Week	7	8
9 🍂 Thanksgiving	10 Fall Reading Week	11 Fall Reading Week	12 👤 Legislative Council	13	14	15
16	17	18	19 👤 Board of Directors	20	21	22
23	24 Deadline to Withdraw Without Refund	25	26 👤 Legislative Council	27	28	29
30	31	<i>Notes</i>				



**2 - MONDAY :**  GENERAL ASSEMBLY

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**3 - TUESDAY :**

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**4 - WEDNESDAY :**

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**5 - THURSDAY :**  BOARD OF DIRECTORS

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**6 - FRIDAY :** FALL READING WEEK BEGINS

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**7 - SATURDAY**

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**8 - SUNDAY**

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**9 - MONDAY :** 🍁 THANKSGIVING

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**10 - TUESDAY :** DAY OFF FOR FALL READING WEEK

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**11 - WEDNESDAY :** DAY OFF FOR FALL READING WEEK

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**12 - THURSDAY :** 🏛️ LEGISLATIVE COUNCIL

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**13 - FRIDAY :**

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**14 - SATURDAY**

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**15 - SUNDAY**

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16 - MONDAY :

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17 - TUESDAY :

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18 - WEDNESDAY :

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19 - THURSDAY :  BOARD OF DIRECTORS

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20 - FRIDAY :

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**23 - MONDAY :**

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**24 - TUESDAY :** DEADLINE TO WITHDRAW WITHOUT REFUND

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**25 - WEDNESDAY :**

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**26 - THURSDAY :**  LEGISLATIVE COUNCIL

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**27 - FRIDAY :**

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**28 - SATURDAY**

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**29 - SUNDAY**

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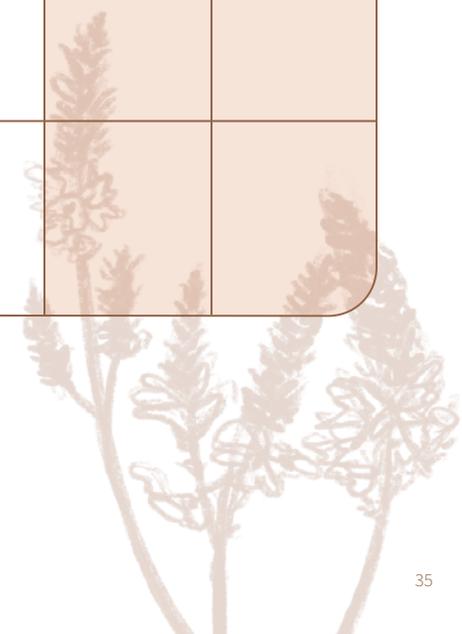


# 11 - NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 Board of Directors	3	4	5
6	7	8	9 Legislative Council	10	11	12
13	14	15	16 Board of Directors	17 It Takes All of Us Deadline	18	19
20	21	22	23 Legislative Council	24	25	26
27	28	29	30 Board of Directors			

Notes

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**30 - MONDAY (OCTOBER) :**

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**31 - TUESDAY :**

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**1 - WEDNESDAY (NOVEMBER) :**

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**2 - THURSDAY :**  BOARD OF DIRECTORS

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**3 - FRIDAY :**

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**4 - SATURDAY**

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**6 - MONDAY :**

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**7 - TUESDAY :**

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**8 - WEDNESDAY :**

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**9 - THURSDAY :**  LEGISLATIVE COUNCIL

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**10 - FRIDAY :**

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**11 - SATURDAY**

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**12 - SUNDAY**

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*Notes*

**13 - MONDAY :**

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**14 - TUESDAY :**

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**15 - WEDNESDAY :**

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**16 - THURSDAY :** 🗺️ BOARD OF DIRECTORS

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**17 - FRIDAY :** IT TAKES ALL OF US DEADLINE

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**18 - SATURDAY**

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**19 - SUNDAY**

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*Notes*

**20 - MONDAY :**

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**21 - TUESDAY :**

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**22 - WEDNESDAY :**

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**23 - THURSDAY :**  LEGISLATIVE COUNCIL

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**24 - FRIDAY :**

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**25 - SATURDAY**

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**26 - SUNDAY**

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SEGA/CENTRE.ORG

**BOY FALLS FROM THE SKY**

Nov 19 - Dec 10 2023

27 - MONDAY :

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28 - TUESDAY :

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29 - WEDNESDAY :

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30 - THURSDAY :  BOARD OF DIRECTORS

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1 - FRIDAY (DECEMBER) :

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2 - SATURDAY

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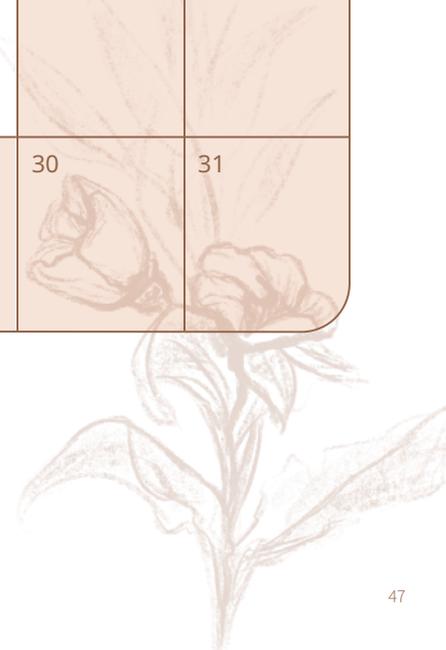


# 12 - DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5 Last day of class	6 Study Day	7 Final exams begin	8	9	10
11	12	13	14 👤 Board of Directors	15	16	17
18	19	20	21 Final exams ends	22	23	24
25 🎄 Christmas Day	26 Holiday Break	27 Holiday Break	28 Holiday Break	29 Holiday Break	30	31

Notes

Notes



**4 - MONDAY :**

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**5 - TUESDAY :** LAST DAY OF CLASS

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**6 - WEDNESDAY :** STUDY DAY

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**7 - THURSDAY :** FINALS EXANMS BEGIN

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**8 - FRIDAY :**

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**9 - SATURDAY**

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**10 - SUNDAY**

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*Notes*

**11 - MONDAY :**

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**12 - TUESDAY :**

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**13 - WEDNESDAY :**

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**14 - THURSDAY :**  BOARD OF DIRECTORS

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**15 - FRIDAY :**

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**16 - SATURDAY**

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**17 - SUNDAY**

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*Notes*

**18 - MONDAY :**

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**19 - TUESDAY :**

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**20 - WEDNESDAY :**

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**21 - THURSDAY :** FINALS END

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**22 - FRIDAY :**

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**23 - SATURDAY**

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**24 - SUNDAY**

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*Notes*

**25 - MONDAY :** 🎄 CHRISTMAS DAY

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**26 - TUESDAY :** HOLIDAY BREAK

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**27 - WEDNESDAY :** HOLIDAY BREAK

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**28 - THURSDAY :** HOLIDAY BREAK

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**29 - FRIDAY :** HOLIDAY BREAK

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**30 - SATURDAY**

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**31 - SUNDAY**

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*Notes*

# 01 - JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 🌸 New Year's Day	2	3	4 First Class	5	6	7
8	9	10	11 👤 Board of Directors	12	13	14
15	16 Add/Drop deadline	17	18 👤 Legislative Council	19	20	21
22	23 Deadline to Withdraw With Refund	24	25 👤 Board of Directors	26	27	28
29	30	31				

Notes

Notes

**1 - MONDAY :** 🌸 NEW YEAR'S DAY

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**2 - TUESDAY :**

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**3 - WEDNESDAY :**

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**4 - THURSDAY :** FIRST CLASS

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**5 - FRIDAY :**

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**6 - SATURDAY**

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**7 - SUNDAY**

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**8 - MONDAY :**

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**9 - TUESDAY :**

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**10 - WEDNESDAY :**

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**11 - THURSDAY :**  BOARD OF DIRECTORS

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**12 - FRIDAY :**

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**13 - SATURDAY**

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**14 - SUNDAY**

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**15 - MONDAY :**

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**16 - TUESDAY :** ADD/DROP DEADLINE

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**17 - WEDNESDAY :**

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**18 - THURSDAY :**  LEGISLATIVE COUNCIL

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**19 - FRIDAY :**

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**20 - SATURDAY**

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**21 - SUNDAY**

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**22 - MONDAY :**

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**23 - TUESDAY :** DEADLINE TO WITHDRAW WITH REFUND

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**24 - WEDNESDAY :**

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**25 - THURSDAY :**  BOARD OF DIRECTORS

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**26 - FRIDAY :**

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**27 - SATURDAY**

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**28 - SUNDAY**

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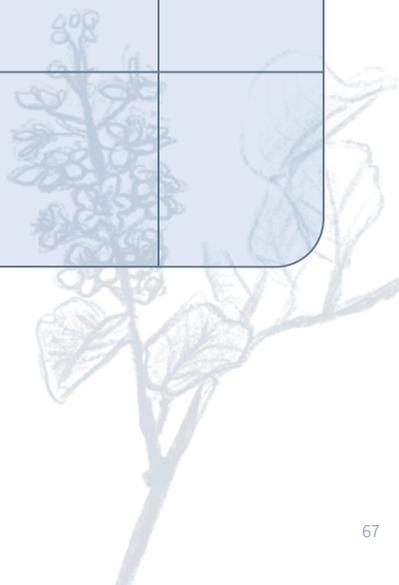
*Notes*

# 02 - FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Legislative Council	2	3	4
5 General Assembly	6	7	8 Board of Directors	9	10	11
12	13	14	15 Legislative Council	16	17	18
19	20	21	22 Board of Directors	23	24	25
26	27 Deadline to Withdraw Without Refund	28	29 Legislative Council			

Notes

Notes



**29 - MONDAY (JANUARY) :**

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**30 - TUESDAY :**

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**31 - WEDNESDAY :**

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**1 - THURSDAY (FEBRUARY) :**  LEGISLATIVE COUNCIL

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**2 - FRIDAY :**

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**3 - SATURDAY**

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**4 - SUNDAY**

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*Notes*

**5 - MONDAY :**  GENERAL ASSEMBLY

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**6 - TUESDAY :**

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**7 - WEDNESDAY :**

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**8 - THURSDAY :**  BOARD OF DIRECTORS

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**9 - FRIDAY :**

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**10 - SATURDAY**

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**11 - SUNDAY**

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*Notes*

**12 - MONDAY :**

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**13 - TUESDAY :**

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**14 - WEDNESDAY :**

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**15 - THURSDAY :**  LEGISLATIVE COUNCIL

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**16 - FRIDAY :**

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**17 - SATURDAY**

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**18 - SUNDAY**

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*Notes*

**19 - MONDAY :**

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**20 - TUESDAY :**

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**21 - WEDNESDAY :**

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**22 - THURSDAY :**  BOARD OF DIRECTORS

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**23 - FRIDAY :**

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**24 - SATURDAY**

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**25 - SUNDAY**

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*Notes*

**26 - MONDAY :**

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**27 - TUESDAY :** DEADLINE TO WITHDRAW WITHOUT REFUND

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**28 - WEDNESDAY :**

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**29 - THURSDAY :**  LEGISLATIVE COUNCIL

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**1 - FRIDAY (MARCH) :**

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**2 - SATURDAY**

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**3 - SUNDAY**

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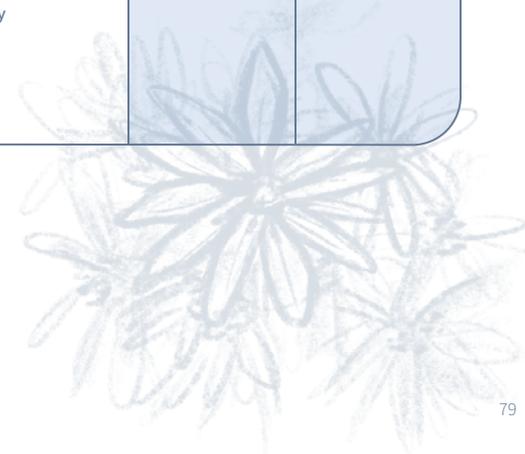
*Notes*

# 03 - MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 Spring Reading Week	5 Spring Reading Week	6 Spring Reading Week	7 Spring Reading Week	8 Spring Reading Week	9 Spring Reading Week	10 Spring Reading Week
11	12	13	14 Board of Directors	15	16	17
18	19	20	21 Legislative Council	22	23	24
25	26	27	28 Board of Directors	29 Good Friday	30	31

Notes

Notes



**4 - MONDAY :** SPRING READING WEEK

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**5 - TUESDAY :** SPRING READING WEEK

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**6 - WEDNESDAY :** SPRING READING WEEK

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**7 - THURSDAY :** SPRING READING WEEK

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**8 - FRIDAY :** SPRING READING WEEK

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**9 - SATURDAY**  
SPRING READING WEEK

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**10 - SUNDAY**  
SPRING READING WEEK

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*Notes*

**11 - MONDAY :**

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**12 - TUESDAY :**

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**13 - WEDNESDAY :**

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**14 - THURSDAY :**  BOARD OF DIRECTORS

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**15 - FRIDAY :**

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**16 - SATURDAY**

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**17 - SUNDAY**

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**18 - MONDAY :**

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**19 - TUESDAY :**

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**20 - WEDNESDAY :**

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**21 - THURSDAY :**  LEGISLATIVE COUNCIL

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**22 - FRIDAY :**

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**23 - SATURDAY**

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**24 - SUNDAY**

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*Notes*

25 - MONDAY :

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26 - TUESDAY :

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27 - WEDNESDAY :

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28 - THURSDAY :  BOARD OF DIRECTORS

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29 - FRIDAY :  GOOD FRIDAY

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30 - SATURDAY

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31 - SUNDAY

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# 04 - APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 ✠ Easter Monday	2	3	4 👤 Legislative Council	5	6	7
8	9	10	11 👤 Board of Directors	12 Last Classes	13	14
15 Final exams starts	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Final exams ends					

Notes

Notes



**1 - MONDAY :** 🌿 EASTER MONDAY

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**2 - TUESDAY :**

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**3 - WEDNESDAY :**

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**4 - THURSDAY :** 👤 LEGISLATIVE COUNCIL

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**5 - FRIDAY :**

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**6 - SATURDAY**

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**7 - SUNDAY**

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**8 - MONDAY :**

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**9 - TUESDAY :**

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**10 - WEDNESDAY :**

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**11 - THURSDAY :**  BOARD OF DIRECTORS

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**12 - FRIDAY :** LAST CLASSES

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**13 - SATURDAY**

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**14 - SUNDAY**

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**FIFTEEN DOGS**

SEGALCENTRE.ORG

Mar 31  
- Apr 21  
**2024**

**15 - MONDAY :** FINAL EXAMS STARTS

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**16 - TUESDAY :**

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**17 - WEDNESDAY :**

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**18 - THURSDAY :**

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**19 - FRIDAY :**

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**20 - SATURDAY**

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**21 - SUNDAY**

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**22 - MONDAY :**

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**23 - TUESDAY :**

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**24 - WEDNESDAY :**

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**25 - THURSDAY :**

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**26 - FRIDAY :**

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**27 - SATURDAY**

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**28 - SUNDAY**

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*Notes*

**29 - MONDAY :**

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**30 - TUESDAY :** FINAL EXAMS ENDS

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**1 - WEDNESDAY (MAY) :**

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**2 - THURSDAY :**

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**3 - FRIDAY :**

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**4 - SATURDAY**

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**5 - SUNDAY**

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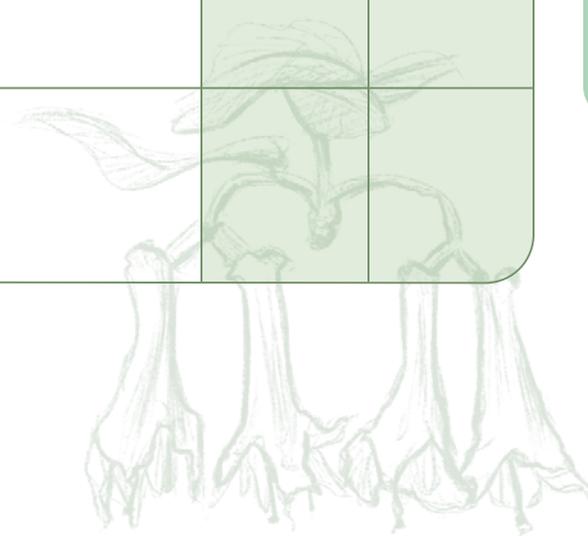
*Notes*

# 05 - MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 Board of Directors	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 National Patriots' Day	21	22	23 Board of Directors	24	25	26
27	28	29	30	31		

Notes

Notes

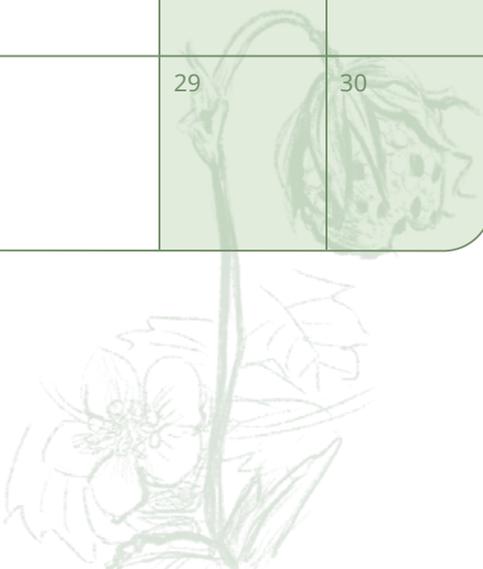


# 06 - JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 ✠ St. Jean Baptiste Day	25	26	27	28	29	30

Notes

Notes



# 07 - JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 🇨🇦 Canada Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes

Notes



## PERKS AND DEALS

**Common name:**

*Blue vervain*

**Scientific name:**

*Verbena hastata*

**In-bloom:**

*July-September*





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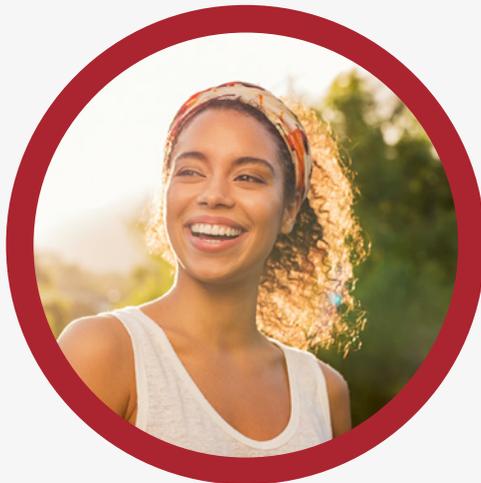
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TERRASSE SAUNA



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FIN DE SEMAINE  
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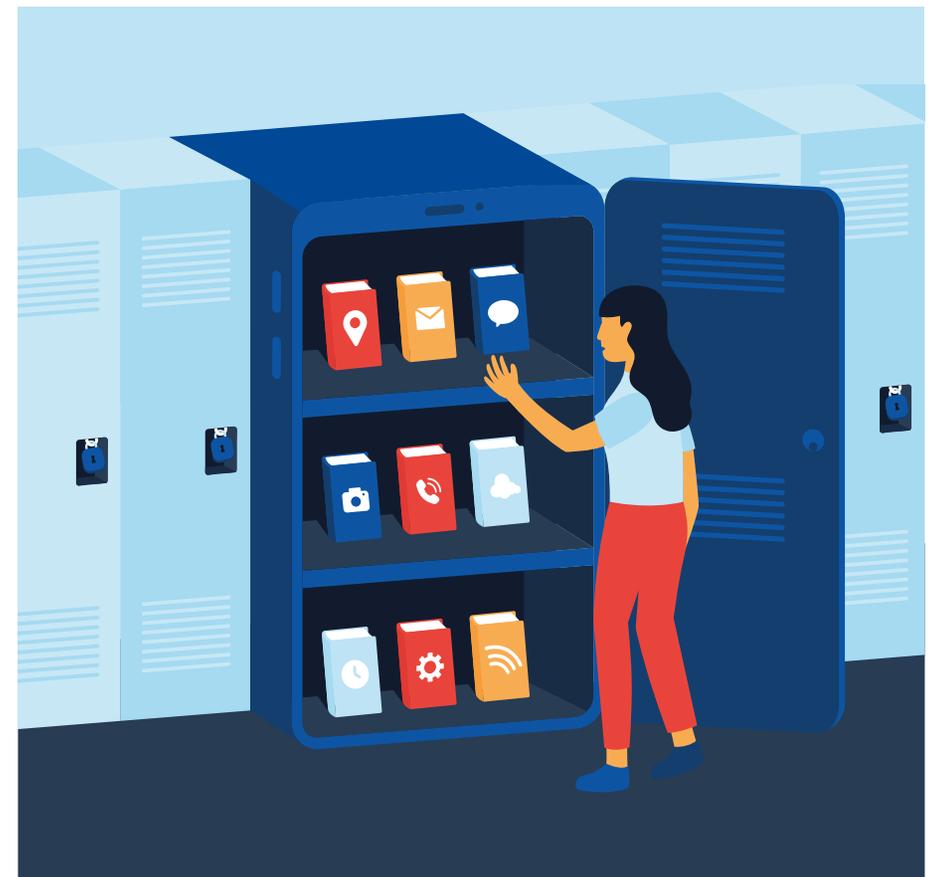
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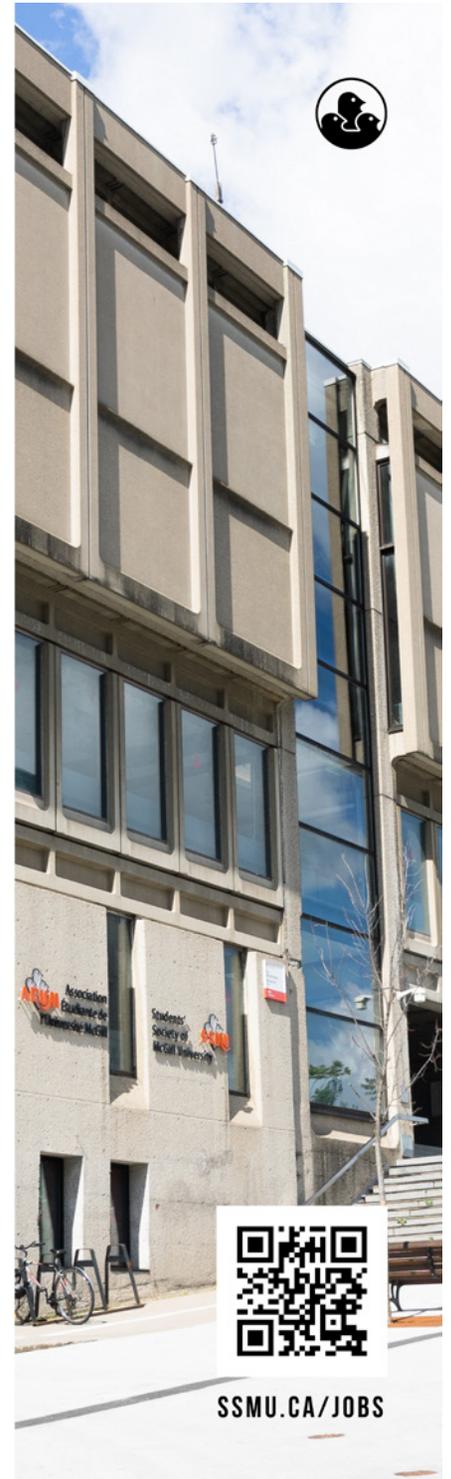
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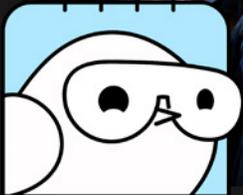
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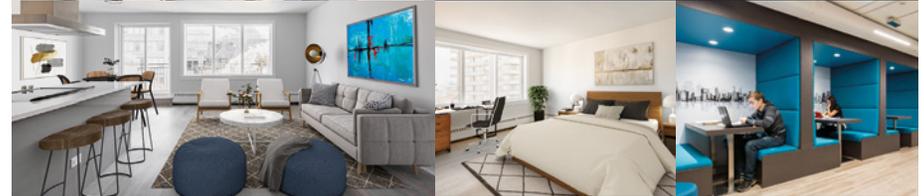
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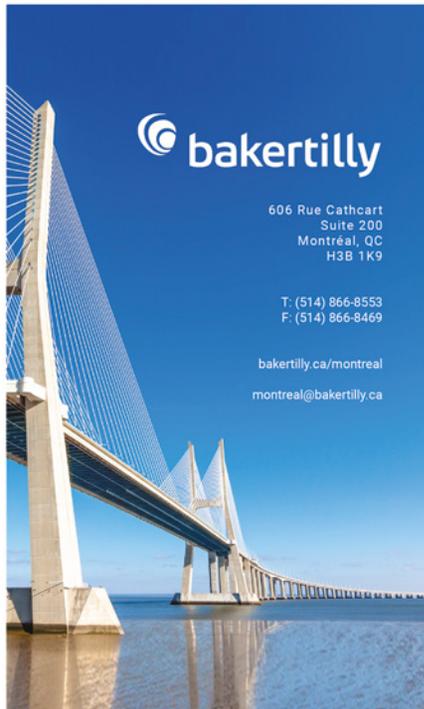
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## REFERENCE



*Common name:*  
Western pearly  
everlasting  
*Scientific name:*  
*Anaphalis margaritacea*  
*In-bloom:*  
August-October

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# SSMU

**Common name:**

*Cloudberry*

**Scientific name:**

*Rubus chamaemorus*

**In-bloom:** *June-July*

*It shares a name with  
McGill's favourite  
squirrel!*



*Scan this code for quick access to  
the links relevant to this section,  
organized by topic!*



## WHAT SSMU DOES

The Society has **17 services** to meet students' needs, plus other resources and employment opportunities.

### SERVICES

- Mental Health
- Peer Support Centre
- McGill Students' Nightline
- Safely Connected McGill

### LGBTQ+ AND FEMINIST SERVICES

- Union for Gender Empowerment
- Queer McGill

### SAFETY AND TRANSIT

- McGill Students' Emergency Response Team
- Sexual Assault Centre of the McGill Students' Society
- SSMU DriveSafe
- SSMU Walksafe
- Flat Bike Collective

### FOOD SECURITY

- The Plate Club
- Student Nutrition Accessibility Club
- Midnight Kitchen

### MEDIA AND CULTURE

- TVM: Student Television at McGill
- Black Students' Network
- SSMU Musicians Collective
- Arab Student Network
- Muslim Students' Association

### EMPLOYMENT

Passionate about social justice, student rights, or improving equity within SSMU? A job with the Society might be for you!

Head over to the "Jobs" section of SSMU's website to check out available listings.

### STUDENT ADVOCACY

SSMU is there for you if you're facing discrimination, harassment, mental health issues, or any other needs you might have. Here are some resources to consult:

### VP UNIVERSITY AFFAIRS

The VP University Affairs advocates for students within the university in general (e.g., in the Senate). If you have equity concerns, are having issues getting accommodations, have an academic complaint, or just have a question about the university in general, please reach out to them at [ua@ssmu.ca](mailto:ua@ssmu.ca).

### LEGAL PROTECTION PLAN

SSMU members have access to a legal consultation service to consult a duly certified lawyer regarding any legal question! \*

→ **Legal Assistance Hotline:** You have access to a toll-free legal assistance hotline to consult a lawyer. This helpline can be used for legal advice on any issue, and you have unlimited usage!

### LEGAL REPRESENTATION SERVICES

You can also receive legal help for housing disputes, academic or misconduct disputes with McGill, employment contract disputes and more!

### MENTAL HEALTH ADVOCACY & RESOURCES

SSMU has a list of wellness resources on the "mental health" section of its website. If you have questions or ideas regarding SSMU's mental health programs, you can email the outreach coordinator at [mhoutreach@ssmu.ca](mailto:mhoutreach@ssmu.ca) or the advocacy coordinator at [mhadvocacy@ssmu.ca](mailto:mhadvocacy@ssmu.ca).

### FOOD SECURITY

Midnight Kitchen provides free, vegan meals to students on a regular basis! Additionally, SSMU has launched a pilot grocery program which provides students with vouchers for various grocery stores. For more information on food (in)security on campus, flip to [page 170](#).

*\*For Canadian and Quebecois Students*

# YOUR ROLE IN SSMU

There are plenty of ways to get involved in SSMU, from running for an elected position to bartending at Gerts.

Here are some ideas to help you get started:

## → Join the First-Year Council (FYC)

The FYC works to get first-year students acclimated to life at McGill. The council has nine open positions – take a look at their Instagram page, [@ssmufyc](#), to see when applications are open!

## → Participate in General Assemblies

GAs happen once a semester. You can participate simply by voting, or you can submit a general assembly motion or referendum question! To learn more about how to submit motions to the ballot, see: [ssmu.ca/ga](#)

## → Join a Committee

The Board of Directors and Legislative Council both oversee committees that serve to facilitate equity, hold student governance accountable, and manage other projects within SSMU. Committees have varying levels of commitment, so check out [ssmu.ca/committees](#) to determine which committee is right for you.

## → Join a Campaign

The VP External works with political and social justice campaigns on SSMU's behalf. Divest McGill, the Indigenous Student Alliance, and Students for Peace and Disarmament, and Let's Eat McGill are some of the best-known campaigns. For a full list, visit the VP External website: [externalaffairs.ssmu.ca](#)

## → Join a Club

SSMU has over 250 clubs, so you're bound to find something that piques your interest. Flip to [page 142](#) for more on joining and starting clubs!

## → Run for a seat on the Legislative Council

Clubs Representatives and Services Representatives are elected to the Legislative Council in the Fall. Consider running for one of these positions!

# HOW SSMU WORKS

## GOVERNING BODIES

### GA

**Who:** Any member of SSMU can submit a general assembly motion or referendum question – get in touch with a SSMU executive or the Speaker of Council to find out how! Likewise, any SSMU member can attend, vote, and debate.

**When:** once a semester, or more if a special GA is called

**How to attend:** The Speaker of Council will send notice of a GA to SSMU members via email at least 48 hours in advance. This email will include the date, time, and location of the assembly; you can also check [ssmu.ca/ga](#) for details.

### BoD

**Who:** 12 voting Directors, including executives, councillors, and members-at-large. Meetings are open to any SSMU member who wishes to attend, though some items may be discussed in closed session.

**When:** biweekly

**How to attend:** fill out the Google Form found on [ssmu.ca/bod](#).

### LC

**Who:** 30 councillors, plus SSMU Executives. All SSMU members are welcome to attend open sessions of council, though confidential matters are discussed in closed session.

**When:** every other Thursday

**How to attend:** fill out the Google Form found at [ssmu.ca/lc](#).

### J-BOARD

**Who:** seven members, appointed by the nominating committee of current members.

**When:** ad hoc

### FIRST-YEAR COUNCIL

**Who:** nine first-year students who apply at the beginning of the academic year.

Stay up-to-date with the FYC on their Instagram account, [@ssmufyc](#), for more information!

### COMMITTEES

**Who:** membership varies depending on the committee, though most have at least one SSMU Executive, members of legislative council, and members-at-large.

**When:** meeting frequency ranges from weekly to monthly to ad hoc.

Check out [ssmu.ca/committees](#) to see when a specific committee meets.

**How to attend:** Contact the commissioner of the committee you're interested in! Their email can be found at the above link.

Follow the SSMU social media channels [@SSMUAEUM](#) to keep up to date with Governance events.

## CLUBS

### FINDING A CLUB

Because SSMU has over 250 (!!!) clubs, it can be a bit overwhelming to find exactly what you're looking for. Fortunately, SSMU's Student Life webpage has organized clubs into ten different categories to narrow down your search!

Activities Night gives students the opportunity to talk to club members and executives and learn more about student groups on campus. Activities Night takes place early each semester in September and January and attracts over 3000 visitors.

Be sure to check it out and get to know the clubs at McGill!

### STARTING A CLUB

Didn't find what you're looking for? That's okay! SSMU has a webpage with all of the application forms and instructions for potential club founders to consult:

[ssmu.ca/student-life/club-resources/how-to-start-a-club](https://ssmu.ca/student-life/club-resources/how-to-start-a-club)

### FUNDING

Need to fund a cultural event, equipment, or travel expenses for your club?

Follow the steps below to submit an application to SSMU's Funding Committee!

You can contact the funding commissioner at [fundcom@ssmu.ca](mailto:fundcom@ssmu.ca) with any questions, and you can ask the commissioner to review your application before submitting it.

- ✓ Read the updated SSMU Funding Guidebook ([ssmu.ca/resources/funding](https://ssmu.ca/resources/funding)) to understand the funding process and what is available.
- ✓ Choose which fund you wish to apply to.
- ✓ Send in your Funding Application and assure yourself that all estimates, costs, and supporting documents are correct.
- ✓ Accept your decision and assemble your Post-Funding Report. Your student organization can apply again for other initiatives and events.

*Pro tip: contact the Funding Commissioner ([fundcom@ssmu.ca](mailto:fundcom@ssmu.ca)) for any inquiries and before you submit your application you can ask the Funding Commissioner to review it.*

## SSMU EXECUTIVES



SSMU Executives are elected each Winter to serve in the Society's highest governing body. Contact information and more details on each executive's role can be found on the SSMU website ([bit.ly/3WAlwvV](https://bit.ly/3WAlwvV)) – don't hesitate to reach out to them if you have any questions or ideas pertaining to their roles!

This year, SSMU has seven executives with a diverse array of interests. Read on to find out more about their studies, and to hear what advice they'd have for their younger selves!



**ALEXANDRE ASHKIR** (he/him/il)  
President

**Year and Faculty:** U4 Arts

**Area of Study:** Majoring in Religious Studies and Political Science; Minor in History

**What advice would you give to your first-year self?**

Spend more time doing what you enjoy!



**ALICE FANG** (she/her/elle)  
VP Finance

**Year and Faculty:** U3 Nursing  
**Area of Study:** Nursing

**What advice would you give to your first-year self?**

My advice would be to get involved as soon as possible within the McGill Community :) You will meet a lot of people who will have amazing ideas! Also, don't be harsh on yourself <33. Make sure that you keep up with the classes because it is way harder to increase the GPA than lower it.



**NADIA DAKDOUKI** (she/her/elle)  
VP Student Life

**Year and Faculty:** U3 Science  
**Area of Study:** Microbiology and Immunology

**What advice would you give to your first-year self?**

Get involved in your first year! There's so much more to McGill than just classes and you'll get to meet so many great people.



**HASSANATOU KOULIBALY** (she/her/elle)  
VP Operations and Sustainability

**Year and Faculty:** U3 Arts & Science  
**Area of Study:** Majoring in Cognitive Science (neuro); Minor in Interdisciplinary Life Sciences

**What advice would you give to your first-year self?**

You're going to find your people, your hobby, and your interests in time, and everything is going to be just fine!



**LIAM GAITHER** (he/him/il)  
VP External

**Year and Faculty:** U2 Arts & Science  
**Area of Study:** Majoring in Sustainability, Science and Society; Minor in Geography

**What advice would you give to your first-year self?**

Don't worry so much about school and grades! University is about much more than just a diploma. Join some clubs that pique your interest to find like-minded friends :)



**LALIA KATCHELEWA** (she/her/elle)  
VP University Affairs

**Year and Faculty:** U3 Arts  
**Area of Study:** Economics and East Asian Studies

**What advice would you give to your first-year self?**

Talk to the people sitting next to you in class!



**JON BARLAS** (he/him/il)  
VP Internal

**Year and Faculty:** U4 Arts & Science  
**Area of Study:** Majoring in Cognitive Science; Minor in Economics

**What advice would you give to your first-year self?**

Don't be afraid of making mistakes :)

# LOOKING TO PLAN AN UNFORGETTABLE EVENT?



## SSMU EVENTS

Book one of our versatile event spaces right on McGill campus!

[ssmu.ca/events-booking/view-our-spaces/](https://ssmu.ca/events-booking/view-our-spaces/)



[ssmu.ca/events-booking](https://ssmu.ca/events-booking)  
[internalevents@ssmu.ca](mailto:internalevents@ssmu.ca)

Explore a world of possibilities with our diverse range of event venues at the SSMU

*The perfect space for every occasion!*

**EQUIPMENT  
FURNITURE  
BAR SERVICE  
SUPPORT STAFF  
AND MORE!**



SSMU JOBS

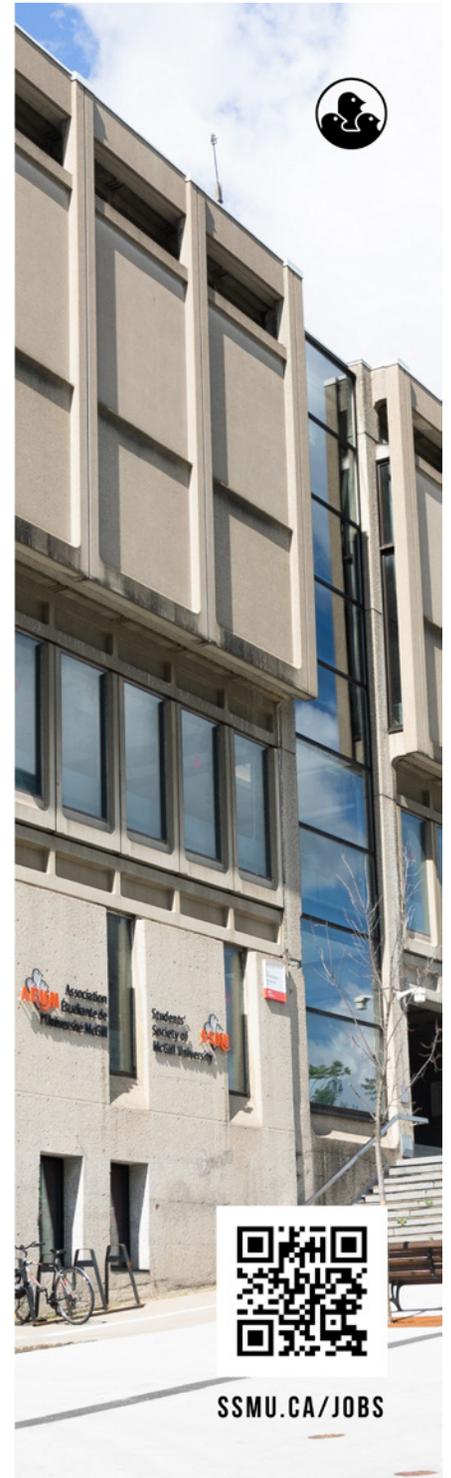
## Work with **SSMU!**

**HIRING FOR A VARIETY OF PART-TIME POSITIONS!**

### What's in it for you?

STUDENT COLLEAGUES  
FLEXIBLE HOURS  
PROFESSIONAL EXPERIENCE

APPLY NOW



[SSMU.CA/JOBS](https://ssmu.ca/jobs)



# GERTS BAR

## YOUR STUDENT BAR ON CAMPUS!



WE FEATURE WEEKLY SPECIALS AND REGULAR  
EVENTS INCLUDING LIVE MUSIC, TRIVIA NIGHTS,  
STAND UP COMEDY AND MORE.

3480 MCTAVISH  
UNIVERSITY CENTRE  
GERTSCAMPUSBAR.CA

### FOLLOW US

IG > @GERTSTILITHURTS  
FB > GERTSMCGILLCAMPUSBAR

## THE UNIVERSITY



*Common name:*  
Common Butterwort  
*Scientific name:*  
*Pinguicula vulgaris*  
*In-bloom:* May-June



Scan this code for quick access to  
the links relevant to this section,  
organized by topic!

## SERVICE POINT

### SERVICE POINT

Located at 3415 McTavish Street  
(514) 398-7878 | [mcgill.ca/servicepoint](http://mcgill.ca/servicepoint)

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

## HOW TO USE SERVICE POINT

### BOOKING AN APPOINTMENT FOR INCOMING OR RETURNING STUDENTS

Book an appointment here ([bit.ly/3vD2gYA](http://bit.ly/3vD2gYA))

*\* 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 or passport).*

### BOOKING 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](http://bit.ly/3OUekYB))

### ANY OTHER STUDENT SERVICES REQUESTS

If you need to pick up documents, meet with the Commissioner for Oaths (for signing documents regarding your claim for Quebec Residency tuition status), or anything else related to student services, book an appointment.

## STUDENT AID & FINANCES

### TUITION DUE DATES

Fall 2023  
**August 31**

Winter 2024  
**January 4**

### TO PAY YOUR TUITION:

- ✓ Log into Minerva ([horizon.mcgill.ca](http://horizon.mcgill.ca))
- ✓ View your e-bill
- ✓ Pay your e-bill
- ✓ 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.*

Tuition costs depend on whether you have residency in Quebec, a different Canadian province, or are an international student. Additionally, your overall cost will change depending on your faculty, major, and how many credits you take

## 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/3P3Xl65](http://bit.ly/3P3Xl65)).

### SCHOLARSHIPS

The 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/3KwHxS](http://bit.ly/3KwHxS)).

### 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](http://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/3P6b5NQ](http://bit.ly/3P6b5NQ)) website to find other opportunities.

# STUDENT RIGHTS

## RESPONSIBILITIES

### 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. Cite your materials properly, and give credit to others when using their ideas in your work.

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.

### IT TAKES ALL OF US

This is a mandatory online module in myCourses meant to teach students about topics surrounding sexual violence and its impact. Incoming students must complete this program by **November 17, 2023**.

If you need support or accommodation to complete the training, reach out to the Office for Sexual Violence Response, Support and Education at [osvrse@mcgill.ca](mailto:osvrse@mcgill.ca).

### RIGHTS

McGill students enjoy rights under Quebec and Canadian law, as well as McGill policies.

For example, students have the right to:

- Submit work in French and English, except in foreign language classes.
- Accommodations for exams on religious holidays
- 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](http://studentrights.ssmu.ca)). There, you will find important information about your rights in relation to course syllabi, assessments, final exams, accommodations, and more.

These are the key policies and documents pertaining to your student rights & your responsibilities as a member of the McGill community.

- **Charter of Student Rights**
- **Policy Concerning the Rights of Students with Disabilities**
- **Policy for the Accommodation of Religious Holy Days**
- **Code of Student Conduct**
- **Hazing and Inappropriate Initiation Practices**
- **Harassment, Sexual Harassment, and Discrimination Prohibited by Law**
- **Sexual Violence**

# ACADEMIC RIGHTS

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

### OFFICE OF THE DEAN OF STUDENTS

[deanofstudents@mcgill.ca](mailto:deanofstudents@mcgill.ca)  
[mcgill.ca/deanofstudents](http://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.*

### STUDENT ACCESSIBILITY & ACHIEVEMENT

[access.achieve@mcgill.ca](mailto:access.achieve@mcgill.ca)  
[mcgill.ca/access-achieve](http://mcgill.ca/access-achieve)

*Student Accessibility and Achievement 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.*

### LEGAL INFORMATION CLINIC AT MCGILL (LICM)

[licm.ca](http://licm.ca) | [cs.licm@mail.mcgill.ca](mailto:cs.licm@mail.mcgill.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.*

### OMBUDSPERSON FOR STUDENTS

[ombudsperson@mcgill.ca](mailto:ombudsperson@mcgill.ca)  
[mcgill.ca/ombudsperson](http://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](mailto:studentrights@ssmu.ca)  
[studentrights.ssmu.ca](http://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.*

### HOW DO I REQUEST ACCOMMODATIONS?

To receive accommodations related to a disability, you must make a new registration with Student Accessibility and Achievement through ClockWork. More information on Clockwork can be found on the "Contact Us" page of the Student Accessibility and Achievement website: [mcgill.ca/access-achieve/contact-us](http://mcgill.ca/access-achieve/contact-us)

### WHAT DOCUMENTATION IS REQUIRED?

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

### THIS DOCUMENTATION MUST ADHERE TO THESE REQUIREMENTS:

- Come from a licensed health care professional
- Contain your name, date of birth, signature and license number of medical professional, and diagnosis or diagnostic impression
- Be typed or handwritten on letterhead or a prescription pad

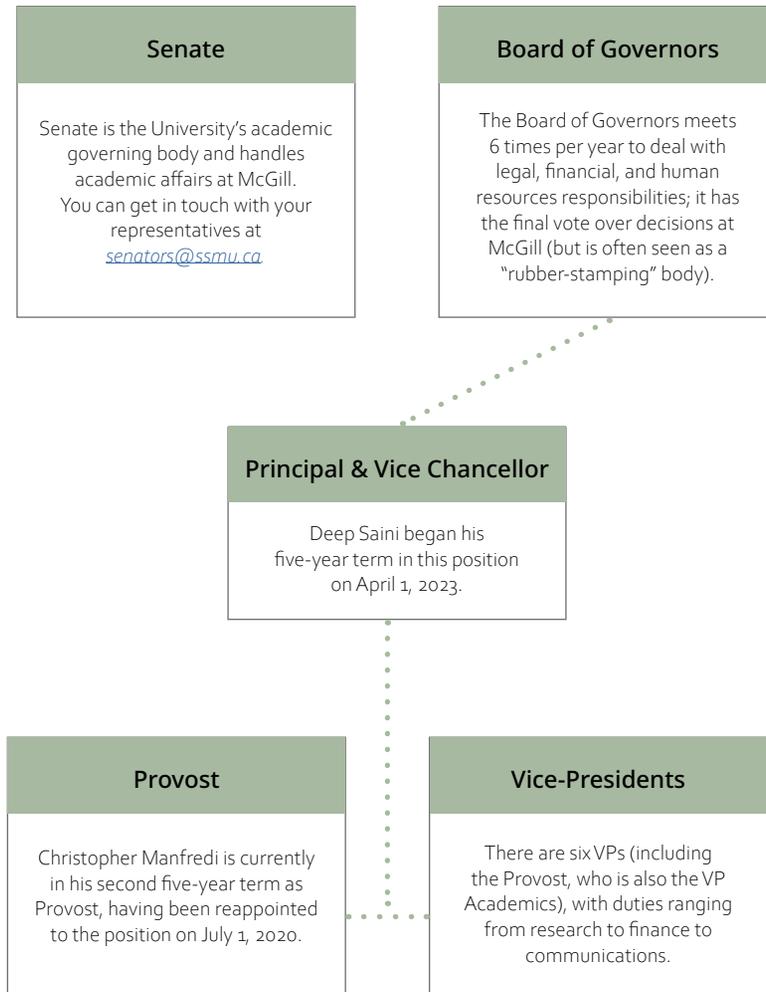
### WHAT ACCOMMODATIONS CAN I RECEIVE?

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

# UNIVERSITY GOVERNANCE

McGill's administration is an incredibly complex bureaucracy, but you have student representatives that are tasked with bringing your concerns to the governing bodies of McGill.

Below are a few key bodies you need to know, as well as what kind of student representation.



# ACADEMICS



**Common name:**  
Choke Cherry  
**Scientific name:**  
*Prunus virginiana*  
**In-bloom:** May-June



Scan this code for quick access to the links relevant to this section, organized by topic!

## COURSE REGISTRATION

### ADD/DROP

The add/drop period runs from the first day of class until **September 12** (and until **January 16** in the Winter semester). During this time, you can change your schedule as much as you like without worrying about penalties!

If you're looking to take a course S/U (i.e., pass/fail), be sure to do so by the Add/Drop deadline – see [page 166](#) for more.

During add/drop, instructors are not allowed to assign graded work without providing an alternative for students who join later in the add/drop period. If your instructor assigns work or tries to penalize students for missing work during this period, email the VP Academic of your department and faculty or SSMU VP University Affairs ([ua@ssmu.ca](mailto:ua@ssmu.ca)).

### WAITLISTS

Not all courses will have a waitlist. The “WL Rem” (Waitlist remaining) column on a course page in Minerva shows how much space is left on a given course’s 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 you fail to do so, you will lose your place on the list).

You can check your status on the waitlist by going to “View Student Schedule by Course Section” within Minerva’s Registration Menu.

### U0 vs. U1

U1 students are those who have advanced standing (i.e., at least 24 course credits) from AP or IB classes, CEGEP, or 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.”

Students starting out with less than 24 credits are U0, and will have to complete their faculty’s Freshman year program.

### TROUBLESHOOTING

Sometimes you can’t register for a class you need for one reason or another. Here are some steps to take if that happens:

Talk to an academic advisor about your options (see [page 166](#) for more on this)

→ Reach out to the professor to see if they can make room for you in the desired class

→ Sign up on [seatalert.ca/mcgill](https://seatalert.ca/mcgill) to get email and text notifications when a spot opens up

## TEXTBOOKS

Textbooks and course-packs can get expensive and as a university student, you may be on a budget.

Below are some ways to save money on textbooks!

### TIPS TO SAVE MONEY:

#### → Check McGill’s library

The Library usually has at least one copy of a course’s textbook or digital coursepack, and students can request an addition to course reserves. It’s a good idea to check the library’s course reserves at [bit.ly/3Ncas5a](https://bit.ly/3Ncas5a) to see if your readings are in reserve!

#### → Buy an earlier edition

Once a newer version of a textbook is released, the older ones get a lot cheaper. Make sure to check in with your professor, as older editions may no longer have up-to-date information!

#### → Buy your textbooks secondhand

LE JAMES will occasionally have a very limited number of used textbooks, as the supply of used books has been greatly diminished since the pandemic.

#### → Rent/buy your textbooks from Amazon

They will sometimes be cheaper than LE JAMES. Students who have a valid university email address can join Amazon Prime Student, which has additional deals.

#### → Look for an Open Educational Resource (OER)

OERs are free, online, and frequently peer-reviewed academic resources. Check out [openstax.org](https://openstax.org), [bccampus.ca](https://bccampus.ca), the McGill Library, or the SSMU OER webpage ([bit.ly/3aY4rJK](https://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, you can 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

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.

\* *Note:* McGill plans on renovating the McLennan-Redpath Complex, so most of its collection will be moved elsewhere. Construction is anticipated to start in mid 2024, during which time the library will be fully closed, and take an estimated three years to complete.

## BLACKADER-LAUTERMAN LIBRARY

Redpath Library, floor 3  
3459 Rue McTavish

A semi-secret study space located up a back stairwell in McLennan, Blackader is the 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

Schulich Library is popular due to its 24/7 accessibility.

## GEOGRAPHIC INFORMATION CENTRE

Burnside Hall, floor 5  
805 rue Sherbrooke Ouest

A little-known study room, the GIC has open workspaces for group study, private review, or any other kind of academic prep you need to know.

## MARVIN DUCHOW MUSIC LIBRARY

Elizabeth Wirth Music Building, 3-5, entrance on 3rd floor  
527 Rue Sherbrooke Ouest

This ultra-modern, sun-filled library is renowned for its easy access to the RVC Cafeteria, Vinh's Too Vietnamese Restaurant, and Starbucks. 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

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

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

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.

## ONLINE ACADEMIC 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.

### WORKSHOPS

[bit.ly/3MMGBj5](https://bit.ly/3MMGBj5)

McGill's libraries offer many informative and skill-building workshops. Check out the website to see the schedule! .

Students might be particularly interested in research skills workshops ([bit.ly/3PKxxfw](https://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](https://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](https://bit.ly/3aLQleg)), who are knowledgeable about specific areas and available research materials.

### Newspapers

[bit.ly/3MJSJR4](https://bit.ly/3MJSJR4)

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

### Databases

[bit.ly/3PBI6BP](https://bit.ly/3PBI6BP)

McGill students have access to over 1500 databases across a wide array of subject areas. Consult the above link and filter by subject area or use the keyword search to find one that works for you!

### Inter-Library Loan

[bit.ly/38PWlgi](https://bit.ly/38PWlgi)

Want a book or other material that you can't find in McGill's collection? Luckily, McGill's partnership with libraries worldwide means you can have materials sent in from other libraries! For more information on making a request, click the link above.

### Article/Chapter Scan

[bit.ly/3MQgg2W](https://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](https://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. Students can book study rooms for 2 hours at a time and up to 4 hours per week.

## BUILDING RELATIONSHIPS WITH YOUR PROFS

As a first-year student, you will likely be in a number of large introductory-level courses. While being in a classroom with dozens or even hundreds of other students can be a bit overwhelming at first, there are still ways to forge relationships with your professors and teaching assistants (TAs).

Here are some tips to help you get started:

### Don't be shy about asking questions.

Unless the professor states otherwise, lectures are a good time to raise your hand and get clarification on confusing course material! More likely than not, a few of your classmates will share the same question. Plus, asking questions demonstrates interest and effort on your part.

### Consistently attend lectures and tutorials.

Many large classes also have weekly tutorials or conferences, where TAs review the week's material with a more manageable class size. Attending all your classes regularly will help you get to know your TA and vice-versa, making it easier to build a rapport with one another.

### Show up to office hours.

Believe it or not, professors and TAs often end up idling their time during scheduled office hours. By showing up, you can get some one-on-one time with your instructor, and make a good impression on them. It helps to come up with a question or comment about the course content so you can have a meaningful conversation with your instructor.

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

- ✓ Utilize a day planner (like the one found in this handbook!)
- ✓ Go to a studying skills workshop
- ✓ Student Accessibility & Achievement, the Student Wellness Hub, and Campus Life & Engagement all offer these kinds of workshops throughout the year. Check out [involvement.mcgill.ca](http://involvement.mcgill.ca) to sign up for these workshops.
- ✓ Teaching and Learning Services also provides workshops on studying skills; check out [www.mcgill.ca/tls/students/workshops](http://www.mcgill.ca/tls/students/workshops) for more info.
- ✓ Take a break from the library; try a cafe or park to get a breath of fresh air.
- ✓ Don't 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 should be your #1 priority – it's also crucial so you can stay focused while studying!
- ✓ Talk to your professor and TA during Office Hours. For more on how to build relationships with instructors, see page 161.

## PLANNING FOR EXAMS

Make sure to plan for your exams ahead of time so you don't have to cram. Typically, McGill releases a tentative exam schedule in October for the Fall semester, and February for the Winter semester.

**Do not make travel plans** until the final version of the exam schedule is released, as dates may change and deferrals will not be granted for traveling students.

## DEFERRING AN EXAM

If you fall ill or have a personal emergency, you may defer your exam. This means that you will still have to take your exam at a later date.

→ **To defer an exam:** submit a request according to your Faculty Guidelines. Many Faculties do not require supporting documentation if you are requesting a deferral for the first time – check [bit.ly/43lqZVr](http://bit.ly/43lqZVr) to see if you qualify. Otherwise, you must cite a valid reason for requesting a deferred exam; these reasons include illness, serious personal issues, or serious extenuating circumstances (travel plans are not a valid reason). For incidental illness or flare-ups of chronic medical issues, you must provide medical documentation.

→ **Consequences of deferring an exam:** A deferred final exam will be noted with an "L" on your transcript alongside your final grade for the course. Once you defer an exam, any subsequent deferral requests will be analyzed more stringently, so they may be less likely to be approved. Additionally, you cannot defer an exam more than once; if you fall ill before taking your deferred exam, contact an academic advisor. Repeat exam deferral requests due to incidental illness are less likely to be approved.

\* Additionally, deferred exams usually take place two or three months after the initial exam; it may be more difficult to pass the exam long after your course has ended. Student Accessibility & Achievement can help you address your accommodation needs if chronic medical issues make it difficult to manage exam schedules.

## REQUESTING ACCOMMODATIONS

→ Students registered with Student Accessibility & Achievement must submit accommodation requests a minimum of 14 days (including weekends) prior to the start of the quiz/test/exam.

→ Use your account on ClockWork to book academic accommodations. Once you sign up, the location of your exam will be sent to your McGill email address one day before the date of your exam; you will take the exam separately from your classmates to allow for extra time and other accommodations according to your needs.

→ If you do not submit your request on time, you may use the Student Accessibility & Achievement Late Request Form to ask for accommodations on short notice. However, late requests are only considered if 1) you are newly registered with Student Accessibility & Achievement, in which case a 7-day notice is still required, or 2) your instructor changed or announced an exam date within the 14-day deadline, in which case instructor verification will be required for approval.

\* Accommodations cannot be guaranteed for submissions received after the exam sign-up deadline, so be prepared to take the exam alongside your classmates, whether that be in-person or online.

## GRADING

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

TERM	DEFINITION
<b>CUMULATIVE GRADE POINT AVERAGE (CGPA)</b>	This is the GPA for your entire degree at McGill – it includes every class you’ve taken so far.
<b>SATISFACTORY/ UNSATISFACTORY (S/U)</b>	Opting to take a course S/U means a course will not count toward your GPA — you either pass or fail the course. There are strict rules for taking a S/U course (e.g. you can only do it for electives and can only do it for a certain number of courses), so it’s recommended you speak to an advisor before choosing to take one. You must declare the S/U option by the end of Add/Drop – see <a href="#">page 156</a> .
<b>ACADEMIC PROBATION</b>	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.
<b>K</b>	“Incomplete” – this may occur if you received an extension for a final assignment. If you are struggling to complete your coursework and think you need extra time – especially due to medical issues – contact your academic advisor or a Student Advocacy group.
<b>L</b>	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.
<b>W</b>	On a transcript, this means that you withdrew from a course with the permission of your instructor and the University. It will not affect your GPA.

## TROUBLESHOOTING

Nearly every McGill student has a story about sleeping through an exam, forgetting a big assignment, or just generally having a bad semester.

If this happens to you, take a deep breath and remind yourself that it’ll all be okay – then, follow some of these steps to remedy the situation.

### CONTACT YOUR INSTRUCTOR.

Email your professor/TA, or show up to their office hours and explain what happened. Be honest, polite, and ask what you can do to fix the situation. More often than not, instructors are very understanding and will work with you to determine next steps.

### CONTACT THE DEAN OF STUDENTS.

If you are facing problems that are outside of your control – such as discrimination, or an instructor who is violating your academic rights – get in touch with the Dean of Students at [deanofstudents@mcgill.ca](mailto:deanofstudents@mcgill.ca) and make an appointment. Include your student ID number and the details of your issue in your email.

### CONTACT YOUR LOCAL WELLNESS ADVISOR.

LWAs are embedded within each faculty at McGill, so they are equipped to handle school-related stress or time management issues. When you make an appointment with an LWA, they can help you find other mental health resources and put you in touch with the right person to address your needs. For more information on LWAs and other mental health resources, see [page 174](#).

## ACADEMIC ADVISING

Academic advisors can help you plan your schedule, register for classes, and direct you to opportunities related to your degree. They're usually in high demand at the beginning of the semester, so schedule an appointment in advance! Below is some information on different types of advisors.

For a full directory, visit: [bit.ly/3yUloIP](http://bit.ly/3yUloIP)

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.

### FACULTY ADVISORS

**Where:** The Student Affairs Office of your faculty

**What they can do:**

- 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 ahead of time.

**What they can do:**

- 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

**Where:** Reach out via email or go to office hours!

**What they can do:**

- Although they aren't official advisors, professors can help with your specific field of interest.
- 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 / MENTORING

Below are some peer- and university-run tutoring services.

For a full list, see [bit.ly/3OhZTj6?r=q](http://bit.ly/3OhZTj6?r=q)

### MCGILL TUTORIAL SERVICE

**What:** A service that matches students with a tutor for whichever class they're struggling in. Any student enrolled at McGill may sign up.

**Cost:** \$18/hour for undergraduate tutors, \$22/hour for graduate tutors.

Check the Student Accessibility & Achievement website to see if you qualify for subsidized tutoring: [bit.ly/3MgRb24](http://bit.ly/3MgRb24)

### ENGINEERING PEER TUTORING

[epts.mcgilleus.ca/](http://epts.mcgilleus.ca/) | [epts@mcgilleus.ca](mailto:epts@mcgilleus.ca)

**What:** Upper-level undergraduate tutors from all departments have weekly drop-ins where Uo/U1 students can get help with coursework.

Tutors also offer final review sessions for undergraduate students of all years.

**Cost:** Free

### SUS TUTORING SERVICE

[susmcgill.ca/peer-tutoring](http://susmcgill.ca/peer-tutoring) | [suspeertutors@gmail.com](mailto:suspeertutors@gmail.com)

**What:** The Science Undergraduate Society provides one-on-one tutoring, group tutorials, help desks, and review sessions from qualified student volunteers.

**Cost:** Free

### AUS ESSAY CENTRE

**What:** Tutors who provide remote editing assistance (in French or English), or who can meet you via Zoom to discuss your essay for an Arts class.

**Cost:** Free



**mini  
courses**

## CREATING A COMMUNITY OF LEARNERS

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

Choose from a range of subjects that can help you explore your interests, build a new skill set, delve into a new hobby, or offer continued professional or personal development!

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DEVELOPMENT • UNIQUE WORKSHOP SERIES**

[minicourses@ssmu.ca](mailto:minicourses@ssmu.ca)



## STUDENT HEALTH

*\* Content Warning: Discussion of substance use, eating disorders, and sexual assault in this section.*

*Common name:*  
Common Evening  
Primrose  
*Scientific name:*  
*Oenothera biennis*  
*In-bloom:*  
July-September



*Scan this code for quick access to the links relevant to this section, organized by topic!*

## HOW STUDENT HEALTHCARE WORKS

[studentcare.ca](http://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 available on Minerva. The Health plan is \$195 a year, while the Dental plan is \$150. To know more about the Health and Dental Plan as well as your tuition fees, please consult the document "Where is My Money Going?" in Minerva.

→ StudentCare pairs with health care providers in Montreal to offer you discounts! Check out these networks on studentcare.ca. ([bit.ly/3Cu3y6b](http://bit.ly/3Cu3y6b)) to find out more.

→ StudentCare pairs with health care providers in Montreal to offer you discounts! Check out these networks on studentcare.ca. ([bit.ly/3Cu3y6b](http://bit.ly/3Cu3y6b)) to find out more.

→ You have more than \$10,000 in health care coverage and up to \$5 million in travel coverage. The complete list of benefits is available here. ([bit.ly/3Npr1B8](http://bit.ly/3Npr1B8))

→ 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. ([bit.ly/3NwxmFF](http://bit.ly/3NwxmFF))

→ 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/37YusZ4](http://bit.ly/37YusZ4)) 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.

## MENTAL HEALTH SERVICES

### KEEP.MESAFE

[keepmesafe.org](http://keepmesafe.org)

**What:** This service provides free, unlimited, 24/7 access to mental health support for all McGill students. You can connect with a counsellor through telephone and mobile chat in over 60 languages, and choose a counsellor that suits your needs (including 2SLGBTQ+ counsellors, BIPOC counsellors, disabled counsellors, and more).

**How to access:** Download the MySSP app or see SSMU's webpage about the service for more information.

### TAO (THERAPY ASSISTED ONLINE)

[mcgill.ca/wellness-hub/self-directed-care/tao-therapy-assisted-online](http://mcgill.ca/wellness-hub/self-directed-care/tao-therapy-assisted-online)

**What:** A free and private online video program designed to address issues related to stress, anxiety, depression, and more.

**How to access:** Use your McGill email address to create a free account on the TAO website or on their app, available for both iOS and Android.

### WELLNESS HUB

[mcgill.ca/wellness-hub/self-directed-care/tao-therapy-assisted-online](http://mcgill.ca/wellness-hub/self-directed-care/tao-therapy-assisted-online)

**What:** A free and private online video program designed to address issues related to stress, anxiety, depression, and more.

**How to access:** Use your McGill email address to create a free account on the TAO website or on their app, available for both iOS and Android.

## PHYSICAL HEALTH SERVICES

### DIALOGUE

[dialogue.co](http://dialogue.co)

**What:** An online platform to connect with nurses and physicians via mobile or web app from anywhere in Canada, free of charge.

**How to access:** Create an account on Dialogue's website or mobile app using your McGill email.

## WELLNESS HUB

The Hub offers physical and mental health services, including workshops, counseling, and run-of-the-mill doctors' appointments. All services are by appointment only; call 514-398-6017 on weekdays from 8:30 a.m. to 3:30 p.m. to schedule an appointment. Services are often in high demand, so make sure to call right as they open if you need an appointment urgently!

The following is a list of services offered by the Hub. Check out [mcgill.ca/wellness-hub](http://mcgill.ca/wellness-hub) for more info!

### ACCESS ADVISORS

These are advisors who can help you navigate Hub services. There are a couple of different ways they do so:

→ **Weekly Navigating Wellness Workshops** teach students about the resources available to them on- and off-campus without the need for a one-on-one appointment with an Access Advisor. However, you must register at least 24 hours in advance on myInvolvement, so keep an eye out on the Hub's website ([mcgill.ca/wellness-hub](http://mcgill.ca/wellness-hub)) for upcoming workshops!

→ **One-on-one Appointments with an Advisor** can provide you with general mental health support and information about available services. During these 80-minute appointments, an Advisor can refer you to appropriate mental health care on- or off-campus, and complete an initial triage of your mental health. While an Advisor cannot refer you directly to a psychiatrist, they may connect you to a doctor who will then complete a referral if necessary.

### CLINICAL SERVICES

If you're feeling unwell – physically or mentally – a visit to the Wellness Hub may be in order. Hub services are free to all students (full-time and part-time) who have paid their Student Services fee and are covered by insurance. So if you're ill, call the aforementioned number (514-398-6017) to schedule an appointment with a doctor as early in the day as possible.

### LOCAL WELLNESS ADVISORS

These are trained mental health clinicians who can connect you with the appropriate mental health resource on- or off- campus. They are embedded within faculties, meaning that the LWA you speak to will be familiar with your academic life, whether it be in the Faculty of Arts, Science, Engineering, or anywhere else. Additionally, LWAs for Black students and 2S&LGBTQ+ students are available. Like the Access Advisors, LWAs can assist you in a few different ways:

→ **Workshops** such as animal therapy, Cognitive Behavioral Therapy for Anxiety & Depression, and Distress Tolerance, among others, can help you learn skills to manage your mental health. A list of workshops currently on offer can be found at [mcgill.ca/wellness-hub/health-promotion/workshops](http://mcgill.ca/wellness-hub/health-promotion/workshops).

→ **One-on-one Appointments** allow an LWA to assess your mental health, provide a brief intervention, and develop a plan for next steps depending on your needs. However, they cannot refer you to a psychiatrist, though they can connect you with a doctor who will do so if a referral is necessary.

→ **Outreach** on social media helps students stay up-to-date on Wellness Hub events, including LWA workshops. Check out @healthiermcgill on Instagram to see what's up!

## EXAM HEALTH

Exam season can get stressful and overwhelming. Be sure to take lots of study breaks, drink water, and get plenty of sleep before your exams. McGill also offers activities and resources for students coping with academic anxiety:

### THERAPY DOGS

#### DOWNTOWN CAMPUS

12:30-1:30 on Mondays & Wednesdays  
during exams  
Brown Building Lobby

#### MAC CAMPUS

12:30-2:00 on Tuesdays & Thursdays  
during exams  
Centennial Centre Lobby

### MORSL LOUNGE

The McGill Office of Religious and Spiritual Life lounge is open to all students. Visit the lounge to browse its wellness library and the Healthy McGill kiosk, sign out relaxation CDs, use a light therapy lamp, or colour a mandala! It also has meditation and prayer rooms available.

SSMU services and other student-led initiatives are also there for you when you're overwhelmed.

Contact the resources below if you need to talk with someone:

### MCGILL NIGHTLINE

514-398-6246

This is a confidential, anonymous, and non-judgmental listening service. Trained volunteers offer support and active listening to students, though it is not a crisis line capable of giving you professional help.

\* *Note: Service only offered in English.*

### PEER SUPPORT CENTRE

[psc.ssmu.ca](http://psc.ssmu.ca) | 514-398-3782  
[mcgill.psc@gmail.com](mailto:mcgill.psc@gmail.com)

This service offers well-trained student peer supporters who you can share your experiences and feelings with. Peer supporters can also connect you with other resources if you are in need of other support. Visit their website to make an appointment and stay up-to-date on their opening hours and services.

# MENTAL HEALTH

McGill students have a wide array of health and wellbeing initiatives at their disposal; some offered by students, some by the university itself, and others by the wider Montreal community. 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](mailto:mentalhealth@ssmu.ca)

## KEEP.MESAFE

[keepmesafe.org](http://keepmesafe.org)

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 ([mcgill.ca/continuingstudies/keepmesafe](http://mcgill.ca/continuingstudies/keepmesafe)) (scroll down webpage hyperlinked) the MySSP mobile application for access to:

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

## HEALTHY LIVING ANNEX

[mcgill.ca/wellness-hub/get-support/healthy-living-annex](http://mcgill.ca/wellness-hub/get-support/healthy-living-annex) | FB @healthiermcgill

This is a space on the third floor of the Brown Building dedicated to outreach, health promotion, and peer support activities. Many workshops and webinars are offered on-demand on the Student Wellness Hub website ([mcgill.ca/wellness-hub/get-support/remote-and-person-workshops-groups](http://mcgill.ca/wellness-hub/get-support/remote-and-person-workshops-groups)).

## STUDENT WELLNESS HUB

[mcgill.ca/wellness-hub](http://mcgill.ca/wellness-hub) | IG @healthiermcgill

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

## LOCAL WELLNESS ADVISORS (LWAS)

[mcgill.ca/wellness-hub/get-support/local-wellness-advisors](http://mcgill.ca/wellness-hub/get-support/local-wellness-advisors)

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

## STUDENT-RUN SERVICES

### MCGILL STUDENTS' NIGHTLINE

[nightline.ssmu.ca](http://nightline.ssmu.ca) | IG @nightlinemcgill

(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. They offer both phone and online chat services, so you will be able to reach out in whatever way makes you most comfortable.

### THE PEER SUPPORT CENTRE

[psc.ssmu.ca](http://psc.ssmu.ca) | IG @pscmcgill

The Peer Support Centre offers free, drop-in, confidential, and non-judgemental peer-to-peer support and resources referral to McGillians. A student-run initiative through the SSMU, the PSC provides a welcoming space where you can share your experiences, feel listened to, and find ways to resolve the things you are going through.

### THE EATING DISORDER RESOURCE AND SUPPORT CENTRE

IG @ssmueatingdisorderawareness

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

## BEING UPDATED ON MENTAL HEALTH RESOURCES AND OPPORTUNITIES

Follow SSMU Mental Health on Instagram (@ssmumentalhealth) or check the SSMU webpage here ([ssmu.ca/health](http://ssmu.ca/health)) for updated resource listings and for more information on the work done by the SSMU to make McGill a mentally healthier community.

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 at [ssmu.ca/resources/funding](http://ssmu.ca/resources/funding).

## ACCESS OFF-CAMPUS MENTAL HEALTH SUPPORT

Save money through your student insurance plan. Students enrolled in the SSMU Health & Dental Plan ([studentcare.ca/rte/en/McGillUniversityundergraduatestudentsSSMU\\_Home](http://studentcare.ca/rte/en/McGillUniversityundergraduatestudentsSSMU_Home)) have 80% coverage for sessions with a mental health professional, up to \$1000/year, as well as reduced-cost services through the StudentCare Psychology Network ([bit.ly/3X7Cazy](http://bit.ly/3X7Cazy)). For international students, the Blue Cross Plan ([mcgill.ca/internationalstudents/health](http://mcgill.ca/internationalstudents/health)) covers up to \$750/year in psychologist or psychotherapist fees.

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](mailto:mentalhealth@ssmu.ca) for guidance.

## GENDER-AFFIRMING CARE

If you would like to access Hormone Replacement Therapy or other forms of gender-affirming care, there are a number of resources and organizations which can help you do so.

### LOCAL WELLNESS ADVISOR

Margot Nossal is a 2S&LGBTQ+ Local Wellness Advisor ([bit.ly/43XTZIA](http://bit.ly/43XTZIA)) who can connect you with appropriate resources on- and off-campus. She can be found in University Hall, 3473 University Office #009. You can book an appointment with her to discuss how to get the care and support you need.

### THE UNION FOR GENDER EMPOWERMENT

[theuge.org](http://theuge.org)

The UGE is a feminist, trans-positive organization that provides resources, educational opportunities, and advocacy for all who need it, especially for people of colour and trans people. The UGE is located in the University Centre at room 413, and can be contacted through the form on their website ([theuge.org](http://theuge.org)), or on Instagram at @ugecollective.

### CENTRE FOR GENDER ADVOCACY

[genderadvocacy.org](http://genderadvocacy.org)

This Concordia-based organization promotes gender equality and empowerment. It provides gender affirming gear (such as binders, packers, and trans tape, among others) on a pay-what-you-can basis, and can connect you with resources and community organizations depending on your needs. They can also help you navigate changing your name and gender marker with a Commissioner of Oaths. To contact the centre, email [info@genderadvocacy.org](mailto:info@genderadvocacy.org).

## EATING DISORDERS

Eating disorders (also known as EDs) can be hard to understand and to navigate. There are many factors that can lead to EDs, such as biological, psychological, and social factors. They often exist with other factors like depression, substance abuse, and/or anxiety disorders.

Eating disorders have the highest mortality rate of all psychiatric disorders, therefore, it is important to get help quickly if you or someone close to you is experiencing this.

## RESOURCES

### ANEB QUEBEC

[anebquebec.com](http://anebquebec.com)

(514) 630-0907 | 1 (800) 630-0907

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

### DOUGLAS HOSPITAL EATING DISORDER PROGRAM

[montrealfamilies.ca/health/douglas-eating-disorders-clinic](http://montrealfamilies.ca/health/douglas-eating-disorders-clinic)

(514) 761-6131 ext. 2895

The Eating Disorder Program at the Douglas Hospital has an out-patient clinic, a day program as well as an in-patient unit. Before contacting them, you need a referral from a health care professional to access the program. You will need to visit your family doctor or the McGill Student Wellness Hub first ([page 172](#)).

### NEDIC

[nedic.ca](http://nedic.ca) | 1 (866) 633-4220

NEDIC is a toll-free helpline and website, providing information and support to Canadians who are directly or indirectly affected by EDs. Staffers will be able to provide local resources and referrals from a national directory of more than 700 service providers.

### SSMU EATING DISORDER RESOURCE AND SUPPORT CENTRE

[edrsc.ssmu.ca](http://edrsc.ssmu.ca) | IG @ssmueatingdisorderawareness

EDRSC provides on-campus, peer support for those experiencing an eating disorder. Contact [eatingdisorder@ssmu.ca](mailto:eatingdisorder@ssmu.ca) for more information.

# SAFER SEX: CONSENT

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.

## CONSENT IS...

- **ACTIVE.** Consent cannot be implied from silence or the absence of a "no". It also can't be assumed in the context of a current or previous dating, sexual, or marital relationship. It must be given by clear and unequivocal words and/or actions.
- **REVOCABLE.** It must be continuous and can be withdrawn at any point, even if someone has said "yes" before. You can change your mind at any time, for any reason and the activity must stop.
- **INFORMED.** Each participant must know exactly what they are giving their consent to.
- **REPEATED.** To consent to one form of sexual activity does not mean consenting to other forms of sexual activity. Check-in with your partner(s) every step of the way to ensure an enjoyable experience.
- **FREELY GIVEN.** Consent cannot be obtained if there is any kind of threat or coercion present, including force (physical, emotional, verbal, etc.), intimidation, manipulation, blackmail, or pressure.
- **ALTERED BY POWER DYNAMICS.** Consent cannot be obtained if someone is in a position of power and authority, such as between a professor and a student or a supervisor and an employee.
- **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!

→ For more information about consent, including examples of how to give or revoke consent, see: [bit.ly/3PrtwPM](http://bit.ly/3PrtwPM)

## RESOURCES FOR HEALTHY SEXUALITY

**MCGILL STUDENT WELLNESS HUB**  
[mcgill.ca/wellness-hub](http://mcgill.ca/wellness-hub) | (514) 398-6017

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

**UNION FOR GENDER EMPOWERMENT (UGE)**  
[theuge.org](http://theuge.org)

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

**SHAG SHOP**  
[mcgill.ca/healthymcgill/shagshop](http://mcgill.ca/healthymcgill/shagshop)

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

# SAFER SEX: PROTECTING YOURSELF

Part of safer - and enjoyable - sex is about knowing the risks of any kind of sexual activity and making sure you're taking care of yourself and your partner(s). This means being aware of the risks of sexually transmitted infections (STIs) and unwanted pregnancy.

## BIRTH CONTROL

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

- **HORMONAL CONTRACEPTION.** i.e., pill, patch, ring, require a prescription from a doctor, and can be bought at a pharmacy. Remember that if you are on HRT (Hormone Replacement Therapy), it does not prevent pregnancy and you still need a birth control plan.
- **BARRIER PROTECTION.** You can buy barrier methods (internal and external condoms, sponges) at the Shag Shop ([mcgill.ca/healthymcgill/shagshop](http://mcgill.ca/healthymcgill/shagshop)) or any pharmacy. Condoms are also free at Healthy McGill kiosks around campus!
- **EMERGENCY CONTRACEPTION.** A pill taken to prevent pregnancy after unprotected sex, or if other methods of contraception failed. A prescription may be required to receive the EC pill. Also, the pill is only effective up to five days after sex, the sooner you take it the better.

## PREGNANCY

→ If you think you **may** be pregnant, make an appointment at the Wellness Hub. You can buy a test at the pharmacy, the Shag Shop ([mcgill.ca/healthymcgill/shagshop](http://mcgill.ca/healthymcgill/shagshop)), the UGE, ([theuge.org](http://theuge.org)) or Queer McGill ([queermcgill.org](http://queermcgill.org)).

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

- Abortion is legal in Canada and available up until twenty-two (22) weeks of pregnancy. It's usually a minor procedure and complications are unlikely to arise. Quebec health insurance covers abortion for free, but students with other kinds of insurance must pay upfront before being reimbursed by their health plan.
- If you choose to keep your child, there are resources at McGill and off-campus. For example, Head & Hands ([headandhands.ca](http://headandhands.ca)) also hosts a "Young Parent Program" for parents or parents-to-be under 25 years old.

## SEXUALLY TRANSMITTED INFECTIONS (STIS)

If you're planning to engage in a sexual activity, consider and discuss STI prevention methods with your partner(s) beforehand.

You can prevent STI transmission by getting tested. At least one test a year is recommended, but you may want to test more often if you have new or casual partners. The Wellness Hub and other resources below perform STI testing. See [page 168](#) for more information on your insurance coverage.

## RESOURCES OFF CAMPUS

**L'ACTUEL**  
[cliniquelactuel.com](http://cliniquelactuel.com)  
(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.

**SEXTED**  
[sexted.org](http://sexted.org) | (514) 700-4411

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

# SEXUAL ASSAULT & HARASSMENT

## INTERSECTIONALITY OF SEXUAL VIOLENCE

The SSMU believes that all discussions surrounding sexual violence must take an intersectional approach ([bit.ly/4zHAFyf](https://bit.ly/4zHAFyf)) 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/3qNkExu](https://bit.ly/3qNkExu)), 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](mailto: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 historically, in many cases, failed to properly support survivors of sexual violence and hold their members and employees accountable for harms created. 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, if you or someone you care about experienced sexual or gendered violence, remember that you are not alone. There is no sudden answer to trauma. 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. Sexual violence requires support from professionals who have worked in response to trauma and gender-based violence. The resources in the next page of this handbook are confidential, non-judgmental, trauma-informed, and have staff who can work with survivors of sexual violence as they try to heal.

## RESOURCES ON CAMPUS

### OSVRSE

[mcgill.ca/osvrse](https://mcgill.ca/osvrse) | (514) 398-4486

The OSVRSE provides support to those who have been impacted by sexual and gender-based violence. They provide crisis intervention and short term counseling and can help connect survivors with resources, assist in safety planning, provide support groups and activities, and assist with academic or workplace accommodations.

### SACOMSS

[sacomss.org/wp](https://sacomss.org/wp) | (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 outreach. Their services include Drop-In and Line (DIAL), support groups and can support individuals making reports of sexual violence, provide information and accompaniment services.

### THE MCGILL STUDENTS' NIGHTLINE

[ssmu.mcgill.ca/nightline](https://ssmu.mcgill.ca/nightline)

The McGill Students' Nightline is a peer resource which offers confidential, anonymous, and non-judgmental listening. Services include active listening, resource referrals, and crisis management. Nightline can be accessed at 514-398-6246.

### LEGAL INFORMATION CLINIC AT MCGILL

[licm.ca](https://licm.ca)

University Centre, Suites 108 & 107-A  
The Student Advocacy Branch at LICM can help students navigate McGill's internal policies. Their volunteers can inform, advise, and represent students who are undergoing disputes at the University. They can also assist students who have had a complaint filed against them.

## RESOURCES OFF CAMPUS

### MONTREAL SEXUAL ASSAULT CENTRE

[cvasm.org](https://cvasm.org) | 1 (888) 933 - 9007

The Montreal Sexual Assault Centre offers a range of free services to individuals eighteen years and up who have been a victim of sexual assault, sexual abuse, or incest, as well as to survivors' family and friends.

### SOS VIOLENCE CONJUGALE

[sosviolenceconjugale.ca](https://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.

### PROJECT 10

[p10.qc.ca](https://p10.qc.ca)

The Project promotes the personal, social, sexual, and mental well being of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersexed, and questioning youth and adults ages 14–25. They provide active listening services, drop-in hours, an accompaniment service, and a listening line.

*\* More resources are available in the LinkTree on the title page of this section.*

# ALCOHOL & DRUGS

## ALCOHOL

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

### SOME TIPS ON SAFE DRINKING

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

### REMEMBER

If a person is unconscious, breathing slowly, and has bluish-tinged or pale skin, they may have alcohol poisoning. Call 911, and then Security Services if you are on campus:

Downtown: (514)-398-3000

Mac Campus: (514)398-7777

## DRUGS

SSMU does not encourage or condone illegal drug use, but we do endorse harm reduction and promote information over stigmatization.

### GUIDELINES FOR SAFER DRUG USE

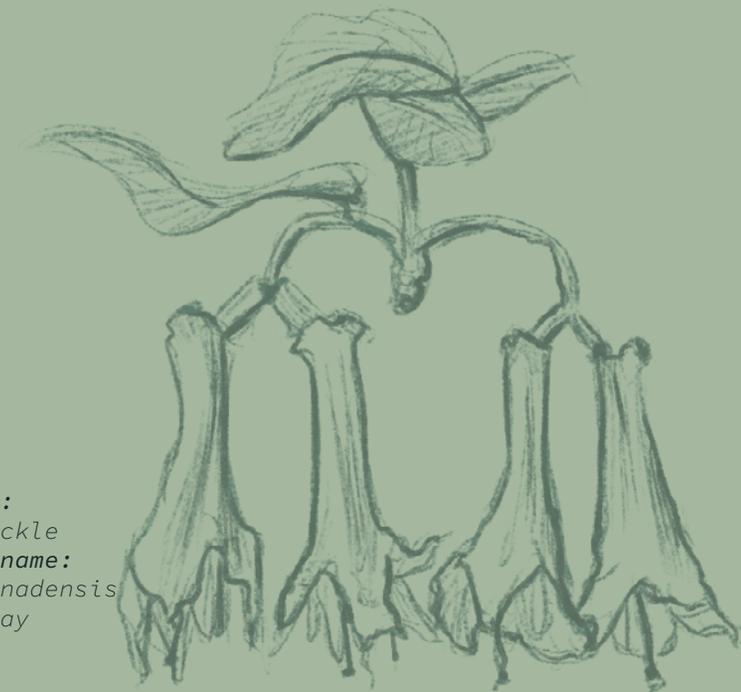
- Start with a small dose.
- Many people overdose because they expect what they've bought to be similar to the last time, but this isn't always the case.
- Beware of overdoses and laced substances!
- If you believe you are experiencing an opioid overdose, or know someone experiencing one, check the sites ([bit.ly/43YALCC](http://bit.ly/43YALCC)) in the Montreal area that offer Naloxone. You can also purchase a naloxone kit at most pharmacies. Naloxone temporarily reverses the effects of an opioid overdose and allows more time for medical help to arrive.
- Mix = risk!
- A cocktail of substances can be dangerous and have unexpected effects. Moreover, be careful when mixing substances with medicine and alcohol.
- Find yourself a safety buddy!
- It is important to have someone clear-headed that can react quickly if something happens. Consider a safe use site.

### CACTUS MONTREAL

[cactusmontreal.org](http://cactusmontreal.org) | (514) 847-0067

Safe injection sites like CACTUS Montreal offer safe supervision and sanitary equipment for drug injection or inhalation. They also hold a meeting place for drug users to build safer drug using practices and promote the health and well-being of the community.

# CAMPUS LIFE



**Common name:**

*Fly-Honeysuckle*

**Scientific name:**

*Lonicera canadensis*

**In-bloom:** May



*Scan this code for quick access to the links relevant to this section, organized by topic!*

[mcgill.ca/students/housing](http://mcgill.ca/students/housing)

Living in residence is a unique and rewarding experience for many. You are encouraged to meet new people, get involved in student government groups and clubs, and participate in events made to make your first year memorable.

Students with disabilities are also encouraged to reach out to Student Accessibility and Achievement to discuss their specific housing needs.

## 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 and community builders that are your point of contact if you need anything.

### 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.

\*Tip: If you have any questions as a first year student regarding student housing, go to the ASK McGill ([ask.mcgill.ca/](http://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 [page 204](#) for more information.

## LE FRANÇAIS À MCGILL

L'Université McGill étant le bastion académique anglophone de Montréal, il serait facile de penser que le français est rare 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.

### VIVRE MCGILL EN FRANÇAIS

[vivreenfrancais.mcgill.ca](http://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

→ [delitfrancais.com](http://delitfrancais.com)

→ Club de débat francophone McGill

→ Trouvez une liste des clubs et des ressources pour apprendre et pour parler le français | [externalaffairs.ssmu.ca/francophone-affairs](http://externalaffairs.ssmu.ca/francophone-affairs)

## ÉTUDIER EN FRANÇAIS

Le Département des littératures de langue française, de traduction et de création (faculté des arts) est en effet entièrement francophone. Au niveau facultaire, la Faculté de droit est entièrement bilingue et vous offre la possibilité de suivre des cours en français. Pareillement, la Faculté des sciences de l'éducation propose une majeure en pédagogie de l'Immersion Française et le Campus Outaouais de la Faculté de médecine et des sciences de la santé délivre une formation médicale entièrement en français. 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](http://bit.ly/3GHZTTI)

Pour tous les cours - à l'exception des cours dont la maîtrise d'une langue est un objectif. Il s'agit d'un droit inscrit dans la Charte des droits étudiants.

## OBTENEZ DE L'AIDE PERSONNALISÉE

Étudiants francophones | [bit.ly/38lx3WG](http://bit.ly/38lx3WG)

→ Mme Manon Lemelin ([manon.lemelin@mcgill.ca](mailto:manon.lemelin@mcgill.ca)), l'adjointe aux membres de la communauté étudiante francophone 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](mailto:caf@ssmu.ca)) est chargée de protéger vos droits en tant que francophones et de promouvoir la francophonie sur le campus.

# AFFORDABLE FOOD

Many food banks and collective kitchens operate on a regular basis.

Consult the weekly planner below to find organizations that serve food each week, from Monday to Friday:



Prepared meals



Food bank

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>People's Potato</b> 12:30-2 PM	 <b>People's Potato</b> 12:30-2 PM	 <b>People's Potato</b> 12:30-2 PM	 <b>People's Potato</b> 12:30-2 PM	 <b>Hive Free Lunch</b> 12:30-1:30 PM
 <b>Le Frigo Vert</b> 12:00-4 PM	 <b>Le Frigo Vert</b> 12:00-4 PM	 <b>Le Frigo Vert</b> 12:00-4 PM	 <b>Le Frigo Vert</b> 12:00-4 PM	 <b>Racine Croisée</b> 3:00-6 PM
 <b>Hive Free Lunch</b> 12:30-1:30 PM	 <b>Hive Free Lunch</b> 12:30-1:30 PM	 <b>Hive Free Lunch</b> 12:30-1:30 PM	 <b>Hive Free Lunch</b> 12:30-1:30 PM	
			 <b>* Midnight Kitchen</b> 1 PM	

\* Midnight Kitchen occasionally changes the dates and times of their meal service. Check out [midnightkitchen.org/calendar](http://midnightkitchen.org/calendar) to make sure of when they're serving, and to see when you can pick up a volunteer shift!

Some emergency food baskets and collective kitchens operate on a less regular schedule. The list below includes some places to get free meals or groceries, but you'll have to consult their respective websites to make sure of their hours of operation.

## COMMUNITY FRIDGES

These mutual aid organizations provide free produce. Some of them are only available to residents of their respective neighborhood, so be sure to check their websites before visiting!

## LE GARDE-MANGER DU MONDE

[legardemangerdumonde.wixsite.com/parc](http://legardemangerdumonde.wixsite.com/parc)

## DU PAIN ET DES ENJEUX

FB @Du Pain et des Enjeux

## FRIGO L'ABC

[www.centraabc.org](http://www.centraabc.org)

## FEED THE HEN

FB group: Nourrir Henri /Feed the Hen

Additionally, The Midnight Kitchen Collective and the Concordia Food Coalition have both compiled lists of food insecurity resources relevant to each neighborhood in Montreal.

## MIDNIGHT KITCHEN

[bit.ly/43lFkkM](https://bit.ly/43lFkkM)

## CONCORDIA FOOD COALITION

[concordiafoodcoalition.com/cfc-emergency-food-guide](http://concordiafoodcoalition.com/cfc-emergency-food-guide)

## SSMU'S PILOT GROCERY PROGRAM

The SSMU's Pilot Grocery Program will be continuing throughout the '23-24 school year. This program gives students vouchers to local grocery stores to get food free of charge. For more information, see: [ssmu.ca/grocery](http://ssmu.ca/grocery)

## BIPOC COMMUNITY

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

### BLACK STUDENTS NETWORK

[bsnmcgill.com](http://bsnmcgill.com) | IG @BlackStudentsNetworkOfMcGill

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](http://mcgill.ca/fph) | FB @FPHMcGill | (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

"The Indigenous Student Alliance at McGill offers Indigenous students and allies a chance to connect in a safe space that values the growth of Indigenous communities, ideas, and teachings. We also strive to foster meaningful relationships with other marginalized communities, unite Indigenous students and allies, and create conversation to help make our voices heard on topics that affect and interest us. Our website and Facebook offers educative events and opportunities, and all are welcome!" -The '23-'24 ISA team

### SPANISH AND LATIN AMERICAN STUDENTS' ASSOCIATION OF MCGILL UNIVERSITY (SLASA)

[bit.ly/3weFceF](http://bit.ly/3weFceF) | FB @SLASA.Mcgill

"The Spanish & Latin American Students' Association (SLASA) seeks to bring together the Spanish-speaking community at McGill and introduce students who are unfamiliar with Latin America to our culture. Through different events, we connect students with similar backgrounds and interests and invite those from different countries to indulge in everything that Spanish-speaking cultures have to offer. We always welcome everyone and anyone with open arms, so don't be shy and come to our events to celebrate Spanish & Latin American culture alongside us. To stay updated on everything we do, follow us on Instagram @slasa.mcgill!" -The '23-'24 SLASA team

### THE BLACK AFFAIRS COMMITTEE

"The Black Affairs Committee is a space for Black student groups representatives and Black students to work on collaborative projects (events, advocacy, etc.). It's also the committee that is responsible for administering the Black Equity Fund.

Contact [blackaffairs@ssmu.ca](mailto:blackaffairs@ssmu.ca) with any questions!" - Val Masny, former VP External and member of the Black Affairs Committee

## LGBTQ+ 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.

### QUEER MCGILL

[queermcgill.org](http://queermcgill.org) | IG @QueerMcGill

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](http://bit.ly/3l7q9ga)), QTBIPOC Working Group ([bit.ly/3wol66B](http://bit.ly/3wol66B)), and Bi Working Group ([bit.ly/3a1ankT](http://bit.ly/3a1ankT)).

### THE UNION FOR GENDER EMPOWERMENT (UGE)

[theuge.org](http://theuge.org) | IG @ugecollective

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](mailto:gsc@ssmu.ca).

### QUIPS

QUIPS (or Queer Improvement and Partnership Solidarity) is a new fund for queer students that was first introduced 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](mailto:gsc@ssmu.ca)) for any questions.

# STUDENTS WITH DISABILITIES

## 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 online job board for information regarding hiring.

### THE NEURODIVERGENT ADVOCACY COMMITTEE

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.

## 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 ([accessibility@ssmu.ca](mailto:accessibility@ssmu.ca)).

Visit [ssmu.ca/resources/complaint-form/](https://ssmu.ca/resources/complaint-form/) for more info!

### MCGILL OFFICE FOR MEDIATING AND REPORTING (OMR)

[bit.ly/3aHhMGx](https://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.

# 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](https://mcgill.ca/internationalstudents) | (514) 398-4349

### INTERNATIONAL BUDDY PROGRAM

[bit.ly/3lafXUm](https://bit.ly/3lafXUm)

Interested in the Buddy Program? Sign up here ([bit.ly/3suCIXd](https://bit.ly/3suCIXd))

### MCGILL INTERNATIONAL STUDENT NETWORK (MISN)

[bit.ly/3Mh2YMt](https://bit.ly/3Mh2YMt) | FB @mcgillisn

### CEEC MAP-REAL

[bit.ly/3suCWxx](https://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](https://ometz.ca) | (514) 342-0000

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 incomers settle into their new community. They offer welcome programs as well as cultural and social activities.

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

[caci-bc.org](https://caci-bc.org) | (514) 856-3511

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/3FMgJwR](https://bit.ly/3FMgJwR)) and the Government of Canada ([bit.ly/3McEdoM](https://bit.ly/3McEdoM)).*

# TRANSFER STUDENTS & FIRST-GEN STUDENTS

## TRANSFER STUDENTS

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

## TRANSFER STUDENTS AND CREDITS

[bit.ly/3L71C5C](https://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/3LcgVNI](https://bit.ly/3LcgVNI)) 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](https://bit.ly/3woh5Jm)). If you have any general transfer credit questions as a new McGillian, go to Service Point ([bit.ly/3vD2gYA](https://bit.ly/3vD2gYA)).

## FIRST-GEN STUDENTS

If you are the first student in your family to attend post-secondary education, there are resources available to allow you to connect with other students in your situation and receive guidance on university life.

## EVENTS

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

## 1ST UP PEER SUPPORT GROUP

[fb.me/groups/410525029814520/](https://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.

## YOU BELONG HERE: A GUIDE FOR FIRST-GENERATION STUDENTS AT MCGILL

[bit.ly/3WR9mjT](https://bit.ly/3WR9mjT)

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

# JOBS & VOLUNTEERING

Job searching in Montreal as a student at McGill can be difficult, especially when you do not speak French. However, there are many jobs and services available on campus for students. To find out more, check the Career and Planning Service (CAPS). If you are an international student, check the ISS website ([bit.ly/3vT4Ags](https://bit.ly/3vT4Ags)) to see what you need to work in Canada.

## JOB OPPORTUNITIES ON CAMPUS

Work study is 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. 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.

The work study application opens on July 1 on Minerva, and accepts applications throughout the year.

## SSMU ([ssmu.ca/jobs](https://ssmu.ca/jobs))

SSMU hires many students throughout the school year and in the summer for a wide array of part-time and contract-based jobs. We offer jobs related to political activism, event management, human resources, communications, and much more.

## STUDENT HOUSING ([bit.ly/39OvmHa](https://bit.ly/39OvmHa))

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.

## ATHLETICS ([bit.ly/3Mlr6Og](https://bit.ly/3Mlr6Og))

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

## LE JAMES McGill Bookstore

LE JAMES hires students during peak periods, keep checking our social media to know when we are hiring. If you are interested in working at the bookstore, send your CV, cover letter and availabilities to jobs.[bookstore@mcgill.ca](mailto:bookstore@mcgill.ca).

## VOLUNTEERING

### MYINVOLVEMENT ([bit.ly/3ylU6vo](https://bit.ly/3ylU6vo))

MyInvolvement is an online space where you can find out about learning opportunities outside of the classroom. You can access events, workshops, and volunteer opportunities. MyInvolvement also tracks and records your participation for your co-curricular record.

### DAYS OF SERVICE

This initiative offered by Campus Life & Engagement (CL&E) offers short volunteer placements both on- and off- campus.

You can find Days of Service events on MyInvolvement!

## ATHLETICS & 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.

### 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).

### 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 the McGill Recreation FaceBook page for more details ([facebook.com/mcgillrecreation](https://facebook.com/mcgillrecreation)).

### 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](https://mcgillathletics.ca) for more information.

### ATTENDING SPORTING EVENTS

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](mailto:mcgillredthunder@gmail.com)!

## CAMPUS MEDIA

### PRINT AND ONLINE

#### LE DÉLIT

[delitfrancais.com](https://delitfrancais.com) | IG @le.delit

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](https://mcgilldaily.com) | IG @mcgilldaily

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](https://bullandbearmcgill.com)

IG @bullandbearmcgill

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 TRIBUNE

[thetribune.ca](https://thetribune.ca) | IG @mcgilltribune

The 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

IG @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.

#### MCGILL JOURNAL OF POLITICAL SCIENCE

[mjps.ssmu.ca](https://mjps.ssmu.ca) | IG @mcgill\_mjps

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](https://msurj.com) | IG @msurj\_media

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](https://ckut.ca) | IG @ckutmtl

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.

### TELEVISION

#### TVM: STUDENT TELEVISION AT MCGILL

[tvmtellevision.com](https://tvmtellevision.com) | IG @tvm.television

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

# 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.

## THEATRE

The English Department offers practical drama classes in performance, stage scenery, and other theatre crafts. However, for a more hands on approach – and for a chance to act, sing, direct, and more – look into the following clubs.

**ARTS UNDERGRADUATE THEATRE SOCIETY**  
FB @autsmcgill

**FRANC-JEU**  
IG @francjeu

**MCGILL CLASSICS PLAY**  
[bit.ly/3MtWz1h](http://bit.ly/3MtWz1h)

**THE MCGILL SAVOY SOCIETY**  
[mcgillsavoy.ca](http://mcgillsavoy.ca) | IG @mcgillsavoyociety

**PLAYERS' THEATRE**  
[playerstheatre.ca](http://playerstheatre.ca) | IG @playerstheatremcgill

**TUESDAY NIGHT CAFE THEATRE**  
IG @tnctheatre

## 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 @bringyourownjuice

**MCGILL STUDENTS' IMPROV**  
IG @mcgillimprov

**MCSWAY POETRY COLLECTIVE**  
IG @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.

**ALEGRIA CONTEMPORARY BALLET COMPANY**  
IG @alegriaccontemporaryballet

**INERTIA MODERN DANCE COLLECTIVE**  
IG @inertiagram

**MOSAICA DANCE COMPANY**  
IG @mosaicadancecompany

**MONTREAL DI MAJESTY**  
IG @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**  
IG @rdc.mcgill

**SALSEROS**  
salserosmcgill.weebly.com  
IG @salserosmcgill

**UNITED GROOVE (UG) DANCE PROJECT**  
FB @United-Groove-43950288647

**K-RAVE KPOP CLUB**  
[k-rave.wixsite.com/krave](http://k-rave.wixsite.com/krave) | IG @krave\_mcgill

## 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**  
IG @chromatones

**EFFUSION A CAPELLA**  
IG @effusionacappella

**TONAL ECSTASY A CAPELLA**  
[tonalecstasy.com](http://tonalecstasy.com) | IG @tonalecstasy

**SOULSTICE A CAPELLA**  
IG @soulsticeacappella

## GROUP INSTRUMENT PERFORMANCE

If you wish to perform an instrument as part of a large ensemble, then look at some of these clubs.

**CLASSICAL MUSIC CLUB (CMC)**  
[sites.google.com/site/mcgillcmc](https://sites.google.com/site/mcgillcmc)  
IG @mcgillcmc

**SSMU SYMPHONIC BAND CLUB**  
IG @symphonicclub

**MCGILL STUDENT'S CHINESE MUSIC SOCIETY**  
[bit.ly/3ghvOoD](http://bit.ly/3ghvOoD)  
FB @mcgillstudentschinesemusicociety

## MUSIC AND SOCIAL JUSTICE

These groups use music as a way to promote social justice issues. This is a great way to spread awareness and help fundraise for important causes.

**JAM FOR JUSTICE**  
[jamforjustice.org](http://jamforjustice.org) | IG @jam\_for\_justice

## CHORAL MUSIC

If you want to sing in a choir, check out these clubs.

**LES MUSES CHORALE**  
IG @lesmuseschorale

**MCGILL CHORAL SOCIETY**  
FB @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](http://mcgill.ca/conservatory)

**THE SSMU MUSICIANS COLLECTIVE**  
[musicianscollective.ssmu.ca](http://musicianscollective.ssmu.ca) | IG @ssmumusoc

## 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**  
IG @mcgillvisualarts

**MCGILL UNDERGRADUATE PHOTOGRAPHY STUDENTS SOCIETY (MUPSS)**  
[mupss.ca](http://mupss.ca) | FB @MUPSSMcGill

**MCGILL STUDENTS CHINESE BRUSH ARTS**  
[bit.ly/3MgjdCQ](http://bit.ly/3MgjdCQ) | FB @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](http://bit.ly/3NcoyC2) | IG @thefridgedoorgallery

**FOLIO MAGAZINE**  
[foliomagazine.ca](http://foliomagazine.ca) | IG @foliomagazine

# STUDENT ACTIVISM

McGill has a deep history of student activism and has many political and social clubs that could fit your needs.

See the groups below to get involved here at McGill!

## 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**  
IG @cpcmcgill

**DEMOCRATS ABROAD**  
FB @demsabroadmcgill

**LIBERAL MCGILL**  
FB @LiberalMcGill

**NEW DEMOCRATIC PARTY (NDP)**  
FB @NDPMcGill

## GENERAL POLITICAL GROUPS

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

**CINEMA POLITICA**  
IG @cpconcordia

**CKUT 90.3 FM**  
Check out their Facebook page here  
(@RadioCKUT)

**THE QUEBEC PUBLIC INTEREST  
RESEARCH GROUP MCGILL (QPIRG)**  
[qiprgmcgill.org](http://qiprgmcgill.org)  
Check out their Facebook page here (@QPIRG.  
GRIP.McGill) or on Instagram @qiprgmcgill .

**MCGILL MODEL PARLIAMENT**  
IG @mcgillmodelparliament

**MCGILL STUDENT SUSTAINABILITY  
NETWORK**  
IG @rsn.mcgill

## POLITICAL ACTIVISM

Political campaigns are student-led causes for a social justice issue such as the climate crisis or police brutality. Some campaigns target McGill University, such as Divest McGill's campaign to have McGill divest its investments from the fossil fuel industry, while others are directed at the government.

For an extensive list of campaigns, visit: [externalaffairs.ssmu.ca/political-campaigns](http://externalaffairs.ssmu.ca/political-campaigns)

# LIFE IN MONTREAL



**Common name:** Cranberry  
**Scientific name:**  
*Vaccinium vitis-idaea*  
**In-bloom:** Fruit ripens  
in September-October



Scan this code for quick access to the links relevant to this section, organized by topic!

## GETTING AROUND

### STM

[stm.info/en](http://stm.info/en)

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

#### → COSTS

**\$ 3.75:** A one-way ticket for the metro or bus (for the bus you will need exact change)

**\$ 6.00:** A night pass with unlimited use between 6pm to 5 a.m.

**\$58.00:** Cost of a monthly full-time student pass. You can buy your student OPUS card through Minerva and load a monthly pass onto it at any metro station.

#### → RUN TIMES

All metros open at the same time, 5:30 am, but each closes at different schedules.

Most buses run 24/7, however, bus numbers change after 1:00 am, as night routes differ.

The STM'S "Between Stops" service provides people travelling alone at night with information about obstructions – such as low lighting, accessibility barriers, etc. – from 7:30 p.m. to 5:30 a.m. on all bus lines. You can tell the driver of the bus when you would like to get off the bus and they will drop you off as close to the desired location you want.

We encourage you to check the STM website for the metro and bus schedules at

[stm.info/en](http://stm.info/en).

### CAB

In the city, the base fee for taxis is around \$3.45 plus \$1.70 per kilometer.

Uber is also available in Montreal but can be expensive depending on the time and day. SSMU's Drivesafe, which operates Thursday-Sunday, will get you to your destination for free!

See the Contact information on page 6 for more about Drivesafe.

### BIKING

[mcgill.ca/transport/cycling](http://mcgill.ca/transport/cycling)

Montreal is an incredibly bike-friendly city with tons of bike lanes separated from the road by concrete. With a few modifications, your bike can also be used in the winter months.

#### → FIXING YOUR BIKE

[theflat.wordpress.com](http://theflat.wordpress.com)

Don't know how to fix your bike? Reach out to the Flat Bike Collective! FBC is free and open to everyone. However, it is a hands-off approach. Collective members will teach you how to fix your bike and will give you the parts that you will need.

#### → RENTING A BIKE

[mcgill.ca/transport/cycling/bixi](http://mcgill.ca/transport/cycling/bixi)

McGill offers a 15% discount for an annual BIXI membership for students. However, you can also rent by the hour, daily, or more. Throughout the summer, they offer free rides the last Sunday of every month

### CARS

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

#### → RENTING

[mcgill.ca/travelservices/transport/book-vehicle](http://mcgill.ca/travelservices/transport/book-vehicle)

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

#### → OWN

[agencemobilitedurable.ca](http://agencemobilitedurable.ca)

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

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

## TIPS ON LEARNING FRENCH:

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

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

**FRENCH RADIO:** If you want to learn what the Montreal accent is like this is the best way to do it. Tune in to Radio Canada 95.1 FM, 98.5 Montréal — Parce que vous voulez tout savoir, Or CKAC Radio Circulation Montréal 730 AM.

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

**TAKE A FRENCH CLASS:** McGill classes are a great way to improve your grammar. SSMU offers a French conversational MiniCourse ([minicourses.ssmu.ca](http://minicourses.ssmu.ca)) on evenings. Community centres in Montreal also offer free classes - intensive, casual, and online ([immigration-quebec.gouv.qc.ca/en/french-language](http://immigration-quebec.gouv.qc.ca/en/french-language)) The Government of Quebec also offers free full-time and part-time French courses. If you are eligible, you can also be paid for your participation in the program (<https://www.quebec.ca/en/education/learn-french>).

**PICK UP A COPY OF LE DÉLIT:** It is the only French language newspaper on campus, visit them at [delitfrancais.com](http://delitfrancais.com) If you want to challenge yourself and put your French to the test. Le Délit welcomes contributing or new editors!

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

Check out these resources for a few leads.

## CAPS: MYFUTURE

[mcgill.ca/caps](http://mcgill.ca/caps)

MyFuture is the place for career-related events and job postings for McGill students. Sign up for events like panels and workshops on myFuture. Jobs, internships, and volunteer opportunities are also listed here. For easy access, enter your McGill email at the link above.

## FACULTIES AND JOB AFFAIRS

CaPS provides a comprehensive listing of upcoming career fairs at [mcgill.ca/caps/students/services/careerfairs](http://mcgill.ca/caps/students/services/careerfairs).

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

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

## FACEBOOK GROUPS

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

## WEBSITES

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

- [ca.indeed.com](http://ca.indeed.com)
- [jobbank.gc.ca/home](http://jobbank.gc.ca/home)
- [young-canada-works.canada.ca/Account/Login](http://young-canada-works.canada.ca/Account/Login)

## LIVING OFF CAMPUS

It's important to be respectful of the city's neighborhoods and history. In 2010, the McGill administration, the Milton-Parc Citizens' Committee (MPCC), and the SSMU created the C.A.R.E (Community Action and Relations Endeavour) agreement to outline how the residents of Milton Parc and the students living there can be better neighbors to one another!

You can find out more information on the C.A.R.E agreement found here: [externalaffairs.ssmu.ca/community-affairs/c-a-r-e-agreement](http://externalaffairs.ssmu.ca/community-affairs/c-a-r-e-agreement)

SSMU's Community Affairs Commission acts as a liaison between citizen groups, the SSMU, and the McGill administration. Contact them [commaffairs@ssmu.ca](mailto:commaffairs@ssmu.ca).

With that being said, many students choose not to live in Milton-Parc! Explore Montreal's neighborhoods at: [mtl.org/en/explore/neighbourhoods](http://mtl.org/en/explore/neighbourhoods)

You will likely want to start apartment-hunting in early February, so you can move out at the end of your first year. Living off-campus can pose some legal and personal challenges as well (renting, living on your own for the first time). For all of your questions, visit the LikeHome website ([likehome.info](http://likehome.info)), a resource managed by two student housing organizations in Montreal - UTILE and HOJO.

### SUBLETTING

[tal.gouv.qc.ca/en/assignment-of-a-lease-or-subleasing](http://tal.gouv.qc.ca/en/assignment-of-a-lease-or-subleasing)

Most Montreal leases last twelve months, so many students sublet their apartments for the summer. Start looking for subletters early or slightly reduce the price of the rent to help guarantee you'll find someone. You will need to notify your landlord before you let someone sublet your place, but they cannot reject a sublet without cause. Advertise in as many places as possible, with clear descriptions and photos. Try Facebook Marketplace for example.

### WHERE TO LOOK

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

### TIPS FOR FINDING AN APARTMENT

- 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 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.
- Unless you have furniture to provide, be on the lookout for exclusively furnished apartments that include both furniture and appliances.

## ARTS & CULTURE

Montreal is a vibrant and artistic city that offers a lot in terms of music, dance, film, performance art, comedy, theatre, and fine arts. These are just some of the many iconic spots in the city.

### FILM

#### CINEMA DU PARC

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

#### CINEMA MODERNE

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

#### CINEMA POLITICA

[cinemapolitica.org](http://cinemapolitica.org)  
Pay-what-you-can film screenings on Monday evenings at Concordia.

### FINE ART

#### BELGO BUILDING

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

#### MUSÉE DES BEAUX-ARTS

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

#### GALLERY X

[galleryx.concordia.ca/](http://galleryx.concordia.ca/)  
You will fund a student-run gallery.

### MUSIC

#### NEW CITY GAS

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

#### M TELUS

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

### INDIGENOUS ART AND CULTURE IN MONTREAL

#### GALERIE D'ART INUIT IMAGES BORÉALES

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

#### DAPHNE

[daphne.art](http://daphne.art)  
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.

### THEATRE AND DANCE

#### MAINLINE THEATRE

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

#### THEATRE SAINTE-CATHERINE

[theatresaintecatherine.com/en/](http://theatresaintecatherine.com/en/)  
If you like edgy shows in both French and English.

#### ESPACE LIBRE

[espacelibre.qc.ca/](http://espacelibre.qc.ca/)  
If you like experimental and avant-garde works.



# PERKS & DEALS

EXCLUSIVE BARGAINS JUST  
FOR STUDENTS!

[SSMU.CA/PERKS-DEALS](https://ssmu.ca/perks-deals)



CONCERTS  
EVENTS  
FOOD  
HEALTH & WELLNESS  
FITNESS CLASSES  
AND MORE!



[SSMU.CA/PERKS-DEALS](https://ssmu.ca/perks-deals)

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*Common name:*  
Common Butterwort  
*Scientific name:*  
*Pinguicula vulgaris*  
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