



SSMU

HANDBOOK

AGENDA

Published by the SSMU —
Students' Society of McGill
University





Dre. Zeina
Abou-Khalil



GENERALIST DENTIST

514 608-7555

 @CliniqueDentaireDreZeinaAbouKhalil

TEETH WHITENING

We offer teeth whitening for an exceptional price of \$19 (regular price of \$299) when doing your cleaning and exam appointment. Promotion expires August 31, 2025.

INSURANCES

Our dental clinic is part of StudentCare network (ASÉQ) and has been offering quality care since 2015!

Did you know that your dental insurance with StudentCare (ASÉQ) could cover part or even all of your dental care?
Check your coverage on studentcare.ca or call us.

SERVICES



Aesthetic treatments



Root canal



Dental surgery



Implants & prosthetics



Periodontics




Preventive dentistry



Emergencies



1440 Sainte-Catherine West
Suite 215
Montreal H3G 1R8
 Guy-Concordia
www.drzeinaclinic.com



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

SSMU ohén:ton Rón:nete
tehonwanarénhsarons, ronwatiien'té:res tòn
ronwatiriwakwenniéhnstha na Kanien'kehá:ka
tánon tsi ronón:ha rontehontsanónhna
tánon ronteniataranónhna tsi nón:we
ón:wa wenhniserá:te tetewatátkens tánon
wahón:nise tsi náhe thia'tekanagerahserà:ke
kén:ien nón:we tahontákenhskwe tánon
tehontatá:wihskwe.

The SSMU acknowledges that McGill University is situated on the traditional and unceded territory of the Anishinaabe and Haudenosaunee nations. The SSMU recognizes and respects these nations as the true and constant custodians of the lands and waters on which we meet today. Further, the SSMU commits to and respects the traditional laws and customs of these territories.

L'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.



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

BIENVENU À BORD

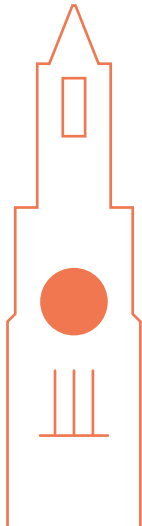
J'arrive pas à trouver le Point de service !
I can't find the Service Point!

Ça prend pas la tête à Papineau, c'est juste
devant toi !
Doesn't take a genius, it's right in front of you!

JE



Champ-de-Mars
Clock Tower



LETTER FROM THE EDITORS



Hello and welcome new McGillians! I hope you enjoy your time here and get to use McGill and SSMU to your full advantage.

You can start with this very handbook. It is not only an agenda which you can use to keep track of deadlines and notes – it's also a packed resource of everything McGill. You can find services, information, and opportunities available to you. The handbook is also a masterlist of links and contacts that you can consult. I personally think that it's worth a good read.

This year's theme is the Société de transport de Montréal or Montréal's STM. Our colors, fonts, and graphics emulate the routes of Montreal's metro and buses. We wanted to focus on the handbook as a guide for your adventure in McGill, which we mirrored in using the guide of Montreal as our background. As you unravel and explore the workings of the university, you can follow SSMU's bird as he explores the city's attractions, culture and French community.

I encourage any first-year students looking for guidance to create their own little community. You should join SSMU clubs, and say hi to the people around you in class and in your residence. Most importantly, ask for help when you need it, even if you are not sure that you need it. It's never too early or too late, and you can also do your research (handbook!) before making any commitments.

I wish everyone the best of luck, and have a great school year!

ELENA VELICHKOVA
(she/her/elle)
Handbook Content Editor

ZACHARY KAY
(he/him/il)
Handbook Layout Editor

LETTER FROM THE PRESIDENT



Chers nouveaux membres de la communauté mcgilloise,
Dear new (and Fellow) McGillians,

With great enthusiasm, I, on behalf of the Students' Society of McGill University's Executive Team, welcome you to the 2024-2025 school year!

First and foremost, my name is Dymetri Taylor. I'm in my fourth year of a Bachelor of Arts, specialising in Psychology and Political Science. This year, I have the honour of serving as the President of the Students' Society of McGill University (also known as the "SSMU"), and I look forward to working with you all!

Now, you might wonder where to start. First-year classes can be massive, and you might get lost more than once while navigating campus and attempting to make new friends. . A good starting point (one I highly recommend) is participating in the clubs and athletics that SSMU and McGill offer. For instance, FROSH, Gerts and Bar Des Arts are great options if you enjoy "clubbing". We also have a range of academic and cultural clubs that cater to various interests. I look forward to seeing how those of you just starting University feel by the end of the year!

For those starting another year at McGill and familiar with the SSMU, we are working on changing the status quo and improving our services to students. What should SSMU focus on? Feel free to get in touch. We want to hear from you!. I look forward to your input on SSMU and its operations!

Good luck!

DYMETRI TAYLOR

(he/him/il)

president@ssmu.ca



Access the SSMU
Google Calendar!

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contain all the links
in their sections!

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IMPORTANT DATES

FALL 2024

- > August 17th — 18th Residence Move-In Weekend
- > August 19th — 29th Orientation
- > August 28th First Day of Classes
- > September 2nd Labour Day
- > September 10th Add/Drop Deadline
- > September 11th — 12th SSMU Activities Night
- > September 9th — 13th SSMU Poster Sale
- > September 16th — October 7th SSMU Minicourses Registration
- > October 7th Fall SSMU General Assembly
- > October 14th Thanksgiving
- > October 15th — 18th Reading Break
- > October 21st SSMU Minicourses First Day of Classes
- > December 4th Last Day of Classes
- > December 6th Start of Exams
- > December 21st End of Exams

WINTER 2025

- > January 6th First Day of Classes
- > January 14th Add/Drop Deadline
- > January 13th — February 3rd SSMU Minicourses Registration
- > February 3rd Winter SSMU General Assembly
- > February 17th SSMU Minicourses First Day of Classes
- > March 3rd — 7th Reading Break
- > April 11th Last Day of Classes
- > April 14th Start of Exams
- > April 18th Good Friday
- > April 21st Easter Monday
- > April 30th End of Exams
- > April 30th Residences Move-Out



SSMU 4 U

For all SSMU information, go to pages 140-151.

SSMU stands for Students' Society of McGill University - we are your student union! We are here to enhance your student experience. SSMU 4 U is a short guide to the resources the SSMU has to offer YOU! Follow us on Instagram @ssmucaem or go to ssmu.ca for all the latest updates!

MENSTRUAL HEALTH

The SSMU Menstrual Health Project offers free products to all SSMU members!

STUDENT SERVICES

SSMU offers access to Calm and Udemy to support on their daily journey and improve their skills during their McGill experience.

GERTS CAFE + BAR

PG 148

Come and enjoy an affordable lunch, or have a delicious drink!

STUDENT SPACES

PG 148

University Centre is full of common spaces - bookable spaces, study spots, a cafeteria and a student lounge (with cozy couches!).

HEALTHCARE

PG 196

SSMU's members* are automatically covered by Studentcare health and dental!

** students paying Canada or Quebec tuition rates. International students are covered by the Dental plan only.*

PERKS & DEALS

PG 120-39

SSMU partners with Montreal businesses to bring discounts on food, concert & movie tickets, music festivals and more!

ADVOCACY

PG 144

SSMU advocates for students' rights and interests, improves community relations, and assists campaigns.

GROCERY PROGRAM

The program is a FREE, semesterly program offered to our members who are facing financial constraints and rising food costs due to inflation.

ACTIVITIES NIGHT

Find a club to join, apply to work for a service, and discover more opportunities to find your community here at McGill!

MINICOURSES

These are super-affordable extracurricular courses run by SSMU!

FIRST YEAR COUNCIL (FYC)

PG 143

This council throws events, informs you of resources and advocates for first-year students.

HANDBOOK

The SSMU Handbook is full of all the necessary information to have a great academic year.

NEW STUDENTS

SERVICE POINT

mcgill.ca/servicepoint
3415 McTavish Street

Service Point is your first point of contact as an incoming student at McGill. They provide administrative services and assistance for ID cards, enrollment letters, tuition and scholarships, legal documents, withdrawal and deferral, etc. As well as serve to answer all of your questions.

ORIENTATION

Orientation refers to events organized by Campus Life & Engagement to introduce you to the campus and the university, such as Discover McGill. Check mcgill.ca/getready/orientation/undergraduate-orientation for more information.

FROSH

Frosh is a series of student-run events that help you get to know Montreal and meet your fellow classmates. It lasts around 3-4 days before the start of classes.

Many students choose to attend their Faculty Frosh, but you can also try Alternative Froshes - Fish Frosh (non-alcoholic), Jewish Frosh, Outdoor Frosh, Muslim Students' Association Frosh and Rad Frosh.

TIP

Alcohol is a large part of Faculty Froshes, but most Alternative Froshes are alcohol free. If you decide to drink - stay hydrated!

WHEN YOU FIRST ARRIVE ...

- Join the Facebook group (facebook.com/groups/mcgill2425) and Discord server (discord.gg/HDHv58) for the entering class of 2024-25.
- Register for **Intro to Course Registration** (mcgill.ca/getready/orientation/intro-course-registration), which can help you with choosing and getting into classes.
- Create your first-year budget (mcgill.ca/studentaid/finances/build-your-budgets).
- Reach out to **Student Accessibility & Achievement** (mcgill.ca/access-achieve) if you think you might need accommodations.
- Check out **McGill Essentials** on myCourses to learn about registration, getting involved, budgeting, etc.
- Complete **It Takes All of Us** and the **Academic Integrity Tutorial**.

STM MAP

Check pages 210-211 for more information about getting around Montreal!



CAMPUS MAP

E: ELEVATOR | GNB: GENDER NEUTRAL BATHROOM | WCA: WHEEL CHAIR ACCESSIBLE

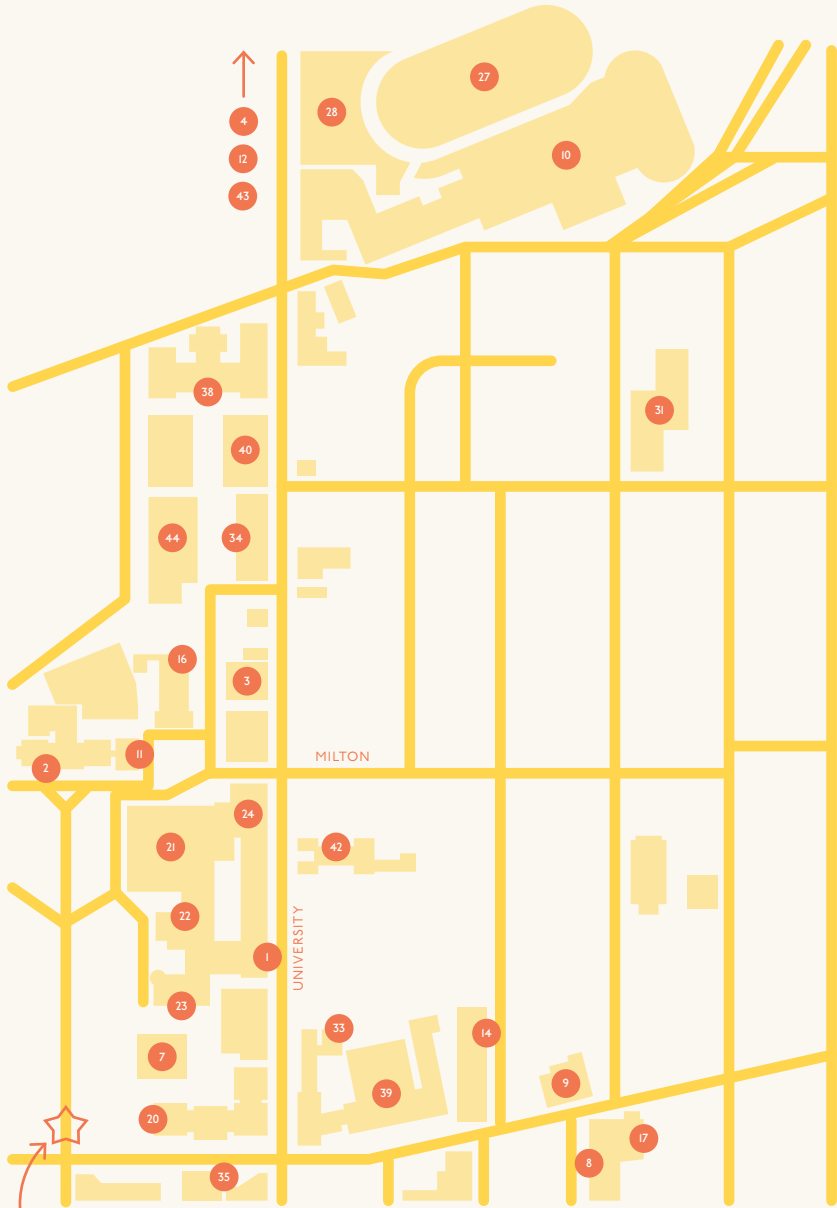
- 1. Adams Building — E GNB WCA
- 2. Arts Building — E GNB WCA
- 3. Birks Building — E GNB WCA
- 4. Bishop Mountain Hall — E GNB WCA
- 5. Bronfman Building — E GNB WCA
- 6. Brown Student Services — E GNB WCA
- 7. Burnside Hall — E GNB WCA
- 8. Campus I — E GNB WCA
- 9. Carrefour Sherbrooke — E WCA
- 10. Currie Gym — E GNB WCA
- 11. Dawson Hall — E GNB WCA
- 12. Douglas Hall — GNB WCA
- 13. Education Building — E GNB WCA
- 14. Elizabeth Wirth Music Building — E GNB WCA
- 15. First Peoples' House — E GNB WCA
- 16. James Administration Building — E GNB WCA
- 17. La Citadelle — E WCA
- 18. Leacock Building — E GNB WCA
- 19. Life Sciences Complex — E GNB WCA
- 20. Maass Chemistry Building — E GNB WCA
- 21. Macdonald Engineering Building — E GNB WCA
- 22. Macdonald Harrington Building — E GNB WCA
- 23. Macdonald-Stewart Building / Schulich Library of Physical Sciences, Life Sciences, and Engineering — E GNB WCA
- 24. McConnell Engineering Building — E GNB WCA
- 25. McIntyre Medical Building — E GNB WCA
- 26. McLennan-Redpath Library Complex — E GNB WCA
- 27. Molson Stadium — E GNB WCA
- 28. Montreal Neurological Institute — E GNB WCA
- 29. Morrice Hall / Islamic Studies Library — E GNB WCA
- 30. Nahum Gelber Law Library — E GNB WCA
- 31. New Residence Hall — E WCA
- 32. Redpath Museum



*You can contact Student Accessibility & Achievement at mcgill.ca/access-achieve with any accessibility questions or concerns!
Check out McGill's Interactive Map (maps.mcgill.ca) for Macdonald and Gault Campuses! It also has an accessibility navigation tool.*

- 33. Royal Victoria College — E GNB WCA
- 34. Rutherford Physics — E GNB WCA
- 35. Sherbrooke 688 (The McGill Campus Store) — E GNB WCA
- 36. Service Point — E GNB WCA
- 37. Stewart Biology Building — E GNB WCA
- 38. Strathcona Anatomy and Dentistry — E GNB WCA

- 39. Strathcona Music Building — E GNB WCA
- 40. Trotter Building — E GNB WCA
- 41. University Centre / SSMU Office — E GNB WCA
- 42. University Hall — GNB
- 43. Upper Residences — E GNB WCA
- 44. Wong Building — E GNB WCA



You are here (Roddick Gates)!

EMERGENCY SUPPORT



For an emergency requiring an ambulance, fire or police, call 911. Then, call Security Services who will coordinate with emergency responders. If only internal help is required — water leaks, suspicious persons, strange odours, etc. — call Security Services.

SAFETY

MCGILL CAMPUS SECURITY

Emergencies Only

(514) 398-3000 (Downtown)
(514) 398-7777 (Macdonald)

General Inquiries

(514) 398-4556 (Downtown)
campus.security@mcgill.ca
(514) 398-7770 (Macdonald)
macdonald.security@mcgill.ca

DRIVESAFE

drivesafe.ssmu.ca

(514) 398-8040
drivesafe@gmail.com

SSMU's DriveSafe is a free student-run service of volunteers who drive McGill students home.

Request form: bit.ly/3xRMzMb

Thursday to Saturday: 11 pm - 3 am

WALKSAFE

walksafe.ssmu.ca

(514) 398-2498
executive@walksafe.ca

SSMU's walksafe is a free student-run service of volunteers who walk McGill students home.

Request form: walksafe.ssmu.ca/book-now

Sunday to Thursday: 9 pm - 12 am; Friday to Saturday: 9 pm - 3 am

HEALTHCARE

MSERT

msert.sus.mcgill.ca

(514) 398-3000
msert.firstaid@gmail.com

SSMU's MSERT is an emergency medical aid service. All 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 residence buildings.

Every Day: 6 pm - 6 am

WELLNESS HUB

mcgill.ca/wellness-hub

The Student Wellness Hub provides a range of services including appointments with dietitians, nurses, general practitioners, peer supporters and other clinicians; medical notes and letters of support; lab and telehealth services; specialist consultations, therapy groups, individual counseling and workshops. For more information check page 197.

Downtown

Brown Student Services Building suite 3400, 1070 Dr. Penfield Avenue or 3600 McTavish Street
(514) 398-6017

Macdonald Campus

Centennial Centre room 124, 2111 Lakeshore Road, Ste-Anne-de-Bellevue
(514) 398-6017

SPORTS MEDICINE CLINIC

mcgillathletics.ca/sports

475 Pine Avenue West

(514) 398-7007

sportsmedicine.athletics@mcgill.ca

McGill's Sports Medicine Clinic offers appointments with specialized sports medicine physicians including physiotherapists, athletic therapists and massage therapists.

MCGILL UNIVERSITY HEALTH CENTRE

muhc.ca

The McGill University Health Centre (MUHC) is one of the largest academic health networks in North America. They provide care that requires hospitalization, complex surgery, emergency intervention or specialized treatment in French and English.

Glen Site

1001 Décarie Boulevard

(514) 934-1934

Montreal General Hospital

1650 Cedar Avenue

(514) 934-1934

MISCELLANEOUS

LEGAL INFORMATION CLINIC MCGILL

licm.ca

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

(514) 398-6792

info.studentadvocacy@licm.ca

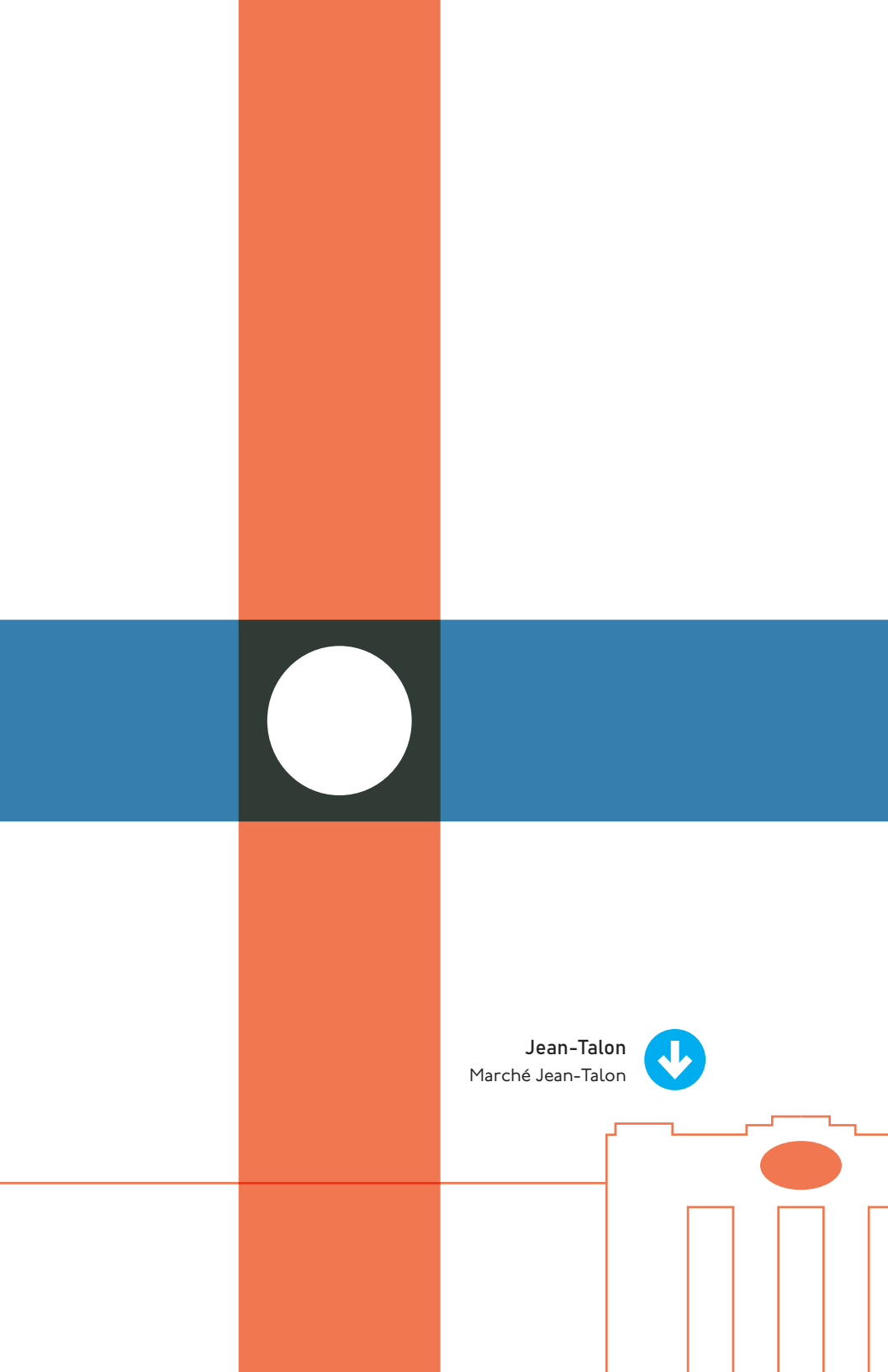
MCGILL IT SERVICES

mcgill.ca/it

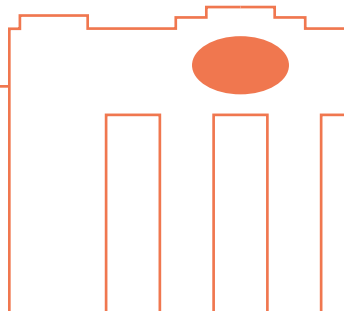
McLennan Library, 3459 McTavish Street
(514) 398-3398

TIP

All McGill campus numbers start with (514) 398, so you just need to remember the last four digits!



Jean-Talon
Marché Jean-Talon



J'ai pas encore commencé à étudier pour
mes examens !

I haven't started studying for my exams yet!

Niaise pas avec la puck !

Don't mess around!

AGENDA



FALL 2024

SEPTEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						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						

OCTOBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	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	31			

NOVEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				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	

DECEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						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	31					



WINTER 2025

JANUARY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		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	31		

FEBRUARY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					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		

MARCH

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					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
31						

APRIL

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	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				

FALL ASSIGNMENTS

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

 Room: _____
 TA: _____
 Instructor: _____
 Office: _____
 Office Hours: _____
 Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

 Room: _____
 TA: _____
 Instructor: _____
 Office: _____
 Office Hours: _____
 Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

 Room: _____
 TA: _____
 Instructor: _____
 Office: _____
 Office Hours: _____
 Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____
 TA: _____
 Instructor: _____
 Office: _____
 Office Hours: _____
 Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____
 TA: _____
 Instructor: _____
 Office: _____
 Office Hours: _____
 Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____
 TA: _____
 Instructor: _____
 Office: _____
 Office Hours: _____
 Email: _____

AUG 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14 DEADLINE TO REGISTER FOR I COURSE	15	16	17 RESIDENCE MOVE-IN	18 RESIDENCE MOVE-IN
19 ORIENTATION	20 ORIENTATION / SSMU BOARD OF DIRECTORS MEETING @ 6PM	21 ORIENTATION	22 ORIENTATION	23 ORIENTATION EVENTS	24 ORIENTATION	25 ORIENTATION
26 ORIENTATION	27 ORIENTATION	28 FIRST DAY OF CLASSES	29 ORIENTATION	30	31 DEADLINE TO CANCEL REGISTRATION	

1 Thu

2 Fri

3 Sat

4 Sun

5 Mon

6 Tue

7 Wed

8 Thu

9 Fri

10 Sat

11 Sun

12 Mon

13 Tue

14 Wed

15 Thu

16 Fri

17 Sat

18 Sun

19 Mon

20 Tue

21 Wed

22 Thu

23 Fri

24 Sat

25 Sun

26 Mon

27 Tue

28 Wed

29 Thu

30 Fri

31 Sat

26 | Monday

27 | Tuesday

28 | Wednesday

29 | Thursday

30 | Friday

Handwriting practice lines for Friday, August 30th.

31 | Saturday

Handwriting practice lines for Saturday, August 31st.

1 | Sunday (September)

Handwriting practice lines for Sunday, September 1st.



NOTES

Dotted grid area for taking notes.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	31	1
2 LABOUR DAY	3 SSMU BOARD OF DIRECTORS MEETING @ 6PM	4	5	6	7	8
9 POSTER SALE	10 ADD/DROP DEADLINE POSTER SALE	11 SSMU ACTIVITIES NIGHT POSTER SALE	12 SSMU ACTIVITIES NIGHT POSTER SALE	13 POSTER SALE	14	15
16	17 COURSE/ UNIVERSITY WITHDRAWAL WITH REFUND DEADLINE	18	19 SSMU LEGISLATIVE COUNCIL @ 6PM	20	21	22
23	24 SSMU BOARD OF DIRECTORS MEETING @ 6PM	25	26	27	28	29
30 NATIONAL DAY FOR TRUTH AND RECONCILIATION SSMU GENERAL ASSEMBLY @ 6 PM	1	2	3	4	5	6

1 Sun

2 Mon

3 Tue

4 Wed

5 Thu

6 Fri

7 Sat

8 Sun

9 Mon

10 Tue

11 Wed

12 Thu

13 Fri

14 Sat

15 Sun

16 Mon

17 Tue

18 Wed

19 Thu

20 Fri

21 Sat

22 Sun

23 Mon

24 Tue

25 Wed

26 Thu

27 Fri

28 Sat

29 Sun

30 Mon

2 | Monday **LABOUR DAY**

3 | Tuesday

4 | Wednesday

5 | Thursday

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**



6 | Friday

7 | Saturday

8 | Sunday



NOTES

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9 | Monday

10 | Tuesday **ADD/DROP DEADLINE**

11 | Wednesday

12 | Thursday



13 | Friday

14 | Saturday

15 | Sunday



NOTES

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16 | Monday

17 | Tuesday

18 | Wednesday

19 | Thursday



**CELEBRATE
IN STYLE**



20 | Friday

21 | Saturday

22 | Sunday



NOTES

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SEP 2024

23 | Monday

24 | Tuesday

25 | Wednesday

26 | Thursday



POP MONTREAL
INTERNATIONAL MUSIC FESTIVAL
5 DAYS OF MUSIC · FILM · ART · TALKS · CRAFTS AND MORE!
SEPTEMBER 25 TO 29, 2024 TICKETS AND PASSES POPMONTREAL.COM

27 | Friday

28 | Saturday

29 | Sunday



NOTES

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OCT 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	1 PROVINCIAL ELECTIONS	2 PROVINCIAL ELECTIONS	3 PROVINCIAL ELECTIONS SSMU LEGISLATIVE COUNCIL @ 6PM	4 PROVINCIAL ELECTIONS	5	6
7	8 SSMU BOARD OF DIRECTORS MEETING @ 6PM	9	10	11	12	13
14 THANKSGIVING	15 READING BREAK	16 READING BREAK	17 READING BREAK	18 READING BREAK	19	20
21 SSMU MINICOURSES: CLASSES BEGIN TODAY!	22	23	24 SSMU LEGISLATIVE COUNCIL @ 6PM	25	26	27
28	29 SSMU BOD MEETING @ 6PM COURSE WITHDRAWAL W/O REFUND DEADLINE	30	31 HALLOWEEN	1	2	3

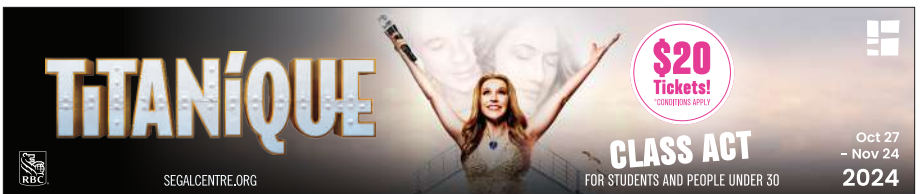
1	Tue
2	Wed
3	Thu
4	Fri
5	Sat
6	Sun
7	Mon
8	Tue
9	Wed
10	Thu
11	Fri
12	Sat
13	Sun
14	Mon
15	Tue
16	Wed
17	Thu
18	Fri
19	Sat
20	Sun
21	Mon
22	Tue
23	Wed
24	Thu
25	Fri
26	Sat
27	Sun
28	Mon
29	Tue
30	Wed
31	Thu

30 | Monday (September)

1 | Tuesday

2 | Wednesday

3 | Thursday



TITANIQUE

SEGALCENTRE.ORG

\$20 Tickets!
COMPLIMENTS APPLY

CLASS ACT
FOR STUDENTS AND PEOPLE UNDER 30

Oct 27
- Nov 24
2024

RBC

Logo

The banner features a central image of a young woman with her arms raised in a celebratory gesture, set against a background of a ship's deck. Behind her, the faces of two other people are faintly visible. The overall design is modern and promotional, with a mix of bold and standard fonts.

4 | Friday

5 | Saturday

6 | Sunday



NOTES

A grid of small dots for taking notes, consisting of 11 rows and 25 columns of dots.

OCT 2024

7 | Monday

8 | Tuesday

9 | Wednesday

10 | Thursday



mini
courses

Last call for
registration!

minicourses.ssmu.ca

11 | Friday

12 | Saturday

13 | Sunday



NOTES

A grid of small dots for taking notes.

14 | Monday **THANKSGIVING**

15 | Tuesday

16 | Wednesday

17 | Thursday



18 | Friday

Lined writing area for Friday, October 18th.

19 | Saturday

Lined writing area for Saturday, October 19th.

20 | Sunday

Lined writing area for Sunday, October 20th.



NOTES

Grid of dots for taking notes.

21 | Monday

22 | Tuesday

23 | Wednesday

24 | Thursday



**CELEBRATE
IN STYLE**



25 | Friday

26 | Saturday

27 | Sunday



NOTES

A grid of dotted lines for taking notes, consisting of 10 rows and 20 columns of dots.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	31	1	2	3
4	5	6	7 SSMU LEGISLATIVE COUNCIL @ 6PM	8	9	10
11 REMEMBRANCE DAY	12 SSMU BOARD OF DIRECTORS MEETING @ 6PM	13	14	15	16	17
18	19	20	21 SSMU LEGISLATIVE COUNCIL @ 6PM	22	23	24
25	26 SSMU BOARD OF DIRECTORS MEETING @ 6PM	27	28	29	30	1

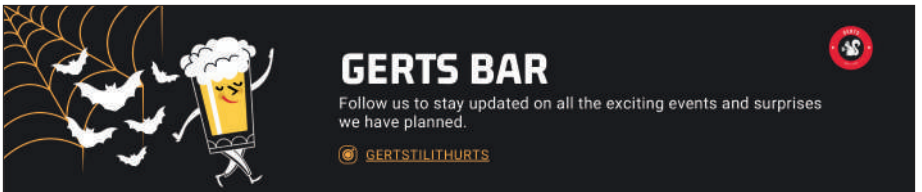
1	Fri
2	Sat
3	Sun
4	Mon
5	Tue
6	Wed
7	Thu
8	Fri
9	Sat
10	Sun
11	Mon
12	Tue
13	Wed
14	Thu
15	Fri
16	Sat
17	Sun
18	Mon
19	Tue
20	Wed
21	Thu
22	Fri
23	Sat
24	Sun
25	Mon
26	Tue
27	Wed
28	Thu
29	Fri
30	Sat

28 | Monday (October)

29 | Tuesday

30 | Wednesday

31 | Thursday



GERTS BAR
Follow us to stay updated on all the exciting events and surprises we have planned.

📍 [GERTSTILTHURTS](#)

1 | Friday

Five horizontal dotted lines for writing notes for Friday.

2 | Saturday

Five horizontal dotted lines for writing notes for Saturday.

3 | Sunday

Five horizontal dotted lines for writing notes for Sunday.



NOTES

A large grid of small grey dots for taking notes.

4 | Monday

5 | Tuesday

6 | Wednesday

7 | Thursday

THE SECRET CHORD
A LEONARD COHEN Experience
SEGALCENTRE.ORG

Marianne
Saint-Laurent

MUSE
DELMAR

\$20 Tickets!
*CONCEPTS APPLY

CLASS ACT
FOR STUDENTS AND PEOPLE UNDER 30
Dec 8 2024 - Jan 12 2025

8 | Friday

Lined writing area for Friday, Nov 8.

9 | Saturday

Lined writing area for Saturday, Nov 9.

10 | Sunday

Lined writing area for Sunday, Nov 10.



NOTES

Dot grid writing area for notes.

11 | Monday

12 | Tuesday

13 | Wednesday

14 | Thursday

15 | Friday

Lined writing area for Friday, November 15th.

16 | Saturday

Lined writing area for Saturday, November 16th.

17 | Sunday

Lined writing area for Sunday, November 17th.



NOTES

Grid of dots for taking notes.

18 | Monday

19 | Tuesday

20 | Wednesday

21 | Thursday

22 | Friday

Lined writing area for Friday, Nov 22.

23 | Saturday

Lined writing area for Saturday, Nov 23.

24 | Sunday

Lined writing area for Sunday, Nov 24.



NOTES

Dot grid writing area for notes.

25 | Monday

26 | Tuesday

27 | Wednesday

28 | Thursday

29 | Friday

Lined writing area for Friday, November 29th.

30 | Saturday

Lined writing area for Saturday, November 30th.

1 | Sunday (December)

Lined writing area for Sunday, December 1st.



NOTES

Grid of dots for taking notes.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
25	26	27	28	29	30	1
2	3	4 LAST DAY OF CLASSES MAKEUP DAY	5 STUDY DAY SSMU LEGISLATIVE COUNCIL @ 6PM	6 FINAL EXAMS START	7	8
9	10 SSMU BOARD OF DIRECTORS MEETING @ 6PM	11	12	13	14	15
16	17	18	19	20 FINAL EXAMS END	21	22
23	24	25 CHRISTMAS DAY MCGILL CLOSED	26 MCGILL CLOSED	27 MCGILL CLOSED	28 MCGILL CLOSED	29 MCGILL CLOSED
30 MCGILL CLOSED	31 DEADLINE TO CANCEL REGISTRATION MCGILL CLOSED	1	2	3	4	5

1 Sun

2 Mon

3 Tue

4 Wed

5 Thu

6 Fri

7 Sat

8 Sun

9 Mon

10 Tue

11 Wed

12 Thu

13 Fri

14 Sat

15 Sun

16 Mon

17 Tue

18 Wed

19 Thu

20 Fri

21 Sat

22 Sun

23 Mon

24 Tue

25 Wed

26 Thu

27 Fri

28 Sat

29 Sun

30 Mon

31 Tue

2 | Monday

3 | Tuesday

4 | Wednesday

5 | Thursday

6 | Friday

Lined writing area for Friday, consisting of 10 horizontal lines.

7 | Saturday

Lined writing area for Saturday, consisting of 10 horizontal lines.

8 | Sunday

Lined writing area for Sunday, consisting of 10 horizontal lines.



NOTES

Dotted grid area for notes, consisting of 10 rows and 20 columns of small dots.

9 | Monday

10 | Tuesday

11 | Wednesday

12 | Thursday

13 | Friday

Lined area for notes on Friday, Dec 13.

14 | Saturday

Lined area for notes on Saturday, Dec 14.

15 | Sunday

Lined area for notes on Sunday, Dec 15.



NOTES

Dotted grid area for taking notes.

16 | Monday

17 | Tuesday

18 | Wednesday

19 | Thursday

20 | Friday

Lined writing area for Friday, Dec 20.

21 | Saturday

Lined writing area for Saturday, Dec 21.

22 | Sunday

Lined writing area for Sunday, Dec 22.



NOTES

Dot grid writing area for notes.

23 | Monday

24 | Tuesday

25 | Wednesday CHRISTMAS DAY / MCGILL CLOSED

26 | Thursday MCGILL CLOSED

27 | Friday MCGILL CLOSED

28 | Saturday MCGILL CLOSED

29 | Sunday MCGILL CLOSED



NOTES

Grid of dots for notes

WINTER ASSIGNMENTS

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____

TA: _____

Instructor: _____

Office: _____

Office Hours: _____

Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____

TA: _____

Instructor: _____

Office: _____

Office Hours: _____

Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____

TA: _____

Instructor: _____

Office: _____

Office Hours: _____

Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____

TA: _____

Instructor: _____

Office: _____

Office Hours: _____

Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____

TA: _____

Instructor: _____

Office: _____

Office Hours: _____

Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____





TA: _____

Instructor: _____

Office: _____

Office Hours: _____

Email: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	1 NEW YEAR'S DAY MCGILL CLOSED	2 MCGILL CLOSED	3	4	5
6 FIRST DAY OF CLASSES	7	8	9  SSMU BOARD OF DIRECTORS MEETING @ 6PM	10	11	12
13	14 ADD/DROP DEADLINE	15	16  SSMU LEGISLATIVE COUNCIL @ 6PM	17	18	19
20	21 COURSE/ UNIVERSITY WITHDRAWAL WITH REFUND DEADLINE	22	23  SSMU BOARD OF DIRECTORS MEETING @ 6PM	24	25	26
27	28	29	30  SSMU LEGISLATIVE COUNCIL @ 6PM	31	1	2

1	Wed
2	Thu
3	Fri
4	Sat
5	Sun
6	Mon
7	Tue
8	Wed
9	Thu
10	Fri
11	Sat
12	Sun
13	Mon
14	Tue
15	Wed
16	Thu
17	Fri
18	Sat
19	Sun
20	Mon
21	Tue
22	Wed
23	Thu
24	Fri
25	Sat
26	Sun
27	Mon
28	Tue
29	Wed
30	Thu
31	Fri

30 | Monday (December) MCGILL CLOSED

31 | Tuesday MCGILL CLOSED

1 | Wednesday NEW YEAR'S DAY / MCGILL CLOSED

2 | Thursday MCGILL CLOSED

3 | Friday

Lined writing area for Friday with 8 horizontal lines.

4 | Saturday

Lined writing area for Saturday with 8 horizontal lines.

5 | Sunday

Lined writing area for Sunday with 8 horizontal lines.



NOTES

Grid of dots for notes, consisting of 14 rows and 30 columns.

6 | Monday

7 | Tuesday

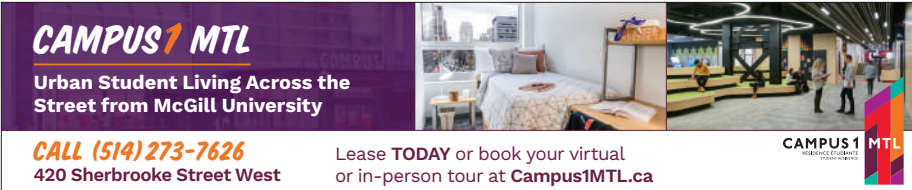
8 | Wednesday

9 | Thursday

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**



10 | Friday

Seven horizontal dotted lines for writing on Friday.

11 | Saturday

Seven horizontal dotted lines for writing on Saturday.

12 | Sunday

Seven horizontal dotted lines for writing on Sunday.



NOTES

A large grid of dotted lines for taking notes.

13 | Monday

14 | Tuesday **ADD/DROP DEADLINE**

15 | Wednesday

16 | Thursday



**CELEBRATE
IN STYLE**



17 | Friday

Handwriting practice lines for Friday, consisting of seven horizontal dotted lines.

18 | Saturday

Handwriting practice lines for Saturday, consisting of seven horizontal dotted lines.

19 | Sunday

Handwriting practice lines for Sunday, consisting of seven horizontal dotted lines.



NOTES

A large grid of small dots for taking notes, consisting of 12 columns and 12 rows.

20 | Monday


21 | Tuesday

22 | Wednesday

23 | Thursday

GERTS CAFÉ

Food and drinks available at student-friendly prices! Plus, take a study break to play some pool...

 [GERTSCAFÉ](#)



24 | Friday

Lined writing area for Friday, January 24th, consisting of seven horizontal dotted lines.

25 | Saturday

Lined writing area for Saturday, January 25th, consisting of seven horizontal dotted lines.

26 | Sunday

Lined writing area for Sunday, January 26th, consisting of seven horizontal dotted lines.



NOTES

Dotted grid writing area for notes, consisting of a grid of small dots for writing.

27 | Monday

28 | Tuesday

29 | Wednesday

30 | Thursday

31 | Friday

1 | Saturday (February)

2 | Sunday



NOTES

A grid of small dots for taking notes, consisting of 10 rows and 20 columns.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
3 SSMU WINTER GENERAL ASSEMBLY @ 6PM	4	5	6 SSMU BOARD OF DIRECTORS MEETING @ 6PM	7	8	9
10	11	12	13 SSMU LEGISLATIVE COUNCIL @ 6PM	14	15	16
17 SSMU MINICOURSES: CLASSES BEGIN TODAY!	18	19	20 SSMU BOARD OF DIRECTORS MEETING @ 6PM	21	22	23
24	25 COURSE/ UNIVERSITY WITHDRAWAL WITHOUT REFUND DEADLINE	26	27 SSMU LEGISLATIVE COUNCIL @ 6PM	28	1	2

1 Sat

2 Sun

3 Mon

4 Tue

5 Wed

6 Thu

7 Fri

8 Sat

9 Sun

10 Mon

11 Tue

12 Wed

13 Thu

14 Fri

15 Sat

16 Sun

17 Mon

18 Tue

19 Wed

20 Thu

21 Fri

22 Sat

23 Sun

24 Mon

25 Tue

26 Wed

27 Thu

28 Fri

3 | Monday

4 | Tuesday

5 | Wednesday

6 | Thursday



The banner features a blue background with a white dotted pattern. On the left is a red circular logo with a white outline and a stylized face. To its right is the text "mini courses" in white. Further right, the text "Last call for registration!" is written in bold black font with a red underline. Below this, a red pill-shaped button contains the white text "minicourses.ssmu.ca".

10 | Monday

11 | Tuesday

12 | Wednesday

13 | Thursday

14 | Friday

15 | Saturday

16 | Sunday



NOTES

A grid of small dots for taking notes, consisting of 12 rows and 20 columns of light blue dots.

17 | Monday

18 | Tuesday

19 | Wednesday

20 | Thursday

24 | Monday

25 | Tuesday

26 | Wednesday

27 | Thursday



Mon	Tue	Wed	Thu	Fri	Sat	Sun
24	25	26	27	28	1	2
3 READING BREAK	4 READING BREAK	5 READING BREAK	6 READING BREAK	7 READING BREAK	8	9
10	11	12	13  SSMU BOARD OF DIRECTORS MEETING @ 6PM	14	15	16
17	18	19	20  SSMU LEGISLATIVE COUNCIL @ 6PM	21	22	23
24	25	26	27  SSMU BOARD OF DIRECTORS MEETING @ 6PM	28	29	30
31	1	2	3	4	5	6

1 Sat

2 Sun

3 Mon

4 Tue

5 Wed

6 Thu

7 Fri

8 Sat

9 Sun

10 Mon

11 Tue

12 Wed

13 Thu

14 Fri

15 Sat

16 Sun

17 Mon

18 Tue

19 Wed

20 Thu

21 Fri

22 Sat

23 Sun

24 Mon

25 Tue

26 Wed

27 Thu

28 Fri

29 Sat

30 Sun

31 Mon

3 | Monday

4 | Tuesday

5 | Wednesday


6 | Thursday

10 | Monday


11 | Tuesday


12 | Wednesday

13 | Thursday



GERTS BAR
Follow us to stay updated on all the exciting events and surprises we have planned.

 [GERTSTILITHURTS](#)



14 | Friday

Handwriting practice lines for Friday, consisting of seven horizontal dotted lines.

15 | Saturday

Handwriting practice lines for Saturday, consisting of seven horizontal dotted lines.

16 | Sunday

Handwriting practice lines for Sunday, consisting of seven horizontal dotted lines.



NOTES

A large grid of dotted lines for taking notes, consisting of 12 rows and 20 columns of dots.

17 | Monday

18 | Tuesday

19 | Wednesday

20 | Thursday

24 | Monday

25 | Tuesday

26 | Wednesday

27 | Thursday

OUR LITTLE SECRET
The 23andMe Musical
SEGALCENTRE.ORG

\$20 Tickets!
CONSIDERATIONS APPLY

CLASS ACT
FOR STUDENTS AND PEOPLE UNDER 30

April 27 - May 18
2025

28 | Friday

Lined writing area for Friday, March 28th.

29 | Saturday

Lined writing area for Saturday, March 29th.

30 | Sunday

Lined writing area for Sunday, March 30th.



NOTES

Dotted grid writing area for notes.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1	2	3 SSMU LEGISLATIVE COUNCIL @ 6PM	4	5	6
7	8	9	10 SSMU BOARD OF DIRECTORS MEETING @ 6PM	11 LAST DAY OF CLASSES	12	13
14 FINAL EXAMS START	15	16	17	18 GOOD FRIDAY	19	20
21 EASTER MONDAY	22	23	24 SSMU BOARD OF DIRECTORS MEETING @ 6PM	25	26	27
28	29	30 FINAL EXAMS END RESIDENCE MOVE-OUT	1	2	3	4

1 Tue

2 Wed

3 Thu

4 Fri

5 Sat

6 Sun

7 Mon

8 Tue

9 Wed

10 Thu

11 Fri

12 Sat

13 Sun

14 Mon

15 Tue

16 Wed

17 Thu

18 Fri

19 Sat

20 Sun

21 Mon

22 Tue

23 Wed

24 Thu

25 Fri

26 Sat

27 Sun

28 Mon

29 Tue

30 Wed

31 | Monday (March)

1 | Tuesday

2 | Wednesday

3 | Thursday

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**



7 | Monday

8 | Tuesday

9 | Wednesday

10 | Thursday

14 | Monday

15 | Tuesday

16 | Wednesday

17 | Thursday

21 | Monday EASTER MONDAY

22 | Tuesday

23 | Wednesday

24 | Thursday

25 | Friday

Lined writing area for Friday, April 25th.

26 | Saturday

Lined writing area for Saturday, April 26th.

27 | Sunday

Lined writing area for Sunday, April 27th.



NOTES

Dot grid writing area for notes.

28 | Monday

29 | Tuesday

30 | Wednesday

1 | Thursday (May)

ADD-ON SHOW!

**MAX + AARON
WRITE A MUSICAL**

SEGALCENTRE.ORG

**\$20
Tickets!**
CONDITIONS APPLY

CLASS ACT
FOR STUDENTS AND PEOPLE UNDER 30

June 15
- June 22
2025

MAY 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29	30	1	2	3	4
5	6	7	8 SSMU BOARD OF DIRECTORS MEETING @ 6PM	9	10	11
12	13	14	15	16	17	18
19 NATIONAL PATRIOTS' DAY	20	21	22 SSMU BOARD OF DIRECTORS MEETING @ 6PM	23	24	25
26	27	28	29	30	31	1

MAY 2025

1 Thu

2 Fri

3 Sat

4 Sun

5 Mon

6 Tue

7 Wed

8 Thu

9 Fri

10 Sat

11 Sun

12 Mon

13 Tue

14 Wed

15 Thu

16 Fri

17 Sat

18 Sun

19 Mon

20 Tue

21 Wed

22 Thu

23 Fri

24 Sat

25 Sun

26 Mon

27 Tue

28 Wed

29 Thu

30 Fri

31 Sat

JUN 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 SAINT-JEAN- BAPTISTE DAY	25	26	27	28	29
30	31	1	2	3	4	5

JUN 2025

1	Sun
2	Mon
3	Tue
4	Wed
5	Thu
6	Fri
7	Sat
8	Sun
9	Mon
10	Tue
11	Wed
12	Thu
13	Fri
14	Sat
15	Sun
16	Mon
17	Tue
18	Wed
19	Thu
20	Fri
21	Sat
22	Sun
23	Mon
24	Tue
25	Wed
26	Thu
27	Fri
28	Sat
29	Sun
30	Mon
31	Tue

JUL 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1 CANADADAY	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	1	2	3	4

1	Tue
2	Wed
3	Thu
4	Fri
5	Sat
6	Sun
7	Mon
8	Tue
9	Wed
10	Thu
11	Fri
12	Sat
13	Sun
14	Mon
15	Tue
16	Wed
17	Thu
18	Fri
19	Sat
20	Sun
21	Mon
22	Tue
23	Wed
24	Thu
25	Fri
26	Sat
27	Sun
28	Mon
29	Tue
30	Wed





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2024-2025

SSMU Health & Dental Plan



Make the most out of it

Health-care coverage and wellness services designed to support students!



Health



Dental



Vision



Travel

For complete details on coverage, eligibility, and group numbers, visit www.studentcare.ca.

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STUDENTCARE

Questions?
www.studentcare.ca

Scan the QR code for more details on your Plan.



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HI

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Virtual health care that connects you with nurses and physicians from anywhere in Canada

Legal Care Program

The Essentials

A consultation service for all your legal questions, and legal representation for disputes related to housing, employment, academic rights, and more



LGBTQIA2S+ Support

Gender Affirmation Care

Coverage for gender-affirming medical care and legal assistance for students on their gender affirmation journeys



* Please note that at the time of printing, benefits and services for 2024-2025 were still subject to change. For complete details, visit www.studentcare.ca.



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 @McGillCampusStore


 @McGillCampusStore

CAFÉ BLOC

CLIMBING - CAFÉ - FOOD - EVENTS
TERRASSE SAUNA

MONDAY - FRIDAY
07AM - 11PM

WEEKEND
09AM - 11PM

1209 boul. 
1211 St-Laurent

438 794-3874



COUPON POUR UNE
ENTRÉE GRATUITE

POUR UNE PREMIÈRE
VISITE AU GYM



COUPON POUR UNE
ENTRÉE GRATUITE

POUR UNE PREMIÈRE
VISITE AU GYM

Prevost

NOTAIRES

**25 % OFF FOR MCGILL
STUDENTS**

PROFESSIONAL NOTARIES

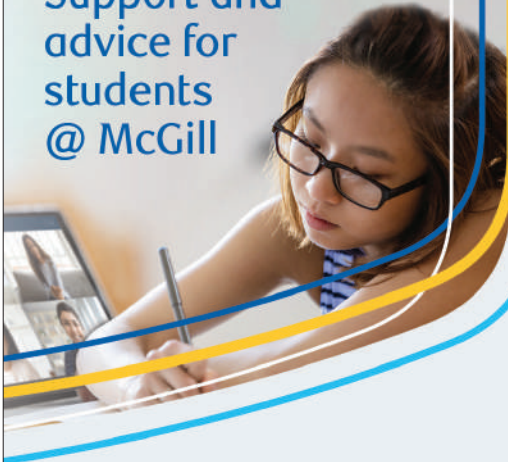
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100 - 255, rue Saint-Jacques
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As you face your own set of unique challenges, know that there is help and support for you.

You can connect with us
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There you'll find helpful info
about:

- Free online programs and resources to get you job ready
- Student bank accounts, loans and credit cards
- RBC Future Launch® Scholarships

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is here to support you.*



on campus

* RBC On Campus advisors will reply during business hours.

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VPS109890 125174 (05/2022)

REUSABLE. IT'S DOABLE.



CONSUME BETTER, WASTE LESS.

Votre
gouvernement

RECYC-QUÉBEC
Québec





ORCHESTRE SYMPHONIQUE
DE MONTRÉAL

Presented by
Hydro
Québec

Are you
35-and-under?

Season Presenting Partner



OSM.CA

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Orchestrate your musical outings by subscribing to a minimum of 4 concerts for \$115 and choose what suits your tastes and your busy schedule.

Subscribe by November 1, 2024 to take advantage of this offer!

Single Tickets

Prefer to test the waters before jumping in? Our affordable rate of \$40* for single tickets is well suited to those who are naturally adventurous or curious!

Scan for more details



* Taxes included. Certain restrictions apply
Tickets at \$40 available on selected concerts.
Offer valid for a selection of concerts.

15% OFF ONLINE

Code promo: **UMCGILL**

or

25% OFF ON SITE

Enjoy the thermal experience
from Monday to Thursday with a guest*

strøm
N O R D I C S P A

*Presentation of a student card required.
Does not apply to purchases paid by gift card.
Cannot be combined with any other promotional offer.

DEPUIS 1967

CAFÉ CAMPUS

BOÎTE DE NUIT • SALLE DE SPECTACLE • COOP DE TRAVAIL



Les Mardis Rétro

LES CHANSONS CULTES DEPUIS LES ANNÉES 50



Les Jeudis 2000

LE MEILLEUR DES THROWBACK HITS



Les Week-ends X-Larges

LA MUSIQUE D'AUJOURD'HUI • TOP 40



57 PRINCE-ARTHUR EST.MTL • SHERBROOKE • SAINT-LAURENT



ENTRÉE GRATUITE AVEC CE COUPON*

Les Mardis Rétro

DEPUIS 1967
CAFÉ CAMPUS

*Date limite d'utilisation au 31 août 2025.
N'est pas valide pour un événement spécial ou si nous affichons complet.

Bourgie Hall

Dare to listen

34 OR UNDER?

ENJOY MUSIC AT LOW PRICES:



50%
off all concerts

10\$
rush tickets*



2024—2025 Season

*At Bourgie Hall box office, in the hour before the start of the concert. Subject to availability.

M MONTREAL MUSEUM OF FINE ARTS

DONNER, C'EST
**DANS
MON
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THREE WOMEN OF SWATOW

By Chloé Hung

November 5 – 24, 2024



STRAWBERRIES IN JANUARY — A MUSICAL FANTASY

By Évelyne de la Chenelière

Translated by Morwyn Brebner

January 21 – February 9, 2025



FOR THE PLEASURE OF SEEING HER AGAIN

By Michel Tremblay

Translated by Linda Gaboriau

May 13 – June 1, 2025

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SSMU EVENTS

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

ssmu.ca/view-our-spaces



ssmu.ca/events-booking
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

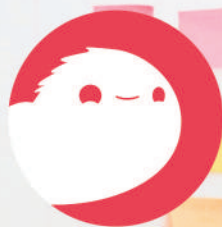
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[SSMU.CA/PERKS-DEALS](https://ssmu.ca/perks-deals)



FESTIVALS
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NOTES

NOTES

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What's in it for you?

STUDENT COLLEAGUES
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SSMU.CA/JOBS

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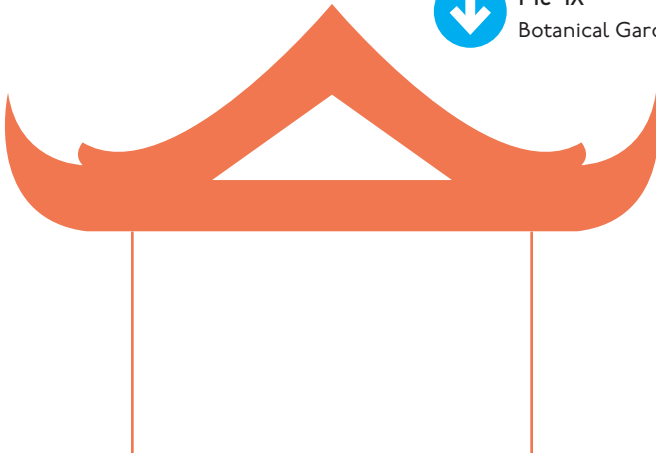


As-tu entendu parler de l'AÉUM ?
Have you heard about SSMU?

Non, qu'est-ce ça mange en hiver ?
No, what are you talking about?



Pie-IX
Botanical Garden



HOW SSMU WORKS

The Students' Society of McGill University (SSMU) advocates for the interests of McGill students. We work for fairer academic justice processes, better quality instruction, and improved life on campus. All undergraduate students at McGill are automatically members and can access all SSMU services and resources. You can follow us on Instagram [@ssmucauem](#) to keep up to date or check out [ssmu.ca](#).

GOVERNANCE

BOARD OF DIRECTORS (BOD) [ssmu.ca/bod](#)

This is the highest governing body at the SSMU. 12 voting Directors are responsible for the human resources, legal, financial, and operational affairs of the Society.

TIP SSMU Members may attend the public online sessions.

EXECUTIVE COMMITTEE [ssmu.ca/organigram](#)

This is the elected governing body of the SSMU. You can learn more about its 7 members on pages 149-51.

TIP Feel free to reach out to the executives if you have any questions! Their main role is to advocate for you!

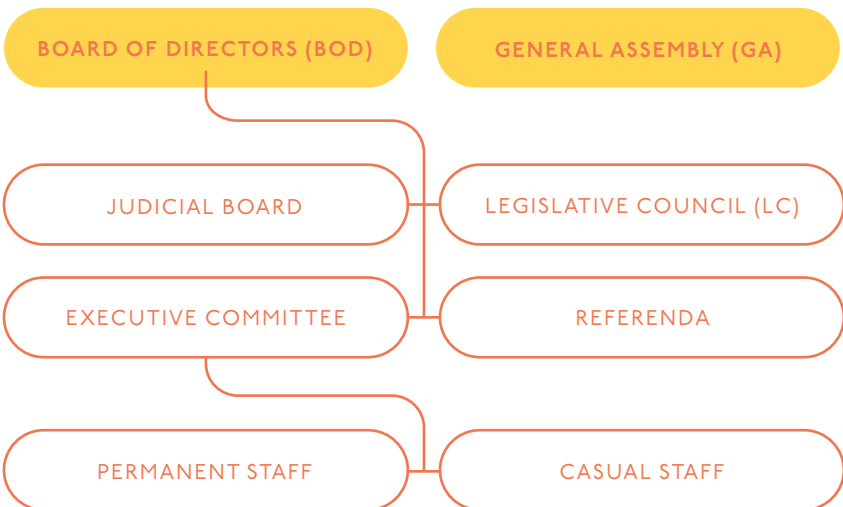
PERMANENT & CASUAL STAFF

They run the SSMU's day-to-day activities. There are over 180 staff employed by the SSMU!

TIP You can find an up-to-date list of available positions (including handbook editor!) and apply at [ssmu.ca/jobs](#).

JUDICIAL BOARD [ssmu.ca/jb](#)

The Judicial Board is a sub-body of the Board of Directors which interprets SSMU's Constitution and Internal Regulations. The J-Board consists of 7 students and all SSMU members can file a petition.



LEGISLATIVE COUNCIL (LC)

ssmu.ca/lc

This council is responsible for the political decision-making of SSMU. All of their resolutions have to be approved by the BoD. The council is composed of 30 students elected by school and faculty, and the 7 Executives. All SSMU members can attend their meetings and run for election.

TIP *Identify your SSMU Councillor, depending on your school and faculty associations and contact them if you need to bring any item for discussion ssmu.ca/lc.*

ELECTIONS & REFERENDA

Each year, the SSMU hosts elections so that students have the opportunity to make a difference in their student government and to campaign for the issues that matter to them and their communities.

TIP *You can nominate yourself and campaign to represent your fellow students at the Executive level. These elections primarily take place in the winter semester of each year.*

GENERAL ASSEMBLY (GA)

ssmu.ca/ga

A General Assembly is held at least once per semester and may establish or amend internal regulations and policies. All SSMU members can attend, debate and vote. As well as, submit a general assembly motion or referendum question by getting in touch with a SSMU executive.

TIP *Attend the GA once per semester, participate in direct democracy on matters that are important for YOU!*

OTHER WAYS TO GET INVOLVED WITH SSMU

SSMU COMMITTEES

The Board of Directors and Legislative Council both oversee a total of 26 committees that serve to facilitate equity, hold student governance accountable, and manage projects within SSMU.

TIP *You can find the right one for you, as well as more information here bit.ly/3QFvdbO.*

FIRST-YEAR COUNCIL (FYC)

The FYC is made up of first-year students who advocate and plan events for first-year students.

TIP *Check their Instagram page, [@ssmufyc](https://www.instagram.com/ssmufyc), to see when applications open in September!*

CAMPAIGNS

The VP External works with political and social justice campaigns on behalf of the SSMU.

TIP *Visit externalaffairs.ssmu.ca to join the student-led cause!*

VOLUNTEERING

SSMU seeks volunteers to help with various tasks during various SSMU events. You have the opportunity to gain valuable volunteer experience that can be added to your Co-Curricular Record.

TIP *Keep an eye on our socials to register for events and go to the annual Activities Night!*

RESOURCES

The SSMU offers a wide range of resources designed to support undergraduate students throughout their time at McGill. You can find a list of resources compiled by the SSMU here: ssmu.ca/resources, and on page 6.

University Affairs Research Reports

facilitates student-led research pertinent to McGill University and SSMU governance: ssmu.ca/resources/university-affairs-research-reports.

Access to Calm and Udemy

- > Calm - guided meditations and sleep support
- > Udemy - skill-learning workshops

Complaint Form you can express an issue related to the SSMU: complaints. ssmu.ca/complaintform.

Daycare a full-time daycare on campus, with priority for undergraduate students: daycare.ssmu.ca.

Open Educational Resources (OERs)

free openly-licensed educational materials, including textbooks: ssmu.ca/oer.

Funding Opportunities funds for clubs and McGill organizations.

Mental Health Resources you can find a list here: ssmu.ca/mental-health or contact mentalhealth@ssmu.ca with questions or ideas.

ADVOCACY

The SSMU is also your representative on key issues to both the McGill administration and government bodies. Here are some resources to consult:

VP UNIVERSITY AFFAIRS

The VP University Affairs advocates for students within McGill. Contact ua@ssmu.ca with:

- > equity concerns
- > accommodation issues
- > academic complaints
- > questions about McGill

LEGAL PROTECTION PLAN*

SSMU members have access to legal consultation with certified lawyers - bit.ly/4dCUoWj.

Legal Assistance Hotline

You have access to a toll-free hotline to consult a lawyer. It 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!

**For Canadian and Quebecois Students*

TIP

You can also reach out to deanofstudents@mcgill.ca with concerns of your student rights being violated.

SSMU STUDENT GROUPS & CLUBS

DEFINITIONS

Club: student-run group recognized by the SSMU with at least 25 McGill student members;

Service: student-run group recognized and managed by the SSMU that provides services and resources to all McGill students; 18 total

Independent Student Groups (ISGs): exist outside of the SSMU but are affiliated because they provide services to all McGill students; 11 total

FINDING A STUDENT GROUP

ssmu.ca/studentgroups

You can check the list above or attend the Activities Night club fair on September 11-12th, 2024 to meet representatives and sign up a group. Follow [@ssmstudentlife](https://www.instagram.com/ssmstudentlife) on Instagram for more updates on clubs and events throughout the year!

CLUB CATEGORIES

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

Check pages 185-188 for more!

TIPS

- > You can keep up-to-date by following clubs on their social media or signing up for their email list
- > A number of clubs host events, which you can attend without being a member - ssmu.ca/events
- > You can find clubs outside of the SSMU by searching keywords + McGill online
- > You can reach out to the group directly if you are interested or have some questions
- > It might be easier than you think to get a leadership or paid position, if you commit to your chosen organization
- > You can contact SSMU's Vice President of Student Life (studentlife@ssmu.ca) for guidance
- > You hold voting rights in SSMU's Independent Student Groups if you haven't opted out of their fees through Minerva

TIP

Didn't find what you're looking for? That's okay! You can find information/support about starting your own SSMU club here: ssmu.ca/how-to-start-a-club.

SSMU SERVICES

The SSMU operates 17 student-run Services, which provide a wide range of resources and opportunities to the student body. You can use them or volunteer/join!

Peer Support Centre

IG @pscmcgill

Support sessions with a peer.

McGill Students' Nightline

IG @nightlinemcgill

You can call (514) 398-6246 or visit their online chat for a listening service at night.

Safely Connected McGill

IG @safelyconnected_ed

Resources for eating disorders.

McGill Student Emergency Response Team (MSERT)

IG @msert.mcgill

Free and accessible first aid service.

Sexual Assault Centre of the McGill Students' Society

IG @sacomss

Support survivors of sexual assault and their allies.

SSMU DriveSafe

IG @ssmudrivesafe

Volunteers drive students home safely.

SSMU Walksafe

IG @ssmu_walksafe

Volunteers walk with students to and from any location.

Flat Bike Collective

IG @theflatbikecollective

Promote cycling.

The Plate Club

IG @theplateclub

Free dishware rental service.

Student Nutrition Accessibility Club (SNAC)

IG @snac_mcgill

Bring sustainable food and nutrition to McGill.

Midnight Kitchen

IG @midnightkitchencollective

Dedicated to increasing food accessibility.

Union for Gender Empowerment (UGE)

IG @ugecollective

Operate an alternative library and co-op, and advocate for social justice.

Queer McGill

IG @queermcgill

Promote and provide resources to Queerness at McGill and in Montreal.

TVM: Student Television at McGill

IG @tvm.television

Provide free, basic training for filmmaking, media production, video promotion and event coverage.

Black Students' Network

IG @bsnmcgill

Address the needs and interests of Black students.

SSMU Musicians Collective

IG @ssmu_musco

Plan music-based events - e.g. live music and lessons.

Arab Student Network

IG @asnmcgill

Represent the Arab population and introduce Arab culture.

Muslim Students' Association

IG @umassmsa

Facilitate the spiritual and social growth of members.

INDEPENDENT STUDENT GROUPS (ISGs)

The SSMU has a formal affiliation with 12 Independent Student Groups, ranging from a radio station to campus publications to sustainability initiatives. You can use their services or volunteer/join!

The Golden Key

IG @goldenkeymcgill

Honor society.

MustBus

IG @mustbuscoop

Low-cost transit travel service.

McGill Tribune

IG @thetribuneca

Student newspaper.

Quebec Public Interest Research Group (QPIRG)

IG @qpirmcgill

Social and environmental justice organization.

Legal Information Clinic at McGill

IG @licm_cijm

Offer bilingual legal information and services.

International Relations Students' Association of McGill

IG @irsaminc

Focus on international relations with their events and volunteer work, and host Model UN conferences.

Association Internationale des Étudiants en Sciences Economiques et Commerciales (AIESEC)

IG @aiesecinmcgill

Send students abroad for volunteering and internships.

McGill Chavurah

IG @mcgillchavurah

Create inclusive spaces for Jewish students.

ECOLE (Educational Community Living Environment) Project

IG @ecoleproject

Model of urban sustainable living.

Daily Publications Society (The McGill Daily & Le Délit)

IG @themcgilldaily & @le_delit

Student newspapers.

Radio CKUT 90.3 FM

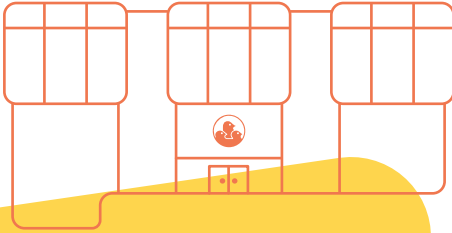
IG @ckutmusic

Campus-community radio station based at McGill.

UNIVERSITY CENTRE

ssmu.ca/uc

Located at 3480 Rue McTavish, the University Centre houses many SSMU student groups, and provides bookable spaces for student activities and events.



Forth Floor

Student Group Offices
Booking spaces
Club Lounge*
one of the best view of campus

Third Floor

Booking spaces
including the Ballroom (one of the largest venues of campus events)
Theatre Space
Midnight Kitchen

*Open to all students during regular opening hours.

Second Floor

Cafeteria*
Booking spaces

First Floor

Gerts Café*
SSMU Office*
Student Lounge*
you can come to study or chill
SSMU Kiosk*
for any questions

Basement

Gerts Bar*
Student Group Offices
Booking spaces

SSMU OFFICE

3600 Rue McTavish, Suite 1200

This is the main hub of your student union, where you can find all SSMU Executives and permanent staff. If you have any specific questions, feel free to drop by.

GERTS CAFÉ

gertscampusbar.ca | IG @gertscafe

SSMU's Gerts Café is a popular student-run spot on campus, known for its relaxed atmosphere and affordable offerings. It serves a variety of beverages along with a selection of sandwiches, salads and snacks.

ACCESSIBILITY

The University Centre and the SSMU Office are wheelchair accessible, including automatic doors, bathrooms, and elevators. There are gender-neutral bathrooms located on the 2nd and 4th floors of the University Centre.

GERTS BAR

gertscampusbar.ca | IG @gertstilthurts

SSMU's Gerts Bar is a vibrant, student-run bar located on campus. You can come for trivia nights, live music and themed parties, among other things.

ROOM BOOKING

ssmu.ca/organizing-events

The SSMU provides affordable spaces for meetings, events, and activities in the University Centre, in order to support student initiatives.

TIP

The SSMU office is located on the main floor of the University Centre at the end of the corridor linking the Brown Building and the University Centre.

EXECUTIVES

SSMU Executives are elected each Winter. Their contact information and more details about their roles can be found here: ssmu.ca/organigram



PRESIDENT

Chief officer of SSMU
president@ssmu.ca

DYMETRI Q. TAYLOR (he/him/il)

Year & Faculty

U3, Faculty of Arts

Area of Study

Psychology and Political Science

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

Looking back, my advice would be to reach out and get involved in clubs, athletics, or a generally new activity with an opportunity to meet people. Those will end up being the individuals you'll know throughout your time at university. At least speaking from the 400-800 people classes in Psychology!



VP STUDENT LIFE

Point person for the internal relations of SSMU
studentlife@ssmu.ca

CHLOÉ MUÑOZ (elle/she/her)

Year & Faculty

U2, Faculty of Arts and Science

Area of Study

Major in Science, Sustainability, and Society (SSS); Double minor in Urban Studies and Anthropology

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

Hi past Chloé, or even current Chloé, and all the other students reading this! Just remember that mistakes are ok and, in fact they are a tool to learn so embrace this period of growth! Just breathe and realize that everyone around you is learning too and, luckily enough, you have wonderful people around you to support you along the way :)



VP OPS/SUSTAINABILITY

Manages sustainability concerns and revenue-generating operations

operations@ssmu.ca

[MEG BALTES \(she/her/elle\)](#)

Year & Faculty

U3 Faculty of Arts and Science

Area of Study

Major in Sustainability, Science, and Society (SSS); Minor in International Development

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

Looking back, I wish I had paid closer attention to the various listservs and postings about opportunities available to me. If I had explored different fields of interest, it would have helped me to more effectively discover how McGill could best support my aspirations.



VP INTERNAL AFFAIRS

In charge of communication and creating a student community

internal@ssmu.ca

[ZEENA ZAHIDAH \(she/her/elle\)](#)

Year & Faculty

U3, Faculty of Arts

Area of Study

International Development Studies (IDS) & Political Science

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

I'd probably advise myself to try everything, give every person a chance for conversation. Even if you think you know who you are, you're just scratching the surface - so be open to every avenue. And that's not scary; it's liberating, like having a blank canvas of endless possibilities. Keep it open-minded, keep it relaxed, and keep exploring.



VP UNIVERSITY AFFAIRS

*Advocates for student interests in
McGill governance*

ua@ssmu.ca

ABE BERGLAS (they/iel)

Year & Faculty

U3 Faculty of Arts

Area of Study

English and Mathematics

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

Grades often don't correspond to the difficulty of the class material, or your ability to do well in the subject later on.



VP FINANCE

Chief financial officer of SSMU

finance@ssmu.ca

PAULINE JOLICOEUR (she/her/elle)

Year & Faculty

U3, Faculty of Management

Area of Study

Finance and Economics

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

Make time for physical activity or other hobbies that protect your long term mental health.



VP EXTERNAL AFFAIRS

*Coordinates SSMU's relations with
outside organisations and causes*

external@ssmu.ca

HUGO-VICTOR SOLOMON (he/him/il)

Year & Faculty


U3 Faculty of Science

Area of Study

Major in Psychology

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

Challenge your expectations that it'll be too difficult or complicated to figure out where you feel you belong and can make the biggest impact. Rather, try to keep your mind open to the spontaneity, passion, and community which makes McGill so formative.



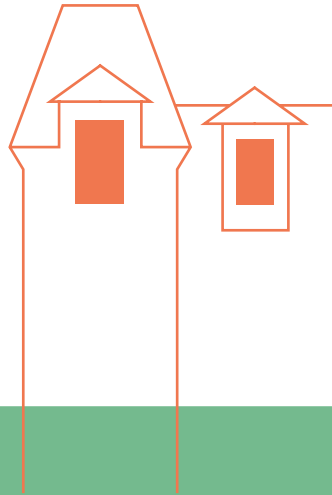
THE UNIVERSITY

Es-tu stressé pour tes
examens ?
*Are you stressed about your
exams?*

Pantoute !
Not at all!



Mont-Royal
The Plateau





1821 McGill is founded by a Royal Charter issued by King George IV of England



1848 William Wright graduates and becomes the first Black doctor in British North America



1874 The first modern football game is played in Massachusetts, between McGill and Harvard



1875 The first recorded, organized indoor hockey game takes place in downtown Montreal between civil engineer James Creighton and fellow McGill students



1884 Women are allowed to take classes



1891 James Naismith, a McGill graduate, invents basketball



1902 The Alma Mater Society (the precursor of the SSMU) is created



1931 Women are allowed to hold SSMU positions



1946 John Humphrey, McGill professor, drafts the Universal Declaration of Human Rights



1952 Institute of Islamic Studies is founded



1953 SSMU's first Activity Night



2024 It's our turn now!



2018 First-ever Queer History Month



2017 First full Black History Month at McGill



2009 The McGill Sustainability Projects Fund is passed



2008 The SSMU's 100 year anniversary of serving undergraduate students!



2001 McGill's first Pow Wow



1982 QPIRG is founded



1981 Creation of the First Nations and Inuit Education Program



1971 Evie Ikidluak, first Inuk graduate of McGill



1966 Sharon Sholzberg, the first female president of the SSMU, takes office



1954 SSMU's input helps reshape financial aid for post-secondary education



FAMOUS ALUMNI



WILLIAM SHATNER

acted as James T. Kirk in Star Trek



JADE RAYMOND

helped create Assassin's Creed and Watch Dogs



EVAN GOLDBERG

co-wrote and produced Superbad and Neighbours



LEONARD COHEN

wrote the song Hallelujah, and was a poet and novelist



GRIMES

prominent dance-pop musician



JUSTIN TRUDEAU

Canada's 23rd Prime Minister



VAIRA VIKE-FREIBERGA

Latvia's 6th and only female President



WILLARD BOYLE

invented the core technology behind digital photography



PAULA ANN COX

Bermuda's 10th Prime Minister



MARIAME KABA

abolitionist activist and writer

STUDENT RIGHTS & RESPONSIBILITIES

POLICY ON ASSESSMENT OF STUDENT LEARNING (PASL): NEW AS OF FALL 2024!

mcgill.ca/pasl-students

- > Your course outline should include a breakdown of the ways that grades can be earned.
- > Each assessment task should include clear criteria.
- > You have the right to receive feedback before the official course withdrawal (without refund) deadline.
- > Assessments should be available at no cost.
- > Assessment tasks should not have deadlines during reading breaks.
- > The exam period is allowed to be used for all types of final assessment tasks.
- > If you believe PASL is not being respected in one of your courses - you can raise an issue.

RESPONSIBILITIES

ACADEMIC INTEGRITY

McGill has a no-tolerance policy when it comes to plagiarism. Cite your materials properly.

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 Mid-November 2024.**

If you need support or accommodation to complete the training, reach out to the Office for Sexual Violence Response, Support and Education at mcgill.ca/osvrse.

RIGHTS

As a student, you have the right to:

- > Submit work in French and English (CSR, Art. 15)
- > Accommodations for exams on religious holidays (CSR, Art. 1-2)
- > Disability-related accommodations (CSR, Art. 12)
- > Receive an explanation of why you received a particular grade (CSR, Art. 24)
- > An impartial third party review of an assessment (CSR, Art. 25)

For more information about ALL of your student rights, check the Charter of Students' Rights (CSR) at bit.ly/3VrPyUM. Ou la Charte des droits de l'étudiant à bit.ly/3KsxiEx.

STUDENT RIGHTS RESOURCES

Review studentrights.ssmu.ca for information about assessments, accommodations, and resources.

CONTACTS

OFFICE OF THE DEAN OF STUDENTS

deanofstudents@mcgill.ca
mcgill.ca/deanofstudents

You can contact them with issues, crisis or emergency and they will refer you to solutions.

LEGAL INFORMATION CLINIC AT MCGILL (LICM)

cs.licm@mail.mcgill.ca | licm.ca

They help students in formal and informal dispute resolution.

STUDENT ACCESSIBILITY AND ACHIEVEMENT

access.achieve@mcgill.ca
mcgill.ca/access-achieve

You can contact them for accommodations and complaints of building accessibility.

SSMU VP UNIVERSITY AFFAIRS

ua@ssmu.ca | ssmu.ca

They advocate for student interests at almost all levels of university governance.

SSMU STUDENT RIGHTS RESEARCHER AND ADVOCACY COMMISSIONER

srrac@ssmu.ca
ssmu.ca/resources/student-rights

They support student advocacy initiatives around assessment, accommodation, and academic rights.

ACCOMMODATION

mcgill.ca/access-achieve/contact-us/register

Q 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 (mcgill.ca/access-achieve/contact-us/clockwork-how-tos).

Q WHAT DOCUMENTATION IS REQUIRED?

At least two (2) days prior to your new registration appointment, you must submit documentation from a licensed medical professional involved in your care.

- > This documentation must adhere to the requirements listed here: mcgill.ca/access-achieve/contact-us/register

Q 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.

FINANCES

TUITION

To see your tuition:

Log into Minerva (horizon.mcgill.ca) > Student Menu > Student Accounts Menu > e-Billing and e-Payment Menu > View e-Bills

To pay via a Canadian bank:

1. Log into your online banking account
2. Go to Bill Payments and add McGill as a bill payee. The account number will be your McGill ID number.
3. The institution is listed as McGill University (PQ), or as MCGILL UNIVERSITY
4. If you pay by the due date then there will be no interest charged.
5. If there is a hold in your account, the hold will lift once the payment is received and credited into your account.

Check e-Billing and e-Payment Menu > e-Payment Options for more information.

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

Contact Student Aid: mcgill.ca/studentaid/contact-us

LOANS AND BURSARIES

mcgill.ca/studentaid/scholarships-aid/current-undergrads/need

This is in-course need-based financial aid.

SCHOLARSHIPS

McGill offers merit-based entrance scholarships for incoming first year students.

- > 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. For the majority, students are automatically considered. For more information, visit mcgill.ca/studentaid/scholarships-aid/current-undergrads/merit.

WORK-STUDY

McGill offers on-campus job opportunities to students with financial needs. For more information, check page 191.

TIP

The "Where is my Money Going 2024-25" guide provides a comprehensive explanation of all student fees. ssmu.ca/how-we-run/finances.

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.

SENATE

Governance Officer:
thomas.daudlin@mcgill.ca

Senate is the University's academic governing body and handles academic affairs at McGill.

BOARD OF GOVERNORS

Governance Officer:
mily.barriere@mcgill.ca

The Board of Governors meets 6 times per year to deal with legal, financial, and human resources responsibilities; it has the final vote over decisions at McGill (but is often seen as a "rubber-stamping" body).

PRINCIPAL & VICE-CHANCELLOR

president@mcgill.ca

The Principal & Vice-Chancellor works with the University community to achieve excellence in teaching, research and service, and represents McGill to external bodies at home and around the world.

PROVOST

christopher.manfredi@mcgill.ca

The Provost serves as the University's chief academic officer and chief budget officer.

VICE PRESIDENTS

There are six VPs (including the Provost, who is also the VP Academics), with duties ranging from research to finance to communications.

- > Administration and Finance:
yves.beauchamp@mcgill.ca
- > University Advancement:
marc.weinstein@mcgill.ca
- > Health Affairs:
lesley.fellows@mcgill.ca
- > Research and Innovation:
martha.crago@mcgill.ca
- > Academic:
christopher.manfredi@mcgill.ca
- > Communications and External Relations:
VACANT



STUDENT SOCIETIES & ASSOCIATIONS

Student societies advocate for student experience on campus. Every student at McGill University automatically belongs to at least two (2) types of Students' Societies.

- > You are part of the **Students' Society of McGill University (SSMU)**, which is the society for all undergraduate students at the McGill Downtown campus.
- > Your second one depends on your respective faculty program. You can find it below:

ARTS AND SCIENCE UNDERGRADUATE SOCIETY (ASUS)

mcgillasus.com

Leacock, Room 114 B

IG @mcgillasus

ARTS UNDERGRADUATE SOCIETY (AUS)

ausmcgill.com

Leacock, Room B-12

IG @ausmcgill

DENTAL STUDENTS' SOCIETY (DSS)

mcgilldss.com

2001 McGill College Ave, Suite 100

IG @mcgilldentistry

EDUCATION UNDERGRADUATE SOCIETY (EDUS)

edusmcgill.com

3700 McTavish Street, Room B179

IG @edusmcgill

ENGINEERING UNDERGRADUATE SOCIETY (EUS)

mcgilleus.ca

McConnell Engineering, Room 7

IG @mcgilleus

LAW STUDENTS' ASSOCIATION
(LSA)
lsa-aed.ca
Chancellor Day Hall, 3644 Peel Street
IG @mcgilllsa

MEDICAL STUDENTS' SOCIETY
mcgillmed.com
McIntyre Medical Building, Room 508
IG @mcgillmss

MANAGEMENT UNDERGRADUATE
SOCIETY
musmcgill.com
1001 Sherbrooke Street West
IG @our_mus

MUSIC UNDERGRADUATE
STUDENTS' ASSOCIATION
Strathcona Music, Room E106
IG @mcgill_musa

NURSING UNDERGRADUATE
SOCIETY
mcgillnus.ca
Sherbrooke 680, Suite 1923
IG @mcgillnus

SOCIAL WORK STUDENT
ASSOCIATION
mcgill.ca/socialwork/students/swsa
550 Sherbrooke Street West, Suite 100
IG @swsamcgill

SCIENCE UNDERGRADUATE
SOCIETY
susmcgill.ca
Burnside Hall, Room 1B21
IG @mcgillsus

PHYSICAL AND OCCUPATIONAL
THERAPY UNDERGRADUATE
SOCIETY
potusmcgill.wixsite.com/potus
Hosmer House
IG @mcgillpotus

TIP

We encourage you to learn more about your faculty student society, as their services and support differ from those of the SSMU, offering specific resources tailored to your area of study.

INTERNATIONAL STUDENTS

McGill is home to students from more than 150 countries, and its population is over 30% international.

RESOURCES ON CAMPUS

INTERNATIONAL STUDENT SERVICES

mcgill.ca/internationalstudents
3600 McTavish Street, Suite 5100

This office provides help with immigration, permits, work, health insurance, etc. for all international students.

THE BUDDY PROGRAM

mcgill.ca/internationalstudents/once-here/buddy

The program pairs new international students with current students who provide a friendly face and support.

FIRST FRIEND

mcgill.ca/internationalstudents/once-here/first-friend

You can be matched with a fellow new student from the same part of the world as you.

ISTEP

mcgill.ca/internationalstudents/once-here/istep

iSTEP provides support for career planning and network building to help prepare students for life after graduation.

MCGILL INTERNATIONAL STUDENT NETWORK (MISN)

misn.ssmu.ca
IG @misnmcgill

COMMUNITY ENGAGEMENT AND EQUITY COMMITTEE (CEEC) MAP-REAL

bit.ly/3suCWxx

This map includes international cuisine restaurants and grocery stores, places of worship, community/cultural centers, etc. in Montreal.

RESOURCES OFF CAMPUS

AGENCE OMETZ

ometz.ca

5151 Côte-Sainte-Catherine Road

Agence Ometz is a Jewish human services agency offering social, employment and immigration services.

CENTRE D'APPUI AUX COMMUNAUTÉS IMMIGRANTES (CACI)

caci-bc.org

12049 Laurentian Boulevard

CACI helps those who have recently arrived in Canada settle into their communities.

TIP

Information for international students is also available on the websites of the Government of Quebec (quebec.ca/en/education/study-quebec) and the Government of Canada (bit.ly/3McFdoM).

TRANSFER & FIRST-GENERATION STUDENTS

TRANSFER STUDENTS

TRANSFER CREDITS

mcgill.ca/transfercredit/prospective

To find out if the college credits you took at your previous university will be transferable to McGill, check the Course Equivalency System (mcgill.ca/transfercredit/course-equivalency).

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

FIRST-GEN STUDENTS

McGill's First Generation Student Support program offers orientation events to first-generation students. For more information, visit mcgill.ca/firstgeneration.

IST UP PEER SUPPORT GROUP IG @firstgenmcgill

Ist Up is a peer support group that offers emotional and academic support in an informal structure.

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

mcgill.ca/firstgeneration/files/firstgeneration/firstgenguide2024_0.pdf

This guide provides information about services and resources, as well as advice and tips.

COMMUNAUTÉ FRANCOPHONE

LE FRANÇAIS À MCGILL

McGill ne renie pas ses racines montréalaises et québécoises. Sa population francophone en est la preuve. En effet, 1/5 de la communauté étudiante et du personnel déclarent avoir le français comme langue maternelle.

VIVRE MCGILL EN FRANÇAIS

vivreenfrancais.mcgill.ca

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

QUELQUES ASSOCIATIONS ET CLUBS ÉTUDIANTS

À l'AEUM (Association étudiante de l'Université McGill), la commission aux affaires francophones (caf@ssmu.ca) est chargée de protéger vos droits en tant que francophones et de promouvoir la francophonie sur le campus.

- > Lisez les nouvelles en français avec Le Délit | Delitfrancais.com
- > Découvrez l'art de la rhétorique avec le Club de débat francophone | [FB @ Club de débat francophone de l'Université McGill](#)
- > Trouvez une liste des clubs et des ressources pour apprendre et pour parler le français | externalaffairs.ssmu.ca/francophone-affairs

ÉTUDIER EN FRANÇAIS

Le Département des littératures de langue française, de traduction et de création est entièrement francophone. La Faculté de droit est bilingue. 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 en français. Pour plus d'informations, contactez la faculté en question.

VOUS POUVEZ MÊME SOUMETTRE VOS TRAVAUX EN FRANÇAIS!

[Submitting in French: mcgill.ca/students/srr/academicrights/course/french](http://mcgill.ca/students/srr/academicrights/course/french)

Pour tous les cours — à l'exception des cours de langue — vous avez le droit de soumettre votre travail écrit en français.

STUDENTS WITH DISABILITIES

mcgill.ca/equity/resources/disability

If you are experiencing academic or physical barriers and have a documented disability, mental health condition, chronic health condition, or other impairment - you can register for accommodations! Additionally, there are many scholarship/funding opportunities offered for students with disabilities (a list can be found on the bottom of mcgill.ca/access-achieve/contact-us/register#).

RESOURCES

ACCESSIBILITY TOOLKIT

mcgill.ca/equity/resources/disability/accessibility-toolkit-and-resources

Accessibility information and options for traveling to campus.

CLOCKWORK

students.accessibility.mcgill.ca/ClockWork/custom/misc/home.aspx

ClockWork is a platform for all forms and requests for Student Accessibility.

PEER SUPPORT

psc.ssmu.ca

3480 McTavish Street, room 411

Drop-In Hours: 11am-5pm

RESIDENCE ACCESSIBILITY REQUEST FORM

mcgill.ca/students/housing/residence-accessibility-request-form

COMPLAINT PROCESS

SSMU ACCESSIBILITY COMPLAINT COMPLAINTS.ssmu.ca/complaintform

You can submit a complaint about an accessibility concern from the SSMU - within a club or service, a SSMU meeting, from a SSMU staff member or in a SSMU space.

MCGILL OFFICE FOR MEDIATING AND REPORTING (OMR) mcgill.ca/omr/harassment-discrimination/make-complaint

The OMR handles complaints in the realm of equity, inclusion and accessibility at McGill. This is a legal, professional service which can mediate or pursue a formal investigation.

BIPOC COMMUNITY

Whether you are seeking academic assistance, mental health support, cultural events, or community engagement opportunities, find some of the resources on campus below:

BLACK STUDENTS' NETWORK

IG @bsnmcgill

The Black Students' Network is a SSMU service that advocates for the needs and interests of Black students at McGill. They also plan events and offer opportunities.

FIRST PEOPLES' HOUSE (FPH)

mcgill.ca/fph

IG @firstpeopleshouse

3505 Peel Street

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, serve as a residence, and host events.

INDIGENOUS STUDENTS ALLIANCE

indigsa-mcgill.weebly.com

IG @isamcgill

The Indigenous Student Alliance at McGill offers Indigenous students resources and supports, as well as organizes events.

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

slasamcgill.wixsite.com/home

IG @slasa.mcgill

SLASA seeks to bring together the Spanish-speaking community at McGill. They offer resources and plan events.

ADDITIONAL RESOURCES

BLACK STUDENT GROUPS:

mcgill.ca/branches/campus-community/black-campus-community/black-student-groups-campus

BIPOC STUDENT GROUPS:

mcgill.ca/thewelloffice/resources/bipoc-support-anti-racism

ANTI-RACISM SUPPORT:

mcgill.ca/equity/resources/anti-racism

LGBTQ+ COMMUNITY

Montreal has a long and proud history of 2SLGBTQIA+ activism and community. There are many queer events in the city, as well as community and health resources.

QUEER MCGILL (QM)

queermcgill.org

IG @queermcgill

3480 McTavish Street, Room 432

Queer McGill is a student-run service by and for queer students. They offer supplies, discretionary funding, a queer library service, a database for trans people in Montreal, mental health and wellness support, a place to report homophobia, etc. Additionally, they organize events throughout the year.

THE UNION FOR GENDER EMPOWERMENT (UGE)

theuge.org

IG @ugecollective

3480 McTavish Street, Room 413

The UGE is a trans-positive and anti-racist, feminist service of the SSMU. They provide pay-what-you-can safe(r) sex supplies, disposable and ecologically responsible menstrual products, and gender-affirming items. As well as, an alternative library, workshops, discretionary funding, etc.

QUEER IMPROVEMENT AND PARTNERSHIP SOLIDARITY (QUIPS) BURSARY

Email: gsc@ssmu.ca

Application: gscssmu.wufoo.com/forms/quips-bursary-application

QUIPS is a bursary that distributes funds to queer students and recent graduates, both for urgent needs and community projects.

LOCAL WELLNESS ADVISOR (LWA): 2S&LGBTQ+ MARGOT NOSSAL (SHE/HER)

mcgill.ca/wellness-hub/about-hub/clinicians/local-wellness-advisors/local-wellness-advisor-2slgbtq

3465 Durocher Street, Office #103

Local Wellness Advisor connects students to appropriate resources on-and-off campus. You can book an appointment with Margot Nossal at bit.ly/2W7bgS7.

TRANS PATIENT UNION AT MCGILL

transpatientunion.org

IG @transpatients

The Trans Patient Union at McGill advocates for better care at Montreal clinics and provides transition resources.

TIPS

Here are essential tips to help you navigate and excel in McGill!

EVENTS

You can find up-to-date events on campus here: mcgill.ca/cle/events & [mcgill.ca/studentsservices/events & involvement.mcgill.ca/events](http://mcgill.ca/studentsservices/events&involvement.mcgill.ca/events). You can also check your faculty/program's list of events or sign up for their emails.

RESOURCES ON CAMPUS

You can find a Masterlist compiled by the SSMU here: bit.ly/3USN4yB

OFF-CAMPUS JOBS

CAPS JOB FAIRS

mcgill.ca/caps/students/services/careerfairs

FACULTY JOB FAIRS

Contact your faculty to check

INTERNSHIPS

mcgill.ca/caps/students/internship

FACEBOOK GROUPS

Check for Job Facebook groups restricted to McGill students

WEBSITES

ca.indeed.com; jobbank.gc.ca; young-canada-works.canada.ca

ON-CAMPUS ONE CARD RESTAURANTS

(mcgill.ca/foodservices/locations/retail)

Stewart Biology Building

Toi Moi & Cafe

Redpath Library

Toi Moi & Cafe

Chancellor Day Hall

Law Cafe

McIntyre Medical Building

Med Cafe

McConnell Engineering Building

Mezze Mediterranean Cafe
Booster Juice
Dispatch Coffee

Trottier Building

Quesada

Burnside Hall

Soupe Cafe

Education Building

Soupe Cafe

McGill Sports Complex

Soupe Cafe

Carrefour Sherbrooke Residence

Starbucks

Arts Building

Subway

Genome Building

Vinh's Cafe

Strathcona Music Building

Vinh's Cafe

OFF-CAMPUS RESTAURANTS

Lola Rosa

Cozy European bistro, comforting 100% plant based dishes.

Boustan

Lebanese dishes, perfect for a delicious break at lunch and dinner!

Vua

Vietnamese sandwiches & banh mis.

Eden Market

Wide variety of farm-fresh and organic grocery products.

McGill Pizza

Legendary pizza place among McGill students.

Japote

Family-owned Japanese food.

LIFE HACKS

- > Take photos of your valuables that you can post if they get lost.
- > Look up McGill Facebook and Discord groups, as well as Instagram pages to stay up-to-date.
- > Create a budget - mcgill.ca/studentaid/finances/build-your-budgets.
- > The McGill library pays for Criterion on-Demand, an online digital library of films that you can watch for free - bit.ly/3yh2C6h.
- > Find a map of McGill's underground tunnels online.
- > Go to events and join student clubs based on your interests to help build community.
- > Speak to an advisor about your course load - you can take 4 classes and still be a full time student.
- > SSMU's MustBus CO-OP offers cheap trips around Canada and the United States - mustbuscoop.ca.
- > Gerts Bar and Cafe provides an accessible space for students to study, host events, and have fun - gertscampusbar.ca


SCHOOL HACKS

- > You can email the author(s) of an academic paper for a free copy if you find it behind paywall.
- > Go to office hours.
- > You can often consult with your professor/TA for feedback before you submit an assignment.
- > Make a document of all feedback you've received to prevent repeated mistakes.
- > Don't overstress about your grades - most Masters programs only look at your last two years of study.
- > You can use Microsoft Office 365 for free with your McGill email address.
- > Download the app "Pulse" to use MyCourses on your mobile devices.
- > You can use Rate My Professor to get a sense of the class you are about to take but don't rely on it fully.
- > There are no easy, "bird" classes in McGill - take whatever is most interesting to you or try out different options during the Add/Drop period.
- > Use the Visual Schedule Builder (VSB) to organize your schedule - vsb.mcgill.ca.
- > Find study groups.
- > Writing notes by hand makes them easier to remember.
- > DM us on IG [@ssmuuaeum](https://www.instagram.com/ssmuuaeum) to share your hacks!



ACADEMICS





Enweille, le cours est fini !
Come on, the class is over!

J'arrive, je range mes affaires !
*I'll be right there, I'm packing my
stuff!*



Peel
Mont Royal



COURSE REGISTRATION

ADD/DROP

The add/drop period runs from the first day of class until **September 10th** in the Fall and **January 14th** in the Winter. During this time, you can try out classes and change your schedule as much as you like without worrying about penalties!

**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.*

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 I 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
- > Reach out to the professor to see if they can make room for you in the desired class
- > Sign up on seatalert.ca/mcgill to get email and text notifications when a spot opens up
- > Keep rechecking and trying



ONLINE ACADEMIC RESOURCES

The McGill Libraries website (mcgill.ca/library) is a great place to access resources. However, the massive amount of information can be a bit overwhelming. Here are some of the key links:

WORKSHOPS

mcgill.ca/library/services/workshops

McGill's libraries offer many informative and skill-building workshops. Check mcgill.ca/x/Ufu for the schedule!

RESEARCH MATERIALS

SUBJECT GUIDES

libraryguides.mcgill.ca

The libraries offer extensive guides for researching specific topics. You can also reach out to subject liaison librarians (mcgill.ca/library/contact/askus/liaison), who are knowledgeable about specific areas and available research materials.

DATABASES

libraryguides.mcgill.ca/az.php

McGill students have access to over 1,500 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!

INTERLIBRARY LOAN

mcgill.ca/library/services/otherloans/interlibrary

Interested in articles or book chapters that McGill and/or other Quebec libraries do not own? You can order them from worldwide libraries. Note - this can take around a couple of days.

ARTICLE/CHAPTER SCAN

mcgill.ca/library/services/request-scan

Students and faculty can request an article or book chapter scan to be delivered to their McGill email address. Delivery time is typically 2 to 4 business days.

ROOM BOOKING

libraryrooms.mcgill.ca/reserve/groupstudy

Students can book group or quiet study spaces for 2 hours at a time and up to 4 hours per week. Check the link above to see availability on the schedule and book your room.

LIBRARIES

There are nine library spaces 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 to make sure your spot will be open when you want to study!



MCLENNAN- REDPATH LIBRARY COMPLEX / HUMANITIES AND SOCIAL SCIENCES LIBRARY

mcgill.ca/library/branches/hssl
3459 McTavish Street

Best For:

A great location to study as a group, with lots of different environments featuring varied seating arrangements and noise levels. Head down to the basement cafeteria for snacks and a study break.

*Note: The Fiat Lux Project is anticipated to begin in 2025 and will take an estimated 2-3 years to complete. Additional temporary study spaces and service points will be added while the complex is closed.



OSLER LIBRARY OF THE HISTORY OF MEDICINE

mcgill.ca/library/branches/osler
McIntyre Medical Building, floor 3
3655 Promenade Sir William Osler

Best For:

You can visit for the sunlight coming through the large windows and silent study time.



OSLER LIBRARY OF THE HISTORY OF MEDICINE

mcgill.ca/library/branches/schulich
809 Sherbrooke Street West

Best For:

Schulich Library is popular due to its separated, multiple individual study and collaborative work floors.



MARVIN DUCHOW MUSIC LIBRARY

mcgill.ca/library/branches/music
Elizabeth Wirth Music Building, 3rd floor
527 Sherbrooke Street West

Best For:

This ultra-modern, sun-filled library is renowned for its easy access to the RVC Cafeteria, Vinh's Too Vietnamese Restaurant, and Starbucks. All students can come here, not just music students, and they have lots of resources available, including pianos, audio equipment, LPs and turntables, and audio editing software. Students should note that those in the Faculty of Music are given priority in this space.

TIP

Do you have an idea of how to improve McGill libraries? Contact the SSMU Library Improvement Fund Committee (LIFC) at lifc@ssmu.ca!



BIRKS READING ROOM

mcgill.ca/library/branches/birks
William and Henry Birks Building, floor 2
3520 University Street

Best For:

The Birks Reading Room has a classic atmosphere that is different from other libraries on campus. It is a blast from the past as it is a cozy reading room with many shelves full of antiquated books.



ISLAMIC STUDIES LIBRARY

mcgill.ca/library/branches/islamic
3485 McTavish Street

Best For:

The Islamic Studies Library is at the center of campus so it is a great location for readings between classes. It's also known as 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.



EDUCATION CURRICULUM RESOURCES CENTRE

mcgill.ca/library/branches/education
Education Building, 1st floor
3700 McTavish Street

Best For:

You can find the university's children's and young adult literature collection here!



NAHUM GELBER LAW LIBRARY

mcgill.ca/library/branches/law
3660 Peel Street, floors 2-5

Best For:

The Law Library is for those students who really need to get their homework done. The library takes their no-speaking and no-eating policy very seriously, so make sure to leave your friends and snacks at the door. This area is usually filled with law and graduate students and this may inspire you to get your work done. The view of Mount Royal is unbeatable as well!

Photo credit: McGill Library

STUDY SPOTS

ON-CAMPUS

SHERBROOKE 680

9th and 13th floor
680 Sherbrooke Street West

OSLER LIBRARY OF THE HISTORY OF MEDICINE

3rd floor
3655 Promenade Sir-William-Osler
(McIntyre Medical Building)

GEOGRAPHIC INFORMATION CENTRE

5th floor
Burnside Hall

BLACKADER-LAUTERMAN LIBRARY

Redpath Library, floor 3

PURVIS HALL

1020 Pine Avenue West

BRONFMAN BUILDING

1001 Sherbrooke Street West

SHERBROOKE 688

18th floor
688 Sherbrooke Street West

ON ONE OF THE BENCHES OR PICNIC TABLES ON CAMPUS!

EDUCATION CURRICULUM RESOURCES CENTRE - 1ST FLOOR

3700 McTavish Street (Education Building)

BROWN BUILDING

3600 McTavish Street

UNIVERSITY CENTRE & GERTS CAFE

3480 McTavish Street

OFF-CAMPUS

CAFES

Cafe Saint Barth
3500 Park Avenue

Milton B Cafe
3498 Park Avenue

Café Chat l'Heureux
172 Duluth Avenue

Anti Cafe
294 St. Catherine Street

Leaves House Cafe
1800 McGill Avenue

Première Moisson
198 Laurier Avenue

Café Santropol
3990 St. Urbain Street

Second Cup
3801 Saint Laurent Boulevard

Java U
626 Sherbrooke Street West

LIBRARIES

Concordia Webster Library
1400 Maisonneuve Boulevard West

Grande Bibliothèque de BANQ
475 Maisonneuve Boulevard East

TIP

Subscription to the BANQ (Bibliothèque et Archives Nationales du Québec) is simple and free! You only need an official ID and proof of address: banq.qc.ca.

ACADEMIC TIPS

STUDY TIPS

- > Use a planner (like the one in this handbook).
- > Go to a skills workshop: Student Accessibility & Achievement, the Student Wellness Hub, Campus Life & Engagement, and Teaching and Learning Services all offer them. Check out involvement.mcgill.ca and mcgill.ca/tls/students/workshops.
- > Take a break from the library; try a cafe or park to get a breath of fresh air.
- > Don't cram! 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.

TIPS TO SAVE MONEY ON TEXTBOOKS

- > Check McGill's library and its course reserves at mcgill.on.worldcat.org/courseReserves/landing.
- > Buy an earlier edition. Make sure to check in with your professor, as older editions may no longer have up-to-date information!
- > Buy your textbooks secondhand, McGill Facebook groups, used bookstores (like The Word), as well as online.
- > Rent/buy your textbooks from Amazon. 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, bccampus.ca, the McGill Library, or the SSMU OER webpage (ssmu.ca/resources/open-educational-resources).
- > Ask your professor for help.
- > Share a textbook.

TIPS FOR EXAM TROUBLESHOOTING

- > Contact your instructor and explain the issue.
- > Contact the Dean of Students (mcgill.ca/deanofstudents) if you are experiencing discrimination.
- > Contact your Local Wellness Advisor, who will put you in touch with the right person.

EXAMS

PLANNING FOR EXAMS

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

You can take your exam at a later date in case of an emergency.

TO DEFER AN EXAM

Submit a request according to your Faculty Guidelines (mcgill.ca/exams/dates/supdefer). You might need to cite a valid reason for requesting a deferred exam and potentially provide documents.

CONSEQUENCES OF DEFERRING AN EXAM

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 are also less likely to be approved. Deferred exams usually take place two or three months after the initial exam, so it may be more difficult to do well.

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**, using their ClockWork account. 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.

You may use the Student Accessibility & Achievement Late Request Form to ask for accommodations on shorter notice. It is not guaranteed that you will receive it.

Grades	
A	
A-	
B+	
B	
B-	
C+	
C	
D	
F (Fail)	

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

CUMULATIVE GRADE POINT AVERAGE (CGPA)

This is the GPA for your entire degree at McGill – it includes every class you've taken so far.

SATISFACTORY/UNSATISFACTORY (S/U)

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, so it's recommended you speak to an advisor before choosing.

ACADEMIC PROBATION

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

K “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.

L This means that you deferred a final exam.

W This means that you withdrew from a course with the permission of your instructor and the University. It will not affect your GPA.

Grade Points	Numerical Scale of Grades
4.0	85 – 100%
3.7	80 – 84%
3.3	75 – 79%
3.0	70 – 74%
2.7	65 – 69%
2.3	60 – 64%
2.0	55 – 59%
1.0	50 – 54%
0	0 – 49%

ACADEMIC ADVISING

Academic advisors can help you plan your schedule, register for classes, and direct you to opportunities related to your degree. Below is some information on different types of advisors. For a full directory, visit: mcgill.ca/students/advising/advisordirectory

**Visit an advisor at least once a year to ensure you are on the right track.*

FACULTY ADVISORS

- > 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

- > 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

- > 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

MCGILL TUTORIAL SERVICE

mcgill.ca/access-achieve/learning/tutoring/find

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

ENGINEERING PEER TUTORING

epts.mcgilleus.ca

What: Upper-level undergraduate tutors from all departments have weekly drop-ins where U0/UI 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

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

ausmcgill.com/essay-writing-center

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

MUS TUTORIAL SERVICES

musmcgill.com/tutoring

What: The Management Undergraduate Society offers weekly, class-based and midterm drop-in tutoring.

Cost: Free

MCGILL WRITING CENTRE

mcgill.ca/mwc/tutorial-service

What: A tutoring service that helps with your writing process, available in person on the downtown campus and online. You can book a maximum of 7 hours per semester (any combination of 30-minute and 60-minute appointments).

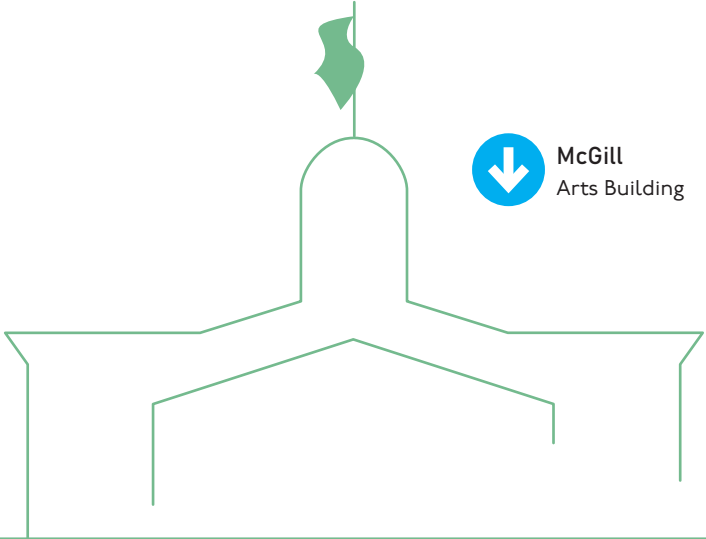
Cost: Free

**Check your faculty/program for other options.*

CAMPUS LIFE

Je suis contente d'être à l'OAP !
I'm happy to be at OAP!

Tire-toi une bûche !
Have a seat!



McGill
Arts Building



LIVING IN RESIDENCE

mcgill.ca/students/housing

Living in residence is a helpful way to create a community for yourself here at McGill! You are encouraged to meet new people, get involved in student government groups and clubs, and participate in events made to make your first year memorable.

SUPPORT

RESIDENCE LIFE ADVISORS

They develop and implement programs, events and activities in residence. As well as, provide support to the Residence Councils and to RLFs.

RESIDENCE LIFE FACILITATORS (RLFs)

RLFs are upper-year students who organize residence-wide events throughout the year.

LOCAL WELLNESS ADVISOR (LWA)

You can book one-on-one appointments with the LWA assigned to Residences for mental health and well-being support.

TIP

Find amazing posters that add a personal touch to your new home at SSMU's Poster Sale on September 9th-13th in the University Centre.

RESIDENCE COUNCILS

Information sessions are held in September. Check [@mcgillresidences](https://www.instagram.com/mcgillresidences) on Instagram to stay up to date.

- > **HALL COUNCIL:**
These councils plan events and advocate for students in their individual residence.
- > **INTER-RESIDENCE COUNCIL (IRC):**
The IRC plans events and addresses issues on behalf of all residence students.
- > **ENVIRONMENTAL RESIDENCE COUNCIL (ERC):**
ERC plans sustainable initiatives and events.
- > **COMMUNITY EQUITY AND ENGAGEMENT COMMITTEE (CEEC):**
CEEC plans initiatives and events which focus on creating an equitable space.
- > **UNIVERSITY RESIDENCE COUNCIL (URC):**
This is where representatives of Hall Councils, the IRC, ERC, CEEC, and Student Housing and Hospitality Services meet with the McGill administration to discuss concerns and initiatives related to residence life.

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

**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.*

ATHLETICS & FITNESS

Maintaining an active lifestyle alongside your academic responsibilities is crucial for your overall well-being and success as a student. Here are some fitness activity ideas to help you stay healthy and balanced.

MCGILL SPORTS COMPLEX recreation.mcgill.ca

The Sports Complex is free for students who have paid the Athletics and Recreation fee as part of their tuition. You can use the pool, tennis, and squash courts, and the running track. It does NOT include the B2 Gym.

GYMS AND FITNESS CENTRES

As a student, joining the McGill Fitness Centre is \$52.99 plus taxes per semester. Please note that it gets crowded, so be prepared to wait or try to schedule exercise in off-peak hours. Cheap gyms off campus include Éconofitness (\$10/month if you sign up for a year) or the YMCA (a student rate of \$25/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.

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

SSMU MINICOURSES minicourses.ssmu.ca

MiniCourses is a program provided by SSMU that offers affordable extracurricular courses and workshops to the McGill community, enjoy the Tap, Pole, Twerk Dance, and more!

STUDENT ACTIVISM

McGill has a deep history of student activism and has many political and social clubs that could fit your needs. As a student, you have opportunities to make change both in the university and outside of it. This year, we will vote in Quebec's provincial election, so make sure to be aware of and educated about our politics.

POLITICAL PARTIES AT MCGILL

CONSERVATIVE ASSOCIATION

IG @cpcmcgill

DEMOCRATS AT MCGILL

IG @democratsatmcgill

LIBERAL MCGILL

IG @liberalmcgill

NEW DEMOCRATIC PARTY (NDP)

IG @ndpmcgill

GENERAL POLITICAL GROUPS

CINEMA POLITICA

IG @cpconcordia

THE QUEBEC PUBLIC INTEREST
RESEARCH GROUP MCGILL (QPIRG)

IG @qipirgmcgill

MCGILL MODEL PARLIAMENT

IG @mcgillmodelparliament

MCGILL STUDENT SUSTAINABILITY
NETWORK

IG @rsn.mcgill

POLITICAL ACTIVISM

DIVEST MCGILL

IG @divestmcgill

INDEPENDENT JEWISH VOICES MCGILL

IG @ijvmcgill

RADICAL EDUCATORS CULTIVATING
EQUITABLE AND SUSTAINABLE SPACES

IG @recess_mtl

MCGILL STUDENT CLUB FOR ANIMAL
LIBERATION AND ETHICS

IG @mcgill.scale

INDIGENOUS STUDENT ALLIANCE (ISA)

IG @isamcgill

MCGILL AGAINST BILL 21

FB @McGillAgainstBill21

MCGILL COLLECTIVE FOR GENDER
EQUALITY

IG @genderequalitymcgill

MCGILL STUDENTS CHAPTER OF
JOURNALISTS FOR HUMAN RIGHTS
(JHR)

IG @jhr.mcgill

MCGILL STUDENTS CHAPTER OF WAR
CHILD

FB @McGillStudentsChapterofWarChild

MCGILL STUDENTS FOR AMNESTY
INTERNATIONAL

IG @amnestymcgill

MCGILL STUDENTS FOR GREENPEACE

IG @greenpeacemcgill

MCGILL STUDENTS FOR HANVOICE

IG @mcgillhanvoice

DIRA LIBRARY

bibliothequedira.wordpress.com

MCGILL STUDENTS IN SOLIDARITY FOR
PALESTINIAN HUMAN RIGHTS (SPHR)

IG @sphrmcgill

MILTON PARC CITIZEN'S COMMITTEE

ccmp-mpcc.com

TIP

The External Affairs office at SSMU has put together a resource guide for activists: externalaffairs.ssmu.ca/resources.

MEDIA EXTRACURRICULARS

PRINT AND ONLINE

Entirely run by students, for students, the campus media groups are ideal for staying informed or participating in the editorial team. Join the narrative of our campus community!

LE DÉLIT

delitfrancais.com | IG @le_delit

Le Délit is McGill's only French-language newspaper.

THE MCGILL DAILY

mcgilldaily.com | IG @themcgilldaily

The Daily is McGill's oldest independent student newspaper.

THE BULL AND BEAR

bullandbearmcgill.com | IG @mcgillbullandbear

The Bull and Bear is a news and commentary publication from the Desautels Faculty of Management.

THE TRIBUNE

thetribune.ca | IG @thetribuneca

The Tribune is an independent newspaper 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 | IG @mcgill.mjps

The MJPS aims to publish high quality undergraduate research papers from the Political Science department.

MCGILL SCIENCE UNDERGRADUATE RESEARCH JOURNAL (MSURJ)

msurj.com | IG @msurj_media

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 | IG @ckutmusic

CKUT is a non-profit campus/ community radio station, committed to alternative music, news, and spoken word broadcasting.

TELEVISION

TVM: STUDENT TELEVISION AT MCGILL

tvmtellevision.com | IG @tvm.television

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

ARTS EXTRACURRICULARS

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. You can also check out SSMU's art-based MiniCourses - minicourses.ssmu.ca, which appear on your co-curricular record (minicourses.ssmu.ca/co-curricular-record).

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
autstheatre.ca
IG @auts.mcgill
- > FRANC-JEU
IG @francjeu
- > MCGILL CLASSICS PLAY
mcgill.ca/classics/classicsplay
- > THE MCGILL SAVOY SOCIETY
IG @mcgillsavoyociety
- > PLAYERS' THEATRE
IG @playerstheatremcgill
- > TUESDAY NIGHT CAFE THEATRE
IG @tnctheatre

NON TRADITIONAL PERFORMING ARTS

- > BRING YOUR OWN JUICE (Live Sketch Comedy)
IG @mcgillbyoj
- > MCGILL STUDENTS' IMPROV
IG @mcgillimprov
- > MCSWAY POETRY COLLECTIVE
IG @mcswaypoetry

DANCE

AUDITION-BASED GROUPS

- > ALEGRIA CONTEMPORARY BALLET COMPANY
IG @alegriacontemporaryballet
- > INERTIA MODERN DANCE COLLECTIVE
IG @inertiagram
- > MOSAICA DANCE COMPANY
IG @mosaicadancecompany
- > MONTREAL DI MAJESTY
IG @montrealdimajesty

RECREATIONAL GROUPS

- > MCGILL STUDENTS' BALLROOM DANCE CLUB
FB
[@mcgillstudentsballroomdanceclub](https://www.facebook.com/mcgillstudentsballroomdanceclub)
- > MCGILL SWING KIDS ASSOCIATION
IG @mcgillswingkids
- > RECREATIONAL DANCE COMPANY
IG @rdc.mcgill
- > SALSEROS
IG @salserosmcgill
- > UNITED GROOVE (UG) DANCE PROJECT
IG @united.groove
- > K-RAVE KPOP CLUB
IG @krave_mcgill

MUSIC

A CAPELLA

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
IG @tonalecstasy
- > SOULSTICE A CAPELLA
IG @soulsticeacappella

GROUP INSTRUMENT PERFORMANCE

- > CLASSICAL MUSIC CLUB (CMC)
IG @mcgillcmc
- > SSMU SYMPHONIC BAND CLUB
IG @symphonic.band.club
- > MCGILL STUDENT'S CHINESE MUSIC SOCIETY
IG @mcgillchinesemusic

MUSIC AND SOCIAL JUSTICE

- > JAM FOR JUSTICE
IG @jam_for_justice

CHORAL MUSIC

- > LES MUSES CHORALE
IG @lesmuseschorale
- > MCGILL CHORAL SOCIETY
IG @mcgillchoralsociety

MUSIC RESOURCES

- > THE SSMU MUSICIANS COLLECTIVE
IG @ssmu_musco

VISUAL ARTS

MAKING ART

- > MCGILL STUDENTS' VISUAL ARTS SOCIETY
IG @mcgillvisualarts
- > MCGILL UNDERGRADUATE PHOTOGRAPHY STUDENTS SOCIETY (MUPSS)
IG @mupssmcgill
- > MCGILL STUDENTS CHINESE BRUSH ARTS
IG @mscbac

SHOWING YOUR ART

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

- > FRIDGE DOOR GALLERY
IG @thefridgedoorgallery
- > FOLIO MAGAZINE
IG @foliomagazine

VOLUNTEERING

McGill students have numerous opportunities to volunteer on campus, enriching their university experience while contributing to the vibrant campus community.

MYINVOLVEMENT

mcgill.ca/involvement/myinvolvement

You can access events, workshops, and volunteer opportunities on MyInvolvement. It 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!

MCGILL CAPS RESOURCE HUB

mcgillcaps.ca

You can find various types of volunteer opportunities in their directory.

SSMU CLUBS

ssmu.ca/clubs/community-outreach-and-volunteering-clubs

You can find a comprehensive list of all SSMU volunteering-based clubs at “about”, or attend their Activities Night club fair at the start of each semester. As well as, keep an eye on their various social media and weekly email listservs for up to date opportunities.

CAPS' LIST OF VOLUNTEERING OPPORTUNITIES

mcgill.ca/caps/students/job/volunteer

This list includes organizations and agencies on campus and in Montreal.

INTERNSHIP AND STUDENT AFFAIRS OFFICE HANDOUT

mcgill.ca/isa/files/isa/volunteering_opportunities_0.pdf

This is an additional resource for volunteer opportunities in McGill, Montreal, and Canada.

MOBILIZING FOR MILTON-PARC

IG @mobilizingformp

This is a student-led community mutual-aid solidarity project focused on food and material support, education & community building.

MCGILL STUDENTS FOR THE OPEN DOOR MONTREAL

IG @mstodm_mcgill

They connect student volunteers to The Open Door Montreal, a shelter for underhoused and low-income individuals in downtown Montreal.

TIP

Most organizations have volunteering information on the menu or bottom panel of their website!

JOBS

CAREER PLANNING SERVICE (CAPS)

mcgill.ca/caps

CAPS offers career fairs, workshops and online tools. You can find job listings (on and off-campus, as well as internships) on their portal myFuture. Check out their Quick Guide - bit.ly/3xWemLE.

MCGILL WORKDAY

mcgill.wd3.myworkdayjobs.com/mcgill_careers

Workday is McGill's online platform for job listings on campus.

WORK STUDY PROGRAM

mcgill.ca/studentaid/work-study

The Work Study Program offers students in financial need access to on-campus or McGill-affiliated jobs.

STUDENTS' SOCIETY OF MCGILL UNIVERSITY (SSMU)

ssmu.ca/jobs

Postings for part-time or contract positions are opened on a rolling basis.

STUDENT HOUSING

mcgill.ca/students/housing/life/staff/facilitators

McGill hires Residence Life Facilitators and Advisors. Applications around March/April.

ATHLETICS

McGill Athletics hires students to referee and supervise sports facilities. You can use Workday with key words Currie+Gymnasium to find postings.

THE MCGILL CAMPUS STORE

The McGill Campus Store hires students in September and January. However, you can send your resume, cover letter, and availability to jobs.bookstore@mcgill.ca anytime.

CAFETERIAS

You can contact Food and Dining Services if you are interested in a position in a residence cafeteria.

ALUMNI PHONATHON

Students call alumni and parents for donations. Hiring is in August/September and January.

TUTORING SERVICES

mcgill.ca/access-achieve/learning/tutoring/tutor

MCGILL LIBRARY

mcgill.ca/library/about/jobs

**International students can check the International Student Services website for information at mcgill.ca/internationalstudents/work.*

TIP

Check the website of the organization you are interested in, job boards or ask in person!

AFFORDABLE FOOD

Explore the diverse array of affordable food options at McGill and Downtown Montreal.

- = prepared meals
- = food bank

M

*People's
Potato*
12:30-2pm

Le Frigo Vert
12-6 pm

*Hive Free
Lunch*
8:30-9 am;
10-10:30 am;
12:30-1:30 pm

T

*People's
Potato*
12:30-2pm

Le Frigo Vert
12-6 pm

*Hive Free
Lunch*
8:30-9 am;
10-10:30 am;
12:30-1:30 pm

W

*People's
Potato*
12:30-2pm

Le Frigo Vert
12-6 pm

*Hive Free
Lunch*
8:30-9 am;
10-10:30 am;
12:30-1:30 pm

*Midnight
Kitchen*
1 pm

R

*People's
Potato*
12:30-2pm

Le Frigo Vert
12-6 pm

*Hive Free
Lunch*
8:30-9 am;
10-10:30 am;
12:30-1:30 pm

*Midnight
Kitchen*
1 pm

F

*Racine
Croisée*
3:30-6:30 pm

*Hive Free
Lunch*
8:30-9 am;
10-10:30 am;
12:30-1:30 pm

*The Rabbit
Hole*
12:30-1:30 pm

*Milton Parc
Food Hub*
6-7 pm

*People's Potato at Downtown
Concordia*
peoplespotato.com
= free vegan meals

*Hive Free Lunch at Loyola Campus
Concordia*
hivecafe.ca
= free breakfast and lunch

 *Midnight Kitchen at University
Centre*
= free vegan meals (check their calendar
for exact dates: [midnightkitchen.org/
calendar](http://midnightkitchen.org/calendar))

Milton Parc Food Hub
3594 Jeanne-Mance Street
miltonparc-foodhub.org
= free hot meal (bring your own
container) or food basket

The Rabbit Hole
3625 Aylmer Street
yellowdoor.org/the-rabbit-hole.html
= cash only cheap vegan meal

Le Frigo Vert at Downtown Concordia
lefrigovert.org
= 0-100\$/year membership

ADDITIONAL RESOURCES



SSMU GROCERY PROGRAM ssmu.ca/grocery

This program gives students vouchers to local grocery stores to get food free of charge.



GERTS CAFÉ

Food and drinks available at student-friendly prices for McGill students!

THE CHEAP SHEET

mcgill.ca/studentaid/files/studentaid/cheap_sheet_july_2023_2.pdf

The Cheap Sheet is a student initiative which lists free and/or cheap resources at McGill and on the island of Montreal.

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!

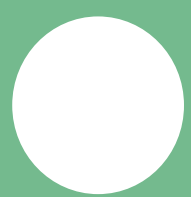
- > Le Garde-manger du monde
legardemangerdumonde.wixsite.com/parc
- > Du Pain et des Enjeux
FB @Du Pain et des Enjeux
- > Feed the Hen
FB @Nourrir Henri /Feed the Hen
- > Concordia Food Coalition
List of Resources:
concordiafoodcoalition.com/cfc-emergency-food-guide





J'ai raté mon rendez-vous avec mon médecin !
I missed my appointment with my doctor!

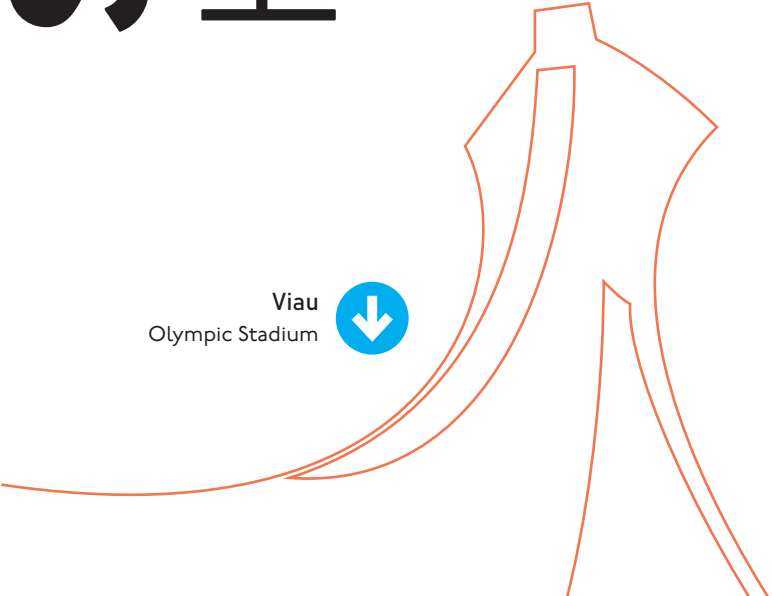
Oupelaille, va falloir t'en prendre
un autre !
Oh boy, gotta book yourself another!



CONTENT WARNING:
DISCUSSION OF SUBSTANCE
USE, EATING DISORDERS,
AND SEXUAL ASSAULT IN
THIS SECTION. ALWAYS
CALL 911 FIRST IN CASE OF
AN EMERGENCY.

STUDENT HEALTH

Viau
Olympic Stadium



HEALTH INSURANCE

HOW IT WORKS

CANADIAN STUDENTS*

studentcare.ca

The SSMU Health and Dental Plan helps Canadian students pay for services that are not covered by provincial health care. Coverage runs from September 1st until August 31st of the next year.

You are automatically registered if you are:

- > An SSMU member: undergraduate student on the downtown campus including Law, Medicine, and Dentistry student
- > Registered in the fall semester
- > Paying Canadian or Quebec tuition rates

**Students starting in the winter semester are not automatically enrolled. They can enroll from January 2nd to the 19th by contacting StudentCare at 514-789-8775.*

INTERNATIONAL STUDENTS

mcgill.ca/internationalstudents/health

International students are automatically covered by the SSMU Dental Plan. However, health insurance is administered by McGill via the Blue Cross International Student Health Plan, which is mandatory.

TO KNOW

- > Fees are \$400 - \$500/year depending on your opt-outs
- > Fees are billed directly to your August e-bill available on Minerva
- > You can find all of your benefits here: bit.ly/3NprlJ8
- > You can opt-out (bit.ly/3QHGsKc) of StudentCare if your parents have private insurance which covers you. Most parental plans last until you are 25
- > You can enroll your spouse, common-law partner and/or dependents for an extra fee here: bit.ly/3NwxmFF
- > SSMU staff cannot answer specific or personal questions about the plan; you must contact StudentCare directly at studentcare.ca
- > Only students may make changes to their coverage

CLAIMING PROCESS

1. Go to studentcare.ca and choose the SSMU
2. Find CLAIMS on the right-hand side in a blue box or use this link bit.ly/4agVaFS
3. Follow the guide

WELLNESS HUB

mcgill.ca/wellness-hub

The Wellness Hub offers physical and mental health services, including workshops, counseling, and doctor's appointments on campus. You can call (514) 398-6017 Monday to Friday from 9am-12pm and 1:30pm-2:30pm to schedule an appointment or get information. Services are in very high demand, so make sure to call at open time if you need an appointment. You can also note with your doctor if you might need a follow-up, which will make it easier to get an appointment. Follow [@healthiermcgill](https://www.instagram.com/healthiermcgill) on Instagram to stay up to date.

CLINICIANS

mcgill.ca/wellness-hub/about-hub/clinicians

ACCESS ADVISORS

An advisor who can help you navigate the services and resources available to you.

COUNSELLORS AND LOCAL WELLNESS ADVISORS (LWAS)

They are mental health professionals you can speak to.

DIETITIANS

You can reach out with questions about nutrition and dietary choices, and dining hall concerns.

DOCTORS

They provide physical and mental care and referrals.

LABORATORY SERVICES

Your Hub clinician can refer you to the Lab, where you can get tests done.

NURSES

Provide physical and mental care and referrals. It's potentially easier to get an appointment with a nurse.

PSYCHIATRISTS

Diagnose and treat mental illnesses. You need a referral from a doctor and the wait time is months.

SEXOLOGISTS

They are mental health professionals with a speciality in sexual health.

WORKSHOPS

Full list: mcgill.ca/wellness-hub/get-support/mental-health-support/workshops

- > Animal Therapy
- > Art Hive
- > CBT for Anxiety & Depression
- > Gentle Yoga for Stress Relief
- > Support/Therapy Groups
- > VR Experience
- > Navigating Wellness
- > And more!

SERVICES

STUDENT WELLNESS HUB EVENTS

involvement.mcgill.ca/organization/wellnesshub

ONLINE RESOURCES

DIALOGUE

bit.ly/3wuytA9

Free online platform that allows you to connect with nurses and physicians via an app or online. It's covered by SSMU's health insurance.

MAPLE

mcgill.ca/internationalstudents/health/coverage/maple-virtual-care

Maple provides virtual doctors appointments to international students with Medavie Blue Cross Insurance

KEEP.MESAFE

myssp.app/keepmesafe/ca/home

Provides free, unlimited, 24/7 mental health support to all McGill students. You can speak to licensed counsellors on the phone or through a chat in over 60 languages.

CALL 811

You can call 24/7 for a free and anonymous talk with a nurse or psychosocial worker.

TIA HEALTH

tiahealth.com

Book and attend an appointment online with possible fees.

DERMAGO

dermago.ca/en

Provides virtual dermatology support with possible fees.

SELF-DIRECTED CARE

mcgill.ca/wellness-hub/get-support/mental-health-support/self-directed-care

You can find online videos, audio, recorded workshops and tips to follow along.

DE-STRESS EVENTS

ANIMAL THERAPY

Downtown Campus:

1pm-2:30pm on Mondays & Thursdays
Brown Building, room 3100

Mac Campus:

12pm-1:30pm on Wednesdays
Centennial Centre Lobby

MORSL LOUNGE

3610 McTavish Street, floor 3, room 36-2

The McGill Office of Religious and Spiritual Life lounge is open to all students. You can meditate, relax and recharge.

CONTACTS

MCGILL NIGHTLINE

nightline.ssmu.ca
(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. An online chat is also available.

Note: Service only offered in English.

PEER SUPPORT CENTRE

psc.ssmu.ca
(514) 398-3782
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

SIGNS THAT YOU MIGHT NEED HELP

- > Low energy
- > You feel apathetic about your achievements
- > Issues with your diet or sleep
- > You don't enjoy what you've chosen to do
- > You get irritable easily
- > You have trouble concentrating
- > Headaches
- > Stomach pain
- > You don't make it to class
- > You can't be on time
- > You feel anxious a lot
- > Substance use
- > Bad performance in school/work
- > Increased sensitivity to sights, sounds, etc.
- > Declining physical health

RESOURCES

SSMU'S MENTAL HEALTH INSTAGRAM PAGE IG @ssmu_mentalhealth

Includes an up-to-date list of all SSMU resources, programming and events.

HEALTHY LIVING ANNEX 3600 McTavish Street (Brown Building), suite 3100

You can visit the Annex to relax in their Zen Den (includes: comfy chairs, colouring, knitting, etc.), participate in a workshop or try Light Therapy Lamps in the winter.

SSMU'S MENTAL HEALTH RESOURCES DOCUMENT bit.ly/3WGxk2U

This is a list of resources and their links along with a short explanation of each.

WELLNESS HUB mcgill.ca/wellness-hub

You can book an appointment on-campus with a clinician who can give you diagnoses and/or treatment options. Note - you can get accommodations in school with a doctor's help; check page 144 for details or visit mcgill.ca/access-achieve/contact-us/register. See page 197 for details.

KEEP.MESAFE myssp.app/keepmesafe/ca/home

You can speak to licensed counsellors online. See page 194 for details.

MCGILL NIGHTLINE nightline.ssmu.ca (514) 398-6246

You can speak to a trained volunteer online. See page 195 for details.

PEER SUPPORT CENTRE psc.ssmu.ca

You can speak to a trained peer supporter. See Page 195 for details

Check pages 198-9 for more resources.

ALCOHOL & DRUGS

ALCOHOL

Despite what it may feel like, drinking is not a necessary part of university life. If you choose to drink, know your limits and stay safe!

TIPS FOR SAFER 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 go, how you'll get home and what to do in an emergency.
- > Utilize Drivesafe [(514) 398-8040 or page 10] and Walksafe [(514) 398-2498 or page 10] to get to your destination.

NOTE

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.

TIPS FOR SAFER DRUG USE

- > Start with a small dose.
- > Beware of overdoses and laced substances! Check bit.ly/43YALCC to find Naloxone, or get it free and without a prescription from a pharmacy. It temporarily reverses the effects of an opioid overdose, while you wait for help.
- > Mix = risk! This includes medicine and alcohol. You can find Drug Combination charts online, e.g. combo.tripsit.me.
- > Find yourself a sober safety buddy!
- > Sites like CACTUS Montreal (cactusmontreal.org) offer safe supervision and sanitary equipment for drug injection or inhalation.

EATING DISORDERS

Eating disorders (also known as EDs) can be hard to understand and to navigate. They have the highest mortality rate of all psychiatric disorders, therefore it is important to get help quickly if you or someone close to you is experiencing this.

RESOURCES

ANEB QUEBEC

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

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

DOUGLAS HOSPITAL EATING DISORDER PROGRAM

douglas.research.mcgill.ca/research-team-eating-disorders-program
(514) 761-6131

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 form a health care professional to access the program. You will need to visit your family doctor or the McGill Student Wellness Hub first (page 193).

NEDIC

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. Staff will be able to provide local resources and referrals from a national directory of more than 700 service providers.

EATING DISORDER CENTRE OF THE SSMU

eatingdisordercentre.ssmu.ca

This service provides on-campus and virtual peer support for those experiencing an eating disorder.

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

bit.ly/43XTZIA

Margot Nossal is a 2S&LGBTQ+ Local Wellness Advisor who can connect you with appropriate resources on and off-campus. You can book an appointment with her to discuss how to get the care and support you need.

THE UNION FOR GENDER EMPOWERMENT (UGE)

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. Check their website for contact information.

CENTRE FOR GENDER ADVOCACY

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. Check genderadvocacy.org/contact-us for contact 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!"

CONSENT IS...

ACTIVE

It cannot be implied from silence or the absence of a "no". It also can't be assumed in any context. 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.

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.

UN-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.

UN-AFFECTED BY INTOXICATION

Consent cannot be gained if the individual(s) is incapacitated by alcohol, drugs, and/or prescription medication, or is unconscious or asleep. Furthermore, alcohol and/or drug use by the perpetrator never justifies their actions.

For more information about consent, including examples of how to give or revoke consent, see: mcgill.ca/osvrse/education/about-sexual-violence/consent

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).

BIRTH CONTROL

HORMONAL CONTRACEPTION

i.e., pill, patch, ring, require a prescription from a doctor, and can be bought at a pharmacy.

BARRIER PROTECTION

You can buy barrier methods (internal and external condoms, sponges) at the Shag Shop (mcgill.ca/wellness-hub/build-your-wellness-toolkit/shag-shop) or any pharmacy. Condoms are also free at Healthy McGill kiosks around campus!

EMERGENCY CONTRACEPTION

i.e., a pill taken to prevent pregnancy after unprotected sex, or if other methods of contraception failed. A prescription may be required. The pill is only effective up to five days after sex.

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, the UGE (theuge.org) or Queer McGill (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.

SEXUALLY TRANSMITTED INFECTIONS (STIS)

It is recommended to get tested at least once a year, but you may want to test more often if you have new or casual partners. The Wellness Hub offers STI testing.

INTERSECTIONALITY OF SEXUAL VIOLENCE

The SSMU believes that all discussions surrounding sexual violence must take an intersectional approach, recognizing that individuals from certain marginalized groups are disproportionately affected by sexual violence.

GETTING SUPPORT

SSMU's Gendered and Sexual Violence Policy (bit.ly/3qNkFxu) serves to create confidential and survivor-centric processes for support, accommodations and complaints about sexual and/or gendered violence. The Anti-Violence Coordinators (AVCs) are those responsible for implementing the four components: prevention, support, advocacy, and response. You can contact them at: avc@ssmu.ca

If you have ever experienced sexual and/or gendered violence, inside or outside McGill, remember that it is not your fault, that you are believed and have access to support. There are free and survivor-centric options available to you whenever you are ready. As well as, peer-to-peer, student, and institutional resources. You have access to professionals who have worked in response to trauma and gender-based violence, and legal professionals.

The resources in the next page of this handbook are confidential, non-judgemental, trauma-informed, and have staff who can work with survivors of sexual violence as they try to heal.

RESOURCES ON CAMPUS

OSVRSE

mcgill.ca/osvrse

McGill's Office for Sexual Violence Response, Support and Education (OSVRSE) provides crisis intervention and short term counseling. They can connect survivors with resources, assist with safety planning and academic or workplace accommodations, and provide support groups and activities.

SACOMSS

sacomss.org/wp

The Sexual Assault Centre of the McGill Students Society (SACOMSS) includes Drop-In and Line (DIAL), support groups and help in reporting sexual violence, among other services.

LEGAL INFORMATION CLINIC AT MCGILL

licm.ca

The Student Advocacy Branch at LICM can help students in formal and informal dispute resolution within McGill. They can advise and represent you for free.

RESOURCES OFF CAMPUS

MONTREAL SEXUAL ASSAULT CENTRE

cvasm.org

The Montreal Sexual Assault Centre offers a range of free services to anyone older than 18 who has been a victim of sexual assault, sexual abuse, or incest, as well as to survivors' family and friends.

PROJECT I0

p10.qc.ca

The Project promotes the wellbeing of LGBTQ2SL+ and questioning youth and adults ages 14–25. They provide active listening and accompaniment services.

SOS VIOLENCE CONJUGALE

sosviolenceconjugale.ca

This is a free, confidential, bilingual hotline for individuals experiencing domestic violence and their allies, available 24/7. They can be reached at (514) 873-9010 or (800) 363-9010.



Il fait frette !
It's freezing!

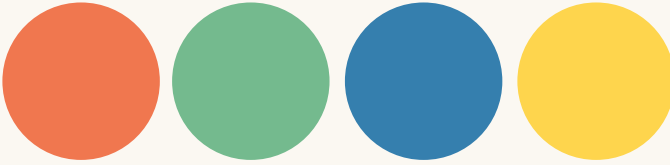
L'hiver est arrivé !
Winter is here!

LIFE IN MON TRÉAL



Jean-Drapeau
Biosphere

GETTING AROUND



STM

stm.info/en

The Société de transport de Montréal (STM) is the public transport agency which operates Montreal's buses and metro. You can visit this site to plan your trip, check schedules, maps and fares.

METRO

There are four metro lines: Blue, Yellow, Orange (downtown) and Green (downtown). Each station has machines where you can buy tickets with your debit/credit card or cash. Always hold onto your receipt and ticket for the whole of your trip!

BUS SCHEDULES

stm.info/en/info/advice/ways-view-bus-schedules

Check this link for various ways to follow your bus schedule's times and stops. It includes website, app, SMS, phone call, information terminal, etc. information.

DISCOVER MONTREAL BY BUS

bit.ly/4boYzDX

STM recommends several bus lines and itineraries to discover the neighbourhoods of Montreal.

COSTS

\$3.75

One-way ticket (exact change needed for the bus)

\$6.00

Unlimited night pass (6pm to 5am)

\$15.25

Unlimited weekend pass (Fri 4pm to Mon 5am)

\$58.00

Monthly full-time student pass (OPUS card needed - you can buy it through Minerva)

You can buy your fare in advance with the CHRONO app (bit.ly/3ynqrJM) or at a local business (bit.ly/3KuWIIF). You can also load your OPUS card with up to four 10-trip fares which never expire.

RUN TIMES

All metros open at 5:30am and close around midnight (check stm.info/en/info/networks/metro). Some buses run 24/7 (check stm.info/en/info/networks/bus). If traveling on a bus alone between 7:30pm and 5:30am, you can ask your driver about potential obstructions/dangers and they can drop you off as close as possible to your destination (bit.ly/44SvBtv).

BIKING

mcgill.ca/transport/cycling

Montreal is a very bike-friendly city with a lot of bike lanes. With a few modifications, you can also use your bike in the winter.

THE FLAT BIKE COLLECTIVE (FBC)

theflat.wordpress.com

IG @theflatbikecollective

Don't know how to fix your bike? Reach out to SSMU's Flat Bike Collective! FBC is free and open to everyone. Members will teach you how to fix your bike and give you the parts that you will need.

RENTING A BIKE

mcgill.ca/transport/cycling/bixi

McGill offers a 10% discount for an annual BIXI membership for students. However, you can also rent by the hour, daily or more (bixi.com/en).

VELO QUEBEC

velo.qc.ca/en

Vélo Québec offers events and toolkits for cycling, including a map of free repair stations and workshops (velo.qc.ca/en/toolkits/repair-stations-and-community-workshops).

CARS

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

RENTING

mcgill.ca/travelservices/transport/book-vehicle

There are high premiums for drivers under the age of 25 at traditional companies. Check the link above for McGill specific services. You can also check out memberships like Communauto (quebec.communauto.com), which might be cheaper.

OWNING

agencemobilitedurable.ca

Make sure to check out the parking rules and costs in your area and consider Montreal's potholes, construction, ice, etc., if you are looking to own a car.

TAXIS

mcgill.ca/transport/transit

Downtown:

Atlas Taxi: (514) 485-8585

Diamond Co-Op: (514) 273-6331

Taxi Co-Op: (514) 725-9885

LIVING OFF-CAMPUS

NEIGHBOURHOODS

mtl.org/en/explore/neighbourhoods

A lot of McGill students chose to live in the Plateau, Mile End or Downtown (Milton-Parc).

MILTON-PARC

Located just east of McGill's campus, Milton-Parc is home to 11,150 residents. As one of the oldest residential neighborhoods in Montreal, it is considered a heritage area.

PLATEAU-MONT-ROYAL, MILE END

A dynamic neighborhood nestled near McGill University. This lively district offers students a taste of Montreal's unique culture and creative energy.

SUBLETTING

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

You can sublet your apartment while you are gone for the summer. Notify your landlord, and advertise in as many places as possible. Start looking early! Keep in mind, you're not guaranteed to find a subletter, so don't rely on it fully.

LEASE TRANSFER

You can move out before your lease ends by finding a new tenant and transferring your lease directly to them.

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.

LEGAL HELP

- > [The Coalition of Housing Committees and Tenants Associations of Quebec's \(RCLALQ\) | \[rclalq.qc.ca\]\(http://rclalq.qc.ca\)](#)
- > [Montreal's Autonomous Tenants' Union \[lam.koumbit.org\]\(http://lam.koumbit.org\)](#)

TIPS

- > Start looking 3/4 months before you plan to move in - don't overstress, you'll find a place to live even if you start as late as May.
- > Live with roommates to cut costs, and have conversations about your needs and expectations.
- > Leases generally start on the first of the month. Keep in mind that school starts at the end of August so you might need to either pay for the whole month of August or stay at a hotel/couch surf/miss the first school days if you want the closest possible lease start date.
- > Check if your apartment comes furnished or not. If not, May 1st is the main moving date around McGill so you can find a lot of free/cheap used furniture.
- > For help/information, visit likehome.info.

TIP

You can donate to and pick up usable household items from Trash2Treasure (T2T) in Milton-Parc at the end of April: externalaffairs.ssmu.ca/community-affairs/c-a-r-e-agreement.

TIP

Book a campus tour to give you the inside scoop on student life, academics, life in Montreal, library resources, clubs on campus and much more. Contact welcome@mcgill.ca to schedule!

FRENCH LANGUAGE

While people near campus and downtown might speak English, Montreal is a Francophone city. You might need to go out of your way, but practicing your French here is possible and you should take advantage of the opportunity.

MEDIA:

You can listen to and read French through movies/shows and social media. Or find a Quebec podcast here: baladoquebec.ca.

CONVERSATIONS:

Practice your French through simple and small conversations with your friends, the cashier, or at your local store.

FRENCH RADIO:

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



IMMERSION PROGRAM:

Explore is a summer 5-week French immersion program taking place across Canada (englishfrench.ca/explore).

TAKE A FRENCH CLASS:

McGill offers classes for all skill levels. The SSMU also offers French MiniCourses. The Government of Quebec additionally has free full-time and part-time French courses (quebec.ca/en/education/learn-french).

PICK UP A COPY OF LE DÉLIT:

This is the only French newspaper on campus. If you want to challenge yourself, Le Délit welcomes contributing or new editors! Contact info on page 187.

ATTRACTIONS

Some of Montreal's most famous attractions:

stm.info/en/offers-and-outings/discover-montreal

LA MAIN/SAINT-LAURENT BLVD

Saint-Laurent Boulevard is home to many small, local fashion boutiques and food stores. As well as a vibrant nightlife. It's just 15 minutes away from McGill.

MARCHÉS PUBLICS

marchespublics-mtl.com

Montreal has five main Public Markets - Marché Jean-Talon, Marché Atwater, Marché Maisonneuve, Marché de Quartier and Marches Solidaires. Each has shopping, food and events.

MONT-ROYAL

Located right next to McGill, you can visit the mountain for various summer and winter activities. You can enjoy the park and keep track of its events, including concerts.

OLYMPIC STADIUM

You can visit this park for activities like hiking or swimming, or events like festivals and runs.

JEAN DRAPEAU PARK

You can participate in rock climbing, rowing, festivals, concerts, picnics, hiking, etc. Or visit La Ronde Roller Coaster Park, the Biosphere, flower gardens and beaches.

QUARTIER DES SPECTACLES

Just a couple of minutes away from McGill, you can explore Montreal's culture through the events and activities hosted at the Quartier. It includes the highest concentration and diversity of cultural venues in North America.

ESPACE POUR LA VIE

You can visit 4 of Montreal's most famous attractions in one place - the Biodome, the Botanical Gardens, the Insectarium and the Planetarium.

OLD-PORT

You can attend events, do activities and explore the old, beautiful heart of Montreal near the Saint-Lawrence River.

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

CINÉMA DU PARC
cinemaduparc.com

For indie flicks, cult classics, and more.

CINÉMA MODERNE
cinemamoderne.com/en

For hard-to-find international films.

CINEMA POLITICA
cinemapolitica.org

Pay-what-you-can film screenings at Concordia.

CINÉMATHÈQUE QUÉBÉCOISE
cinematheque.qc.ca

Quebec's cinema and screenings focused on culture and education.

MUSIC

NEW CITY GAS
newcitygas.com

For bottle service and electronic music.

M TELUS
mtelus.com/en

For big names in the music industry.

THEATRE AND DANCE

MAINLINE THEATRE
mainlinetheatre.ca

For independent performing art shows.

THEATRE SAINTE-CATHERINE
theatresaintecatherine.com

Edgy shows in both French and English.

ESPACE LIBRE
espacelibre.qc.ca

Experimental and avant-garde works.

FINE ART

BELGO BUILDING
thebelgoreport.com

Contemporary art and many galleries.

MUSÉE DES BEAUX-ARTS
mbam.qc.ca

Montreal's most extensive art collection.

MUSÉE D'ART CONTEMPORAIN DE MONTRÉAL
macm.org

Avant-garde exhibitions, performances and events.

CANADIAN CENTRE FOR ARCHITECTURE
cca.qc.ca

Exhibitions and a range of other activities about architecture.

GALLERY X
FB @Gallery X MTL

A student-run gallery.

INDIGENOUS ART

GALERIE D'ART INUIT IMAGES BORÉALES
imagesboreales.com

Works from nearly 200 of Canada's most established Inuit artists from all over Nunavut.

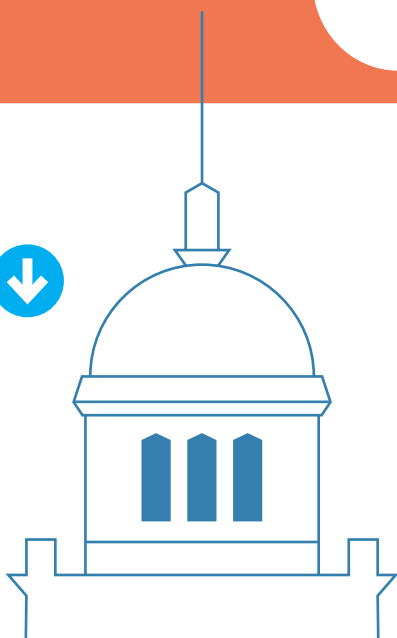
DAPHNE
daphne.art

Non-profit Indigenous artist-run centre.

J'ai obtenu un A dans tous mes cours !
I got an A in all my classes!

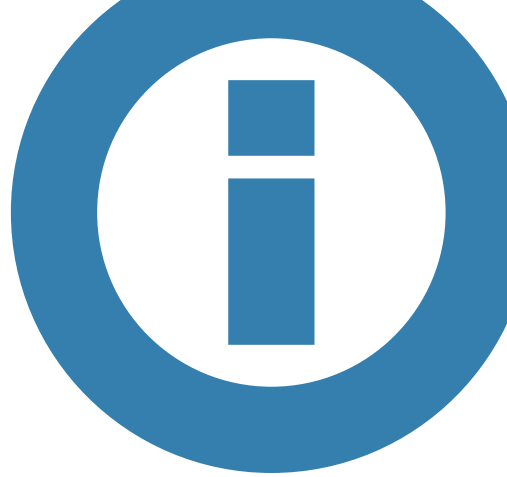
Ayoye !
Oh wow!

Place-d'Armes
Old Montreal



A decorative graphic on the left side of the page. It features a large, rounded orange shape that resembles a stylized letter 'L' or a thick bracket. To its right, a yellow diagonal stripe runs from the top right towards the center. The background is white.

GLOSSARY



- **ADD/DROP (COURSE REGISTRATION) PERIOD:**

A two-week period at the start of the Fall and Winter terms that allows you to take and drop courses without consequences. You can see if a class is right for you, or wait to register for a class that was previously full.

- **ADVANCED STANDING:**

Students applying from certain school systems (CEGEP, IB, French Bac, AP, AL & AS exams, etc.), or from another university, may be eligible to receive up to 30 credits towards their McGill degree and skip U0.

- **CRN:**

A CRN (Course Reference Number) is a unique identification number assigned each term to every class. You can use this number to sign up for a class on Minerva.

- **DEPARTMENT:**

Devoted to a particular area of study.

- **ECALENDAR:**

The official listing of programs and courses available each year.

- **ELECTIVES:**

Elective courses are courses that you can take outside of your chosen major/minor - and in some cases even outside of your faculty.

- **EXCHANGES:**

Often referred to as “going on exchange”, exchange participants study at one of McGill’s partner universities while earning credit towards their McGill degree and paying tuition to McGill.

- **FACULTY:**

All students are part of a Faculty. There are 11 faculties at McGill, each headed by a Dean. Faculties are divided into departments and schools.

- **FIELD STUDIES:**

Field Study Semesters are individual off-campus courses, where upper-year (U2 or U3) students gain practical experience and to apply their knowledge in a real-world setting.

- **FIRST-YEAR SEMINARS (FYS):**

First-Year Seminars are small first-year classes. You can take only one FYS in your first year of undergrad, but they’re offered in both the Fall and Winter terms.

- **FROSH:**

A series of orientation events organized by Faculty or by student organizations.

● **HONOURS PROGRAM:**

This program demands a higher degree of specialization than a Major. It can be a requirement for certain graduate programs.

● **LISTSERV:**

An email newsletter – you'll get a weekly one from us with updates about campus life and events!

● **MINERVA:**

McGill's administrative system. Through Minerva, you can register for classes, check your schedule, view e-bills for your tuition payments, see your transcript, enter personal data and contact information, apply and view your financial aid awards, etc.

● **MYCOURSES:**

McGill's learning management system—is where you can access course materials, view grades, submit assignments and anything else course-related.

● **ONECARD:**

oneCard is your ID as a student and you can use it to buy food, print, and shop at the McGill Campus Store.

● **READING WEEK:**

Refers to a week during the fall and the winter semester during which classes are suspended so that students can prepare for their exams.

● **SCHOOLS:**

They are part of a Faculty, but offer more intense, specialized programs usually leading to a professional career.

● **TEACHING ASSISTANTS (TAS):**

Graduate students that assist professors with grading and other instructional duties.

● **U0 - FRESHMAN/FOUNDATION YEAR:**

Students without any university level credits complete a 30-credit "freshman year" before proceeding to take courses directed towards their intended area of study.

● **UI - ADVANCED STANDING YEAR I:**

Students entering McGill with 24 or more advanced-standing credits begin their studies as a UI student. All other students enter UI after completing U0.

● **UPRINT:**

McGill's campus-wide copying and printing service. From your computer, you can send a print job to the central print queue, and pick it up from any uPrint device on campus.

● **VISUAL SCHEDULE BUILDER (VSB):**

Allows you to build your weekly schedule and try different combinations of classes.

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1

Remove the metal spine from the handbook.

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