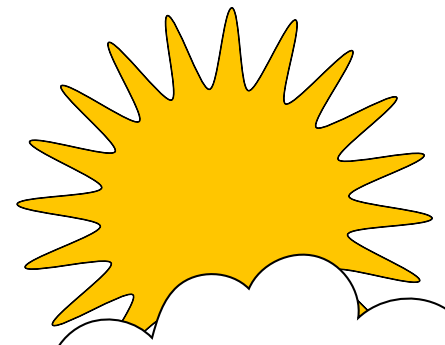


2024-2025

SSMU4U



Did you know that you are automatically a part of the SSMU?

The SSMU stands for the Students' Society of McGill University! We are the McGill undergraduate student union. Learn more about all the resources available to you!

What is the SSMU?

The Students' Society of McGill University (SSMU) advocates for the interests of McGill undergraduate students. We work for fairer academic processes and improve life on campus. All undergraduate students at McGill's downtown campus are automatically members and can access all SSMU services and resources.

Our values

Service

Representation

Leadership

Sustainability



SSMU.CA



@SSMUAEUM

How SSMU works

The SSMU's governance structure aims to maintain the student voice on campus. Most of the leadership includes elected student officials representing your voice and concerns. For more information, visit ssmu.ca/how-we-run

How to get involved in the decision making process

Referenda

Members of the SSMU participate in direct democracy by voting in referenda held once a semester. Any student can get a referendum question put on the ballot! All you need to do is collect 100 signatures from fellow students.

ssmu.ca/how-we-run/faq

General Assembly (GA)

General Assemblies are open to all SSMU members. They are for debating and voting on changes to your student society. This is your chance to participate in direct democracy at SSMU!

ssmu.ca/ga

Legislative Council (LC)

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

Board of Directors

SSMU Members may attend the public sessions online.

ssmu.ca/bod

Executive Committee

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

ssmu.ca/organigram

Elections

You can nominate yourself and campaign to represent your fellow students at the Executive level.

ssmu.ca/how-we-run/elections

Upcoming events

More events are coming your way! Follow us on Instagram @ssmu_aeum to stay updated on all our events!

SEPT 9-13
M-T 9am-8pm
F 9am-5pm

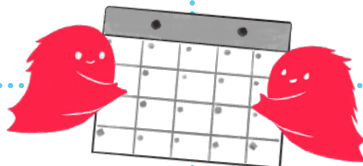
SSMU's Biggest Poster Sale

University Centre Ballroom (3480 McTavish St.)
Find amazing posters that add a personal touch to your new home. Get ready to discover a world of stunning posters, prints, and artwork that will transform your dorm or apartment!

SEPT 20
3-6pm

Community Engagement Day

University Centre Room 203 (3480 McTavish St.)
Refreshments and snacks will be provided!
Community Engagement Day (CED) is a volunteer fair where you can discover exciting volunteer opportunities and community-building initiatives. This is an excellent opportunity for students looking to impact the Montreal community.



SEPT 11-12
3-8pm

Activities Night

Tomlinson Fieldhouse
Join us at SSMU's biggest event, where clubs, services, ISGs, and community groups unite to showcase all the amazing things our campus offers. Don't miss out on the fun, excitement, and endless opportunities!

SEPT 30

Fall SSMU General Assembly

University Centre Ballroom (3480 McTavish St.)
The General Assembly (GA) is when YOU can make a direct change at McGill! All SSMU members can attend, debate, vote, and participate in direct democracy. Stay tuned at ssmu.ca/ga for more information on how to submit items to the agenda.

Other ways to get involved with SSMU

Volunteering

SSMU seeks volunteers to help out during various SSMU events. You can gain valuable volunteer experience that can be added to your Co-Curricular Record. Keep an eye on our IG [@ssmucaeum](https://www.instagram.com/ssmucaeum) for opportunities!

Work with us!

SSMU has a variety of part-time, flexible jobs available that are perfect for a student's schedule!

ssmu.ca/jobs



SSMU Committees

The Board of Directors and Legislative Council both oversee committees that serve to facilitate equity, hold student governance accountable, and manage projects within SSMU. You can find the right one for you, and you can find more information here:

bit.ly/3qfvdbo

McGill Governance

SSMU coordinates student representation on over 25 groups and committees that oversee McGill operations, from the Wellness Hub Advisory Board to the Academic Policy Committee. To learn more, email ua@ssmu.ca



First Year Council

The FYC is made up of first-year students who advocate and plan events for first-year students. 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, and promotes student engagement with the Montreal community! To join a student-led cause, visit externalaffairs.ssmu.ca



2024-2025 SSMU Executives

SSMU members elect the Executives to represent them and advance the diverse needs of McGill Undergraduate Students. Feel free to contact them! They are here to support you on your student journey!



Dymetri Taylor
(he/him/il)
President

president@ssmu.ca

I am responsible for shaping the society's vision, coordinating and supporting the activities of the other Executive Officers, and representing student interests on various university governance bodies.

Contact me about:

- SSMU Governance
- Institutional relations between the Society and the McGill administration
- Advocacy & Representation
- Family care



Abe Berglas
(they/iel)
VP University Affairs

ua@ssmu.ca

My mandate is to advocate for student interests at nearly all levels of university governance. This includes coordinating student representation on the university Senate and its committees.

Contact me about:

- Questions about McGill policies and student rights
- Equity initiatives and complaints
- Improvement of McGill libraries and study spaces



Zeena Zahidah
(she/her/elle)
VP Internal Affairs

internal@ssmu.ca

I manage communications with the student body through our newsletter, social media, publications, and website. Additionally, I lead initiatives to foster community engagement through inclusive event planning.

Contact me about:

- Events at the SSMU
- Improving communication at the SSMU
- Alumni engagement
- Faculty relations
- First Year Involvement



Hugo-Victor Solomon
(he/him/il)
VP External Affairs

external@ssmu.ca

I coordinate SSMU's relationships with various levels of government, student associations, community groups, and campus labour unions, and I manage political campaigns and mobilization efforts.

Contact me about:

- Off-campus involvement
- Francophone advocacy initiatives
- Political campaign organization
- Indigenous programming and advocacy



Chloé Muñoz
(she/her/elle)
VP Student Life

studentlife@ssmu.ca

I serve as the main contact for internal relations between SSMU and its clubs, services, and independent student groups, and I address issues related to student life on campus.

Contact me about:

- Student group support
- Mental Health

Stay up to date on weekly events on campus by following my Instagram: [@ssmstudentlife](https://www.instagram.com/ssmstudentlife)



Pauline Jolicoeur
(she/her/elle)
VP Finance

finance@ssmu.ca

I am responsible for ensuring the long-term and administrative stability of SSMU. This includes preparing the annual budget, providing financial information to our members, and overseeing the insurance plan.

Contact me about:

- Financial information of the SSMU
- Health and dental insurance



Meg Baltes
(she/her/elle)
VP Operations and Sustainability

operations@ssmu.ca

I manage the University Centre building, sustainability concerns, and revenue-generating operations of the SSMU.

Contact me about:

- Gerts Bar and Café
- SSMU Minicourses services
- Space allocation & tenant management at the University Centre
- Building-based sustainability initiatives



Academics

Handbook

The SSMU Handbook is packed with all the necessary information for a great academic year. It's your guide to everything McGill! Additionally, it includes a section as a planner. Get your free copy at the beginning of the fall semester at the University Centre (3480 McTavish St.)!

ssmu.ca/handbook

Open Academic Resources (OER)

Open Educational Resources (OER) are openly-licensed educational materials that are sustainable and cost-effective alternatives to expensive textbooks.

Nominate a course

We are dedicated to making education financially accessible to all! Use the form to let the Open Educational Resources (OER) Project of McGill University know what classes you'd like to see OERs for!

List of OERs

We've compiled free educational materials for popular classes:

ssmu.ca/oer

Library Improvement Fund (LIF)

The SSMU raises significant funds to support the libraries on campus by funding student jobs, extending library hours, installing soundproof booths and more!

Submit your own suggestions on what you'd like to see at the libraries via the form or contact the LIF Commissioner at lifc@ssmu.ca.

Advocacy

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

Student Rights

Ensure you are familiar with the new Policy on Assessment of Student Learning (PASL) as of Fall 2024!

mcgill.ca/pasl-students

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

Legal Protection Plan*

SSMU members have access to legal consultation with certified lawyers as an extension of your health service studentcare.ca

Legal assistance hotline

You have access to a toll-free hotline to consult a lawyer with unlimited usage.

Legal representation services

Receive legal help

**For Canadian and Quebecois students*

Health + Wellness

Menstrual Health

The SSMU Menstrual Health Project offers free products to all SSMU members! The SSMU Menstrual Health Project offers free single-use and reusable products to all SSMU members! Come to one of their pick-ups or DM them for reusable pads, underwear, menstrual cups and discs!

Products are also available in bathrooms across campus – view the map at:

ssmu.ca/mhp

[@ssmu_menstrualhealth](https://twitter.com/ssmu_menstrualhealth)

Health & Dental Plan

Studentcare Health and Dental plan automatically covers SSMU's members*!

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

Full-year coverage is from Sept. 1 through Aug. 31.

- Prescription Drugs
- Health Practitioners
- Mental Health Services
- Dental
- Vision Coverage

For all listing of your plan benefits, visit: studentcare.ca

Gender-Affirming Care

Your Studentcare insurance covers gender-affirming care! See what's covered at studentcare.ca

For more information on transitioning at McGill and Montreal, follow the amazing work of [@transpatients](https://twitter.com/transpatients)

SSMU4U

Supporting your student journey

Grocery Program

The SSMU Grocery Program is a FREE program for our members who are missing basic food necessities due to financial constraints and rising costs due to inflation.

Keep an eye on our IG for the registration form!

ssmu.ca/grocery

Perks & Deals

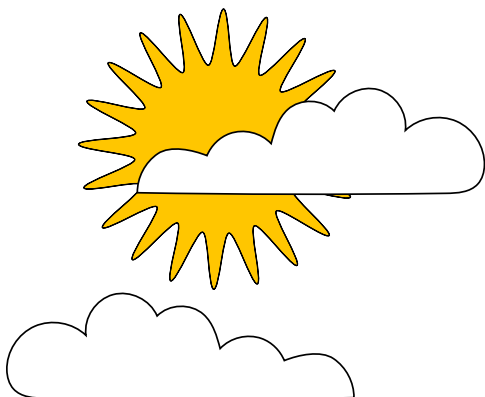
SSMU partners with Montreal businesses to bring our members free and discounted food, concert & movie tickets, music festivals and more! Current deals are listed on our website, and bigger tickets will be posted on our IG as giveaways!

ssmu.ca/perks-deals

Daycare

SSMU offers a full-time daycare on campus, with priority for undergraduate student parents!

Learn more about admission and rates at daycare.ssmu.ca



Extracurricular Initiatives

Minicourses

Did you know that SSMU offers affordable extra-curricular courses and workshops to the McGill community? These are super-affordable extracurricular courses run by SSMU! Past classes have included American Sign Language, tarot reading, portrait drawing and more! Keep an eye on our IG to see this fall's class schedule!

Fall 2024

Registration opens - September 16th

Winter 2025

Registration opens - January 13th

For full class listing and registration, visit: minicourses.ssmu.ca

Clubs

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

ssmu.ca/studentgroups

Finding A Student Group

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 [@ssmustudentlife](https://www.instagram.com/ssmustudentlife) on Instagram for more updates on clubs and events throughout the year!

Tips:

- You can keep up-to-date by following clubs on their social media or signing up for their email list
- 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

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

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

[@pscmcgill](#)

Support sessions with a peer.



McGill Students' Nightline

[@nightlinemcgill](#)

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



Safely Connected McGill

[@safelyconnected_ed](#)

Resources for eating disorders.



McGill Student Emergency Response Team (MSERT)

[@msert.mcgill](#)

Free and accessible first aid service.



SSMU Walksafe

[@ssmu_walksafe](#)

Volunteers walk with students to and from any location.



SSMU DriveSafe

[@ssmudrivesafe](#)

Volunteers drive students home safely.



Sexual Assault Centre of the McGill Students' Society

[@sacomss](#)

Support for survivors of sexual assault and their allies.



Flat Bike Collective

[@theflatbikecollective](#)

Learn how to fix your bike.



The Plate Club

[@theplateclub](#)

Free dishware rental service.



Student Nutrition Accessibility Club (SNAC)

[@snac_mcgill](#)

Bring sustainable food and nutrition to McGill.



Midnight Kitchen

[@midnightkitchencollective](#)

Dedicated to increasing food accessibility.



Union for Gender Empowerment (UGE)

[@ugecollective](#)

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



Queer McGill

[@queermcgill](#)

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



TVM: Student Television at McGill

[@tvm.television](#)

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



SSMU Musicians Collective

[@ssmu_musco](#)

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



Black Students' Network

[@bsnmcgill](#)

Address the needs and interests of Black students.



Arab Student Network

[@asnmcgill](#)

Represent the Arab population and introduce Arab culture to the McGill and Montreal community.



Muslim Students' Association

[@msamcgill](#)

Facilitate the spiritual and social growth of McGill's Muslim community.

Where to find us

SSMU Office

3600 rue McTavish, Suite 1200

Feel free to drop by the SSMU Office any day of the week from 9-5 pm. This is the main hub of your student union, where you can find all SSMU Executives and permanent staff!

University Centre

3480 rue McTavish

The University Centre houses many SSMU student groups and provides bookable spaces for student activities and events.

University Centre

The University Centre (UC) is full of common spaces for students, like study spots, a cafeteria and a student lounge (with cozy couches!). The UC and the SSMU Office are wheelchair accessible, including automatic doors, bathrooms, and elevators. Gender-neutral bathrooms are located on the 2nd and 4th floors.

Bookable spaces

The SSMU provides affordable spaces for meetings, events, and activities in the University Centre, to support student initiatives. Find out what you can find on each floor!

ssmu.ca/organizing-events

Basement

Gerts Bar*

gertscampusbar.ca

[@gertstilithurts](https://twitter.com/gertstilithurts)

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.

First Floor

SSMU Office

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.

Gerts Café

[@gertscafe](https://twitter.com/gertscafe)

SSMU's Gert's Café is a popular student-run spot on campus, known for its relaxed atmosphere and affordable offerings. Enjoy an affordable lunch or have a drink with your friends after class!

Student Lounge

Whether you want to dive into your books or relax with friends, this cozy space has you covered. With comfy couches and tables, it's the perfect blend of chill and productive vibes.

SSMU Kiosk

Do you have any quick questions? A SSMU representative will be able to answer your questions.



Second Floor

Cafeteria*

Filled with chairs and spacious tables, it's the perfect spot to enjoy a meal or sip of coffee. Cafeteria seating is also equipped with vending machines and microwaves.

Third Floor

Ballroom

One of the largest venues for campus events.

Fourth Floor

Club Lounge*

Open area to study or chill with one of the best views of campus

**Open to all students during regular opening hours*



Keep up with us!

[@SSMUAUEUM](https://twitter.com/SSMUAUEUM)

[@SSMUSTUDENTLIFE](https://twitter.com/SSMUSTUDENTLIFE)

[@SSMU_EA](https://twitter.com/SSMU_EA)

SSMU.CA