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Teionkwatonhontsó:ni a'iakwariwahní:rate tsi nón:we
ratehiatónkwa ne SSMU Tsi ionterihwaienstákhkwa
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 tánon ronwatiriwakwenniénhstha na
Kanien'kehá:ka tánon tsi ronnón:ha rontehontsanónhnha
tánon ronteniataranónhnha tsi nón:we ón:wa
wenhniserá:te tetewatátkens tánon wahón:nise tsi náhe
thia'tekanakerahserà:ke kén:ien nón:we tahontákenhskwe
tánon tehontatá:wihskwe.

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.

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.



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

welcome

1

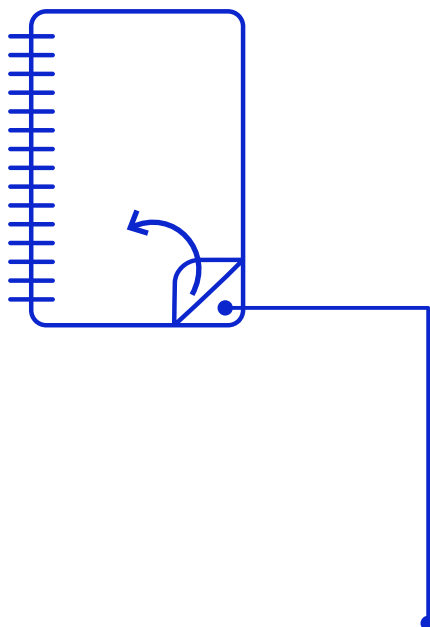
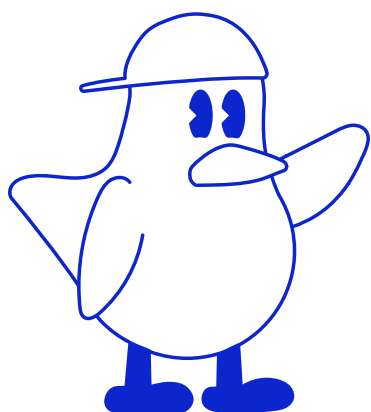
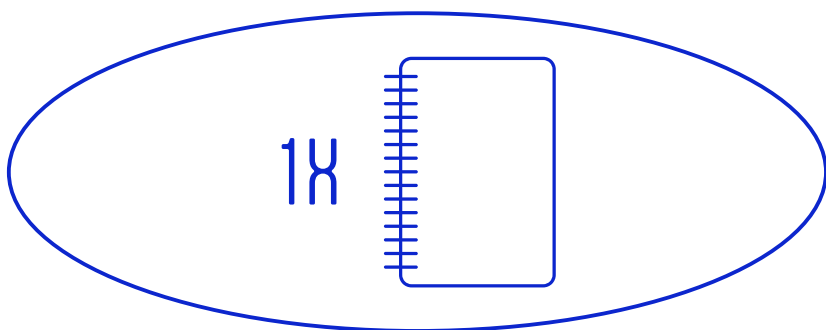


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LETTER FROM THE EDITORS

Hello new and returning McGillians!

Welcome to another year and another SSMU handbook! We're Sarah and Nelly, the handbook editors, and are here to be your guides. We hope you find this edition to be a helpful little instruction manual for navigating your way through your year at McGill.

This edition is organized into the different "rooms" you may find yourself in often during your time as a student. It's built, quite literally, like an instruction manual – a guide to exploring the university, student life, and Montreal, as well as an agenda for keeping track of those deadlines. You can spot the SSMU bird throughout this edition, giving helpful hints or just hanging out in between pages.

We would encourage you all to take a moment to learn about all the different communities and facets of student life on campus, whether it's your first or final year, and explore the city beyond McGill. Have some new experiences, try some new hobbies, and don't be afraid to ask for help! Don't forget to take care of yourself. This handbook is here for you if you ever need to look up a resource or service on campus.

There's going to be a whole lot of information thrown at you over the next couple weeks, and it may get pretty overwhelming – just take it one step at a time, and remember, the handbook is here to answer any questions you may have.

We wish you nothing but the best of luck,



SARAH MCDONALD
Handbook Content Editor



NELLY WAT
Handbook Layout Editor

LETTER FROM THE SSMU PRESIDENT

To you reading:

Howdy!

Welcome — or welcome back — to dear Old McGill for the 2025–2026 academic year!

Whether you're a new student taking your first step, or returning to the slog, this handbook has been created to assist you throughout the year. It includes places to eat, easy classes, laughs, a calendar of major events (OAP, Activities Night, Oktoberhaus, 4-Floors), and much more!

For those of you just starting (or those not in the know), the Students' Society of McGill University is your student government — from ensuring Health and Dental insurance and hosting events, to raising money for the library and athletics. Overall, the SSMU has an operating budget of \$3,300,000, over 20 full-time staff, and 100+ part-time and volunteer positions.

Now, you might be wondering how to meet people in an undergraduate body of 24,000 students. For those of you in Psychology, that'll always remain an issue thanks to our size, I'm sorry to say. For the rest of you, though, start by getting involved! Join a club, head to an event, and try something new. We're all here, at McGill, to learn and experience new things. You might stumble, trip, or get bruised along the way — but it's to be expected. We're all learning together, so hold your head high and be proud that you've made it.

So, wherever you're starting this year — excited, overwhelmed, or just hoping the Wi-Fi holds up — remember you're not alone on this wild ride. McGill is the place to learn, stumble, laugh, and keep going. As John Lennon wisely said, "Everything will be okay in the end. If it's not okay, it's not the end." Here's to making it a year worth remembering (or at least surviving).

Cheers,



DYMETRI TAYLOR

(he/him/il)

president@ssmu.ca

FIRST STEPS

A NEW BEGINNING



As a rising third-year student (AH!), it is my honour to hold your metaphorical hands and guide you through your first three steps here at McGill. You may feel wobbly at times (either because you're overwhelmed, tipsy, or both), but that's what it's all about. Eventually, the wobble goes away (or I'm just used to it), and it all starts to feel normal. I'm handing you these steps on a silver platter (you're welcome), but I'll let you figure out the rest on your own – that's half the fun.

1

MCGILL ID

To put it bluntly, you are nothing without your ID card. You need it (and your ID number) to do anything here. To get your card, upload a photo according to the given specifications on the McGill Student ID Card website, then follow the instructions emailed to you. If you're in Res, you can pick up your ID at 3465 Rue Durocher; otherwise, head to Service Point. **You need to have your student ID number (see your acceptance letter) to pick up your ID.**

2

MANDATORY TUTORIALS

At McGill, there are two mandatory MyCourses modules that everyone must complete. "It Takes All of Us" discusses sexual violence, and the "Academic Integrity Tutorial" is about (as you might expect) academic integrity and anti-plagiarism. **You must complete both of these modules. Failure to complete these modules will prevent you from participating in FROSH or registering for classes.**

3

ACTIVITIES NIGHT

You need to promise me you'll be at Activities Night on **September 3rd and 4th on the Lower Field & McGill Sports Complex, in collaboration with McGill Athletics & Recreation.** This very well may be the only time you have strangers falling at your feet (asking for your email), professing their love (giving you free candy), and begging you to give them a chance (join their club). All the clubs, societies, publications, and services are there, and you should be too. **Check SSMU socials regularly to confirm the location – sometimes things get swapped around last minute.**



4

BOOKS

Unfortunately, you will likely (certainly) be asked to spend your life's savings on textbooks. Campus Store (the McGill bookstore, 'Le James') is convenient and well organized, but everything there is new (expensive!) and the lines are outrageous. If you're buying from Le James, do yourself a favour and order online. If you're not ready to drop the equivalent of a down payment on course literature, you may want to consider shopping second-hand – *The Word on Milton* has an impeccable collection.

5

FIND YOUR CLASSES

I would **highly** recommend going on a tour of campus after you pick your classes. The very last thing you need on day one is to be running around dazed, confused, and lost. This is especially true if you have back-to-back classes; you simply don't have time to get turned around. Grab a friend and Google Maps, and set off, you'll be glad you did. Yes, the galavant around an empty campus with a compass in your hand is mildly embarrassing, but trust me, arriving late to a 35-person class while gasping for air after running in circles for 20 minutes is far worse.

6

READ YOUR SYLLABI

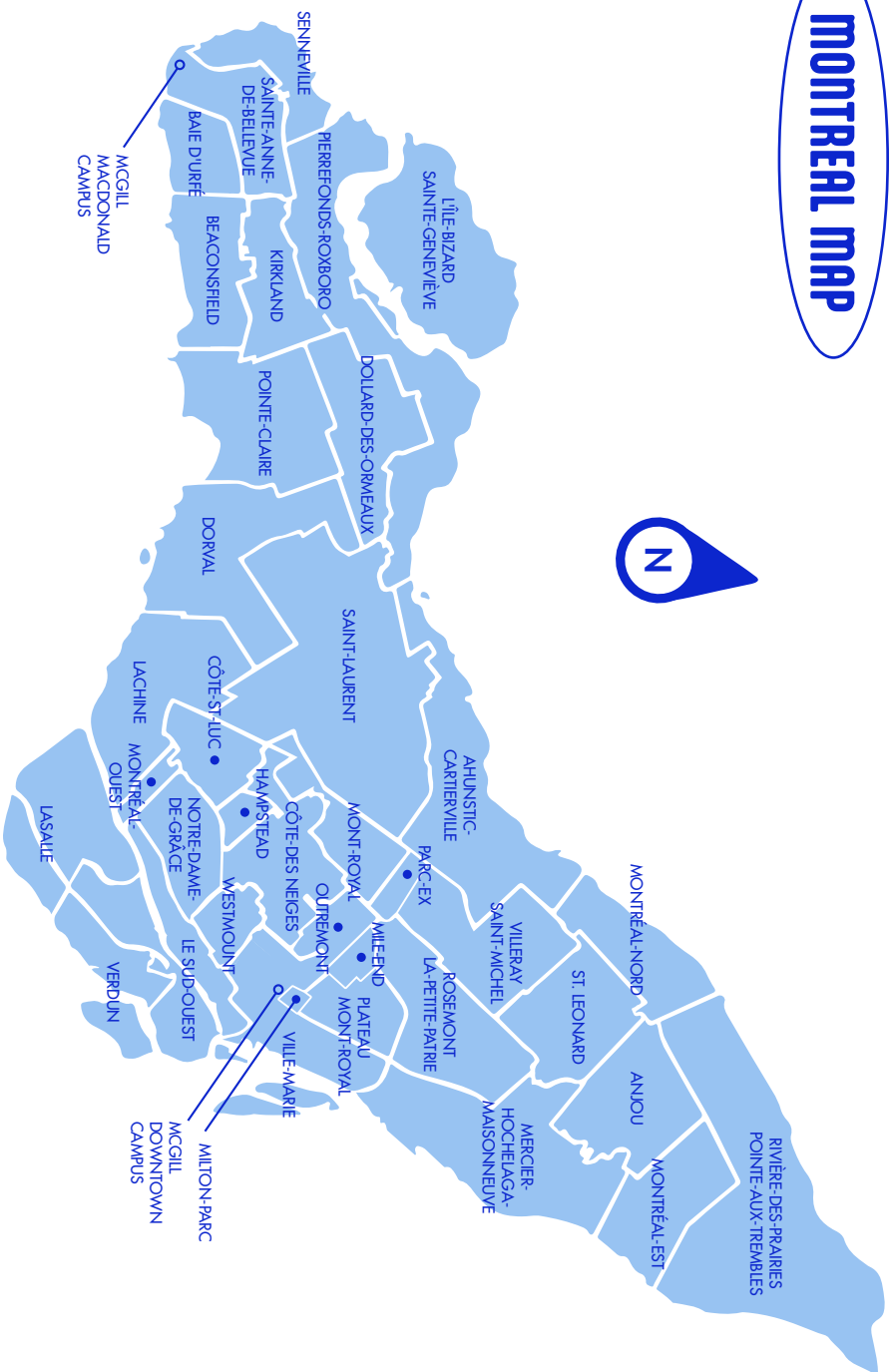
I'll say it louder for the people in the back: **READ YOUR SYLLABI**. Your class syllabus will save you. This isn't highschool anymore: your profs may barely mention due dates in class, but if you miss them, game over. Everything you need to know is written on that lovely little document: grade breakdowns, assignments, reading lists, office hour information, and more. If you have time, I'd recommend making a project tracker of some kind – or fill your assignment deadlines into the Calendar section of this handbook.

7

SSMU FIRST-YEAR PRESENTATION

On August 25th, between 3:30-4:30pm, right after Discover McGill, the SSMU will be putting on a presentation in Leacock 132, essentially a "Getting Involved 101." They'll be going over the basics of student life at McGill; tips and tricks for using Minvera, the student societies on campus, ways to get involved, athletics & recreation, and more. Show up and get all the insider information on how to thrive here on Campus.

MONTREAL MAP



METRO MAP

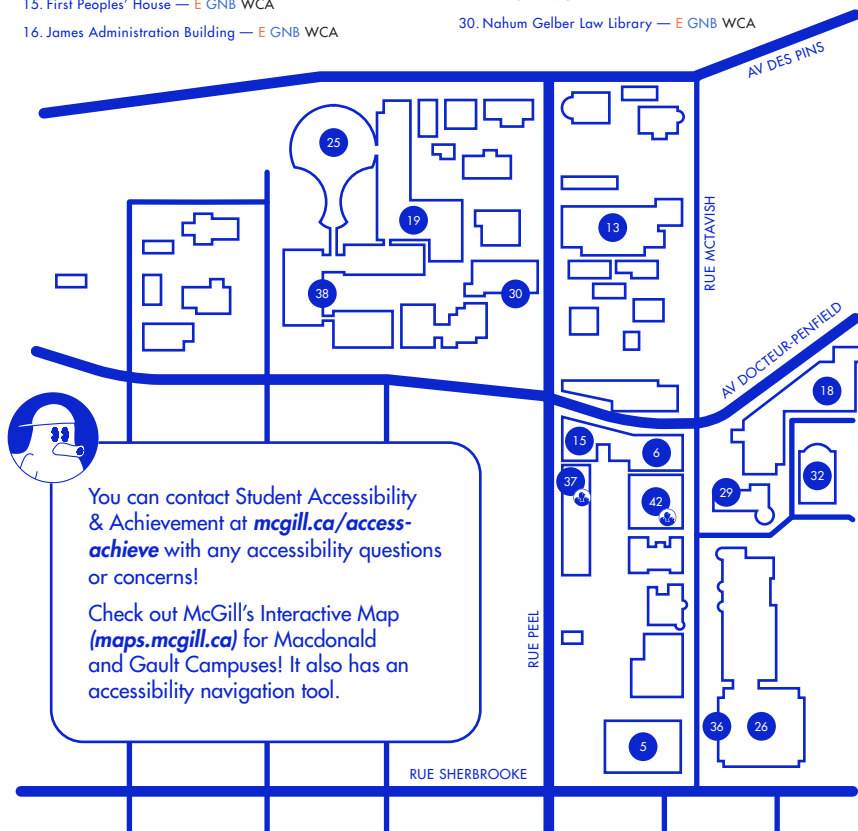


WELCOME

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 1 — 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

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. SSMU Office (3501 Peel) — E GNB WCA

38. Stewart Biology Building — E GNB WCA

39. Strathcona Anatomy and Dentistry — E GNB WCA

40. Strathcona Music Building — E GNB WCA

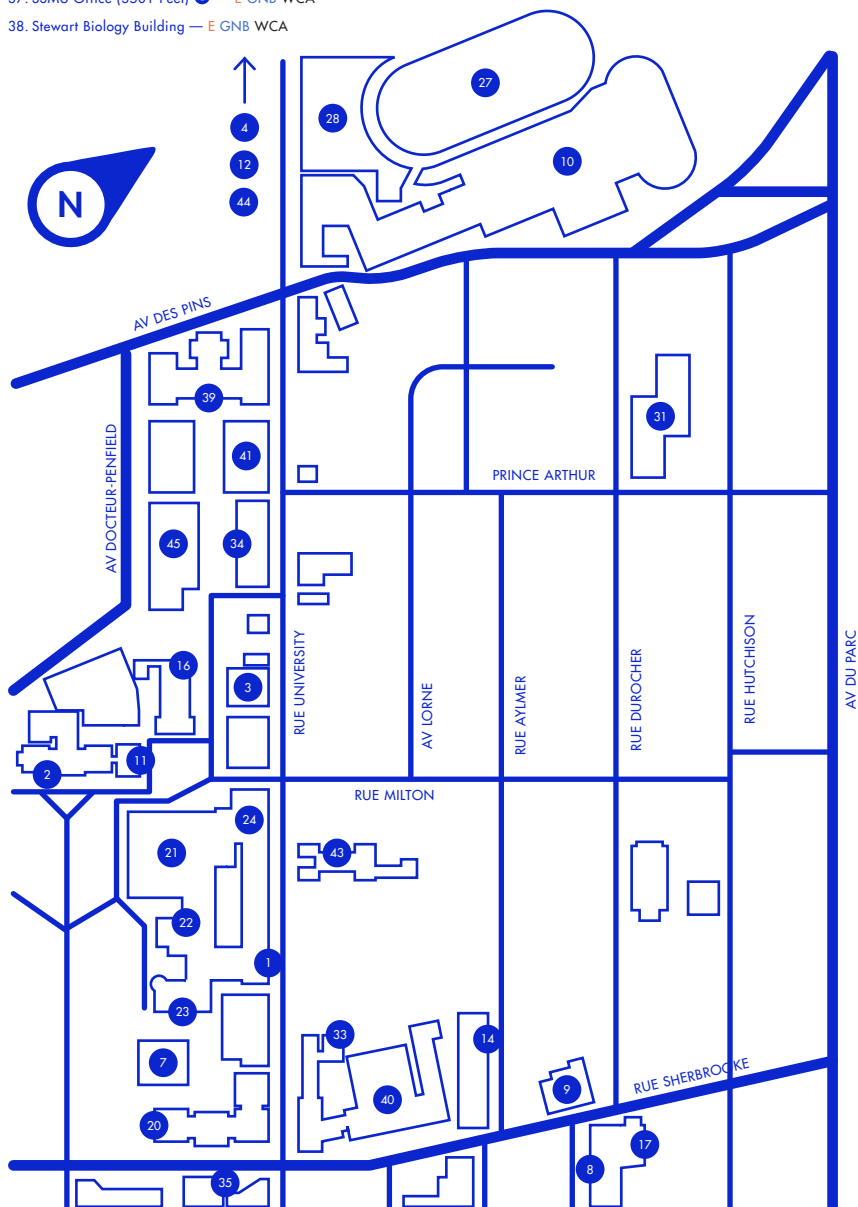
41. Trotter Building — E GNB WCA

42. University Centre — E GNB WCA

43. University Hall — GNB

44. Upper Residences — E GNB WCA

45. Wong Building — E GNB WCA



EMERGENCY SUPPORT

Below is the contact information for some of the people and groups you will need to contact in case of an emergency. Their websites, contact information, and in some cases, request forms, can be found by scanning the QR code on the bottom of this page.

DEAN OF STUDENTS

While you are at McGill, ***the Office of the Dean of Students (ODOS), is your first point of contact.*** You break your ankle? Call 911. Okay maybe not, but do contact ODOS. Your house burns down? Definitely call 911. But also contact ODOS. They will help you make the arrangements you need. **They're available 9-5, Monday to Friday.**

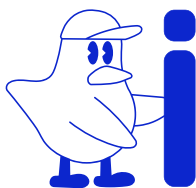
The ODOS oversees issues concerning student rights and welfare, discipline, and crisis management; Case Managers can provide you with a referral if you are in need of mental health support, academic accommodations, or financial assistance. **Contact the Dean of Students (mcgill.ca/deanofstudents) if you are experiencing discrimination.**

And, if you're a minor, the Dean of Students is your legal guardian during the underage portion of your stay here at McGill. **Overall, the ODOS is who you go to in the event of an emergency.**

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 82.

- **Downtown:** Brown Student Services Building, suite 3400, 1070 Dr. Penfield Avenue or 3600 McTavish Street (514) 398-6017
- **Macdonald Campus:** Centennial Centre room 124, 21111 Lakeshore Road, Ste-Anne-de-Bellevue (514) 398-6017



SCAN FOR
LINKS TO
RESOURCES!



linktr.ee/SSMUHandbook

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.

MCGILL CAMPUS SECURITY

Emergency Only Lines:

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

General Inquiries:

- **Downtown:** (514) 398-4556
- **Macdonald:** (514) 398-7770

DRIVESAFE

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

(514) 398-8040

drivesafe@gmail.com

Hours:

Thursday to Saturday: 11 pm - 3 am

WALKSAFE

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

(514) 398-2498

executive@walksafe.ca

Hours:

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

SPORTS MEDICINE CLINIC

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

475 Pine Avenue West

(514) 398-7007

sportsmedicine.athletics@mcgill.ca

MCGILL UNIVERSITY HEALTH CENTRE (MUHC)

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

LEGAL INFORMATION CLINIC

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

(514) 398-6792

info.studentadvocacy@licm.ca

MCGILL IT SERVICES

McLennan Library: 3459 McTavish Street

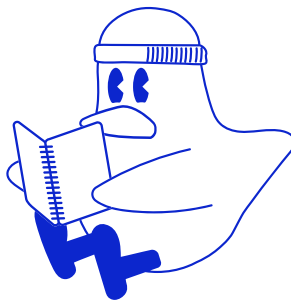
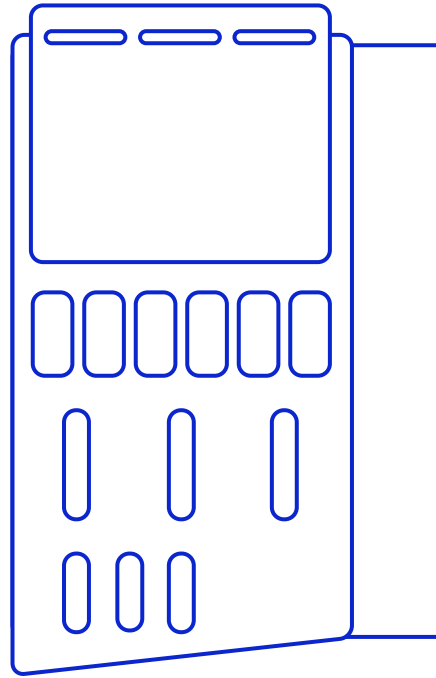
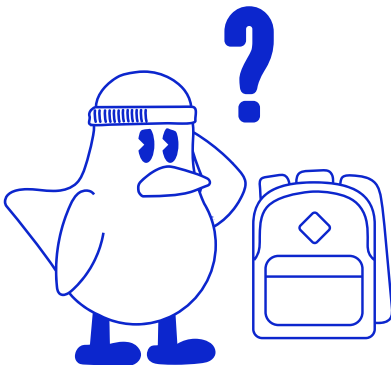
(514) 398-3398



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

FOUNDATIONS

2



MCGILL STATS

SOME NUMBERS!



Some of you will read these stats and be so grateful I gave them to you (numbers are everything), and some of you will likely see the word “Stats” and move right along, and that’s okay too. But for those of you who are interested, here are some numbers you are now a part of (in one way or another) – congratulations!

STUDENT STATS

- 39,920 total student enrolment in Fall 2024
- 27,737 undergraduate students
- 10,072 graduate students
- 48% of students are from Quebec
- 30% of students are International
- 48% of students’ mother tongue is English
- 20% of students’ mother tongue is French

SUSTAINABILITY STATS

- 77% of departments offer sustainability-related courses
- 10,000+ kg of produce grown at MacDonald Campus Farm was served in the dining halls in 2023

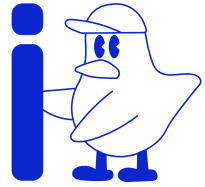
UNIVERSITY RANKINGS

- Depending on who you ask, McGill is ranked as the 29th, 45th, or 74th best university in the world
- McGill is the top medical-doctoral university in Canada (and has been for 20 consecutive years)



STUDENT RIGHTS

I am so honoured to be the one to inform you that you have rights! You heard it here first folks! In addition to your Human Rights, while at McGill you also have Student Rights. However, with these rights come responsibilities, so read down below to see what this'll look like for you.



POLICY ON ASSESSMENT OF STUDENT LEARNING (PASL)

This policy is new as of Fall 2024, which means you've come at just the right time: you get to reap the benefits without experiencing the transitory period when everyone was adjusting everything they've ever taught in order to meet the new criteria.

Some key points of this policy:

- Your course outline **must** include a breakdown of the ways that grades can be earned.
- You **must** receive criteria in advance for each assessment task, which outline the expectations of the task
- You have the right to receive **formative feedback before the course withdrawal (without refund) period** – this ensures you can base your decision to drop a class or not based on empirical information from your instructor
- All assessments must have a due-date **before the last day of exams** – this means you may have final assessments (other than exams) during the exam period
- No assessment task (with some exceptions) should be during Fall or Winter reading breaks, or within the last ten days of classes

If you feel these rights are not being respected, there is a clear protocol you can follow in order to bring attention to the issue. See **PASL article 10** (scan the QR code) for more details about the process of contesting assessment.

STUDENT RIGHTS

In addition to everything outlined in PASL, as a student at McGill you also have the following rights:

- 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) ou la Charte des droits de l'étudiant**. Read as: scan the QR Code and read the linked documents!

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

SCAN FOR
LINKS TO
RESOURCES!



linktr.ee/
StudentRightsResponsibilities

STUDENT RESPONSIBILITIES + RESOURCES

RESPONSIBILITIES

With these rights come, as you may have guessed, responsibilities. One of your responsibilities is to know your responsibilities (see how they did that), but I'll outline a few of the key points for you.

- No plagiarism
- No cheating
- No threatening or assaulting others
- No sexual harassment or assault

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

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. For more information on accommodations, see Page 62.

THE FRESHMAN PROGRAM



If you're new here, there's a solid chance you need to fulfill the criteria for the Freshman Program in your first year here. **You will need to complete the Freshman Program if you are entering McGill as a UO student.** Congratulations to those coming with over 24 credits of advanced standing – you get to start your real program right away. But for those starting as UO, if we're being honest, you're the real winners here. You get to spend a year taking a wider range of classes so you can figure out what you really want to study, meaning you won't wind up changing your major 37 times (like yours truly).

ARTS

If you're a UO student in the Faculty of Arts, your first-year courses need to be chosen from the **list of approved Freshman courses**. You need to take 6 credits from three of the four categories of classes. You cannot take more than 12 credits from any one department in your first year.

SCIENCE

For UO Science students, there are math and general science components to the Freshman program. Depending on the stream you pick, you will need to complete a certain number of math classes and a certain number of general (**freshman approved**) science courses.

EDUCATION

UO Education students have it good – there are no set courses you must take, simply choose (**freshman approved**) courses from the 100 or 200 levels in subjects you are interested in.

ENGINEERING

UO Engineering students must complete courses in chemistry, physics, calculus, and linear algebra during their first year in order to fulfill their Freshman requirements.

MANAGEMENT

For students in UO management, you need to complete a certain number of math courses, both calculus and linear algebra.

MUSIC

UO students in music, you have a selection of pre-requisite courses you need to complete.

LAW/MEDICINE/DENTISTRY

Students in Law, Medical, and Dental programs have their own requirements, so if this is you, check with your faculty.

ADD/DROP, SYLLABUS WEEK, OFFICE HOURS EXPLAINED

ADD/DROP

Add/Drop is the most glorious time of the year, and no one will ever convince me otherwise. It's typically about two weeks long, at the beginning of each semester. Think of it as your two-week free trial of your courses before you commit to a permanent subscription (taking the class for the rest of the semester). If you show up to day one and realize you hate everything that's going on, that's okay! Just drop the class and sign up for a new one! Technically, you can "sample" as many classes as you want during this period, but keep in mind **content is being taught**. If you join a class at the very end of the Add/Drop period, you will likely need to catch up on a fair bit of content.

SYLLABUS WEEK

I'll be the first to say this is a deceptive title. Yes, professors almost always go over the course syllabus on the first day (**BE THERE, IT WILL HELP YOU**), but this takes half an hour, not a whole week. Yes, the very first week of classes is slower, but not slow enough that you ought to be on the other side of the planet if you can help it. Being at these classes will help you understand what's expected of you, and what you can do to ensure you do well in your classes. Please don't skip syllabus week people.

OFFICE HOURS

Office hours are your one-stop-shop for getting help from your professor. They're times per week (as listed on your course syllabi aka your favourite document ever) where your professors are in their office simply waiting for you to show up. You can ask them for clarification on assignments or course content, show you're interested and engaged by asking for further reading, or ask them to review first steps – like the outline of an essay you're writing for their class. They **want** to help you, so show up, and ask them all your burning questions.

CLASS SELECTION

I sincerely hope all the following information is just reiterating things you already know, considering preliminary course registration has already happened. But if not, don't you worry, there's still time to adjust your course load if need be, and now's a better time to learn than never.

- If you're in U0, pick courses that align with your faculty's freshman requirements
- Take courses you're interested in! Especially electives! You'll hear rumours of there being 'easy' or 'bird' courses here at McGill, but the easiest classes are the ones you're interested in. I promise you, that course you find fascinating will be a whole lot easier for you than that treacherously boring class that you'll have to fight a series of demons to get to. **Just because it's easy for someone else doesn't mean it'll be easy for you.** Take courses you find interesting or else you'll probably hate it here (I don't make the rules).
- **USE THE VISUAL SCHEDULE BUILDER (VSB) IT WILL SAVE YOUR LIFE.** You can use the VSB to see how your classes fit with one another, because I promise 6 hours of classes back-to-back-to-back-to-back will be unbearable. Don't do it. Do what you can to give yourself breaks (especially at lunch time!), and find a style of schedule that works for you.

REGISTRATION

Course registration, as I'm sure you've figured out by now, is on Minerva. Minerva threatens to fall apart every 27 minutes or so, it's not just you. But nevertheless, this incredibly fragile and worrying system is how it all works here, so get used to it.

To register: Log into Minerva > Student Menu > Registration Menu.

- **If you already know the CRNs** of the courses you want to take, go to the "Quick Add or Drop" page, and plug in these CRNs.
- **If you don't already know the CRNs (or the courses in general)** that you want to take, go to the "Search Class Schedule and Add Course Sections" menu, and follow the prompts to find courses you want to take.



LECTURES

Lectures are, as you may expect, exactly what you imagine when you close your eyes and imagine a lecture. It's you, a bunch of classmates, and a professor telling you things. You write these things down, and that's it. Depending on the size of the lecture, sometimes there is class participation, so be ready to share your thoughts.

LABS

Labs are course components where you and your classmates get to participate in hands-on learning. Lab courses most often come with a lecture component, where you get to apply what you learn in lecture to your tasks in the lab. If you have a lab component, there's a solid chance you'll need to have a lab coat and goggles, so be emotionally prepared for that.

CONFERENCES

Conferences are the real-life equivalent of Zoom break-out rooms. It's a smaller group of students than lectures, and are typically led by a TA (teaching assistant). You get to talk about and really engage with the material. They're most common in Arts courses, and are paired with lectures: you'll likely go to a lecture twice a week, and meet in smaller groups once a week for these discussion groups.

TUTORIALS

Tutorials! The STEM students' saving grace. A tutorial is essentially the science-version of a conference: they're paired with lectures, and then meet in smaller groups to go over the material a second time. These are also led by TAs, and are often optional, **but you should go**. The TAs go over the material slower, and can answer any questions that you have – professors often can't answer many questions in class, so tutorials are a great way to get clarification on what the chain rule really is.

SEMINARS

A seminar is the lovechild between a lecture and a conference. They're small classes, led by a professor, where you are able to discuss and deeply engage with the material at hand. They usually have a maximum of about 25 students.

NAVIGATING MCGILL



(NOT) GETTING LOST

When you first get here, McGill may feel huge and alarmingly maze-like, but I promise that by the end of your first semester, you'll (kind of) know where you are and what's going on. But in any case, here are a few hints to help you figure out where you are and where you're supposed to be.

ARTS STUDENTS

You'll probably have a lot of classes in Leacock and the Arts building, but honestly, the Arts kids get to roam all around campus.

SCIENCE STUDENTS

You'll have classes all over, congratulations! Your big classes will likely be in Leacock 132, but then you'll have other classes in Stewart Bio, and likely a few in Rutherford and Maass Chem.

ENGINEERING STUDENTS

Most of your classes will be in (big surprise) the engineering buildings. You'll also likely have classes in the Rutherford Physics building, Trotter, Maass Chemistry building, and first-year math classes seem to always be in Stewart Bio (I'm so sorry).

EDUCATION STUDENTS

You'll have classes in, big shock, the education building, but also courses on the main lower campus too. But your non-education electives will be all over campus, depending on what you take – I'd give it a solid 75% chance you have a course in Leacock.

MUSIC STUDENTS

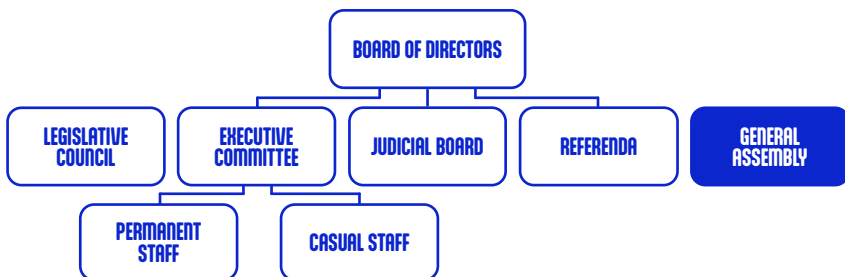
You'll have a lot of classes in the Music building, which should come as a huge huge surprise. But your non-music electives could be anywhere on lower campus, so don't get too comfortable in the music building.



SSMU OVERVIEW

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 @ssmucaeum 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.

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 6 members on pages 41.

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

PERMANENT + PART-TIME STAFF

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

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

LEGISLATIVE COUNCIL (LC)

ssmu.ca/lc

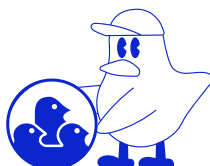
This council is responsible for the political decision-making of SSMU. All of their resolutions have to be approved by the BoD. The council is composed of 30 students elected by school and faculty, and the 6 Executives. All SSMU members can attend their meetings and run for election.

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

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.



SSMU OVERVIEW

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.

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.

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.

You can find the right one for you, as well as more information at:
ssmu.ca/bod OR ssmu.ca/lc

FIRST-YEAR COUNCIL (FYC)

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

Check their Instagram page, @ssmufyc, to see when applications open in September!

CAMPAIGNS

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

Visit externalaffairs.ssmu.ca or @ssmu_ea 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.

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



SSMU SERVICES

The SSMU operates 18 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.

THE EATING DISORDER CENTRE OF SSMU

@ssmueatingdisordercentre

Resources for eating disorders.

MCGILL STUDENT EMERGENCY RESPONSE TEAM (MSERT)

@msert.mcgill

Free and accessible first aid service.

SEXUAL ASSAULT CENTRE OF THE MCGILL STUDENTS' SOCIETY (SACOMSS)

@sacomss

Support for survivors of sexual assault and their allies.

SSMU DRIVESAFE

@ssmudrivesafe

Volunteers drive students home safely.

SSMU WALKSAFE

@ssmu_walksafe

Volunteers walk with students to and from any location.

FLAT BIKE COLLECTIVE

@theflatbikecollective

Promotes cycling.

THE PLATE CLUB

@theplateclub

Free dishware rental service.

STUDENT NUTRITION ACCESSIBILITY CLUB (SNAC)

@snac_mcgill

Brings sustainable food and nutrition to McGill.

MIDNIGHT KITCHEN

@midnightkitchencollective

Dedicated to increasing food accessibility.

UNION FOR GENDER EMPOWERMENT (UGE)

@ugecollective

Operates an alternative library and co-op, and advocates for social justice.

QUEER MCGILL

@queermcgill

Promotes and provides resources to Queerness at McGill and in Montreal.

TVM: STUDENT TELEVISION AT MCGILL

@tvm.television

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

BLACK STUDENTS' NETWORK

@bsnmcgill

Addresses the needs and interests of Black students.

SSMU MUSICIANS COLLECTIVE

@ssmu_musco

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

ARAB STUDENT NETWORK

@asnmcgill

Represents the Arab population and introduce Arab culture.

MUSLIM STUDENTS' ASSOCIATION

@msamcgill

Facilitates the spiritual and social growth of members.

SCAN FOR
LINKS TO
RESOURCES!



linktr.ee/SSMU_Services

CAREER PLANNING SERVICE (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.

MCGILL WORKDAY

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

WORK STUDY PROGRAM

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

STUDENTS' SOCIETY OF MCGILL UNIVERSITY

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

STUDENT HOUSING

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 keywords 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.

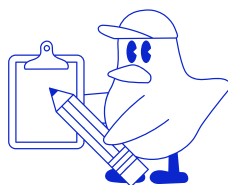
TUTORING SERVICE

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**



SCAN FOR
LINKS TO
RESOURCES!



[linktr.ee/
Handbook_Job_Resources](https://linktr.ee/Handbook_Job_Resources)

INTERNATIONAL STUDENTS

McGill is an incredibly diverse school with over 30% of our students hailing from different countries around the world. As an international student, there are often a few added steps for you throughout all bureaucratic stages, but there are a bunch of resources to help you out:

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

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

FIRST FRIEND

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

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

COMMUNITY ENGAGEMENT AND EQUITY COMMITTEE (CEEC) MAP-REAL

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.

Information for international students is also available on the Government of Quebec website as well as the Government of Canada website.



TRANSFER + FIRST-GENERATION STUDENTS

TRANSFER STUDENTS

TRANSFER CREDITS

To find out if the college credits you took at your previous university will be transferable to McGill, check the **Course Equivalency System**.

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**. If you have any general transfer credit questions as a new McGillian, go to **Service Point**.

FIRST-GENERATION STUDENTS

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

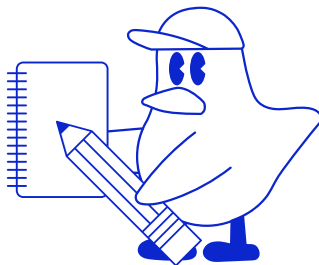
1ST UP PEER SUPPORT GROUP

@firstgenmcgill

1st 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

This guide provides information about services and resources, as well as advice and tips. It can be found on the McGill First-Generation Webpage.



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

See page 96 for a list of Francophone Clubs

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!

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

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

This section provides information about resources, services, and communities that celebrate identity, promote equity, and support your success and well-being on campus.

BLACK STUDENTS' NETWORK

@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)

@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

@isamcgill

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

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

@slasa.mcgill

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

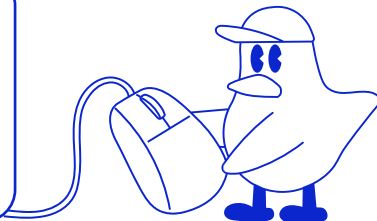
ADDITIONAL RESOURCES

Scan the QR code for links to above resources and:

- **Black Student Groups**
- **BIPOC Student Groups**
- **Anti-Racism Support**

SCAN FOR
LINKS TO
RESOURCES!

*linktr.ee/
McGill_BIPOC_Community*



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

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)

@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

gsc@ssmu.ca

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)

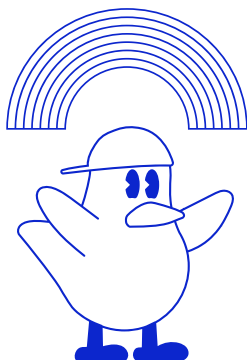
3465 Durocher Street, Office #103

Local Wellness Advisor connects students to appropriate resources on-and-off campus. You can book an appointment with Margot Nossal.

TRANS PATIENT UNION AT MCGILL

@transpatients

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



SCAN FOR
LINKS TO
RESOURCES!



[linktr.ee/
McGill_LGBTQ_Community](https://linktr.ee/McGill_LGBTQ_Community)

STUDENT 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.

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

ARTS UNDERGRADUATE SOCIETY (AUS)

@ausmcgill

Leacock, Room B-12

ARTS AND SCIENCE UNDERGRADUATE SOCIETY (ASUS)

@mcgillasus

Leacock, Room 114 B

DENTAL STUDENTS' SOCIETY (DSS)

@mcgilldentistry

2001 McGill College Ave, Suite 100

EDUCATION UNDERGRADUATE SOCIETY (EDUS)

@edusmcgill

3700 McTavish Street, Room B179

ENGINEERING UNDERGRADUATE SOCIETY (EUS)

@mcgilleus

McConnell Engineering, Room 7

LAW STUDENTS' ASSOCIATION (LSA)

@mcgilllsa

Chancellor Day Hall, 3644 Peel Street

MEDICAL STUDENTS' SOCIETY (MSS)

@mcgillmss

McIntyre Medical Building, Room 508

STUDENT ASSOCIATIONS

MANAGEMENT UNDERGRADUATE SOCIETY (MUS)

@our_mus
1001 Sherbrooke Street West

MUSIC UNDERGRADUATE STUDENTS' ASSOCIATION (MUSA)

@mcgill_musa
Strathcona Music, Room E106

NURSING UNDERGRADUATE SOCIETY (NUS)

@mcgillnus
Sherbrooke 680, Suite 1923

SCIENCE UNDERGRADUATE SOCIETY (SUS)

@mcgillsus
Burnside Hall, Room 1B21

SOCIAL WORK STUDENT ASSOCIATION (SWSA)

@swsamcgill
550 Sherbrooke Street West, Suite 100

PHYSICAL AND OCCUPATIONAL THERAPY UNDERGRADUATE SOCIETY (POTUS)

@mcgillpotus
Hosmer House



SCAN FOR
LINKS TO
RESOURCES!



[linktr.ee/
McGill_Student_Associations](https://linktr.ee/McGill_Student_Associations)

CLUBS

Clubs are the social backbone of this University. You should join one. Or two. They're a great way to meet people with similar interests and passions, network, and take a break from the books to do literally anything else. They're a great way to get integrated into the McGill community and are the key to really feeling like you have things all sorted out.



TELL ME MORE

Okay! Other than the fact that clubs are great, there are also so many. So many. Clubs fall into the following 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

Which means that there really is something (or many things!) for everyone. But if, for some reason, you really are that person for whom nothing we have is good enough for you (sigh), don't worry, you can start your own club! You can also start your own club for other reasons too – if you feel something is missing, build a club! **You can find information to form your own club on the SSMU website.**

DEFINITIONS

Before we get too deep into this, I should sort out some definitions with you guys:

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; 12 total. See page 39.

GO TO ACTIVITIES NIGHT TO SEE WHAT WONDERFUL CLUBS THIS SCHOOL HAS TO OFFER. SEE PAGE 9 FOR MORE INFO.

SSMU INDEPENDENT STUDENT GROUPS

INDEPENDENT STUDENT GROUPS AFFILIATED WITH THE SSMU (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

@goldenkeymcgill

Honour society.

MUSTBUS

@mustbuscoop

Low-cost transit travel service.

MCGILL TRIBUNE

@thetribuneca

Student newspaper.

QUEBEC PUBLIC INTEREST RESEARCH GROUP (QPIRG)

@qpirgmcgill

Social and environmental justice organization.

LEGAL INFORMATION CLINIC AT MCGILL

@licm_cijm

Offer bilingual legal information and services.

INTERNATIONAL RELATIONS STUDENTS' ASSOCIATION OF MCGILL

@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)

@aiesecinmcgill

Send students abroad for volunteering and internships.

MCGILL CHAVURAH

@mcgillchavurah

Create inclusive spaces for Jewish students.

ECOLE (EDUCATIONAL COMMUNITY LIVING ENVIRONMENT) PROJECT

@ecoleproject

Model of urban sustainable living.

DAILY PUBLICATIONS SOCIETY (THE MCGILL DAILY & LE DÉLIT)

@themcgilldaily

@le_delit

Student newspapers.

RADIO CKUT 90.3 FM

@ckutmusic

Campus-community radio station based at McGill.

ELEVES DES CHAMPS

@eleves_des_champs

Student-run ecological farm growing 50+ varieties of veggies every year in Ste-Anne-de-Bellevue, QC

SCAN FOR
LINKS TO
RESOURCES!



linktr.ee/
Independent_Student_Groups

UNIVERSITY CENTRE

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

BASEMENT

- Gerts Bar *
- Student Group Offices
- Booking spaces

FIRST FLOOR

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

SECOND FLOOR

- Cafeteria *
- Booking spaces

THIRD FLOOR

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

FOURTH FLOOR

- Student Group Offices
- Booking spaces
- Club Lounge - one of the best views of campus

**Open to all students during regular opening hours.*

SSMU OFFICE

3501 rue Peel

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

@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 matchas, teas and coffees, as well as pastries and breakfast items!

GERTS BAR

*gertscampusbar.ssmu.ca
@gertsilithurts*

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.

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.



The SSMU office was recently relocated, but don't worry — we're now just at 3501 Peel Street, right behind the University Centre.

SSMU EXECUTIVES

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



PRESIDENT

DYMETRI Q. TAYLOR

he/him/il

president@ssmu.ca

Chief officer of SSMU.



VP CLUBS AND SERVICES

HAMZA ABU ALKHAIR

he/him/il

studentlife@ssmu.ca

Point person for the internal relations of SSMU and affiliated student groups.



VP EXTERNAL AFFAIRS

SERAPHINA CREMA-BLACK

she/her/elle

external@ssmu.ca

Coordinates SSMU's relations with outside organizations and causes.



VP UNIVERSITY AFFAIRS

SUSAN ALOUDAT

she/her/elle

ua@ssmu.ca

Advocates for student interests in McGill governance.



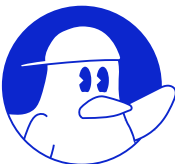
VP INTERNAL AFFAIRS

ZEENA ZAHIDAH

she/her/elle

internal@ssmu.ca

In charge of communication and creating a student community.



VP FINANCE

TO BE HIRED IN THE COMING MONTHS

finance@ssmu.ca

Chief financial officer of SSMU.

TIPS



TIPS AND TRICKS

If you're looking for the short and sweet tips and tricks to surviving here at McGill, look no further. Here's a collection of useful hints that should make your time here more pleasant.

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!
- The McGill library pays for Criterion on-Demand, an online digital library of films that you can watch for free.
- Find a map of Montreal'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.
- Gerts Bar and Cafe provides an accessible space for students to study, host events, and have fun.

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.
- Find study groups.
- Writing notes by hand makes them easier to remember.
- If a course you want to get into is full, you can pay \$1 and be notified when a seat opens using Seat Alert.
- You get access to Grammarly, Udemy (online courses), and Headspace (guided meditation) through the SSMU.

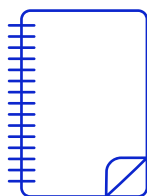
SCAN FOR
LINKS TO
RESOURCES!



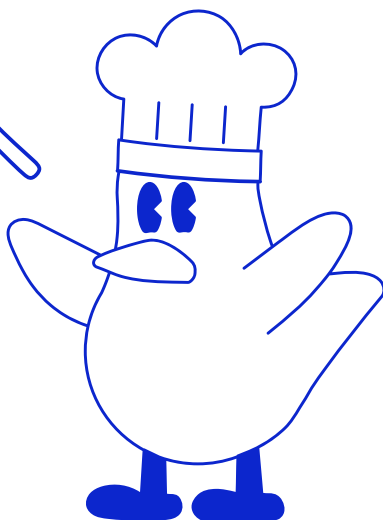
*linktr.ee/
Handbook_Hacks*

KITCHEN

3



+



DINING HALLS

MEAL PLANS

If you're living in a traditional downtown residence this year (not Solin), then congratulations, you've gained access to an exclusive club: hungry students who want to eat six meals per day. At McGill, students living in Res are enrolled in a mandatory **All You Care to Eat (AYCTE)** meal plan. In practice, this means that so long as the dining halls are open, you're invited. Just swipe your card, and eat as much as you want, whenever you want. **Students who do not live in Res can still eat in the dining halls, but must pay to enter: Breakfast is \$10.39, lunch is \$13.49, and dinner is \$15.59 (plus tax).**

SUSTAINABILITY

McGill works very hard to be sustainable! Lots of the produce in the dining hall is from Mac Campus, and McGill partners with over 30 Local Quebec farmers and producers within a 500 km radius. They actively source organic produce, and support fair trade initiatives and sustainable fishing practices.

DINING HALLS

BISHOP MOUNTAIN HALL

If you don't think you're hungry, by the time you get to this dining hall in upper res, I can almost guarantee you will be. It has nice views and nice salad dressings, and the architect had some fun and made it a circle?

CARREFOUR SHERBROOKE (C4)

The (current) closest dining hall to downtown campus! However, what you gain in convenience, you lose in seating... This is the smallest dining hall, you have been warned.

NEW RES

A bit of a walk from campus, but it's really not that bad. If you live in New Res you're winning. The food is good, and there are plenty of seats around.

RVC

Currently under construction! But hopefully it'll be back soon because it's huge and close to campus, so it's a two-birds-one-stone kinda place.

HALAL

All beef, veal, lamb and chicken is certified Halal in the dining halls and residence cafes.

KOSHER

A Kosher meal plan is available! **It's the same price as the regular AYCTE meal plan, but has a declining balance.** If you require a Kosher meal plan, submit a written request to housing.residences@mcgill.ca by September 30, 2025.

AFFORDABLE FOOD

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

PEOPLE'S POTATO

1455 Blvd. De Maisonneuve
Ouest

Free daily (Mon-Thurs)
vegan lunch. Bring your own
container and utensils!

LE FRIGO VERT

1440 Mackay St

Purchase a membership to a
subsidized grocery store and
cafe! Costs are sliding, or
memberships can be bought in
exchange for volunteer hours.

HIVE FREE LUNCH

SC Building, room 200
(Loyola Campus)

Free breakfast and
lunch every weekday at
Concordia's Loyola campus.
Meals are vegetarian
or vegan to increase
accessibility!

MIDNIGHT KITCHEN

University Centre

Weekly free vegan meals on
McGill campus! Check their
calendar on their website for
exact dates.

MILTON PARC FOOD HUB

3594 Jeanne-Mance Street

Free hot meals every
Friday! Bring your own
container for meals. They
also offer food baskets.

THE RABBIT HOLE

3625 Aylmer Street

Cheap, cash-only vegan
lunches during the
academic year. Available
to all members of the
community.

SNAC

3480 McTavish, University
Centre #106

A student-led initiative that
distributes fresh, local fruits
and vegetables to students at
affordable prices.

SSMU FOOD PANTRY

@ssmufoodpantry

Fresh and local groceries at
a pay-what-you-can price!
Grocery vouchers also
available.

TOO GOOD TO GO

Download this app to help
reduce food waste! You can
pick up highly discounted
bags of leftover (but still
good) food at the end of
a day from restaurants,
grocery stores, and more!

MON	TUES	WED	THURS	FRI
People's Potato 12:30-2pm	People's Potato 12:30-2pm	People's Potato 12:30-2pm	People's Potato 12:30-2pm	Racine Croisée 3:30-6:30pm
Le Frigo Vert 12-6pm	Le Frigo Vert 12-6pm	Le Frigo Vert 12-6pm	Le Frigo Vert 12-6pm	Hive Free Lunch 8:30-9am; 10-10:30 am; 12:30-1:30pm
Hive Free Lunch 8:30-9am; 10-10:30 am; 12:30-1:30pm	Hive Free Lunch 8:30-9am; 10-10:30 am; 12:30-1:30pm	Hive Free Lunch 8:30-9am; 10-10:30 am; 12:30-1:30pm	Hive Free Lunch 8:30-9am; 10-10:30 am; 12:30-1:30pm	The Rabbit Hole 12:30-1:30pm
SNAC 1-4pm		Midnight Kitchen 1pm	Midnight Kitchen 1pm	Milton Parc Food Hub 6-7pm
		SSMU Food Pantry 6pm onwards		

Food bank

ONECARD + ON CAMPUS FOOD

ONECARD

When you arrive here at McGill, you have a slew of what I call “free-dollars.” To be very clear, they’re not free – you put them there – but if you don’t spend them they vanish into oblivion. Okay fine, not really: when you graduate you can be refunded so long as your balance is over \$50. These dollars – \$500 if you are in downtown residence, and \$600 if you are in Solin hall – are on your “One-Card” (your student ID). If you aren’t living in Res, you’ll need to activate your OneCard account in order to use it. Visit their website and follow the provided instructions. If you want to top up your OneCard, you can do so on the OneCard website.

WHERE CAN I SPEND MY ONECARD DOLLARS ON CAMPUS?

MCGILL CAMPUS STORE

Buy your books or McGill merch!

VENDING MACHINES

For the late night chocolate bars and powerades.

DINING HALLS

If you are on the AYCTE meal plan, going to the dining hall does NOT detract from your balance.

BOOSTER JUICE

Smoothies and juice in McConnell Engineering.

DISPATCH

A café in McConnell Engineering.

MARTY’S FUELING STATION

Make your own bowl, sandwich, or smoothie in the sports complex.

MED CAFE

Hot and cold buffets with lots of protein (for the gains) in McIntyre Medical Building.

MEZZE

Mediterranean food with halal offerings in McConnell Engineering.

PHYTO CAFE

Vegetarian eatery in Stewart Bio.

QUESADA

Mexican food in Trottier.

REDPATH CAFE

A cafe, poke bowls, sandwiches, and snacks in Redpath Library Basement.

SOUPE CAFE

Soups, chilis, and snacks in Burnside Hall + The Education Building.

STARBUCKS

Coffee and frappuccinos at 475 Sherbrooke St. Ouest.

THE BAR

Pasta and Pizzolls eatery in Chancellor Day Hall.

VINH'S CAFE

Vietnamese food in the Genome Building + Strathcona Music Building.



RESTAURANTS THAT ACCEPT ONECARD



SPENDING YOUR ONECARD

I see you, I hear you: you're tired of being on-campus and want to go literally anywhere else. The following locations are all near (not on) campus, and they accept OneCard as means of payment.

ALTO

Pizza, pasta, milkshakes and more!

BASHA

Lebanese food with Halal offerings. Only their 3507 Avenue du Parc location accepts OneCard.

BISTRO DE LA CITÉ

Pastries, coffee, paninis, and wraps.

CHEF ON CALL

Elite post-club food late night gourmet burgers and fries.

DUMPLING SHOP

Handmade dumplings and Cantonese Dim Sum.

KINTON RAMEN

A selection of Ramen! Only their 1202 Union Ave location accepts OneCard.

LE PLEZL

Mediterranean food with Halal offerings.

LOLA ROSA

A vegan-focused restaurant. Only their 545 Milton Ave location accepts OneCard.

MALAK AL TAWOUK

A wide selection of fresh Lebanese fast-food.

MCGILL PIZZA

Pizza, burgers, subs, sandwiches and more.

Ô FOUR

Authentic Lebanese food, with weekend brunches!

POKE MONSTER

Poke Bowls! Only their 3550 Avenue du Parc location accepts OneCard.

ST. HUBERT EXPRESS

Casual dining best known for their rotisserie chicken. Only their 3575 Avenue du Parc location accepts OneCard.

SUBWAY

Create your own sandwich. Only their 1100 Dr. Penfield location accepts OneCard.

THAI EXPRESS

Quick-service Thai food. Only their 3550 Avenue du Parc location accepts OneCard.

INTERNATIONAL FOOD

Are you an international student missing home? Or maybe you just really wish you were a whole continent away from the piles of snow sponsored by the Montreal winter? In either case, I can help. Below is a (non-exhaustive) list of some nearby international restaurants and grocery stores to satisfy all your international needs.

CHINESE FOOD

- A great place for Chinese food is (as you may expect) **Chinatown!** There are plenty of restaurants and grocery stores that you should definitely explore.
- Montreal has a huge dumpling scene, you're almost definitely within a 20-minute walking radius of a dumpling shop at any given moment. A Montreal cult classic is **Sammi & Soupe** dumplings, but the city is full of great places.

MIDDLE EASTERN / MEDITERRANEAN FOOD

- **Garage Beirut** is a cozy restaurant which serves traditional Lebanese food.
- **Mirage Restaurant** is an ambient restaurant serving quality Middle Eastern food.
- **Shawarmania** is right across the road from campus, making it a great choice for mid-study cravings.

ITALIAN FOOD

- **Pizzeria 900** is another cult classic and has been voted some of the best pizza around.
- **Weinstein and Gavino** is a huge Italian place on Crescent Street – it's so big you're almost guaranteed a spot.

MEXICAN FOOD

- **La Cantina** a small restaurant with great tacos.
- **La Capital Tacos** serves Mexican street food and is open late!



VIETNAMESE FOOD

- **Pho Ly Quoc Su** is right near campus, in Phillips Square, and has great variety.
- **Pho Bac** serves authentic Vietnamese food in a cozy atmosphere.

INDIAN FOOD

- **Rutba** serves delicious Indian food on St. Laurent.
- **Chez Devi** has authentic, tasty food on Crescent St.



SUSHI

- **Sushi Inbox** is right near campus and has fresh sushi with student deals.
- **Sushi Sama** is also right near campus, they have a huge menu and also serve poke bowls.

CAMPUS BARS

GERTS

@gertstillthurts

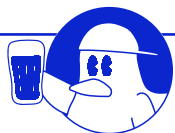
Gerts, in the basement of the University Centre, is run by the SSMU. They're open weeknights until midnight and have a wider selection of beverages than the faculty bars. They host tons of fun events: trivia nights, comedy nights, and music events. They have a different deal each day of the week, and their lychee sangria comes highly recommended.

BAR DES ARTS

@bar_des_arts

Bar des Arts (BDA) is, as you may have suspected, run by the Arts Undergraduate Society. Run in the basement of Leacock on Thursdays, show up for warm beer and smouldering grilled cheeses. BUT be warned, the lines are genuinely petrifying: there's a 50% chance you'll show up, see the line, and turn right back around.

At BDA, Blues, and 4 à 7 you have to buy drink tokens and then you go to the "bar" and get a drink.



You have to bring your own cup to BDA, Blues, and 4 à 7, otherwise you'll have to rent a cup. There are 0 single-use cups to promote sustainability.



BLUES

@blues.pub

Blues is run by the Engineering Undergraduate Society on Fridays from 4 pm until 9 pm. Head to the Engineering common room in McConnell basement for a cash-only establishment with (very talented) student DJs, cheap beer, and grilled cheeses. I'm telling you now that those sandwiches are a gamble: you'll either have the best grilled cheese of your life or get handed two burnt pieces of toast with no cheese at all. Good luck.

4 À 7

@mcgill4a7

4 à 7 is run by the Management Undergraduate Society in the Basement of the Bronfman building on Thursdays. If you thought their hours were 4 pm to 7 pm you are not alone, but you are wrong: their hours are 5 pm to 8 pm (please don't ask, I have no answers for you). Come for the theme nights and cheap drinks! What was that? Is it full of finance bros? ... I plead the fifth.

DÉPANNEURS + SAQ

DÉPA-WHAT-NOW?

A dépanneur – what you shall call “the dep” – is a convenience store. That’s it. It’s a very fun and very French word for a very common category of shop. Dépanneurs almost always sell candy and beverages, but sometimes even have grocery-esque items: bread, produce, canned goods, household items, etc.

Some deps also sell alcohol. They aren’t licensed to sell any hard stuff, but they can sell beer and cider, seltzers, and some wines.

SAQ

SAQ stands for “Société des alcools du Québec,” and is the provincial liquor store. If you’re looking for things like vodka or tequila, the SAQ is where you should go.

BUYING ALCOHOL IN MONTREAL

The first thing you must know: to buy alcohol you need to be 18 with a government ID at the ready. If you’re still 17 you’re out of luck, but you’ll be 18 soon enough, I promise.

Provincial law dictates the hours during which alcohol can be sold. **Stores/deps/SAQs can only sell alcohol between the hours of 9 am and 11 pm daily.**

I said this already, but I’m saying it again because it’s important: **BRING YOUR GOVERNMENT ID.** If you don’t have an ID, *they will not serve you.*

OAP EXPLAINED



WHO IS OAP

OAP is run entirely by student volunteers, with proceeds going towards the Engineering Undergraduate Society (EUS) and the President's Choice Children's Charity. If you want to get involved, check out their website. It's a huge and popular event, they need all the help they can get!

WHAT IS OAP

OAP – Open Air Pub – is lovingly referred to as “the best place on Earth.” The lovechild of a pub, music festival, and barbeque. They serve burgers and hotdogs and have vegetarian options. They also serve beer and seltzers, as well as sodas and water. There are also lawn games like cornhole, and a big hill to sit on and relax in the sun with your friends.

WHERE IS OAP

OAP takes place on the Lower West Field! Right outside Redpath Library (strategically placed to give those with late final exams incredible FOMO).

WHY IS OAP

To bring joy to campus, especially at the end of Winter semester – any returning student can attest to how badly joy is needed.

WHEN IS OAP

OAP takes place when it's warm enough for it to be permissible to be on the field all day – the first few days of the Fall semester, and the very last days (during the end of finals season) of the Winter semester. It's open from noon until 9 pm – but I'm warning you now, if you get in line any time after 4:30 pm, the odds of you ever getting in plummet to almost zero.

HOW IS OAP

It's the best place on Earth – slogans don't lie, that would be false advertising. However, if you have an exam the next morning it is *not* the best place for you – the possibility of a hangover during your 8:30 calc final may be enough to deter you until after your exams are over.

EATING DISORDERS



Content Warning: The following section discusses topics related to eating disorders. This content may be distressing or triggering for some readers. Please take care of your mental well-being — feel free to skip this section if needed.

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

RESOURCES

ANEB QUEBEC

(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

(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 from a health care professional to access the program. You will need to visit your family doctor or the McGill Student Wellness Hub first (page 82).

NATIONAL EATING DISORDER INFORMATION CENTRE (NEDIC)

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

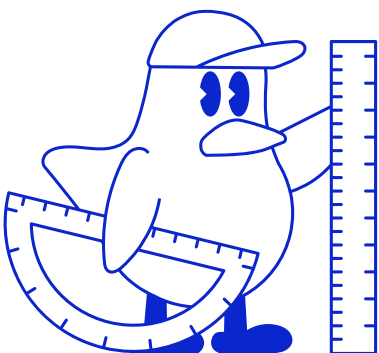
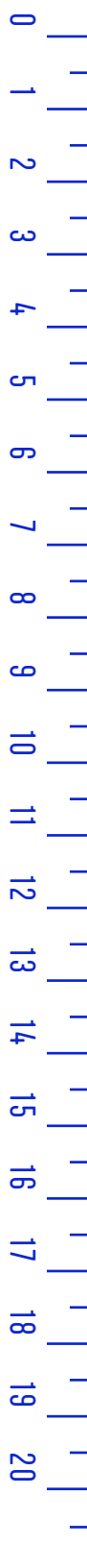
This service provides on-campus and virtual peer support for those experiencing an eating disorder.

SCAN FOR
LINKS TO
RESOURCES!

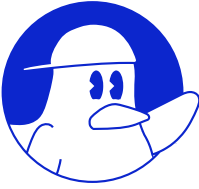


[linktr.ee/
EatingDisorder_Resources](https://linktr.ee/EatingDisorder_Resources)

HOME OFFICE



SUSTAINABILITY



There are a whole slew of ways to get involved with sustainability on campus! Regardless of your program, you can contribute and help make McGill more environmentally friendly and sustainable.

SUSTAINABILITY EDUCATION

Creating a Brighter Future: Sustainability at McGill is a myCourses module available to all students who want to learn about ways they can incorporate sustainability into their time at McGill. It is full of resources, offering a crash-course on sustainability. It also offers examples of how students can get involved.

SUSTAINABILITY PROJECTS FUND

Do you have an idea to make McGill more sustainable? There's a fund for that! The Sustainability Projects Fund (SPF) is the largest fund of its kind in Canada, valued at \$1 million annually. Projects can be small – needing under \$300 – or large, requiring over \$400,000 for University-wide transformations.

SUSTAINABILITY CLUBS

Many of the student clubs here at McGill are oriented around sustainability!

SUSTAINABILITY AMBASSADORS

Do you want to promote sustainability on campus? The Sustainability Ambassadors Program (SAP) is a year-long leadership development and volunteer opportunity for students.

SUSTAINABILITY STRATEGY

The Climate & Sustainability Strategy (2025-2030) details McGill's five long-term sustainability commitments. Each commitment includes a target for 2030, aligning with the strategy timeline.

SCAN FOR
LINKS TO
RESOURCES!



*linktr.ee/
McGill_Sustainability*

ONLINE ACADEMIC RESOURCES + TUTORING

ONLINE ACADEMIC RESOURCES

The McGill Libraries website (mcgill.ca/library) is a great place to find resources. It can be a bit overwhelming, so a few of the key sites are listed here.

SUBJECT GUIDES

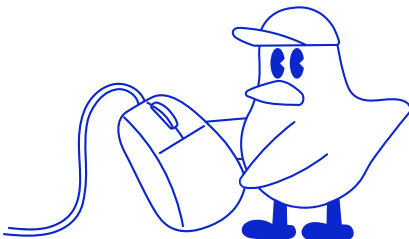
The libraries offer extensive guides for researching specific topics – they are a great place to start.

DATABASES

McGill students have access to over 1,500 databases across a wide array of subject areas.

ARTICLE/CHAPTER SCAN

You can request an article or book chapter scan to be delivered to your McGill email address. Delivery time is typically 2 to 4 business days.



TUTORING SERVICES

There are plenty of tutoring services available to you to help you get through those tough classes! Check your faculty/department for more options, but a few key services are listed below.

MCGILL TUTORIAL SERVICE

If you want to tutor others (and get paid!), this is the place for you. You can sign up to be a tutor for specific classes if you meet hiring requirements. You can also hire a tutor to help you understand the things you aren't quite getting in a requested class.

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

ENGINEERING PEER TUTORING

Upper-level undergraduate tutors have weekly drop-ins where UO/U1 students can get help with coursework.

Cost: Free

SUS TUTORING SERVICE

One-on-one tutoring, group tutorials, help desks, and review sessions from qualified student volunteers.

Cost: Free

AUS ESSAY CENTRE

Tutors can help you (in French or English) at any stage of the essay-writing process – from creating an outline to editing a finished draft.

Cost: Free

MUS TUTORIAL SERVICE

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

Cost: Free

LIBRARIES



UNIVERSITY LIBRARIES

The first thing you must know is that the libraries here are not the same as your library from high school. There are plenty of them, and they're all a little different. Some are low-key, and some you should only enter if you (like everyone else there) are faced with the impossible reality of needing to finish your work or (almost) die trying.

You'll likely pick a regular spot and spend an unnatural amount of time there, so pick well! Your library choices say a lot about you – they're the McGill equivalent of Hogwarts houses if we're being honest with ourselves.

LIBRARY HOURS

The libraries each have different hours, so check mcgill.ca/library/branches to make sure you don't brave the snow only for the library to be closed.

Library hours also change throughout the semester! During exam season, most libraries stay open later, many even staying open 24/7.

LIBRARY ROOMS

I would like to be the one to tell you that library rooms are your friend. Need a place to study as a group? Need a place to really study, with zero distractions? Need a guaranteed seat during finals? Need a quiet place for an interview? Need a 20-minute power-nap? Book a library room. libraryrooms.mcgill.ca/reserve/groupstudy



LIBRARIANS

They are your friends. They have the answers you are looking for – whether it's about citation styles or databases, or how to find information on a niche subject. You can **text (!)** the McGill Librarians at 514-600-6235 during library service desk hours. You can also reach out to subject liaison librarians (mcgill.ca/library/contact/askus/liaison), who are subject specialists and can help you find the resources you're looking for (but without the headache).

SSMU LIBRARY IMPROVEMENT FUND (SSMU LIF)

Through SSMU LIF, the libraries are able to maintain essential services, facilities, furniture, and equipment, as well as expand their collections. This funding has also supported the creation of much-needed 24-hour study spaces.

If you have suggestions for improvements, contact lifc@ssmu.ca.

MCLENNAN-REDPATH LIBRARY COMPLEX / HUMANITIES AND SOCIAL SCIENCES LIBRARY

3459 McTavish Street

Redpath basement is called “Cyberthèque” and is great for group work – there’s also a full cafeteria.

The general rule with this complex is the higher the floor the more intense the silence. The first 2 floors are chatty and great for group projects, but by the time you get to McLennan 6 only pure silence is socially acceptable.

There are 3,500 seats total, so you can almost always find a spot somewhere, but no matter how hard you look, you won’t ever find a book. They took them away. It’s disconcerting. It really is.

ISLAMIC STUDIES LIBRARY

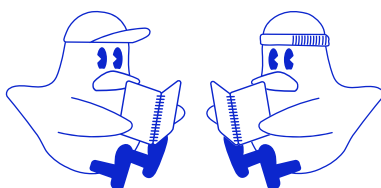
3485 McTavish Street

The Islamic Studies Library is in the middle of campus, making it great for any short breaks between classes. It’s gorgeous, and generally considered to be the most aesthetically-pleasing library McGill has to offer. This library works with the Institute of Islamic Studies to highlight and illustrate the scale of Islamic civilization. It’s for silent study only.

SCHULICH LIBRARY OF PHYSICAL SCIENCES, LIFE SCIENCES AND ENGINEERING

809 Sherbrooke Street West

Schulich is a common fan-favourite, with different atmospheres on each floor. It’s attached to the Engineering complex, and I truly wish you the best if you try and find a seat during peak exam season.



BIRKS READING ROOM

*William and Henry Birks Building, floor 2
3520 University Street*

Birks is a small, cozy reading room with shelves full of antiquated books. It's gorgeous, has limited opening hours, and you should make sure you're wearing matching socks... #no-shoes-allowed.

OSLER LIBRARY OF THE HISTORY OF MEDICINE

*McIntyre Medical Building, floor 3
3655 Promenade Sir William Osler*

This library is small (about 30 seats total) and it is for silent studying only. It's up a hill, but the sunlight coming through the large windows makes up for it.

MARVIN DUCHOW MUSIC LIBRARY

*Elizabeth Wirth Music Building, entrance on 3rd floor
527 Sherbrooke Street West*

This space is available to everyone, but those in the Faculty of Music have priority – they have lots of resources available, including pianos, audio equipment, LPs and turntables, and audio editing software. Students should note that those in the Faculty of Music are given priority in this space.

NAHUM GELBER LAW LIBRARY

3660 Peel Street, floors 1-5

Law library is reserved for those in need of an academic comeback. The no-talking and no-eating policies are heavily enforced – it is a place for academics and academics alone. It's very studious and sophisticated, a personal favourite of mine.

EDUCATION CURRICULUM RESOURCES CENTRE

*Education Building, 1st floor
3700 McTavish Street*

This library is also quite small. You can find the university's children's and young adult literature collection here!

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

Below is the basic grading scale for McGill. Grades that are required to pass a class differ between faculties, so always check in with your faculty first. Typically, a grade of "C" (2.0) is necessary to pass a required class. You must have a minimum CGPA of 2.0 to be eligible for graduation with a McGill Degree.



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

OTHER GRADES

McGill expanded their grading scheme beyond the first six letters of the alphabet – if you see an unusual letter as your grade, don't you worry. Here are some of the more common ones:

GRADE	DEFINITION
J	You missed something. You were absent for a final exam or failed to complete other coursework. It's a fancy way of saying you failed the class.
K	You missed something but your professor is being nice about it – they've given you an extension to complete missing work.
JK	You were the class clown. Congratulations. JK.
L	Your application to write a deferred exam was accepted – more like a W if you ask me.
P	You passed! It doesn't contribute to your GPA, but you passed!
W	You withdrew from a course. It doesn't impact your GPA in the slightest.

EXAMS



EXAM SEASON

Don't we all just love it? If it's your first McGill Exam Season, you're in for the ride of your life, and if you're returning, you know to buckle up. Exam season means: every seat in every library is occupied, you will be ordering delivery to McLennan (and ignoring all the "no food allowed" signs), and you will forget what it means to have a sleep schedule. In short, society fractures as we all descend into collective delirium and live in the trenches together. That being said, there are some things that can help you prepare for (and survive!) exam season.

PLANNING FOR EXAMS

- The Fall exam schedule is typically released in October, and the Winter semester exam schedule is released in February. Do NOT make travel plans until the final schedule is released – you won't get a deferral for travel reasons.
- Start studying earlier than you think you should. Trust me. Please.

EXAMS THEMSELVES

- You'll need your student ID, a pen and pencil, and maybe a calculator, depending on your exam.
- Exams are held across campus, mostly in the sports complex. If your exam is in the fieldhouse, it's you and 40 rows of (wobbly) desks – get there early so you can find one as stable as possible.
- You are allowed to bring snacks! If you bring something loud or pungent everyone will hate you, so be respectful. But that being said, fuel up!
- Final exams are three hours long. Midterms are most often held during a class period – either 50 or 80 minutes. There is no official schedule for midterms, they will be listed on your course syllabus and announced in class by your professor.

CRIB SHEETS

Some (wonderful) professors let you bring a crib sheet to an exam. What's a crib sheet you ask? Your saviour, that's what. Essentially, it is a cheat-sheet that you get to make. Professors each decide what can and **cannot** go on a crib sheet, and how much space you get. They usually have to be handwritten. If you are given full creative liberty, I'd recommend formulas (duh), but also some fully worked-through practice problems.

DEFERRED EXAMS

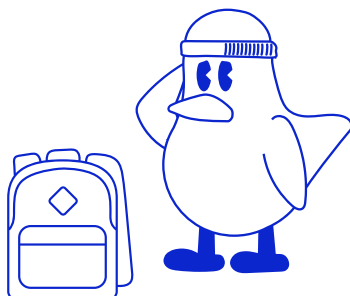
If you have an emergency, you can apply for a deferred exam. They're usually 3-4 months later (you have to study for them all over again). You cannot defer an exam once it starts, and you cannot defer any exam more than once. The first time you need to defer, your request is likely to be accepted, but the more unrelated requests you send... let's just say they'll check your reasons more and more critically each time.

To defer an exam, submit a request according to your Faculty Guidelines. You may need to provide a (valid) reason and supporting evidence. If you still have questions, talk to an Academic Advisor.

EXAM ACCOMMODATIONS

If you require accommodations for your exam, they will be provided, don't you worry. First, you'll need to register with **Student Accessibility & Achievement**. Then, it is **YOUR** responsibility to submit accommodation requests **a minimum of 14 days before the date and time of the quiz/test/exam**, using their ClockWork account.

If you have accommodations, you'll take exams separately from your classmates. You will receive the location of your exam via your McGill email one day before. **Double check the time of your exam and do not be late.**



SUMMER COURSES

WHAT ARE THEY?

Summer courses... You either love 'em or hate 'em. For most degrees, summer courses are not required (sorry to some of you future engineers), but they can be a great way to lighten your load during the regular academic year.

HOW DO THEY WORK?

Summer courses give you the exact same credit as Fall or Winter semester credits, but are very condensed. Instead of three hours per week (as a normal class is during the Fall or Winter semesters), summer courses are typically **10 lecture hours per week, for up to a maximum of five weeks**. This means that summer courses are hard – they move quickly, and you go through a lot of content per day. Summer courses are typically offered in May, June, and July.

WHY WOULD I EVER WANT THAT?

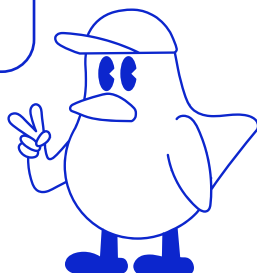
Because then you get to experience Montreal in the summer (which is so full of life!)? In all seriousness, people have love-hate relationships with summer courses. They are *great* for lightening the load during the Fall and Winter semesters. Plus, while the content does move quickly, it means you can really lock in on that one subject – you don't have four other classes demanding your attention.

HOW DO I REGISTER?

Registration for Summer courses usually opens in the beginning of March. The process for registering for a summer course is the same as when registering for a Fall or Winter course.

But keep in mind! There are fewer courses offered in the summer, and they fill up **QUICK**. If you want to take a summer class, be ready for those first days of registration; otherwise, you probably won't get a seat, especially if it's a particularly popular course.

TIP: If you want to learn something during the summer but a McGill course sounds like too much for you, check out Udemy! As a part of the SSMU you have access for free, and can take a bunch of different courses online!



ACADEMIC TIPS



STUDY TIPS

- I know you don't want to hear it, but step one of doing well is showing up. Show up. Go to class. Go to your tutorials. Go to your labs and conferences and seminars.
- I promise your professors will do their best to help you whenever they can. If you're stuck, go to their office hours and talk to them. They ARE human – wildly intelligent (yet still alarmingly aloof?) – but still human.
- Study early. I know it's obvious, but the earlier you start, the more time you have.
- Make a study group! Make a group chat with people in your classes who you can go to with questions about homework or projects. You can edit each other's essays and go over solutions to ODEs together. Study groups are a great way to remember that **you are not alone**.
- Stay healthy. Neglecting yourself is the same as neglecting your work, I promise. Stay active, eat well, sleep enough, and take breaks when you need them (we ALL need them).
- Please don't cram. It won't get you very far.

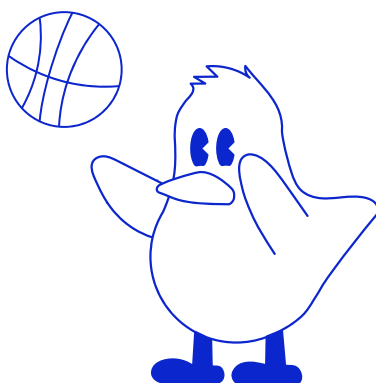
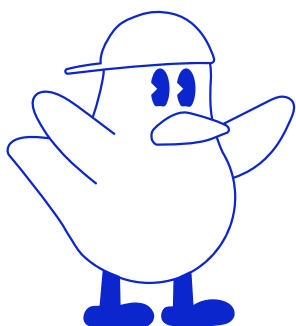
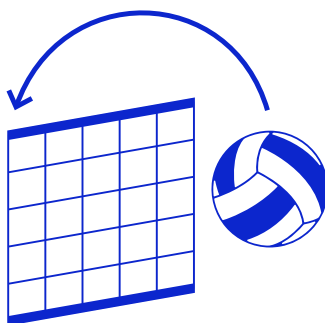
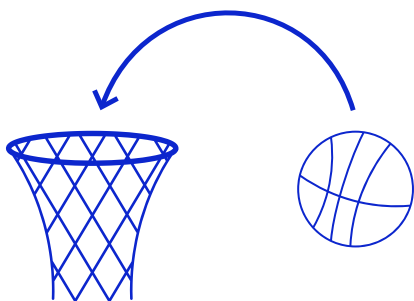
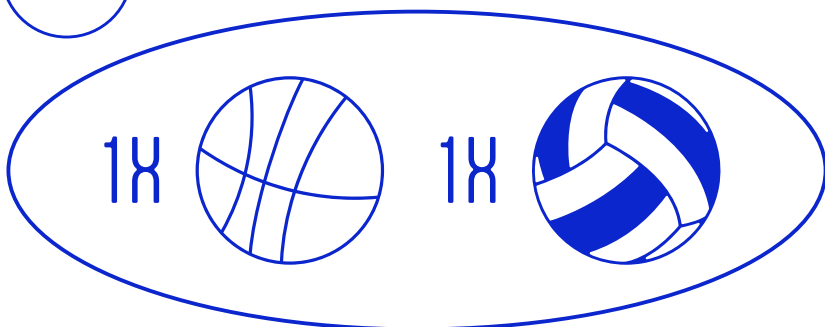


EXAM TIPS

- Don't stress. Impossible? Yes. Beneficial? Also yes. Do your best to calm your nerves before your exam – you know what you know, and the last 10 minutes before the invigilator says "start" cannot save you no matter how hard you try.
- Bring a water bottle! Staying hydrated helps your brain work (or so I've been told), and anything you can do to stay comfortable during exams will help you in the long run.
- Eat a good meal before you show up. You don't want your blood-sugar reaching an all-time-low in the 26th row and 11th column of the fieldhouse exam room. Trust me. Fuel your body.

Gym + BACKYARD

5



VARSITY AND CLUBS SPORTS

Varsity Sports are for McGill's highest performing athletes. There are currently many Varsity teams across various disciplines. Being a Varsity athlete is a huge commitment, and comes with strict eligibility criteria, but it is incredibly rewarding.

LEVEL 1

- Basketball (M ; W)
- Football (M)
- Hockey (M ; W)
- Soccer (M ; W)
- Swimming (M&W)
- Volleyball (W)

LEVEL 2

- Badminton (M&W)
- Baseball (M)
- Field Hockey (W)
- Golf (M&W)
- Lacrosse (M)
- Rowing (M&W)
- Rugby (M ; W)
- Artistic Swimming (W)
- Track and Field (M&W)
- X-Country (M&W)

VARSITY ATHLETES

As a Varsity Athlete, the number of courses required to be a full-time student decreases to a minimum 3 courses per semester (as opposed to a minimum of 4). You are required to be in Satisfactory academic standing, and must be registered with the Varsity office and receive medical clearance.

VARSITY COUNCIL

If you're a Varsity Athlete, there's a council to support you! Made up of 6 members, they work to provide a forum for athletes to express their thoughts, concerns, and suggestions. They create a link between Varsity teams, and organize events to promote engagement from the wider community. This year, the president is Ella Durno (track). Contact varsitycouncil.athletics@mcgill.ca for more information.

BECOMING A VARSITY ATHLETE

Reach out to the coach of the team you're interested in trying out for. There are also open try-out days at the beginning of the year – these are open to anyone (as their name suggests), and by attending you can earn a spot on a team. For more information, go to McGill Athletics > Recruiting > Open Tryout Dates.

VARSITY GAMES

We have lots of home games! The teams love support! Go watch! McGill is notoriously bad at advertising these games, but home game dates can be found in the calendar section of this handbook (you're welcome McGill).

CLUB SPORTS

Club sports allow students to play sports beyond those offered as Varsity sports in a more substantial form than the intramurals framework can provide.

COMPETITIVE

- Cheerleading (M&W)
- Curling (M&W)
- Cycling (M&W)
- Figure Skating (M&W)
- Lacrosse (W)
- Nordic Ski (M&W)
- Sailing (M&W)
- Squash (M&W)
- Tennis (M&W)
- Volleyball (M)

RECREATIONAL

- Master's Swim (M&W)
- Triathlon (M&W)
- Squash (M&W)
- Fencing (M&W)



INTRAMURALS



INTER-WHAT-NOW?

If you like playing sports but don't want the commitment of a Varsity Team, McGill Intramurals is for you. There are plenty of sports offered each semester. All McGill students who have paid the "athletics fee" (part of your tuition) are eligible to participate. After the ordinary season comes playoffs, and the winning team overall wins "the renowned MUG" (A literal mug indicating you and your teammates are 'McGill Undefeated Gamers') – it doesn't matter what the scores were during the season, if you win overall, you get to say you're undefeated #winning.

WHAT SPORTS ARE THERE? HOW COMPETITIVE IS IT?

Tons! Badminton, Ice-Hockey, Innertube Water Polo, and Volleyball, to name a few. Teams can be created in one of four divisions: Mens, Womens, Mixed (half-half), and Open (anyone all the time). Teams get to choose their level of competition, usually ranging from Tier 1 (the most competitive) to Tier 4 (the least competitive), and some sports even have a purely non-competitive "play-fun" option.

I'M IN. NOW WHAT?

Wonderful. There are three ways to do this: create a team, join a team, or play as a free agent.

CREATING A TEAM

To create a team, go to the McGill Intramurals website and press "Enroll a Team" (go to McGill Recreation > Sports > Intramurals > Enrol a Team). You'll be able to find the detailed instructions on how to enroll a team. Keep in mind, there is a fee for creating a team. Team fees vary between sports, but can reach up to \$500 – this cost is paid during registration, then players can reimburse their captain.

JOINING A TEAM

Find someone who runs a team (or convince your friend to start one!), and get on their roster.

PLAYING AS A FREE AGENT

Essentially, you play as a sub for pre-existing teams. Show up to free-agents night to learn more about the process.

MCGILL RECREATION

STAYING ACTIVE

Not to sound like an overbearing parent, but exercise is important. Staying active is key to staying healthy, both physically and mentally. Whether it's walking the long way to and from classes each day, or hitting the B2 gym 5 days per week, everyone stays fit differently and that's okay. All I want to say is exercise brings endorphins, and endorphins bring happiness, which is something we could all use a little more of (especially during exam season).

THE MCGILL SPORTS COMPLEX

I have great news for you. As part of your tuition, you default to paying an "Athletics and Recreation" fee – this means that you have access to the pool, tennis courts, squash courts, and the running track. Think of all the fun things you can do! Access to the B2 gym does cost an additional fee per semester, so it's on you to decide if that's the life you want to live.

THE B2 GYM

In the very bottom of the sports complex there is a gym. It is a full gym. To be honest, I don't know what more to say than that – it has everything you'd expect of a full gym: treadmills and ergs, a stairmaster, a smith machine, power racks, dumbbells, and lots more. For McGill undergraduate students it costs \$55.99 + tax per semester. They also offer personal training sessions if you'd like support in starting your fitness journey.

RENTING EQUIPMENT

Do you want to take advantage of all the facilities you have access to, but don't have the equipment you need? I knew it. Don't worry, there's an easy solution. Head to the Sportsplex – you can borrow equipment with nothing but a valid student ID card! You can borrow volleyballs, basketballs, tennis rackets, squash balls, skipping ropes, a tug-of-war rope, and more. You can also rent snowshoes for the day!

CLASSES

Along with all the facilities, McGill Recreation also offers a whole ton of different courses. These courses are typically one day per week, and usually run for 8-10 weeks during the semester. They do cost additional fees, which vary between classes.

- Aquatics classes: Learn to swim, as a beginning or correct your technique in an advanced class.
- Fitness classes: choose from spin class, pilates, zumba, and more!
- Sports classes: play tennis, squash, or pickleball at the beginner, intermediate, or advanced level!
- Dance classes: these courses change up regularly, but salsa and hip-hop are almost always available, along with other dance classes cycling through.
- Martial Arts classes: boxing, Muay Thai, Aikido, and more are all usually available throughout the year.
- Personal Trainer Led classes: there are also a selection of classes led by personal trainers if you're looking to get more comfortable in a gym setting.

SSMU MINICOURSES

The SSMU provides affordable extracurricular courses and workshops throughout the year! Keep an eye on the SSMU Instagram (@[ssmucaeum](#)) and the Minicourses website for semester offerings and registration information. Registration for the fall courses typically begins in September. They offer dance and exercise classes, as well as courses on various hobbies or interests!

STAYING ACTIVE IN MONTREAL

STAYING ACTIVE

There are many ways to exercise in this city. I promise. In fact, I'll prove it. Here's a whole list of (mostly) affordable ways you can be an active human being during your stay in Montreal.



LIFE ITSELF

- Live in Upper Residence. By the end of first semester everyone on campus will be able to identify you thanks to your perfectly sculpted calves.
- Take back to back classes so that you force yourself to book it from McConnell Engineering to McMed in a ten minute span three times per week. +10 points if you have a comically heavy backpack.

TRANSPORTATION

- I am a BIXI fiend, and I will die on this hill. Get a BIXI pass. Bike everywhere you go. Do not go anywhere your BIXI cannot go too. It's fun and fast, and then you get to say "Oh! I biked here" which makes you sound cool.
- Walk. Need I say more?
- Run. It's like walking, but faster!
- Jog. It's like running, but slower!

GYMS

If the McGill Gym isn't for you (maybe you don't want to see your ex-situationship every other day, I won't judge you for that), there are other nearby gyms you can join. The YMCA and Econofitness both have locations nearby, which are affordable options for students. There are lots more gyms though, so get on Google Maps and find one near you.

STUDIOS

Dance? Pilates? Yoga with puppies? Yoga without puppies? Martial Arts? Montreal has studios. Plenty of them. Very many of them. I simply cannot list them all (you have unrealistic expectations of me), but get on Google and find something you're excited about. Some even offer the opportunity to take classes for free or a discount if you sign up for a weekly shift working at the studio.



STAYING ACTIVE IN MONTREAL

SPORTS

There are plenty of ways to play sports in Montreal. If you want to play a sport but the thought of Varsity, Club Sports, or Intramurals made you throw up a bit, then check out this list, there may be something more palatable here (I hope).

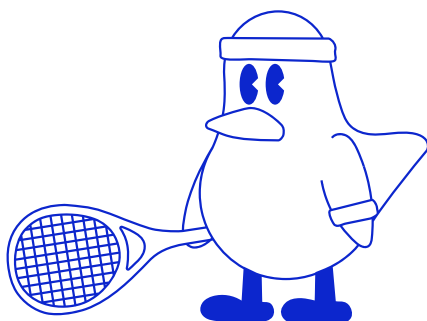
- Join a public running club. There are tons, choose one you like the sound of! McGill also has their own running club, McRun, if that's more up your alley.
- Rock climb! There are climbing gyms around! Or.... McGill has a climbing club.
- Are you a rower? Check out the Montreal Rowing Club!
- Go for a hike! There's always Mount Royal, or if you have a whole day at your disposal, you can venture further from the city – there are some great hikes not too too far from here.

If you still need more ideas, you should do some Googling. While I'd love to list any and everything this city has to offer, I genuinely think I'd graduate before I got halfway through. But Google has all the same information, so if there's something you're interested in, I promise you can almost certainly figure out a way to get involved while you're here, whether it's at McGill or in greater Montreal.

WINTER

There are tons of fun winter activities, and you should do them all (okay fine, just do one, but pick a good one).

- Skating! A whole slew of open-air rinks open up throughout the city, including one on McGill's lower field. Bring your skates (or rent a pair) and enjoy the freezing air.
- Go ski or board! Cross-country skiing on Mount Royal is always an option, but if you need the adrenaline rush of going far-too-many kilometers per hour because the hill is steep and you forgot how to stop, then you should get on a bus and go to a **real** mountain. Saint-Bruno isn't too far, and Mont-Tremblant is only a bit further than that.
- Go sledding! There are dedicated places on Mount Royal, or find a hill near you!



MOUNT ROYAL

1. Parc Jeanne-Mance
2. Camilien-Houde Belvedere
3. Percival Molson Memorial Stadium
4. Édouard-Montpetit Metro (Blue Line) ●
5. Outremont Summit
6. Mont-Royal Cemetery
7. Mount Royal Cross
8. The New Vic (former Royal Victoria Hospital)
9. McGill University Campus
10. Kondiaronk Lookout
11. Peel Metro (Green Line) ●
12. Université de Montréal (UdeM)
13. Notre-Dame-des-Neiges Cemetery
14. Beaver Lake Pavilion
15. Beaver Lake
16. Montreal General Hospital (MUHC)
17. Guy-Concordia Metro (Green Line) ●
18. St Joseph's Oratory of Mount Royal
19. Westmount Summit
20. Atwater Metro (Green Line) ●



MOUNT ROYAL

MOUNT ROYAL

McGill is so lucky to be right at the foot of Mount Royal. While it may not be a “mountain” like those that some people are used to, it is a gorgeous park full of things to do, no matter the season. Right in the centre of the city, it acts as a central landmark and offers panoramic views of Montreal.

MOUNT ROYAL: SUMMER / FALL

- Hike! There are plenty of hiking and walking trails across the mountain.
- Paddle at Beaver Lake – you can rent row-boats and float on Beaver Lake during the warmer months.
- Participate in environmental stewardship programs – they are available through the summer until the end of October.
- Take a guided tour – learn more about the nature we are surrounded by here in Montreal.
- Bike! Grab a Bixi and head up the mountain, it may be a hill, but it's bike-friendly.
- Picnic! There are designated picnic spots across Mount Royal.

MOUNT ROYAL: WINTER

- You can still hike! There will be snow, but you do you.
- Cross-Country Ski or Snowshoe – Les Amis de la Montagne offer equipment rentals.
- Skate on Beaver Lake – bring skates or rent a pair, and enjoy skating on the outdoor lake.
- Toboggan! There are groomed sledding lanes, which are a great way to break up the monotonous winter.

MOUNT ROYAL: SIGHTS AND ATTRACTIONS

- Kondiaronk Lookout: This site offers panoramic views of the city of Montreal. It's beautiful any time of day, but sunrise and sunset are especially nice.
- St. Joseph's Oratory: A Catholic shrine dedicated to Saint Joseph, this minor basilica is the tallest church in Canada.
- The Mount Royal Cross: An iconic Montreal landmark, you can see this lit-up cross throughout the city. It's a short walk from the Kondiaronk Lookout and is the tallest cross in Canada (it's not, but just pretend it is, please).

OTHER PARKS NEARBY

MONTREAL PARKS

If you're not a fan of Mount Royal don't be discouraged, there are lots of other parks throughout the city which you may find more to your liking.

PARC LA FONTAINE

A great place for walking, running, biking, sledding, skating, and much more! Located in the Plateau, it also has beach volleyball courts, a soccer pitch, and two baseball diamonds.

PARC JEANNE-MANCE

Jeanne-Mance is at the foot of Mount Royal. It has beach volleyball courts, tennis courts, a soccer field, and a dog park, among other things. It's a great place to picnic.

PARC JEAN-DRAPEAU

Jean-Drapeau is the third-largest park in Montreal, stretching over two islands. It has spaces for hiking, running, and cycling, but is also home to the Olympic Basin where teams can row and kayak. There are swimming lanes, a rock-climbing wall, beach volleyball, gardens, and a beach.

- | | | |
|-----------------------|----------------------------|------------------------------|
| 1. Rosemont Metro ● | 8. Sherbrooke Metro ● | 15. Saint Laurent Metro ● |
| 2. Parc Laurier | 9. Beaudry Metro ● | 16. McGill University Campus |
| 3. Frontenac Metro ● | 10. Jacques Cartier Bridge | 17. Place-des-Arts Metro ● |
| 4. Laurier Metro ● | 11. Parc Jean-Drapeau | 18. McGill Metro ● |
| 5. Parc La Fontaine | 12. Parc Jeanne-Mance | |
| 6. Papineau Metro ● | 13. Berri-UQAM Metro ●●● | |
| 7. Mont-Royal Metro ● | 14. Jean-Drapeau Metro ● | |



TIPS TO STAY ACTIVE



BUT WHY?

I know what you're thinking. You're thinking I sound like your mom. Yammering on and on about exercise and "staying healthy" and yeah, you're not wrong, but also c'mon. Grow up. I hate to be the (most recent) person to tell you this, but you have to live in your body – if you neglect it, your life will reflect that. Trust me. When you get to my age (the ripe age of 20, thank you very much), your aching backs and knees will wish you had done more lunges or laps around the track or whatever it is you kids do these days.

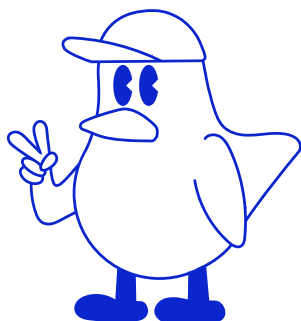
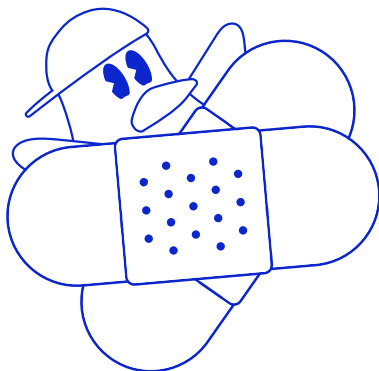
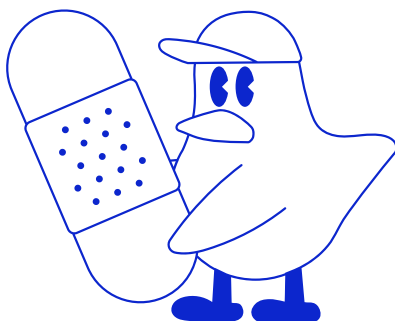
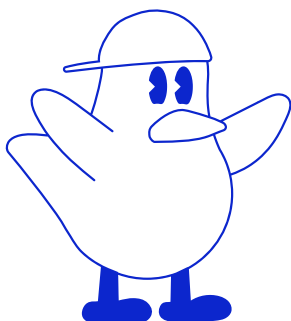
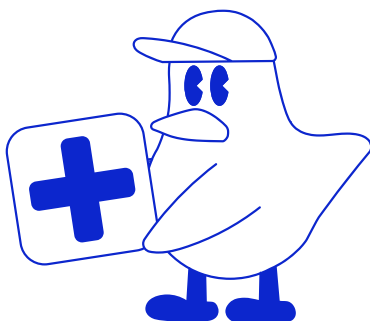
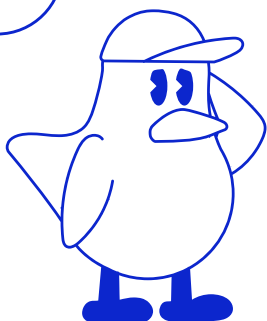
FITTING EXERCISE IN:

But Sarahhh, I don't have time for all that! You do. I promise. Stop whining. If I can do it, you can do it too. There are lots of different ways to integrate exercise into your daily life, so read the tips below and try to at least consider trying one of them out. That way, at least you can say you tried. It's better than nothing, I suppose:

- **PUT IT IN YOUR CALENDAR.** Schedule exercising. You'll only have the time if you make the time, so plan ahead.
- **Book a class!** Take a class once a week, something you find fun and can get excited about – and take it with friends if they're interested too! You can keep each other accountable and have fun, and be healthy all at once! #multitasking.
- **Get a gym crush.** A worthy investment. lykyk.
- **Walk!** Even if you can't commit to the gym or a daily morning run (which I so recommend by the way), walk to the store, walk to class, walk to the bar, walk home, just walk walk walk. Leave 10 minutes earlier and walk instead of sitting on the metro. It seems like such an insignificant little thing, but over time, it adds up, and a little is better than nothing.

BATHROOM

6



WASTE SORTING AT MCGILL



GARBAGE AT MCGILL

The first thing you must know is we don't litter here. We have a lovely campus, please don't ruin it. There are trash cans everywhere, you can do it, I promise.

SORTING

We're too cool for regular garbage cans – at McGill, we sort our trash. It's better for the environment and a little mental warm-up for your way to class. Learn what goes where, and **sort your garbage**.

There are four categories of garbage: Trash (non-recyclables), compost (food waste), and recyclables (cans, glass, and plastic, and then paper and cardboard). Follow the guides written on the garbage cans and help make our campus more sustainable!!

COMPOSTABLES



PAPER, CARDBOARD PAPIERS, CARTONS



PLASTIC, GLASS, METAL PLASTIQUE, VERRE, MÉTAL



LANDFILL DÉCHETS



HEALTH INSURANCE

CANADIAN STUDENTS

studentcare.ca

Studentcare is becoming ALUMO. As the service transitions to its new name, you may see both names—Studentcare and ALUMO—used interchangeably during the next semester. Don't worry, it's still the same provider. 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. Coverage includes but is not limited to:

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

You are automatically registered if you meet all the following conditions:

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

INTERNATIONAL STUDENTS

mcgill.ca/internationalstudents/health

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



If you start McGill in the winter semester, you won't be automatically enrolled – you can enroll from January 2nd to the 19th by contacting StudentCare/ALUMO at 514-789-8775.

IMPORTANT INFO

- Fees are \$400 - \$500 a year, depending on your opt-outs.
- Fees are billed directly to your August e-bill, available on **Minerva: Minerva > Student Menu > Student Accounts Menu > e-Billing and e-Payment menu > View e-Bills**
- You can opt-out of StudentCare/ALUMO 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.
- SSMU staff cannot answer specific or personal questions about the plan; you must contact StudentCare/ALUMO directly at studentcare.ca.
- Only students may make changes to their coverage.

CLAIMING PROCESS

- Go to studentcare.ca and choose the SSMU.
- Find CLAIMS on the right-hand side in a blue box.
- Follow the guide.

MENTAL HEALTH

You're going to have some bad days here. You will. And that's okay. However, if your bad days start to outnumber your good days, it may be time to find some external support. And that's okay too. In fact, it's more than okay. It's wonderful. There are lots of support systems here on campus (and in Montreal in general), and they're here to help you succeed and be the best version of yourself.

SIGNS YOU MAY 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
- Excessive substance use
- Bad performance in school/work
- Increased sensitivity to sights, sounds, etc.
- Declining physical health

RESOURCES

OFFICE OF THE DEAN OF STUDENTS

Your go-to for any emergency support at McGill. See page 14 for more information.

SSMU'S MENTAL HEALTH INSTAGRAM

@ssmu_mentalhealth

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

HEALTHY LIVING ANNEX

3600 McTavish Street (Brown Building), suite 3100

The Annex has a Zen Den (with comfy chairs, colouring, knitting, etc), workshops, and Light Therapy lamps.

SSMU'S MENTAL HEALTH RESOURCES

A list of available resources with explanations as well as links.

****Check pages 14-15 for more resources.**

KEEP.MESAFE

Use this resource to speak to licensed counselors online. You pay a small fee (~\$2) per semester, so there is no additional cost to access these services. Calls are unlimited, access is 24/7, and you can call/text in over 60 languages.

MCGILL NIGHTLINE

(514) 398-6246

This phone line is open 6 pm-3 am during the Fall and Winter semesters. Calls are with trained volunteers, and are anonymous and confidential.

PEER SUPPORT CENTRE

You can speak with a trained peer-supporter either in person or online.

SCAN FOR
LINKS TO
RESOURCES!



[linktr.ee/
Mental_HealthResources](https://linktr.ee/Mental_HealthResources)

WELLNESS HUB

THE WELLNESS HUB

The Wellness Hub is your one-stop-shop for all things wellness related – both mental and physical. They offer appointments with counsellors, nurses, dietitians, doctors, and sexologists. Services are in high demand, so if you want an appointment, call as soon as the phone lines open. Call (514) 398-6017 Monday to Friday from 9 am-12 pm and 1:30 pm-2:30 pm to schedule an appointment or get more information.

WELLNESS HUB SERVICES

Along with the services above, the Wellness Hub wellness-related workshops, along with animal therapy, an art hive, virtual reality, and access to a “shag shop.”

ANIMAL THERAPY

Animal therapy is available Mondays and Thursdays, 1-2:30 pm. Register at least 24 hrs beforehand at the Wellness Hub’s website.

THE ART HIVE

You don’t need to be an ‘artist’ to join, any and everyone is welcome regardless of artistic background. There are art supplies provided. Register at least 24 hrs beforehand at the Wellness Hub’s website.

VIRTUAL REALITY

You can book a 40-minute VR session where you can engage in mindful escapes (relax by exploring the forests or mountains, for example!) or guided workshops, like meditation.

THE SHAG SHOP

The Shag Shop is open Wednesdays and Thursdays (11 am-3 pm) on the third floor of the Brown Student Services Building. They sell condoms, toys, lubricants, gender-affirming gear, menstrual products, and more. Bring a government-issued ID with you – the store is in-person only.

WORKSHOPS

The Wellness Hub offers workshops and events too! Meditation, hikes up Mount Royal, yoga, and more. Check out their offerings by following them on Instagram @healthiermcgill or checking their website.

WELLNESS ADVISORS + MENSTRUAL HEALTH

ADVISORS

Not only does the Wellness Hub offer services and workshops, but it can also connect you with various types of advisors, depending on the type of support you are looking for.

LOCAL WELLNESS ADVISORS (LWA)

LWA's are trained mental health clinicians who have assigned groups they work with. Appointments are up to 90 minutes long, and can help you create a plan to manage anything you may be dealing with. LWAs can refer you to a doctor or a psychologist, but not directly to a psychiatrist. You can book an appointment with any LWA online through the Wellness Hub.

- **Faculty LWAs:** Arts, Science, Management, Music, Education, Engineering, Law, and Medicine
- **Community LWAs:** BI&POC, Black students, 2S&LGBTQ+, International students
- **Lifestyle LWAs:** McGill residences, Athletics & Recreation, Macdonald Campus

ACCESS ADVISORS

Access advisors can help you navigate the services McGill offers – if you haven't noticed, there are a lot of them, and it can get overwhelming trying to figure out what kind of support would be best for you in any given situation. Access Advisors can provide general mental health support, provide you with referrals (for both on- and off-campus practitioners), and help you understand which of McGill's services will be most helpful to you.

MENSTRUAL HEALTH

ssmu.ca/mhp

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

The SSMU Menstrual Health Project was established in 2017 to supply undergraduate students with free menstrual health products and to promote menstrual equity, reduce period stigma, and encourage sustainability in the McGill community. Student coordinators restock over 160 bathrooms around campus buildings and residences with pads and tampons, which everyone can benefit from for free. The SSMU Menstrual Health Project also distributes reusable menstrual products – including period underwear, cups and discs – once a month, and hosts menstrual education events.

SERVICES



MORE SERVICES!

I really did mean it when I said there are tons of systems in place to help support you. Along with everything listed on the previous pages, there are even more services available to you through McGill!

ONLINE RESOURCES

If you're sick of the doctors at the Wellness Hub (pun intended), don't you worry. There are more options available to you.

MAPLE VIRTUAL CARE

International students can see a doctor online, 24/7, for free (covered by the insurance International students have here [Medavie Insurance]).

DIALOGUE

See a nurse or doctor online. Appointments are available 6 am-10 pm Monday to Sunday. Available through StudentCare/ALUMO (the insurance we talked about on page 80).

TIA HEALTH

See a doctor online! This service may charge you fees, as it is not directly affiliated with McGill.

DERMAGO

See a nurse practitioner or a dermatologist online without a referral. This service may charge you fees, as it is not directly affiliated with McGill.

INFO-SANTÉ - CALL 811

Available 24/7/365, you can speak to a nurse confidentially and for free. 811 is for non-emergent health concerns, 911 is (still) the number you should call in case of an emergency. Services are available in English and French.

WOMEN'S HEALTH CENTER

See a gynecologist, or receive sexual-health services (contraception, IUD insertion, etc). McGill health insurance will not cover these services, but if you need a therapeutic abortion, it is covered.

HEADSPACE

From guided meditations, sleep sounds, and mindfulness exercises to help users manage stress, improve sleep, and enhance overall well-being. You have free access to as part of the SSMU Student Support Services program.

ALCOHOL + DRUGS



Content Warning: This section contains discussions of alcohol and drug use, which may be sensitive or triggering for some readers. Feel free to skip to page 87 if you don't feel comfortable reading on this subject.

LEGAL DRUGS

If you want to be 'cool' and do drugs (doing drugs does NOT make you cool, but that's a whole separate conversation), you're in luck! There are some drugs you can legally enjoy while here in Montreal.

CANNABIS

More commonly known as 'weed' or 'pot,' you can legally purchase and use this substance if you are over the age of 21. But remember, just because it's legal doesn't mean it doesn't have side effects, and constant use can cause a dependency. Regulation has made it safer than it used to be – by purchasing from a licensed dispensary, you can be more confident that what you are using is quality and not laced with any dangerous chemicals. If you want dangerous chemicals, skip to the illegal drugs section on the next page – there's a reason these substances are illicit.

1,3,7-TRIMETHYLCXANTHINE

This drug stimulates your central nervous system, circulatory system, and kidneys. It can make you jittery and cause insomnia, raging headaches, anxiety, and chest pain. In the cases of extreme overdose, it can cause an irregular heartbeat and even death. Over 80% of Canadian adults consume this substance regularly – it's found in coffee, chocolate, tea, and even soft drinks. Stay safe, and monitor your caffeine consumption.

ALCOHOL

Yes. Alcohol is a (18+ legal) drug. Just because you can buy it at a *depanneur* doesn't mean it's not a drug.

- Alcohol is a mild depressant, meaning it lowers your heart rate and slows your brain activity.
- When you black out? Yeah, that's when you overdose on alcohol. It's just a more socially acceptable way of saying it.
- Alcohol can weaken your immune system. FROSH flu might start to make sense to you now.
- Sugar can make you feel less drunk than you really are and lead to overindulging.

If you're worried about your alcohol consumption, Alcoholics Anonymous can be reached at 514-374-3688



ALCOHOL + DRUGS

ILLEGAL DRUGS

The SSMU does not condone the use of illicit drugs (and neither do I), but that being said, you're allowed to make your own decisions now, and it wouldn't be fair not to give you some information.

COCAINE

An extremely expensive drug which will give you an extremely short high. It over-stimulates your brain and body, which brings a feeling of euphoria, often followed by feelings of anxiety and aggressive withdrawal.

MOLLY

Considering it's also known as ecstasy, I'm fairly sure you can imagine how people describe this high. Molly will bring out your sensual, sexual side while significantly increasing your risk of a heart attack (somewhat ironic, if you ask me). After swallowing a tablet, it takes about an hour for effects to kick in. The pleasant effects last between 3-6 hours, but the unpleasant ones (confusion, paranoia, depression, anxiety, hallucinations) can last for up to a week.

KETAMINE

This drug prevents your nervous system from communicating pain messages to your brain, producing a strong dissociation. It's commonly referred to as a horse tranquilizer. Are you a horse? Didn't think so.

STAYING SAFE

If I'm being totally honest with you, we all know the best way to stay safe is to avoid substances entirely. If you are going to use drugs or alcohol, check out the following tips to stay as safe as possible.

- Know what you are consuming.
- Don't mix! Stick to one thing at a time, trust me.
- Stay hydrated – water is your bestest of best friends, I promise you.
- Have a sober friend with you – this is especially important if you are trying something for the first time, you never know how something may affect you, so having someone with their wits about them is always a good idea.
- Pace yourself. Taking it slow is safe.

MSERT

If you or someone you know needs help while on campus, you can call MSERT (514-398-3000), a team of McGill-student Red-Cross-certified volunteers. They can help you with first aid, alcohol poisoning, injuries, and more. In a life-threatening emergency, always call 911.

GENDER-AFFIRMING CARE

WHAT EVEN IS IT?

Gender affirming care is more than just surgery (a fact which may come as a surprise to many). While surgery can be an affirming process, gender affirming care encompasses a range of social, psychological, and medical interventions. At its core, gender affirming care is, (get ready for this one, it may blow your mind), care which helps you affirm your gender.

GENDER AFFIRMING CARE AT MCGILL

You can be reimbursed for the costs of transition-related care not covered by RAMQ (vaginal dilators, laser hair removal, electrolysis, etc) by submitting a request to the QUIPS fund. The Gender and Sexuality Commissioner (who can be reached at gsc@ssmu.ca) anonymizes responses and manages reimbursement through the Gender and Sexuality Advocacy Committee.

McGill has many resources for you to access the gender affirming care that you need, don't you worry. I feel like I've spent half this handbook telling you not to worry, but I don't want you to spend half your year worrying, so it is what it is, I guess.

LOCAL WELLNESS ADVISORS

There is a specific LWA, Margot Nossal, for 2S&LGBTQ+ students. You can find her at 3465 rue Durocher, Office #103. Learn more about LWAs and how they can support you on page 83.

QUEER MCGILL

Another SSMU service which caters to the queer population at McGill. They hold community events, advocate for queer rights on campus, and have an office on campus where people can hang out.

THE UNION FOR GENDER EMPOWERMENT (UGE)

This service from the SSMU is a feminist, trans-positive organization that provides resources, educational opportunities, and advocacy for all who need it, especially for trans people. They provide gender-affirming gear at a pay-what-you-can rate, help run an alternative library, and can help direct you to other useful resources!

THE CENTRE FOR GENDER ADVOCACY

This service is run out of Concordia (another university in Montreal) where they work to support gender equality, particularly for members of marginalized communities. They provide gender-affirming gear on a pay-what-you-can rate, and can help through the legal process of changing your name and gender marker.

SAFER SEX



SEX

You're either having it, or you're not. And both are perfectly okay. The important thing is that the sex you are (or are not) having, is safe, both for you and your partner(s).

CONSENT

Step one of a successful sexual encounter is consent. Consent is 1000% necessary to having a happy and healthy sex life. But what really is it?

- Consent is a **freely given and enthusiastic YES**.
- Consent is revocable – you are allowed to change your mind **at any point**.
- Consent is active. The absence of a no is not the same as a yes.
- Consent is informed. Everyone must know what they are consenting to.
- Consent is non-transferable. Consent to one activity **does not apply** to another activity.
- Consent is equal. If power-dynamics are involved, consent cannot be obtained.
- Consent is sober. Drunk consent is **not** the same as sober consent, and only sober consent is valid.

BIRTH CONTROL

I'm going to make an assumption about you: you aren't yet trying to get (yourself or someone else) pregnant. If I totally misread this situation, please skip ahead, but assuming I guessed right, please read on.

- **Celibacy:** The only way to prevent pregnancy with a 100% success rate is to avoid hetero sex. Do with this information what you will.
- **Condoms:** When used correctly, they are about 98% effective at preventing pregnancies. They protect you from STIs and are free at Healthy McGill kiosks around campus.
- **Hormonal Birth Control:** There are a variety of different hormonal contraceptive devices you can try. You can talk to a doctor about birth control pills, an IUD, the patch, and injections, etc, and find out what will work best for you.
- **Plan B:** If you are worried about pregnancy, you can go to a pharmacy and get emergency contraception. The pill is only effective for up to five days after sex.

SEXUALLY TRANSMITTED INFECTIONS

Lovingly referred to as STIs, these infections are best avoided. It is 100% possible to manage the symptoms of most STIs to help you live as you did pre-infection. That being said, it's easier to prevent infection than it is to manage the symptoms and lifestyle changes that STIs bring.

PREVENTING STIS

As with pregnancy, the most effective way of preventing an STI is to stay celibate. I realize this isn't particularly realistic, so let's get into it.

- **Use protection:** barrier protections such as condoms and dental dams.
- **Stay sanitary:** sex toys should be properly cleaned between uses and should be covered with a new latex condom for each user.
- **Communicate:** Be open with your partner(s) about your sexual histories, open communication is key.
- **Get checked regularly:** You can get STI screenings done at the Wellness Hub or through your doctor.

QUEER SEX

Just because you don't necessarily have to worry about pregnancy doesn't mean you have an excuse to be unsafe. Safe sex is important regardless of the activities you are partaking in – sex doesn't have to be penetrative to transfer STIs.

I THINK I'M PREGNANT. NOW WHAT?

Breathe. That's step one. Step two: buy a test. You can find them at The Wellness Hub, the Shag Shop, the UGE, or Queer McGill. Step three: decide how you want to proceed. Some information is provided below for your perusal.

- **Abortion:** In Canada, there are no federal laws restricting abortion, although many clinics limit abortion access after the gestational period (typically 24 weeks). Abortion is covered by Quebec health insurance. See page 84 for more information on therapeutic abortions.
- **Support:** If you choose to continue with your pregnancy, there are resources both on and off campus to help support you.

To make a DIY dental dam, cut the rim and tip off a condom and slice it in half



SEXUAL ASSAULT + HARASSMENT



Content Warning: This section includes content related to sexual assault and harassment, which may be distressing or triggering for some readers. If you want to skip this section, feel free to jump right to page 93.

DEFINITIONS

- Sexual assault is an assault that violates a person's sexual integrity without their consent, regardless of the form of sexual activity.
- Sexual harassment is any form of conduct, comments, gestures, or contact which is likely to cause offence or humiliation to a person, often creating a power dynamic.

STIS

In Canada, it is a **CRIME** not to disclose HIV or another STI before having sex that poses a "significant risk of serious bodily harm."

SUPPORT

If you have been sexually assaulted or harassed, the first thing you must know is that it is not your fault. There are support systems in place to help you whenever you are ready to use them; the following resources are confidential, non-judgmental, trauma-informed, and have staff who can work with you as you try to heal.

OSVRSE

McGill's Office for Sexual Violence Response, Support and Education offers support to members of the McGill community by providing crisis intervention, short-term counselling, connecting you with resources, and more.

SACOMSS

The Sexual Assault Centre of the McGill Students Society includes support groups, and help in reporting sexual violence, among other services.

LEGAL INFORMATION CLINIC AT MCGILL

The Student Advocacy Branch at LICM can help you resolve disputes within McGill. They can advise and represent you for free.

MONTREAL SEXUAL ASSAULT CENTRE

Free services for anyone over 18 who has been a victim of sexual assault, sexual

abuse, or incest, as well as to survivors' family and friends.

PROJECT 10

Promotes the well-being of LGBTQ2SL+ and questioning youth and adults ages 14–25. They provide active listening and accompaniment services.

SOS VIOLENCE CONJUGALE

A bilingual hotline for individuals experiencing domestic violence and their allies, available 24/7. They can be reached at (514) 873-9010.

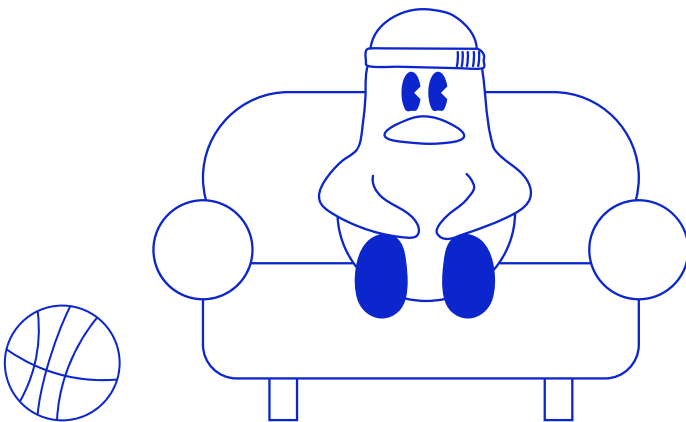
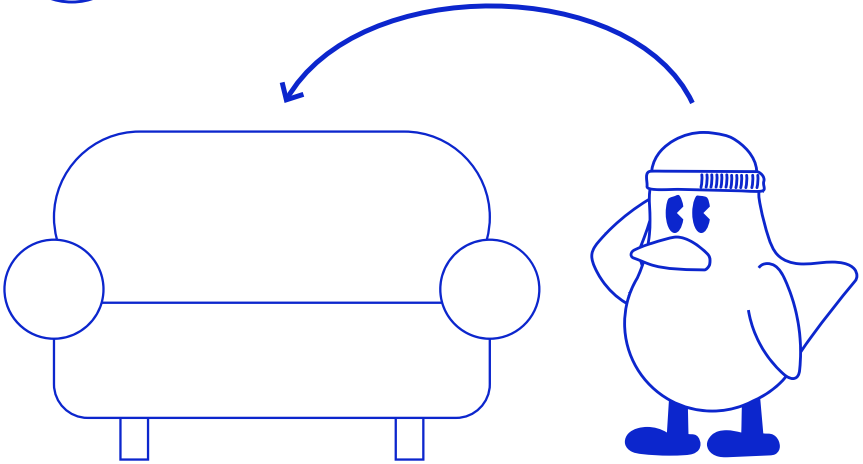
SCAN FOR
LINKS TO
RESOURCES!



[linktr.ee/
AssaultHarassmentResources](https://linktr.ee/AssaultHarassmentResources)

LIVING ROOM

7





HUH?

Traditional FROSH is the social event (if you like partying) of the season (first two weeks). But don't worry, if you don't want to drink there are **always** non-alcoholic options available, or non-Faculty FROSHes, where alcohol is less centric. No matter what FROSH you do, the goal is the same: to meet people! Frosh is at the very beginning of the year, and after spending a few days blindly following upper years throughout the city, you've usually made a few solid friends.

FACULTY FROSH

Faculty FROSH is split up (get ready, this is going to come as a huge shock) ... by faculty. These are the most popular FROSH options, with bar crawls, a party boat, park day, and other fun activities!

NON-FACULTY FROSH

If everything you just read about traditional FROSH made you want to cry, drop-out, and live as a hermit for the rest of your life, then you are not alone. You don't have to do FROSH if you really don't want to, but before you commit to that, check out the non-traditional FROSHes.

OUTDOOR FROSH

This is split into separate groups depending on what you're interested in! Spend FROSH camping, canoeing, rock climbing, or hiking!

JEWISH FROSH

Get to know the Jewish community here at McGill! This FROSH typically hosts a Shabbat as well as other activities to help situate Jewish students at McGill.

RAD FROSH

Organized by The Quebec Public Interest Research Group (QPIRG) at McGill, this FROSH offers workshops on social justice and activism, has board-game nights, and hosts an annual drag-show with local drag artists and performers.

MSA (MUSLIM STUDENTS' ASSOCIATION) FROSH

This FROSH introduces students to Montreal's vibrant Muslim community. MSA FROSH 2024 had activities like laser-tag, a Palestinian movie night, a boat tour, and a kite-making workshop!

NIGHTLIFE

You are allowed to legally drink at 18 here! I'm sure most Americans under 21 are well aware of this fact (your reasons for choosing McGill are none of my business), but in any case, below is a carefully curated (**non-exhaustive**) list of McGill student staples – if you enjoy nights out on the town you'd probably end up in a few of these (fine?) establishments at some point or another without my help, but I'm helping you anyway. Say thank you...You're welcome. **This list does not include campus bars. Find those on page 50.**



BARs

TIPSY COW

This is essentially McGill's off-campus bar. It's literally attached to New Residence. It's full of first years – if you just got here, it's your time to shine.

BIFTECK

They have pool tables and pitchers of beer, what's not to love?

DIRTY DOGS

It's across the road from Bifteck. Remarkably unremarkable? 7/10? I like it there? Objectively epic poutine too.

McHIBBINS

An Irish pub! The lines are **LONG** on St. Patrick's day. A true McGill staple, with delectable mozzarella sticks.

AFTERWARD

CHEF ON CALL

A McGill icon. Overpriced? Yeah. Delicious? Also yeah. Open until 4 am on Fridays and Saturdays? You bet.

A&W

Another classic. I'm sure you've heard of it. If not.... Huh?

CLUBs

CAFÉ CAMPUS

A quintessential first-year club. Every Thursday is 2000's themed and shots are cheap (!), but the line gets long quickly.

UNITY

An inclusive club with a roof-top patio and dancing poles. They may charge you \$8 for a shot of water, claiming it's tequila though.

POW POW

No cover charge. Need I say more? The vibes are immaculate, but it's a small place, so it gets hot and sweaty quickly. Wear deodorant please.



I'M ANGLOPHONE... WILL I SURVIVE?

The short answer is yes. McGill is situated within a pseudo-Anglophone bubble, so you can venture a few blocks in any direction with a near-certainty that anyone you meet will speak some English. That being said, Montreal is a Francophone city, so definitely take this into consideration.

LEARNING FRENCH

You should do it. Succumb to peer pressure: learn French. Even if you only learn a little. It's such a glorious feeling when you have your first conversation with someone and they don't switch to English halfway through: you've fooled them, they think you speak French, but you don't... But maybe you do? Cue the identity crisis.

MEDIA

Integrating French into your daily life really is the best way to improve.

- **Television** – use French subtitles when you watch Netflix. Or if you're feeling brave, English subtitles with French audio.
- **Podcasts** – Listen to French podcasts: either language-learning lessons or content you're interested in.
- **Social Media** – I dare you to like every French thing on your feed for the next week. Just see what happens. Soon you'll be speaking in French memes like a true Quebecer.

CLASSES

Take a class. Get educated. That is why you're here, after all.

- **McGill** – Take a class! They're fun, and you (usually) only pay Québec tuition for that single class! Not only does this teach you French, but also financial literacy (I'd like to think).
- **Government** – The Québec government offers part-time and full-time French courses!
- **Minicourses** – SSMU offers affordable French classes. Keep an eye out for registration!

FRENCH LANGUAGE

FRENCH PHRASES

If you're too scared to download Duolingo (the notifications **never end**, you have been warned) I got you. Here are a few useful (?) phrases to get you started!

Do you speak English? **Parlez-vous anglais ?**

Hello! My name is Sarah. **Bonjour ! Je m'appelle Sarah.**

I'll have a coffee please. **Je prends un café s'il vous plaît.**

I'm a student at McGill University. **Je suis un(e) étudiant(e) à l'Université de McGill.**

I am lost! **Je suis perdu(e) !**

Would you like to sleep with me? **Voulez-vous coucher avec moi ?**

I don't speak French **Je ne peux pas parler en français.**

Montreal is a beautiful city. **Montréal est une ville très belle.**

Where is the nearest Metro station? **Où est la station de métro la plus proche ?**

FRANCOPHONE GROUPS

Association générale des étudiants de langue et littérature françaises (AGELF)
agelf@ausmcgill.com

McGill Quebec Studies Students Association
quebecstudies@gmail.com

AUS Francophone Commission
communications.aus@mail.mcgill.ca

Collectif La Collation
la.collation.mcgill@gmail.com

Club de débat francophone de l'université McGill
debatfrancophone@ssmu.ca

Association des étudiants français de McGill (AEFM)
aefm@ssmu.ca

Centre de recherche interdisciplinaire en études montréalaises (CRIEM)
criem-cirm@mcgill.ca

Le Délit
rec@delitfrancais.com

Département des littératures de langue française, de traduction et de création (DLTC)
info.dltc@mcgill.ca

Points critiques
pointscritiques@mcgill.ca

Lieu commun
revuelieucommun@gmail.com

Verbatim
revueverbatim@gmail.com

MSS Clinical French Club (CFC)
mcgillclinicalfrenchclub@gmail.com

Mcgill French Side/ Vivre en français McGill
vivremcgillenfrancais.scs@mcgill.ca

For more information on Francophone communities, see Page 32.

GETTING AROUND

PUBLIC TRANSPORT

Bienvenue à la STM: The charming words you will hear if you take the Montreal metro literally ever. The Société de transport de Montréal (STM) is the agency running Montreal's metro and buses, and they don't let you forget it. And if you're wondering what an OPUS card is, it's the fancy name for a rechargeable bus/metro pass, basically.

METRO

- McGill Station is on the **Green Line**
- There are ticket machines in every station
- Line hours vary, but most generally operate 5:30 am - 1:00 am

BUSES

- **Buses do not accept credit or debit cards, they only accept metro tickets, Opus cards, or change.**
- You can find schedules for buses on the STM website
- Some (NOT ALL) buses run 24 hrs



STM COSTS

\$3.75: One-way ticket (exact change needed for the bus)

\$6.25: Unlimited night pass (6 pm to 5 am)

\$15.75: Unlimited weekend pass (Fri 4 pm to Mon 5 am)

\$60.00: 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 or at a local business.
You can also load your OPUS card with up to four 10-trip fares which never expire.

CARS

If you're holding a grudge against the STM for the constant delays on the Green Line, I can't really blame you. Here are a few other options.

Uber: I'm going to assume you know how to use Uber. If you don't have the app, a friend of yours does.

Taxis: You've heard of these too! Here are a few of the major companies. Atlas Taxi: 514-485-8585 | Diamond Co-Op: 514-273-6331 | Taxi Co-Op: 514-725-9885

OTHER OPTIONS

Walk: You have legs, use them! For more info, go to page 71.

UNDERGROUND CITY

MONTREAL PART 2

Yes. It's real. When you look out at the city from the viewpoint on Mount Royal, you're only seeing some of it. There are 33 km of stuff underground – over 60 buildings and more than 1700 stores are all connected by various tunnels. There are various segments, the most central of which runs from the McGill Metro Station through to the Eaton Centre, the Montreal Trust, and ultimately ends up at Peel Metro Station. There are entrances all over the city, but the ones you'll find most useful are the entrances around McGill: the President Kennedy Metro exists at Union and University; the Scotiabank building on Sherbrooke and Metcalfe; and 688 Sherbrooke on the corner of University.

WHY WOULD I EVER WANT TO GO UNDERGROUND?

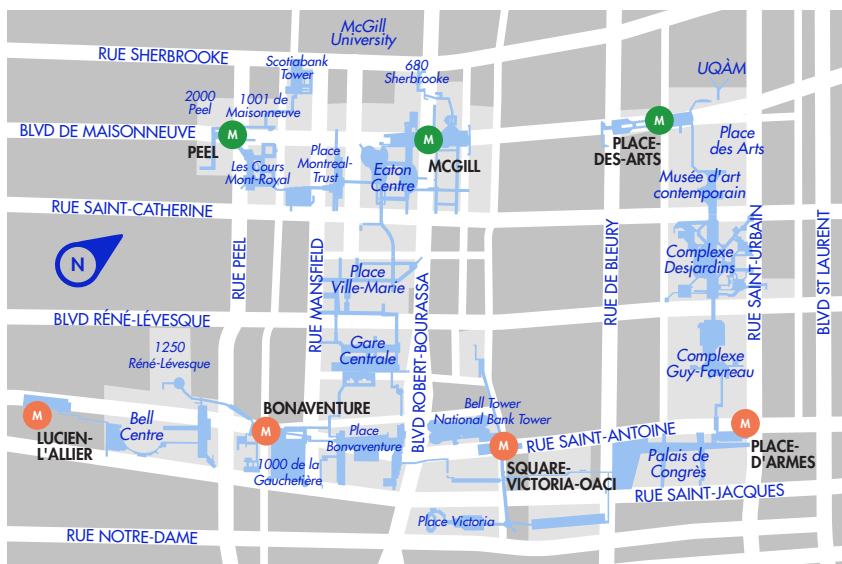
I know you like the feel of the sun on your face or whatever, but I'll let you get back to me in the middle of winter. When it's -35 degrees Celsius and windy, you'll be grateful you can escape to this metropolitan sub-urban (pun intended) lair.

The paths are windy, so walking this way may add a few extra minutes to your journey (or a few hours if you get lost), but in the dead of winter, it's worth the extra time to make sure you get to keep all your fingers.

WHAT'S THERE?

Lots of shopping, lots of food-courts, and more shopping. The majority of the system is interconnected malls, and Metro stations make up a lot of the entrances and exits. You can also find your way to a movie theatre and an arcade via the underground city.

MAP



LIVING ON-CAMPUS

RESIDENCES

Welcome, first years (and any returning students too, but I'm fairly certain you're fictional and no one ever returns). Living in Res truly is an experience, and I wish you the very best of luck. You'll likely have the same realization I did halfway through my first year: that yes, you're in the trenches, but you're all in the trenches together (aww). In fact, when you graduate, there's a solid chance you'll look back on first year and realize a solid portion of your friendships were just a series of trauma bonds: over the lack of vegetables, the hike to Upper Res, your upstairs neighbour who has 'friends' over until 3 am every other night, the person who took your laundry out of the washing machine without putting it in the dryer (WHO DOES THAT??), and the pure terrors of seeing ex-friends and ex-situationships in the dining hall every. single. day. It's a blast.

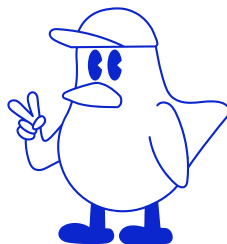
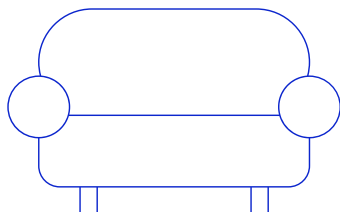
RESIDENCE SUPPORT

Living in Res, there are lots of support systems for you to fall back on when things (inevitably) get a little rough.

- **Residence Life Advisors (RLAs):** These are fully grown adults who develop and implement programs, events, and activities in residence. They also support RLF's (see below).
- **Residence Life Facilitators (RLFs):** RLFs are the residence equivalent of an older sibling. They're upper-year students who organize events throughout the year, and are there to lend an ear and give advice. They've been where you are before, they get you.
- **Local Wellness Advisor (LWA):** There is a Residence-specific LWA you can book one-on-one appointments with for mental health support. For more information on LWA's, go to page 83.

RESIDENCE COUNCILS

There are many of them, and they're a great way to get involved! You can find all the info you need on their Instagram [**@mcgillresidences**](#).



LIVING OFF-CAMPUS

ADULTING

After you move out of Res, you are, in my mind at least, a fully fledged adult. Congratulations. Most students live in the Plateau, Milton Parc (Downtown), or Mile End.

ROOMMATES

There are a few things you should know about your future roommate(s). The following list is a good start for you to gauge whether or not you think cohabitating will ruin your friendship or not.

- Do you like them?
- Do you *like like* them? (I would NOT recommend this, but you do you)
- Is their study:party ratio similar to yours?
- Do you like their friends?
- Are they scared of spiders? There needs to be at least one roommate brave enough to throw the poor creatures off a balcony. If it's not them, it may have to be you.
- Do they know how to take out the trash?

RENTING

You can find rentals online on Facebook Marketplace, Craigslist, Kijiji, McGill Off-Campus Housing, Lover.ca, and many more sites. Honestly, just walk around looking for "à louer" signs. And just tour tour tour, because you will find somewhere you love.

LEASES

- Most leases in Montreal start on the 1st of the month. McGill starts at the end of August. You have two choices: pay for all of August, or couch-surf for the first few days of classes.
- You can try to move out before your lease ends if you find a new tenant and transfer your lease directly to them. However, landlords in Quebec can reject these transfer requests for any reason. **If your lease transfer request is rejected, the lease will end the day the transfer would have occurred.**

LEGAL HELP

The two following resources are great if you need legal support as a current or future tenant. Don't let yourself get scammed. Stay vigilant.

- **The Coalition of Housing Committees and Tenants Associations of Quebec's (RCLALQ)**
- **Montreal's Autonomous Tenants' Union (SLAM-MATU)**

ATTRACTIONS

OUTDOORS

- **Parks:** I've already told you all about this. Go back to pages 74 + 75 for more info on all the splendid parks Montreal has to offer.
- **Espace Pour La Vie:** You can visit five of Montreal's key attractions all in one place! The Biosphere, Biodome, Planetarium, Botanical Garden, and the Insectarium.

SHOPPING

- **Saint-Laurent Boulevard:** full of fashion boutiques, vintage thrifts, as well as restaurants and grocery stores. This street comes alive after dark, and is central to Montreal nightlife.
- **Public Markets:** There are five main public markets in Montreal: Marché Jean-Talon, Marché Atwater, Marché Maisonneuve, Marché de Quartier and Marchés Solidaires. They are all a little different, but have stores, stands, and events.

DOWNTOWN

- **Old Port:** There's always lots going on in Old Port, especially during the warmer months. There are activities and events in an historic, picturesque neighbourhood.
- **Quartier Des Spectacles:** Montreal's cultural hub is only a few minutes away from campus! At its centre is Place Des Arts, a performing centre.

ACTIVITIES/EVENTS

- **La Ronde:** Montreal's very own Six Flags amusement park! Originally opened for Expo '67 (the 1967 World Fair), it has over 40 rides.

ARTS + CULTURE

MUSEUMS + GALLERIES

There are many of them! So very many of them! No matter what you're interested in, I'd almost be willing to wager \$10 that Montreal has a museum or gallery for it, whatever "it" is.

- **Musée National Des Beaux-Arts:** The largest art gallery in Canada by gallery space.
- **The McCord Stewart Museum:** A social history museum, centering around Montreal and Canadian influence worldwide.
- **Images Boréales Inuit Art Gallery:** Established in 2010, this gallery houses works from over 200 Inuit artists from Nunavut and educates the public on Inuit culture.
- **Redpath Museum:** This natural history museum is on campus, and admission is free! You'll walk past it every day, so you are therefore morally obligated to check it out at least once.
- **The Montreal Holocaust Museum:** dedicated to educating the public about the Holocaust and sensitizing audiences to the impacts of antisemitism, racism, and indifference.
- **Canadian Centre for Architecture:** a research centre and museum, founded on the principle that Architecture is a public concern.
- **Barbie Expo:** Located in the underground city, this is a must-see for any Barbie enthusiast.

FILM

You have Netflix, Montreal has cinemas. Go visit!

- **Cinema du Parc:** A great theatre for both cult classics and indie movies.
- **La Cinémathèque québécoise:** Québécoise screenings focusing on Quebec culture education.
- **Cinema Politica:** Pay-what-you-can screenings at Concordia University.

PERFORMING ARTS

- **Mainline Theatre:** independent shows and performances.
- **Espace Libre:** Avant-garde and experimental works.
- **Société des Arts Technologique:** a futuristic space with a Satosphère projection room.



Lots of museums and galleries are free the first Sunday of each month. Check to see if you are eligible for free admission before you go!

STUDENT ACTIVISM

PROTESTING

Quebec has a rich history of protests and student activism. You are guaranteed to encounter a protest or demonstration on the streets of Montreal during your time at McGill. There are protests year round, but as soon as the snow is gone, protests tend to become a lot more frequent. It is your legal and democratic right to protest for causes you believe in. Check out the list of things you can do to stay safe if you choose to protest.

- **Know your rights**
- Be informed about the protest you are attending
- Stay alert and vigilant
- Stay hydrated
- Bring a buddy
- Have a written phone number or emergency contact

POLITICAL PARTIES AT MCGILL

Conservative Association
@cpcmcgill

Democrats at McGill
@democratsatmcgill

Liberal McGill
@liberalmcgill

New Democratic Party (NDP)
@ndpmcgill

GENERAL POLITICAL GROUPS

Cinema Politica
@cpconcordia

Quebec Public Interest Research Group McGill
@qiprgmcgill

McGill Model Parliament
@mcgillmodelparliament

McGill Student Sustainability Network
@rsn.mcgill

POLITICAL ACTIVISM

Divest McGill
@divestmcgill

Independent Jewish Voices McGill
@ijvmcgill

Radical Educators Cultivating Equitable and Sustainable Spaces (RECESS)
@recess_mtl

McGill Student Club for Animal Liberation and Ethics (SCALE)
@mcgill.scale

Indigenous Student Alliance (ISA)
@isamcgill

McGill Against Bill 21
FB: *@McGillAgainstBill21*

McGill Collective for Gender Equality
@genderequalitymcgill

McGill Students Chapter of Journalists for Human Rights (JHR)
@jhr.mcgill

McGill Students Chapter of War Child
FB *@McGillStudentsChapterofWarChild*

McGill Students for Amnesty International
@amnestymcgill

McGill Students for Greenpeace
@greenpeacemcgill

McGill Students for Hanvoice
@mcgillhanvoice

DIRA Library
bibliothequedira.wordpress.com

Milton Parc Citizen's Committee
ccmp-mpcc.com



The External Affairs office at SSMU has put together a resource guide for activists:

externalaffairs.ssmu.ca/resources

PERKS + DEALS



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Abou-Khalil



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& prosthetics



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Emergency
dentistry



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

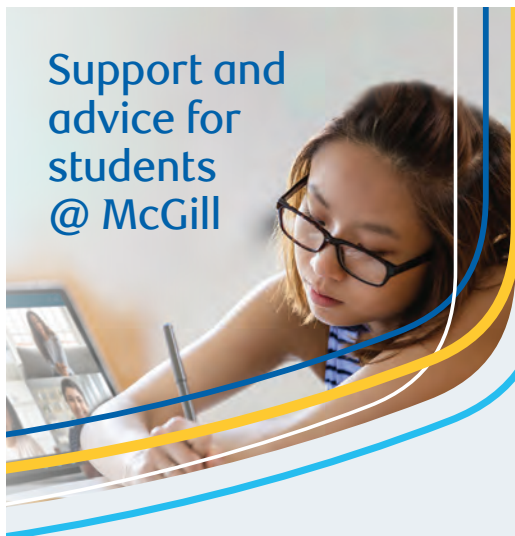
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about:

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is here to support you.*



on campus

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ssmu.ca/view-our-spaces
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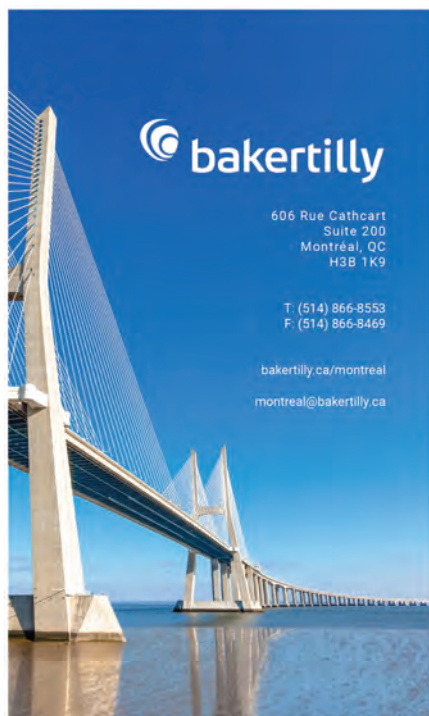
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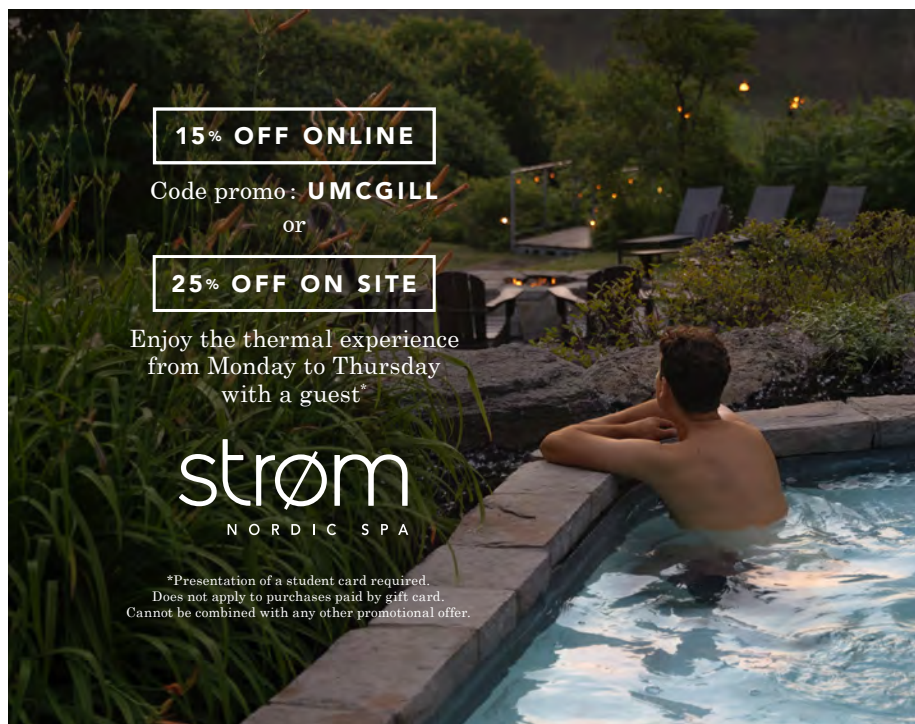
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Classes begin:
Oct 20

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Classes begin:
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* Please note that at the time of printing, benefits and services for 2025-2026 were still subject to change. For complete details, visit www.studentcare.ca.

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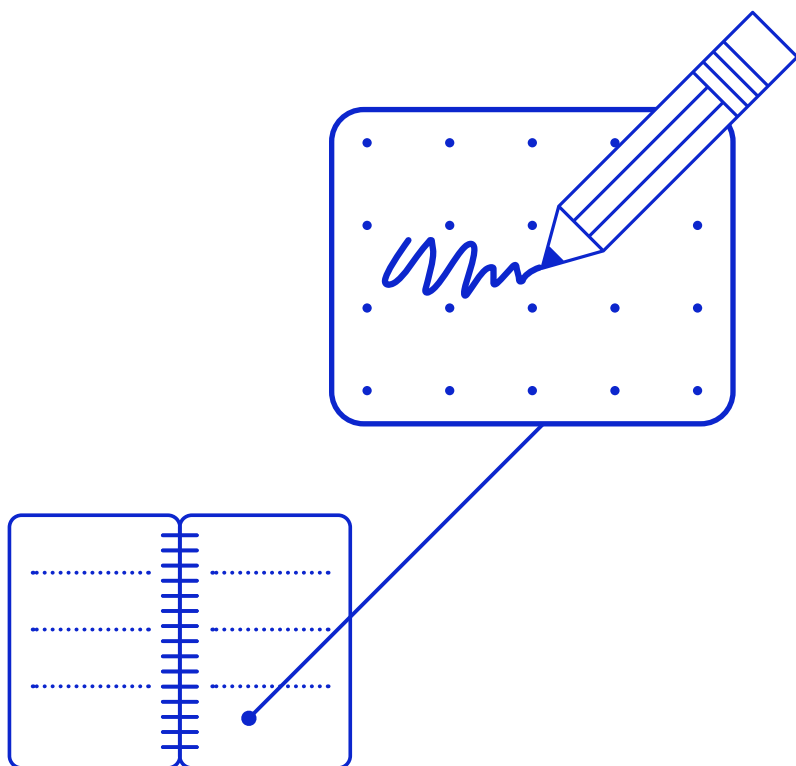
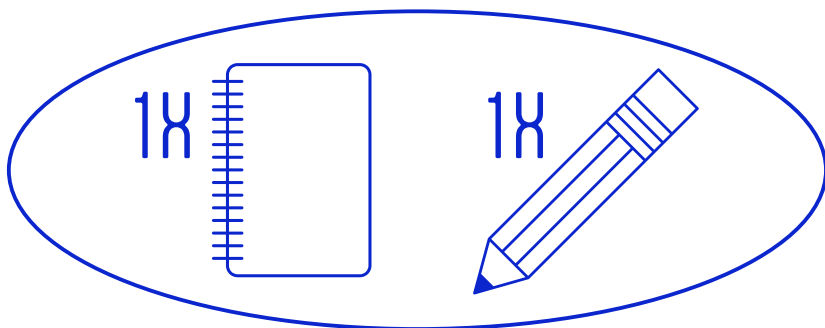
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**Job
opportunities**



AGENDA



IMPORTANT DATES

FALL 2025

August 23rd — 24th	Residence Move-In Weekend
August 25th	SSMU First-Year Presentation
August 25th — 26th	Orientation
August 27th	First Day of Classes
August 29 — September 1	FROSH
September 1st	Labour Day
September 9th	Add/Drop Deadline
September 3rd — 4th	SSMU Activities Night
September 15th — October 3rd	SSMU Minicourses Registration
September 29th	Fall SSMU General Assembly
October 13th	Thanksgiving
October 14th — 17th	Reading Break
October 20th	SSMU Minicourses First Day of Classes
December 3rd	Last Day of Classes
December 5th	Start of Exams
December 19th	End of Exams

WINTER 2026

January 5th	First Day of Classes
January 20th	Add/Drop Deadline
January 12th — 30th	SSMU Minicourses Registration
February 2nd	Winter SSMU General Assembly
February 16th	SSMU Minicourses First Day of Classes
March 2nd — 6th	Reading Break
April 3rd	Good Friday
April 6th	Easter Monday
April 14th	Last Day of Classes
April 16th	Start of Exams
April 30th	End of Exams

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

FALL 2025

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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			

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

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

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

AUG 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	1	2
10	11	12 Board of Directors Meeting 🗳️	13	14	15 Football (M) vs Toronto Preseason Game	16
17	18	19	20	21	22 Football (M) vs Sherbrooke Reg. Season Home Opener	23 Residence Move-In
24 Residence Move-In	25 Orientation First-Year Council Nomination 🗳️ Undergraduate Services Fair SSMU First-Year Presentation 🗳️	26 Orientation	27 First Day of Classes	28	29 Frosh Begins Menstrual Health Project Giveaway @ OAP	30 Football (M) at Laval (TVA Sports)
31						

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
31	Sun

AUG 2025

25 Monday

Orientation | Undergraduate Services Fair +
Menstrual Health Project Giveaway 1-4PM
First-Year Council Nomination Period
Student Life at McGill (Workshop)

26 Tuesday

27 Wednesday

First Day of Classes

28 Thursday

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Aug 31
- Sept 21
2025

29 Friday

Frosh Begins

Menstrual Health Project Giveaway @ OAP

30 Saturday

Football (M) at Laval (TVA Sports)

Stade Telus UL (Québec City) 7PM

31 Sunday

SEP 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labour Day Fresh Ends	2	3 Activities Night	4 Activities Night	5 Football (M) at Concordia	6
7	8 First-Year Council Nomination Period Ends	9 Add/Drop Deadline	10 First-Year Council Voting Begins	11 Legislative Council Meeting 🗳️	12	13
14	15 Minicourses Registration 🗳️ Online Application Opens for McGill Graduate Programs	16 Board of Directors Meeting 🗳️ Withdrawal With Refund Deadline Menstrual Health Project Giveaway	17 First-Year Council Voting Ends	18	19 Football (M) vs Montreal	20
21	22	23	24	25 Fall Referendum Nomination Period 🗳️	26	27 Football (M) at Sherbrooke (TVA Sports)
28	29 Fall General Assembly 🗳️ Gertr's Oktoberhaus Begins	30				

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

SEP 2025

1 Monday

Labour Day

2 Tuesday

3 Wednesday

Activities Night

4 Thursday

Activities Night

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ACROSS MONTREAL

5 Friday

Football (M) at Concordia - Concordia Stadium 7PM

6 Saturday

7 Sunday

SEP 2025

8 Monday

First-Year Council Nomination Period Ends

9 Tuesday

Add/Drop Deadline

10 Wednesday

First-Year Council Voting Period Begins

11 Thursday

Legislative Council Meeting

12 Friday

[illegible]

13 Saturday

[illegible]

14 Sunday

SEP 2025

15 Monday

SSMU Minicourses Registration Opens
Online Application Opens for Graduate Programs

16 Tuesday

Board of Directors Meeting
Withdrawal With Refund Deadline
Menstrual Health Project Giveaway
@ McLennan Library 12-3pm

17 Wednesday

First-Year Council Voting Period Ends

18 Thursday



**CELEBRATE
IN STYLE**



VOLTAIG

SEP 2025

19 Friday

Football (M) vs Montréal - Percival Molson Stadium 7PM

20 Saturday

21 Sunday

SEP 2025

22 Monday

23 Tuesday

24 Wednesday

25 Thursday

Fall Referendum Nomination Period Begins

Legislative Council Meeting



24 → 28 SEPTEMBER • 2025

IT'S POP MONTREAL WEEK!

OVER 200 ARTISTS

MUSIC • ART • FILM • CRAFTS • CONFERENCES • KIDS ACTIVITIES ... AND MORE!



popmontreal.com

26 Friday

27 Saturday

FOOTBALL (M) at Sherbrooke (TVA Sports) -
Stade de l'U. de Sherbrooke (Sherbrooke, QC) 1PM

28 Sunday

OCT 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Minicourses Registration Ends 📍 Gerts: Oktoberhaus Ends	4 Football (M) at Montréal
5	6	7 Menstrual Health Project Giveaway	8	9 Fall Referendum Nomination Period Ends 📍	10 Football (M) vs Laval	11
12	13 Thanksgiving	14 Reading Break	15 Reading Break	16 Reading Break	17 Reading Break	18
19	20 Minicourses Classes Begin 📍	21 Board of Directors Meeting 📍	22	23 Fall Referendum Campaign 📍 Legislative Council Meeting 📍	24	25 Football (M) vs Concordia (Homecoming)
26	27 Fall Referendum Begins 📍	28 Withdrawal Without Refund Deadline	29	30	31 Halloween Nightmare on McJannish 14Floors Halloween Party 📍	

OCT 2025

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

OCT 2025

29 Monday (September)

Fall General Assembly
Gerts: Oktoberhaus Begins

30 Tuesday (September)

1 Wednesday

2 Thursday

**Bourgie
Hall**

AGED
34 OR
UNDER?

Enjoy great music at
low prices !

50%
off all concerts

\$10
rush tickets



3 Friday

SSMU Minicourses Registration Ends

Gerts: Oktoberhaus Ends

4 Saturday

Football (M) at Montréal - Stade CEPSUM 2PM

5 Sunday



OCT 2025

6 Monday

7 Tuesday

*SSMU Menstrual Health Project Giveaway
@ McLennan Library 12-3pm*

8 Wednesday

9 Thursday

*Fall Referendum Nomination Period Ends
Legislative Council Meeting*

OCT 2025

10 Friday

Football (M) vs Laval - Percival Molson Stadium 7PM

11 Saturday

12 Sunday

OCT 2025

13 Monday

Thanksgiving

14 Tuesday

Reading Break

15 Wednesday

Reading Break

16 Thursday

Reading Break

OCT 2025

17 Friday

Reading Break

18 Saturday

19 Sunday

OCT 2025

20 Monday

Minicourses Classes Begin

21 Tuesday

Board of Directors Meeting

22 Wednesday

23 Thursday

Fall Referendum Campaign

Legislative Council Meeting



CELEBRATE IN STYLE



VOLTAIG


OCT 2025

24 Friday

25 Saturday

Football (M) vs Concordia (Homecoming) -

Percival Molson Stadium 1 PM

26 Sunday

OCT 2025

27 Monday

Fall Referendum Begins

28 Tuesday

Withdrawal Without Refund Deadline

29 Wednesday

30 Thursday

OCT 2025

31 Friday

Nightmare on McTavish (4Floors Halloween Party)

1 Saturday (November)

Football (M) at RSEQ Semifinal

2 Sunday (November)

NOV 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6 Legislative Council Meeting 🗳️	7 Fall Referendum Ends 🗳️	1 Football (M) at RSEQ Semifinal
9	10	11 Board of Directors Meeting 🗳️	12 Menstrual Health Project Giveaway	13	14	8 Football (M) at RSEQ Championship
16	17	18	19	20 Legislative Council Meeting 🗳️	21	15 Football (M) at U SPORTS SEMIFINAL
23	24	25	26	27	28	22 Football (M) at U SPORTS Championship (Vanier Cup)
30						29

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

NOV 2025

3 Monday

4 Tuesday

5 Wednesday

6 Thursday

Legislative Council Meeting

nov 2025

7 Friday

Fall Referendum Ends

8 Saturday

Football (M) at RSEQ championship

9 Sunday

NOV 2025

10 Monday

11 Tuesday

Board of Directors Meeting

12 Wednesday

*SSMU Menstrual Health Project Giveaway
@ McLennan Library 1:30-4:30pm*

13 Thursday

NOV 2025

14 Friday

15 Saturday

Football (M) at U SPORTS SEMIFINAL - Uteck Bowl

16 Sunday

NOV 2025

17 Monday

18 Tuesday

19 Wednesday

20 Thursday

Legislative Council Meeting



BEST
BOOK
& ORIGINAL
SCORE

WINNER OF 5 TONY AWARDS
IN 2023

2025
TONY
AWARDS
BEST MUSICAL



Kimberly
Akimbo

B. BOWEN



\$20
Tickets!
*CONDITIONS APPLY

CLASS ACT

FOR STUDENTS AND PEOPLE UNDER 30

SEGALECENTRE.ORG



23 nov
- 21 dec
2025

21 Friday

22 Saturday

Football (M) at U SPORTS Championship (Vanier Cup) -
Mosaic Stadium (Regina SK) 1PM

23 Sunday

NOV 2025

24 Monday

25 Tuesday

26 Wednesday

27 Thursday

nov 2025

28 Friday

29 Saturday

30 Sunday

DEC 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Board of Directors Meeting 🗓️ Menstrual Health Project Giveaway	3 Last Day of Class	4 Legislative Council Meeting 🗓️	5 Final Exams Begin	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Final Exams End	20
21	22 Holiday Break Begins	23	24	25 McGill Closed	26 McGill Closed	27 McGill Closed
28 McGill Closed	29 McGill Closed	30 McGill Closed	31 McGill Closed			

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

DEC 2025

1 Monday

2 Tuesday

Board of Directors Meeting

SSMU Menstrual Health Project Giveaway

@ McLennan Library 12-3pm

3 Wednesday

Last Day of Class

4 Thursday

Legislative Council Meeting

5 Friday

Final Exams Begin

6 Saturday

7 Sunday

DEC 2025

8 Monday

9 Tuesday

10 Wednesday

11 Thursday

12 Friday

[illegible]

13 Saturday

[illegible]

14 Sunday

DEC 2025

15 Monday

16 Tuesday

17 Wednesday

18 Thursday

19 Friday

Final Exams End

20 Saturday

21 Sunday

DEC 2025

22 Monday

Holiday Break Begins

23 Tuesday

24 Wednesday

*Christmas
McGill Closed*

25 Thursday

McGill Closed

26 Friday

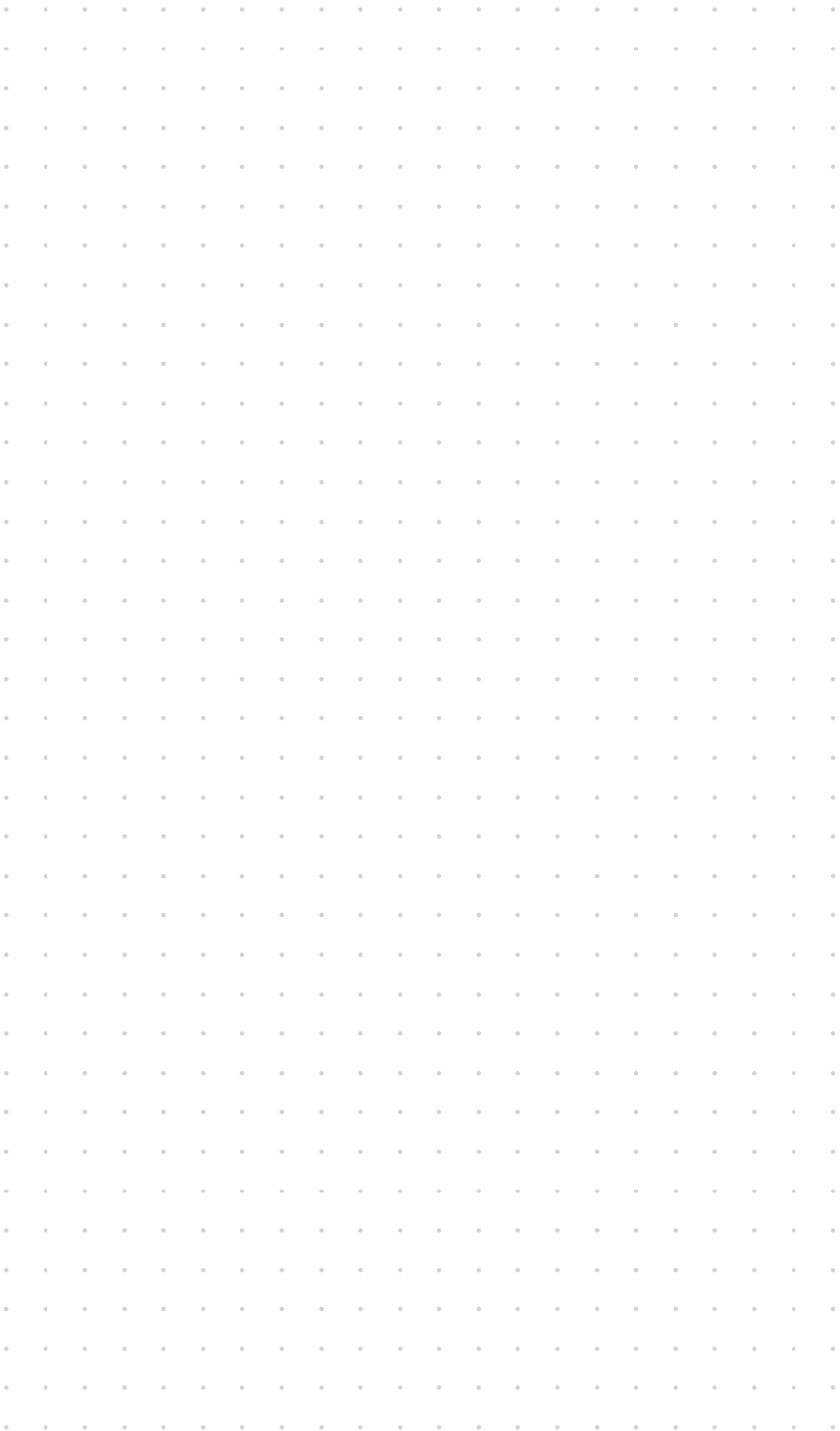
McGill Closed

27 Saturday

McGill Closed

28 Sunday

McGill Closed



WINTER 2026

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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		

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: _____

JAN 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day	2	3
4	5 First Day of Classes	6	7	8	9	10
11	12 Minicourses Registration Begins	13	14 Activities Night	15 Activities Night Legislative Council Meeting	16	17
18	19	20 Add/Drop Deadline Board of Directors Meeting	21	22	23	24
25	26	27 Withdrawal With Refund Deadline	28	29 Winter Referendum Nomination Period Begins Legislative Council Meeting	30 Minicourses Registration Ends	31

JAN 2026

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

JAN 2026

29 Monday (December)

McGill Closed

30 Tuesday (December)

McGill Closed

31 Wednesday (December)

McGill Closed

1 Thursday

New Year's Day

McGill Closed

Playing Shylock

By Mark Leiren-Young
starring
Saul Rubinek



\$20
Tickets!
conditions apply

CLASS ACT
FOR STUDENTS AND PEOPLE UNDER 30

SEGALCENTRE.ORG



Jan 18
- Feb 8
2026

JAN 2026

2 Friday

3 Saturday

4 Sunday

JAN 2026

5 Monday

First Day of Classes

6 Tuesday

7 Wednesday

8 Thursday

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or in-person tour at **Campus1MTL.ca**

CAMPUS1 MTL
RESIDENCE ELEGANTLY
REIMAGINED

JAN 2026

9 Friday

[illegible]

10 Saturday

[illegible]

11 Sunday

JAN 2026

12 Monday

Minicourses Registration Opens

13 Tuesday

14 Wednesday

Activities Night

15 Thursday

Activities Night

Legislative Council Meeting



**CELEBRATE
IN STYLE**



JAN 2026

16 Friday

17 Saturday

18 Sunday

JAN 2026

19 Monday

20 Tuesday

Add/Drop Deadline
Board of Directors Meeting

21 Wednesday

22 Thursday

JAN 2026

23 Friday

24 Saturday

25 Sunday

JAN 2026

26 Monday

27 Tuesday

Withdrawal With Refund Deadline

28 Wednesday

29 Thursday

Winter Referendum Nomination Period Begins

Legislative Council Meeting

30 Friday

Minicourses Registration Ends

31 Saturday

1 Sunday (February)

FEB 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 General Assembly 🗳️	3	4	5	6	7
8	9	10	11	12 Legislative Council Meeting 🗳️ Winter Referendum Nomination Period Ends 🗳️	13	14
15	16 Minicourses Classes Begin 🗳️	17	18	19	20	21
22	23	24 Board of Directors Meeting 🗳️	25	26 Winter Referendum Campaign 🗳️ Legislative Council Meeting 🗳️	27	28

FEB 2026

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

FEB 2026

2 Monday

General Assembly

3 Tuesday

4 Wednesday

5 Thursday

FEB 2026

6 Friday

7 Saturday

8 Sunday

FEB 2026

9 Monday

10 Tuesday

11 Wednesday

12 Thursday

Winter Referendum Nomination Period Ends

Legislative Council Meeting

FEB 2026

13 Friday

14 Saturday

15 Sunday

FEB 2026

16 Monday

Minicourses Classes Begin

17 Tuesday

18 Wednesday

19 Thursday

FEB 2026

20 Friday

21 Saturday

22 Sunday

FEB 2026

23 Monday

24 Tuesday

Board of Directors Meeting

25 Wednesday

26 Thursday

Winter Referendum Campaign Begins

Legislative Council Meeting

FEB 2026

27 Friday

28 Saturday

1 Sunday (March)

MAR 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Reading Break	3 Reading Break	4 Reading Break	5 Reading Break	6 Reading Break	7
8	9 Winter Referendum Begins 🗳️	10 Withdrawal Without Refund Deadline	11	12 Legislative Council Meeting 🗳️	13	14
15	16	17 Gerts: St. Patrick's Day / Running of the Gingers	18	19	20 Winter Referendum Ends 🗳️	21
22	23	24 Board of Directors Meeting 🗳️	25	26 Legislative Council Meeting 🗳️	27	28
29	30	31				

MAR 2026

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	Tues

MAR 2026

2 Monday

Reading Break

3 Tuesday

Reading Break

4 Wednesday

Reading Break

5 Thursday

Reading Break

MAR 2026

6 Friday

Reading Break

7 Saturday

8 Sunday

MAR 2026

9 Monday

Winter Referendum Begins

10 Tuesday

Withdrawal Without Refund Deadline

11 Wednesday

12 Thursday

Legislative Council Meeting

MAR 2026

13 Friday

[illegible]

14 Saturday

[illegible]

15 Sunday

[illegible]

MAR 2026

16 Monday

17 Tuesday

Gerts: St. Patrick's Day / Running of the Gingers

18 Wednesday

19 Thursday

20 Friday

Winter Referendum Ends

21 Saturday

22 Sunday

MAR 2026

23 Monday

24 Tuesday

Board of Directors Meeting

25 Wednesday


26 Thursday

Legislative Council Meeting

DETROIT
MUSIC OF THE MOTOR CITY


PRODUCTION SPONSOR
ALDO

SEGALCENTRE.ORG



\$20
Tickets!
CONCESSIONS APPLY

CLASS ACT
FOR STUDENTS AND PEOPLE UNDER 30



April 12
- May 3
2026

MAR 2026

27 Friday

[illegible]

28 Saturday

[illegible]

29 Sunday

[illegible]

APR 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 <i>Good Friday</i>	4
5 <i>Easter Sunday</i>	6 <i>Easter Monday</i>	7	8	9 <i>Legislative Council Meeting</i> 🌐	10	11
12	13	14	15	16	17	18
19	20	21 <i>Board of Directors Meeting</i> 🌐	22	23	24	25
26	27	28	29	30		

APR 2026

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	Thurs

APR 2026

30 Monday (March)

31 Tuesday (March)

1 Wednesday

2 Thursday

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or in-person tour at **Campus1MTL.ca**

CAMPUS1 MTL
STUDENT RESIDENCES
ACROSS MONTREAL

APR 2026

3 Friday

Good Friday

4 Saturday

5 Sunday

Easter Sunday

APR 2026

6 Monday

Easter Monday

7 Tuesday

8 Wednesday

9 Thursday

Legislative Council Meeting

APR 2026

10 Friday

11 Saturday

12 Sunday

APR 2026

13 Monday

14 Tuesday

15 Wednesday

16 Thursday

APR 2026

17 Friday

18 Saturday

19 Sunday

APR 2026

20 Monday

21 Tuesday

Board of Directors Meeting

22 Wednesday

23 Thursday

APR 2026

24 Friday

25 Saturday

26 Sunday

APR 2026

27 Monday

28 Tuesday

29 Wednesday

30 Thursday



CLASS ACT
FOR STUDENTS AND PEOPLE UNDER 30

SEGALCENTRE.ORG



May 24
- June 14
2026

MAY 2026

1 Friday (May)

International Workers' Day

2 Saturday (May)

3 Sunday (May)

MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	1 <i>International Workers' Day</i>	2
10	11	12	13	14	8	9 <i>Board of Directors Meeting</i> 🗓️
17	18 <i>Victoria Day / Patriot's Day (Québec)</i>	19	20	21	15	16
24	25	26	27	28	22	23
31					29	30

MAY 2026

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
31	Sun

JUN 2026

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

JUN 2026

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



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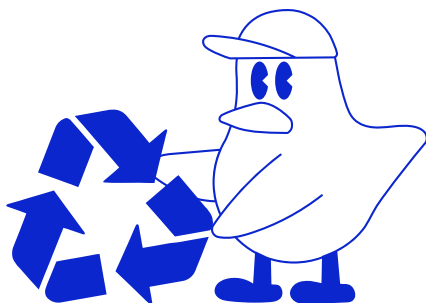
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Remove the metal spine from the handbook.

2

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