





Dr. Zeina
Abou-Khalil



GENERALIST DENTIST

514 608-7555

 @CliniqueDentaireDrZeinaAbouKhalil

TEETH WHITENING

We offer teeth whitening for an exceptional price of \$19 (regular price of \$299) when doing your cleaning and exam appointment. Promotion expires August 31, 2027.

INSURANCES

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

Did you know that your dental insurance with StudentCare (ASÉQ) could cover part or even all of your dental care?

Check your coverage on studentcare.ca or call us.

SERVICES



Aesthetic
treatments



Root
canal



Dental
surgery



Implants
& prosthetics



Periodontics



Preventive
dentistry



Emergency



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

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

SSMU ohén:ton Rón:nete tehonwanarénhsarons,
ronwatien'té:res tánon ronwatiriwakwenniénhstha
na Kanien'kehá:ka tánon tsi ronnón:ha
rontehontsanónnhha tánon ronteniataranónnhha 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.

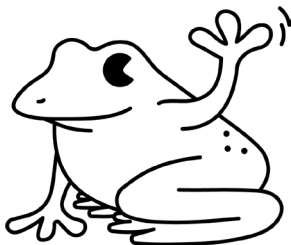
The SSMU acknowledges that McGill University is situated on the traditional and unceded territory of the Anishinaabe and Haudenosaunee nations. The SSMU recognizes and respects these nations as the true and constant custodians of the lands and waters on which we meet today. Further, the SSMU commits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

Setting the Scene

Welcome to the Jungle. Well, technically it's McGill University, but whether you're a seasoned veteran returning for another year or a student brand new to university, Montreal, or even Canada, it can absolutely feel like a jungle here. But you're here now, so get comfortable. Whether you've been preparing for



this adventure for years, or feel as though your plane dropped out of the sky and left you stranded alone in the Amazon rainforest, don't worry, this survival guide has you covered. Here are some statistics to help you gauge the challenge you have lying ahead of you — but don't worry! Unlike the real jungle, the only wild animals roaming campus at night are bunnies (plus the occasional raccoon).

As per the 2025 enrollment report, there are...

40 531

total students

10 196

graduate students

28 167

undergraduate students

54%

of undergraduate students are from Quebec

22%

of undergraduate students are international

51%

of undergraduate students' mother tongue is English

25%

of undergraduate students' mother tongue is French

As for McGill's international reputation...

McGill is ranked either

27th or 41st

depending on who you ask.

Maclean's has ranked McGill as the

top Canadian medical school

for over 20 years.

Lastly, McGill's Sustainability Statistics...

\$10 million

has been awarded to sustainability research since 2017

65% of ingredients

used in the dining halls are locally sourced, or certified Organic, Fair Trade, or approved by the Marine Stewardship Council.

THE BRIEFING



TABLE OF CONTENTS

THE BRIEFING

Letter from the Editors	6
Letter from the SSMU President	7
Emergency Support	8
Glossary	12

CRASH LANDING

Montreal Map	17
Public Transport	18
Campus Map	20
First Steps	22
FROSH	24
OAP	25
Dining Halls	26
Living On-Campus	29
Affordable Food	30
The Wellness Hub	31
Menstrual Health	32
Insurance	33
Student Accessibility and Achievement	34
Classes	35

GETTING ORIENTED

Course Books	42
Student Responsibilities	43
Policy on Assessment of Student Learning	44
Campus Life and Engagement	48
Navigating McGill	51
Office of Religious and Spiritual Life	52
McGill Overview	54
SSMU Overview	56
SSMU Executives	65
Student Associations	67
Clubs	69
SSMU Affiliated Independent Groups and Design Teams	70
Intramurals	73
McGill Recreation	74
Varsity and Club Sports	75
Staying Active in Montreal	77
French	78
International Student Services	83
Transfer and First Generation Students	85
Black/POC Students	86
Indigenous Students	87
LGBTQ+ Students	88
Students with Disabilities	89
Caregivers / Students from Care /	
Refugee Student Resources	90

THE TREK

93

ACADEMIC

Midterms	94
Office Hours	95
Libraries	96
Faculty Tutoring	102
The Writing Centre	104
Academic Resources	105

REJUVENATION

Pick-Me-Ups on Campus	108
OneCard	109
On-Campus Food	110
Student Bars	113
Nearby Restaurants	115
International Food	116
Nightlife	117
SAQ and Deps	118

SUPPORT

Eating Disorder Support	123
Gender Affirming Care	124
Alcohol and Drugs	125
Mental Health Resources	127
Staying Active	129
Safe Sex	131

THE DEEP FREEZE

135

Exams	136
Winter Break	138
The Underground City	139
SSMU Second Semester Events	143
Scholarships	144
Living Off-Campus	145
Winter Tips	145
Mental Health Tips	147

THE GREAT THAWING

149

Macdonald Campus	150
New Study Spot Ideas	151
Arts and Culture	153
Thrifting	154
Montreal Summer	155
Mount Royal	156
McGill Career Planning Service	157
Jobs	158
Summer Courses	159
Going on Exchange	160
Graduation	161

AGENDA

156

Letter from the Editors

Hello new and returning McGillians!

Welcome to yet another year, and yet another handbook! We are Sarah and Nelly, and we are so honoured to be your guides as you get used to university living. There's always a lot going on, so we hope this handbook can be a helpful tool as you learn to navigate campus and your life here at McGill.

This edition is designed as a survival guide, with information on how to 'survive' different situations, from class registration and office hours to excursions into greater Montreal and nights out on the town. There's also an agenda in the second half to help keep you organized. You can spot the SSMU bird throughout this edition, giving helpful hints or just hanging out in between pages.

As you find your footing, we encourage you to go beyond this handbook and explore life beyond the library. There are tons of wonderful communities and facets of student life on campus, and the city of Montreal is just a few steps away. Have some new experiences, try some new hobbies, and don't be afraid to ask for help. The most important thing is that you take care of yourself and give yourself the grace you need.

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, this handbook is always here for you if you ever start feeling lost, need a restaurant suggestion, or are looking for support here on campus.

We wish you nothing but the best of luck,

A handwritten signature in black ink, appearing to read 'Sarah McDonald'.

SARAH MCDONALD
Handbook Content Editor

A handwritten signature in black ink, appearing to read 'Nelly Wat'.

NELLY WAT
Handbook Layout Editor

Letter from the SSMU President

Heyo!

Welcome (or welcome back) McGillians to the 2026-2027 Academic year (the year of 6-7).

Let me be honest with you: nobody arrives at McGill knowing what they're doing. Not the UOs pretending they've read the syllabus; not the U3s pretending they have a post-grad plan that will shock the world like a bolt (Usain); not even the engineering student who ran for SSMU President who then had to be told the definition of antithetical in early May. But university isn't about knowing what you're doing, it's a place for learning. The students who do well aren't the ones who showed up with it all figured out, they're usually the ones who are comfortable with that sense of being a little lost, a little wrong, and full of (sometimes caffeine-boosted) energy. Your degree is not a linear system, it's more of a feedback loop: try something, see what happens, if it sticks, repeat, if it doesn't, try again etc. (yes, that was the engineer in me, sorry not sorry...).

You may feel like a small fish in a pond of 25,000. On a campus that's older than Canada, it's easy to feel like everyone else got a memo that got lost in your over-crowded inbox. So do it. Join the club. Send the email. Ask the question you think is stupid. I can almost promise it isn't (but don't worry, if it somehow is, you'll be in good company).

But regardless of what you do and don't know, and the questions you do and don't have, I can make you one lone guarantee: you aren't doing this alone. The Students' Society of McGill University (SSMU) exists because someone a long time ago decided 25,000 people facing the same midterms should, at the very least, face them together. Health and dental care, mental health support, clubs, events, advocacy, loud nights and quiet help — that's our job here at the SSMU, and we exist to support you. Come find us. Ideally before you have a question about grad photos.

There's an Arabic saying I grew up with: *مَنْ جَدَّ وَجَدَ* *Whoever strives, finds*. It's older than this university and it'll outlast all of us. So do it. Strive a little. Or maybe even a lot. You'll find more than you came looking for, probably also a tax form you forgot about.

Peace,



HAMZA ABU ALKHAIR
(he/him/il)
president@ssmu.ca

Emergency Support General Resources



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

Emergencies

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

The Dean of Students

While you are at McGill, **the Office of the Dean of Students (ODOS) is your first point of contact.** Break your wrist? Call 911. Okay, depending on the circumstances maybe not, but do contact ODOS. Crash your car and require intense medical intervention? 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 need mental health support, academic accommodations, or financial assistance. **Contact the Dean of Students (mcgill.ca/deanofstudents) if you are experiencing discrimination.**

Overall, the ODOS is who you go to in the event of an emergency or crisis.

Crises are subjective, so if you feel like you're experiencing a crisis, go to ODOS and they can help you. Or, if you're not sure where to find the help you need, go to ODOS and they can point you in the right direction.

And — fun fact! — If you're a minor, the Dean of Students is your legal guardian during the underage portion of your stay here at McGill.

Scan the QR code
for resources:

linktr.ee/SSMUHandbook



Emergency Support General Resources

General Emergency Info

In case of 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. — skip 911 and **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.

Contact:

(514) 398-8040

drivesafe@ssmu.ca

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.

Contact:

(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.

Contact:

475 Pine Avenue West

(514) 398-7007

sportsmedicine.athletics@mcgill.ca

McGill University Health Centre

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 at McGill (LICM)

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

Emergency Support Sexual Assault



Content Warning: This page 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 11.

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 LGBTQ2IA+ and questioning youth and adults ages 14–25. They provide active listening and accompaniment services.

SOS Violence Conjugal

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

Scan the QR code for resources:
linktr.ee/AssaultHarassmentResources



Further Support

Non-Emergency Resources

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 counselling, and workshops. For more information, check page 31.

Downtown

Brown Student Services Building: 1070 Avenue Dr. Penfield, 3rd floor
514-398-6017

Phone Hours: Monday to Friday, 9:00 am - 12:00 pm and 1:30 pm - 2:30 pm

Macdonald Campus:

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

McGill Office for Mediation and Reporting (OMR)

www.mcgill.ca/omr

The Office for Mediation and Reporting (OMR) is responsible for receiving and responding to formal reports of discrimination, harassment, and sexual violence against members of the University community through mediation and investigation services. If you file a report, there are a few important things you should know.

- Mediation lasts 30 days, and the investigation stage is an additional 60-90 days.
- The deadline for filing a formal report for harassment or discrimination is 24 months from the most recent incident

- There is no deadline (as long as the Respondent is still at McGill) for sexual violence allegations.

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 ALUMO (the insurance we'll tell you about on page 33).

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.

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.

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.

Glossary



The last thing you need to know before we jump right into it: the lingo. Below is a list of carefully compiled words to help you navigate both your life here at McGill as well as the rest of this Survival Guide. Dictionaries down, it's time to lock in on the glossary.

McGill Terms

Add-Drop

The first two(ish) weeks of classes are non-committal; you are free to Add or Drop (hence the name) any class without a penalty. See page 36 for more information.

CR/NCR

Formerly known as the S/U option, this is a designator which determines whether your classes are taken Pass/Fail or for a letter grade.

Listserv

An email list, essentially. If you get added to a Listserv, prepare your inbox for a recurring flood of news about events, resources, and opportunities.

Reading week

Remember spring break from high school? This is that. There's one in each semester; see page 166 and 167 for dates.

The Hot Dog Man

A true McGill staple, get your hotdog and/or vege-dog and/or vegandog from the Hot Dog Man for lunch right on campus.

The Three Bares

The name of the field with the fountain next to Redpath Museum. There are picnic tables, trees, and of course, the fountain.

The Y

The intersection in the middle of campus! It has been recently renovated to include Indigenous art in the tiling — go check it out!

U0, U1

Ah yes. The dreaded 'year' of your degree. Your 'U' is determined by how many credits you have when you come to McGill — you enter first year as U0 unless you have advanced credits; if you have enough, you will enter as U1. See page 35 for U0 Requirements.

Upper / C4

'Upper' is how McConnel, Molson, and Gardner residences are referred to collectively. Likewise, C4 is the slang name for the Carrefour Sherbrooke residence.

VSB

The visual schedule builder is the best (and realistically, only) way to build a McGill timetable. Enter your courses and figure out which timeslots you like the look of best.

2026-2027

SSMU Health & Dental Plan

Insuring today.
Ensuring tomorrow.

alumo.ca



Your Student Plan Perks

Your coverage



Health



Dental



Vision



Travel

Save more, spend less!

See an Alumo Network professional to get extra discounts on health services.

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



Don't miss out,
see what's
covered!

* Please note that at the time of printing, benefits and services for 2026-2027 were still subject to change. For complete details, visit alumo.ca.

Extra support when you need it:

Virtual Care

Virtual Health Care

Powered by Dialogue



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

Legal Protection

The Essentials



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

Gender Affirmation Care



New

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

ALUMO



CRASH LANDING

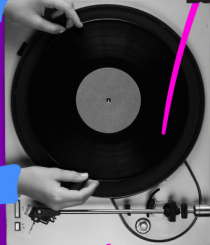




DEPUIS 1967

CAFÉ CAMPUS

BOÎTE DE NUIT • SALLE DE SPECTACLE • COOP DE TRAVAIL



COME PARTY WITH US
4 NIGHTS A WEEK

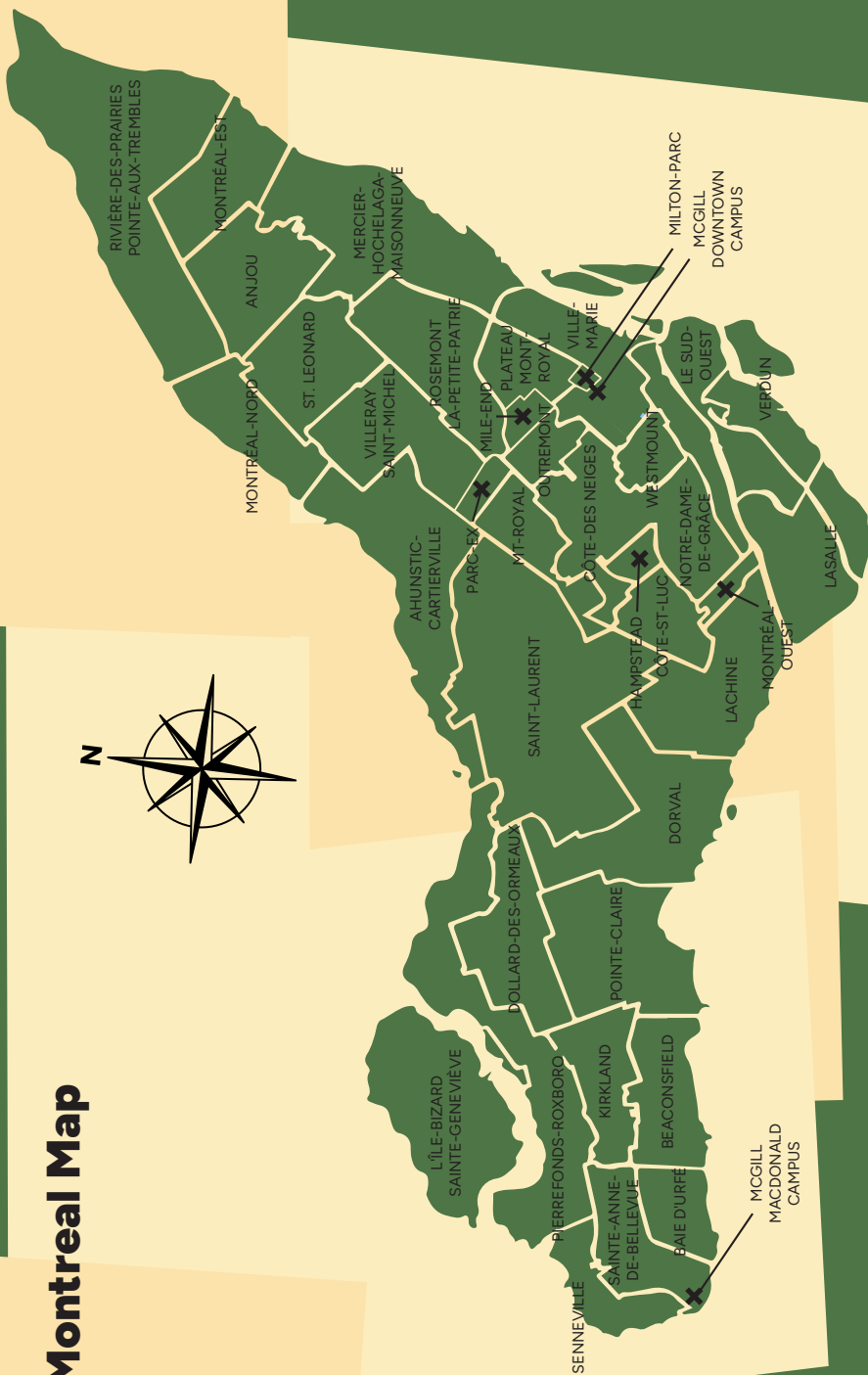
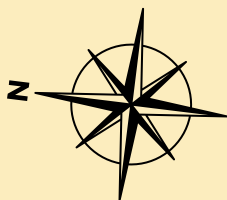
MARDIS RÉTRO
JEUDIS 2000
WEEK-ENDS
X-LARGES



9:30PM - 3 AM

57 RUE PRINCE-ARTHUR E
MONTREAL

Montreal Map



Public Transport Metro Map



Getting around is an important step in feeling at home in a new place. Luckily for you, Montreal has a ton of public transport options to get you where you need to go safely and quickly(ish?).



Public Transport

The STM

The Société de transport de Montréal (STM) runs Montreal's metro and bus lines. There are four metro lines, and over 200 bus routes. To use STM transportation, you'll need an **Opus Card** — which is a refillable card — or you'll need to buy a ticket at a metro station. Yes, you read that right. Unless you have change or an Opus Card, **you need to go into a metro station to get a ticket for the bus.**

Chrono

If you have an Opus card, the App Chrono is your new best friend. It lets you refill your Opus card from your phone.

Timing

- Metro line hours vary, but most lines generally operate from 5:30 am - 1:00 am
- You can find schedules for busses on the STM website
- Some (NOT ALL) buses run 24 hrs

STM Costs:

\$3.75: One-way ticket

\$7.00: Two-way ticket

\$62.75: Monthly full-time student pass (OPUS card needed - you only get the discount if you buy through Minerva)

Cars

If you're tired of the delays on the Green Line, I really can't blame you. Here are some car options instead.

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

Bixi

Bixi is a bikesharing program with bike stations all over the island of Montreal, and they are wonderful. Do yourself a favour and get Bixi pass during the warmer months — there are ample bike lanes, it's good exercise, faster than walking (and without the evil delays of the metro), and you get to be the cool one who biked to the rendez-vous.

Nearby Bixi Stations

- Rue McTavish, between Bronfman and McLennan
- Rue University by the Birks Building
- Rue University by the Trottier Building
- Rue Alymer x Sherbrooke by the Schulich Music Hall
- Rue Durocher x Sherbrooke by C4 Residence

The REM

The REM is like the Metro, but it's above ground. It's a train. It has 23 stations around Montreal (with more on the way!), with some access points near McGill. There's a REM station in the Eaton Centre, which you can access through the McGill metro station.

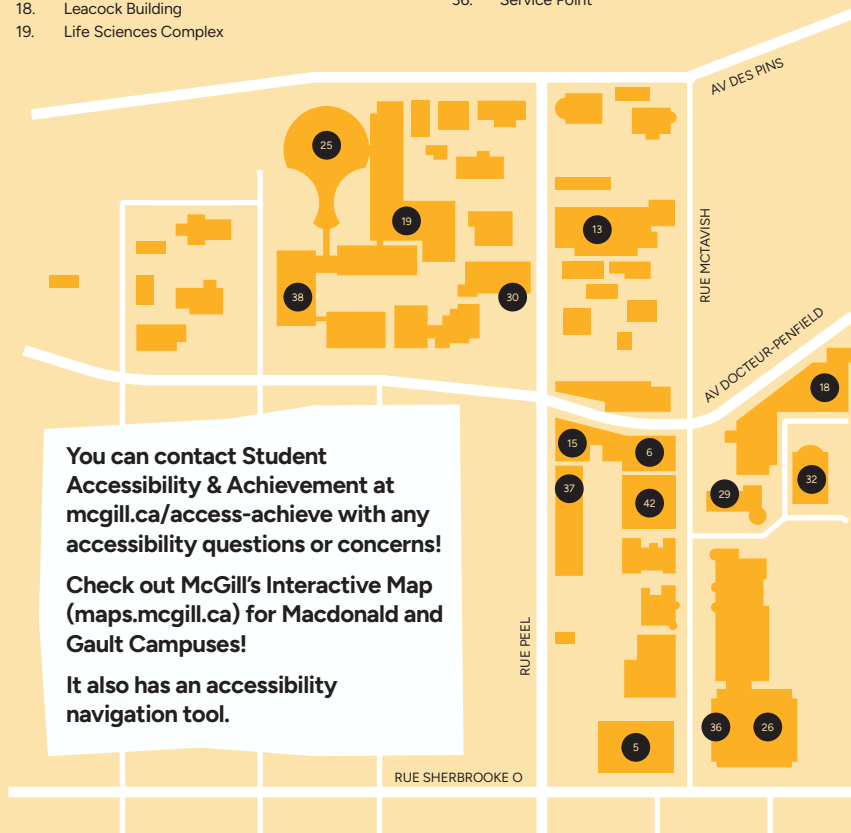
Mac Campus

Want to explore Mac Campus? Take the REM! See page 150 for more information on what Mac Campus has to offer!

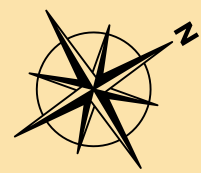
Campus Map

- ▲ No elevator
- No gender neutral bathrooms
- Not wheel chair accessible

- | | |
|------------------------------------|--|
| 1. Adams Building | 20. Maass Chemistry Building |
| 2. Arts Building | 21. Macdonald Engineering Building |
| 3. Birks Building | 22. Macdonald Harrington Building |
| 4. Bishop Mountain Hall | 23. Macdonald-Stewart Building / Schulich Library of Physical Sciences, Life Sciences, and Engineering |
| 5. Bronfman Building | 24. McConnell Engineering Building |
| 6. Brown Student Services | 25. McIntyre Medical Building |
| 7. Burnside Hall | 26. McLennan-Redpath Library Complex |
| 8. Campus 1 | 27. Molson Stadium |
| 9. Carrefour Sherbrooke | 28. Montreal Neurological Institute |
| 10. Currie Gym | 29. Morrice Hall / Islamic Studies Library |
| 11. Dawson Hall | 30. Nahum Gelber Law Library |
| 12. Douglas Hall | 31. New Residence Hall ● |
| 13. Education Building | 32. Redpath Museum ▲ ● ■ |
| 14. Elizabeth Wirth Music Building | 33. Royal Victoria College |
| 15. First Peoples' House | 34. Rutherford Physics |
| 16. James Administration Building | 35. Sherbrooke 688 (The McGill Campus Store) |
| 17. La Citadelle ● | 36. Service Point |
| 18. Leacock Building | |
| 19. Life Sciences Complex | |



- 37. SSMU Office (3501 Peel)
- 38. Stewart Biology Building
- 39. Strathcona Anatomy and Dentistry
- 40. Strathcona Music Building
- 41. Trotter Building
- 42. University Centre
- 43. University Hall ▲■
- 44. Upper Residences
- 45. Wong Building



First Steps

The First 48 Hours

As you may know, the first 48 hours are considered the hardest to survive when you're alone in the jungle. But don't worry, as your faithful guide, I've compiled a list of key things you can do in your first 48(ish) hours in order to help you survive and set you up for success later on. Keep your wits about you as you complete this list!

STEP 1: MCGILL ID

I will only say it once: you **need** your McGill ID. You need it to do anything here, and **McGill has recently passed a new Identification Policy requiring students, staff, and visitors to carry a valid ID while on McGill property.** To get your card, upload a photo according to the specifications on the McGill Student ID Card website, then follow the instructions in the email you received. 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.**

STEP 2: KNOCK ON A DOOR

The first week can be daunting, but it becomes a little less overwhelming when you realize that you're not doing anything alone; no matter what mix of emotions you may be feeling, I guarantee that there are other people feeling something similar. So do it. Go knock on doors in your residence and introduce yourself! Or, if that feels like it may be too much for you, make a sign with your name and any social media you're interested in sharing, and tape it to your door for the first few days. And if someone offers to add you to a residence-wide groupchat

say yes (and just mute the million notifications two-weeks later). And if this same group chat plans an introduction night in a common room... you should definitely go; it's always nice to know your neighbours. These friendships don't need to last forever (although sometimes they do!), but having someone by your side the first few days and weeks can make everything a lot less overwhelming.

STEP 3: 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.**

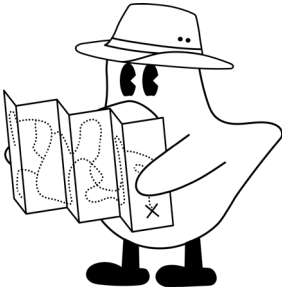
STEP 4: FIND YOUR CLASSES

Make the first day of classes easier on yourself by heading out and finding the rooms — or at least the buildings — a day or two before. Day 1 of classes is dizzying enough; there's no need to add 'lost' to the recipe. Grab a friend and Google Maps, and set off — you'll be glad you did. Yes, pacing across an empty campus with a compass in one hand and Minerva in the other is mildly embarrassing, but trust me, arriving to a 300-person class sweaty, late, and gasping for air is far, far worse. See page 51 for tips to navigate campus and pages 35 - 38 for more information on everything you need to know about classes.

First Steps

STEP 5: READ YOUR SYLLABI

Class syllabi need a rebrand. They are more than just documents professors hand out; **they are course survival guides sent straight to your inbox (uploaded on MyCourses)**. They contain everything you could ever need to know about a class — grade breakdowns, assignments, reading lists, office hour information, and more — and I promise you, your syllabus will save you. Profs often don't remind you of deadlines or homework: it's all on the syllabus. So let me say it again. **Read your syllabus.**



STEP 6: SSMU FIRST YEAR PRESENTATION

On August Tuesday, August 25th, from 4:15-5pm, the SSMU will be putting on a presentation in Leacock 132, essentially a "Getting Involved 101." They'll go over the basics of student life at McGill; tips and tricks for using Minvera, ways to get involved on campus, athletics & recreation, and more. Show up and get all the insider information on how to thrive here on Campus.

STEP 7: SSMU POSTER SALE

Get a head-start on decorating your room by attending the Poster Sale from September 21-25 at the University Centre. Decorating is THE cheat-code to feeling at home in a new place, so grab some posters to put up alongside any photos or decorations you brought with you! They have every poster imaginable, so I guarantee there's something you'll like there! Check the SSMU Instagram account for a contest to win a free poster!

STEP 8: ACTIVITIES NIGHT

One of the best ways to meet people is through clubs and student groups, so please, for your own sake, go to Activities Night. Held at the University Centre on September 16th and 17th, Activities Night is like hinge-come-to-life: everyone and their brother (all the clubs) yearn for you (your email for their listserv) and will do anything (give you free candy) to win your affection (your attendance at an event). In all seriousness, please go. Join a club or two or three (there are tons) because it truly will make your time here more rewarding. See page 69 for more information on clubs.

Frosh

If you manage to make it through the first few days of your life here without feeling like you've been caught in a crazy whirlwind, I promise FROSH will do its best to change that. Essentially, FROSH is a bunch of first years following their leaders (returning students) around from activity to activity for a few days. After a few days spent disoriented and quite drunk, people have typically made a few solid friends. 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!

THIS YEAR, FROSH RUNS FROM THURSDAY, AUGUST 27, TO SATURDAY, AUGUST 30TH.

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, party boats, park days, and other fun activities.

Non-Faculty FROSH

If everything you just read about traditional FROSH sounds like your worst nightmare come-to-life don't worry. First of all, you don't have to do FROSH if you really don't want to, but before you commit, check out the non-traditional FROSHes, which may be a little more up your alley.



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!

FROSH adjacent... It's OAP. Lovingly dubbed 'the best place on Earth,' OAP (Open Air Pub) is run by the Engineering students twice a year, at the beginning of the fall semester and the last few days of the winter semester. So. Let's get into it.

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 or find their page on instagram! It's a huge and popular event, they need all the help they can get, plus if you volunteer you get free food/drinks (score!), and it's a great way to meet new people (double score!).

What is OAP?

Simply put: the lovechild of a pub, music festival, and barbeque. They serve burgers, hotdogs, and vegetarian options, and sell 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. If you don't see it, you'll surely hear it.

Why is OAP?

OAP starts and ends each academic year with a bang. McGill's Coachella brings good vibes and fantastic outfits to the lower field.

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 (but I won't judge you if it's not).

Dining Halls



Students who do not live in Res can still eat in the dining halls, but must pay to enter. Breakfast is \$10.79, lunch is \$13.99, and dinner is \$15.99 (plus tax).

When FROSH and OAP have you all worn out, it'll be time for a meal. For those in Res, the Dining Halls are the cornerstones of your domain. For those not in res, I fear if you're cooking, I can't be of much help, but if you need recommendations for affordable food, nearby restaurants, or international cuisine, take a look at page 30, 115, or 116, respectively.

Meal Plans

If you're living in a traditional downtown residence this year (not Solin), then congratulations, you get one year of the premium teenager plan before being switched over to the adult subscription (you don't have to cook for yourself yet). At McGill, students living in Res are enrolled in a mandatory **All You Care to Eat (AYCTE) meal plan**. 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. The meal plan is automatically charged to your account, **but money is not deducted with each swipe; you pay the same regardless of if you go to the dining hall 15x per day or once over the whole year.**

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. Please don't ask me why, I have no answers.

New Res

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

Carrefour Sherbrooke (C4)

Super convenient for those in the building, what you gain in convenience, you lose in seating... This is the smallest dining hall, you have been warned.

RVC

Huge and close to campus, so it's a two-birds-one-stone kinda place. Super convenient for a mid-day meal.

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 the end of September 2026.



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Living On-Campus

Now that you've had a real meal, it's time to talk about your home for the next year: Res. Res is simultaneously an ideal utopia and a perfect nightmare — 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 awful. You're gonna love it.



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 RLFs (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 128.

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.



Tips from returning students

- Read the entire Student Handbook
 - Join clubs and go to events
 - Get involved in campus life!
- Jason Wang, VP Finance, U4 Engineering

Affordable Food

There are lots of reliable and affordable food options both on campus and in downtown Montreal. Take a look at the weekly schedule below, and be sure to note if you want to visit a food bank or get a prepared meal.

SSMU Free Lunch Program

Weekly free vegan meals on McGill campus! 12:30pm to 2:30pm Monday through Thursday in **room 109 at 3480 McTavish, in the University Centre.**

People's Potato at Downtown Concordia

Free daily vegan lunch (Mon-Thurs). Bring your own container and utensils! They also offer bi-weekly emergency food baskets on Fridays; check their website for more information.

Le Frigo Vert at Downtown Concordia

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 at Loyola Campus Concordia

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

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 (approximately \$4), cash-only vegan lunches during the academic year. Available to all members of the community. At the building with the Yellow Door.

SNAC

3480 McTavish, University Centre

A student-led initiative that distributes fresh, local fruits and vegetables to students at affordable prices at the University Centre, room 106.

SSMU Pantry

University Centre, room 106

Fresh and local groceries at a pay-what-you-can price!

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

 Food bank

The Wellness Hub

You've heard of scurvy, you've heard of malaria, but have you heard of FROSH flu? Well, by the time you read this, you may already be coming down with the sniffles, chills on the way. But don't worry. The Wellness Hub has you covered. They offer appointments with **nurses, doctors, counsellors, dietitians, 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 offers 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 to engage in mindful escapes (relax by exploring 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.

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. See page 128 for more information on the different advisors you can meet with.

Menstrual Health

The SSMU Menstrual Health Project

The SSMU Menstrual Health Project was established in 2017 to supply undergraduate students with free menstrual health products. Each SSMU member pays \$2.40 a semester to fund this service, which works to promote menstrual equity, reduce period stigma, and encourage sustainability in the McGill community.

How it works

There are two components of the Menstrual Health program:

Campus Bathroom Restocks

Seven student coordinators are responsible for restocking pads and tampons in more than 160 bathrooms across campus. These products are available free of charge for anyone who needs them and are provided in baskets or metal or plastic dispensers.

Monthly Pick Ups

Free reusable menstrual products are distributed, including period underwear, cups, and discs. For Fall 2026 Pick Up, please bring your student ID and follow us on Instagram (@ssmumenstrualhealth) to stay informed about pickup days, locations, product availability, and upcoming events.

Visit their website to learn more about this initiative, the products they distribute, and where products can be found across campus.

Tips from returning students



- Don't take 5 classes
- McGill is all about adapting.
- Take on every single opportunity you get, whether that's something you think is small or big.
- Try everything, first year flies so don't live with regrets. AND HAVE FUN

- Bhavish, Arts (Economics and Statistics), Second Year

Insurance

While trips to the Amazon need special insurance, McGill doesn't. The SSMU provides insurance for you based on your residency status. Check out the information below to see what applies to you.



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 ALUMO at 514-789-8775.

Canadian Students

The SSMU provides students with insurance coverage through ALUMO, helping 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

Important information

- Fees are \$400-\$500 per 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 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 ALUMO directly at alumo.ca.
- Only students may make changes to their coverage.

Claiming Process

If you need to make a claim, you'll need the following information.

Group# = Q1130

Certificate# = your 9-digit McGill Student ID number

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

International Students

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.

mcgill.ca/internationalstudents/health

Student Accessibility and Achievement (SAA)



Accommodations must be reviewed each semester! If you forget, you'll lose access to your accommodations until you review using the portal. See the SAA website for more information.

One of the last things you need to sort out, ideally near the beginning of the academic year, is any exam or learning accommodations you may be eligible for.

Eligibility

You'll be eligible for accommodations if you have a diagnosed disability, regardless of whether it is permanent, temporary, or episodic. You will need a doctor's note — there's a referral letter template on the SAA website which you can ask your healthcare provider to complete for you. There is detailed information on their website, along with examples of documentation.

How to Register

You must book an appointment with an advisor from the SAA office. You can find booking information on their website. **Your medical documentation must be uploaded to the SAA portal no less than 24 hours before your scheduled appointment, or else you will have to rebook.** You'll wind up with a ClockWork account, which you can use to book accommodations.

Using your accommodations

Congratulations! You're not done yet. It is YOUR responsibility to submit accommodation requests **a minimum of 14 days before the date and time of each quiz/test/exam for every one of your classes**, using your 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.**

Classes

The Foundation Program



If you don't complete your Foundation Year requirements, it may end up delaying your graduation; you may need to tack on an extra semester to take that one random class you missed (despite it being totally unrelated to your major), so *do your due diligence now, or you will come to regret it in the thirteenth hour.*

The Foundation Program

If you're brand new to McGill, you'll probably need to fulfill the criteria for the Foundation Program in your first year. **You will need to complete the Foundation Program if you are entering McGill as a UO student.** It's a program designed to make sure you try a few different things before settling on a major; you don't want to be stuck building shelters if you'd rather be sanitizing water, if you catch my drift. Congratulations to those coming with over 24 credits of advanced standing – you get to start your chosen program right away.

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 Foundation courses**. You need to take 6 credits from three of the four class categories. You cannot take more than 12 credits from any one department in your first year.

Science

For UO Science students, the Freshman program includes math and general science components. Depending on the stream you pick, you will need to complete a certain number of math classes and a certain

number of general (**foundation-approved**) science courses.

Management

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

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.

Education

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

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.

Classes

Add/Drop, Syllabus Week, and Office Hours

Add/Drop

Add/Drop is the lull before the storm, and everything feels perfect. It's about two weeks long at the beginning of every semester, and offers you a free trial for the rest of the semester. You are free to change your courses every day if you wish, making sure that you like the sound of the things you'll be learning for the following few months. Choose your classes well — ones that will challenge you some, but not too much, and that you'll enjoy. But don't take advantage: **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. This is the time to prepare, not the time to be at OAP (me personally, I will be at OAP, thinking really hard about my course selection).

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 that doesn't mean you should be on the other side of the planet. 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. And what did I tell you about course syllabi again? Oh yes, that's right: **READ THEM**.

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 syllabus, 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 (or even only lukewarm) questions.



Tips from returning students

- DO NOT TAKE AN 8:30 AM CLASS
- Anonymous, Arts, Third Year

Classes

Course Selection



Don't forget to give yourself a lunch break!

If you're reading this after course selection has passed, it's a bit like reading a packing list after arriving at your destination, but late is better than never, so let's get into it! Before we get into the meat and potatoes of it all, here are a few quick tips:

- If you're in UO, pick courses that align with your faculty's foundation requirements. See page 33 for more information.
- 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 subjects are the things you **want** to learn about. Just because something is purportedly 'easy' **does not mean you will find it easy**. If you have to drag yourself to class every day and sit there, bored to tears as your lecturer is talking about something you genuinely couldn't care less about... yeah, I promise that 'easy' course won't be feeling so easy anymore.
- **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 6 hours of back-to-back classes starting at 8:30 in the morning will be unbearable.
- Be wary of 8:30 am classes. You'll tell yourself you'll get out of bed. You'll believe it. But then winter will roll around, it'll be -25 degrees outside, and your bed will be so warm and so cozy... Yeah. If you read that and thought there was even a 10% chance of you falling victim to that trap, do what you can to avoid the 8:30 am classes, your attendance record will thank you later.

Registration

Course registration is done through Minerva. Minerva is more archaic than anything in the Redpath Museum (or it at least seems that way sometimes), but I haven't heard of any rumours yet to upgrade, so you'd better 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 courses that you want to take**, go to the "Search Class Schedule and Add Course Sections" menu, and follow the prompts to shop around!

Classes



You can buy second-hand lab gear from different STEM student associations!

Lectures

Lectures are the bread and butter of the University experience. They will likely make up the majority of your first year, and, depending on your program, maybe even the majority of your whole degree. They are exactly what you expect them to be, so buckle up and pencils out: it's time to write down every word that comes out of your professor's mouth.

Labs

Labs are where (depending on who you ask) things get fun. You get to be right in the thick of all that you're covering in your classes. 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. If your class has a conference section, **said conference is mandatory.**

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

Taking a seminar class is like being in high school again, but better. I mean, not really, but kinda? 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.



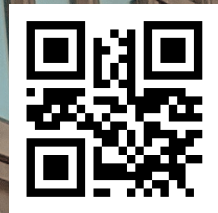
Conference registration may open after Add/Drop ends and may replace a lecture block.



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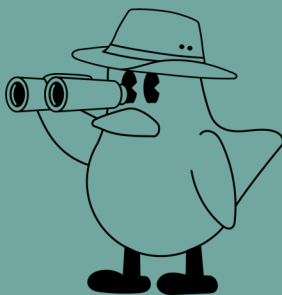
Students'
Society of
McGill University



Perks and Deals

There are TONS of perks and deals available to you as a McGill student! Check out the ads in this handbook to see where you can get some discounts!

ssmu.ca/perks-deals



GETTING ORIENTED



Course Books

Once you've gotten all settled in — you have a lean-to shelter and a little fire going — it'll be time to get books. I don't care what you're studying; whatever it is, I promise you need a book. Check out where to hunt and gather your course material down below.

McGill Campus Store

Located just across Sherbrooke Street, the McGill Campus Store is your one-stop shop for anything you could ever need for class. From clothes (McGill merch) to notebooks, from scrubs to course textbooks, I promise they have what you're looking for. But please, if you're buying from McGill Campus Bookstore, do yourself a favour and order online; the lines can get pretty outrageous.

The Word

Some professors will order their course material straight to The Word. You can order online, then head straight to their store on Milton to pick up your books. It's a local independent bookstore with a truly gorgeous collection of new and second-hand volumes.

Paragraphe

Like The Word, some professors will order their material to Paragraphe. Situated on McGill College Ave, it's an incredibly convenient store ready to fulfill all your anglophone-book needs.

QPIRG Alternative Library

The Quebec Public Interest Research Group (QPIRG) at McGill operates an alternative library and archive. They lend and archive materials which are independently published, unconventional, or intellectually marginalized. They align their operations

with their anti-oppression mandate. Head to their library to browse and to take something home to read!

QPIRG also operates a free textbook loan program. A student-led initiative, whereby students can donate their used textbooks (for compensation!) and lend them to students for free. If you need to lighten your load, look no further!

Learn more about QPIRG and their programs by dropping by, following their Instagram, or checking out their website:

3516 Avenue du Parc
@qpirmcgill
@qpirmcgill_library
qpirmcgill.org

OER

The SSMU provides you free access to Open Educational Resources (OER)! They offer a bunch of digital textbooks you can access for free. Find more information and access to these materials on the SSMU website.

ssmu.ca/oer

WUSC McGill Library

Any student can loan a textbook for the duration of their course. This library aims to mitigate the impact of increasing textbook prices.

[linktr.ee/
CourseBooks](http://linktr.ee/CourseBooks)



Student Responsibilities

Responsibilities

Now, along with surviving, making friends, doing well, preparing for your career, and everything else, university students also have academic responsibilities, all tied up in your life here at McGill. 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

You can find more information on the ODOS website, where they have full documents outlining specific responsibilities for students.

Contacts

Office of the Dean of Students

deanofstudents@mcgill.ca
mcgill.ca/deanofstudents

You can contact them with issues, crises, or emergencies, 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 or to report accessibility issues in the building.

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/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. We've already covered this in detail, but if you need a refresher on accommodations, head to Page 34.

Policy on Assessment of Student Learning (PASL)

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 outlines what is and isn't fair in the classroom (spoiler alert! Instructors are REQUIRED to provide an explanation of your grade if you ask), and exists purely for your benefit.

Some key points of this policy:

- Your course outline **must** include a breakdown of the ways that grades can be earned.
- You **must** receive the criteria in advance for each assessment task, which outlines 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.

- No assessment task worth more than 10% of a course grade can be due 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 the 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.

PASL: TL;DR Version

I get it, you 'ain't got time to read all that.' In your defense, PASL is a long, corporate document, and finding the answer you're searching for is sometimes worse than finding an oasis in the desert. But luckily for you, the SSMU doesn't come to play; the SSMU VP University Affairs has prepared a lovely document compiling PASL into an easy-to-read, TL;DR version. Ha. Now you have NO excuse to not read it (see what we did there?).

Assessments Myth Busters

I submitted 3 assignments for this class, and I still haven't received any feedback. it's November. Is that like, normal?

UMM NO. All students must have the opportunity to receive some formative feedback before Oct. 28 (F25) or March 10 (W26)

When am I supposed to get feedback in the semester?

All students must have the opportunity to receive some formative feedback before Oct. 28 (F25) or March 10 (W26)

Last semester, I thought I ate my paper, but my grade didn't, and idk why. It still lowkey bothers me. Anything I can do?

YES ! Up until the end of the semester after when you wrote the paper, you can ask for an explanation of your grade, go go go!

How long do I have to ask a prof to explain a grade?

Up until the end of the semester after the class where the assessment was submitted.

My Profs do this super quirky thing where they switch up assessments mid-course. What's up with that?

Totally shouldn't be happening. PASL protects your right to be informed of the academic affairs of the course from

beginning to end. The only reason it should change is if it originally violated PASL.

My prof is totally winging the whole syllabus thing and playing the course by ear. thoughts?

Right at the beginning of a course, you should be provided with a course outline that includes a description of the means of assessment for the course.

What's up with assignments switching up in the middle of the term?

This should not happen! You should know everything on day one - PASL (6.1)

Any assessment can be due at any point in the semester. Right?

FAKE NEWS! In-class assessments worth more than 10% and are not Oral language exams or Take-home SHOULD NOT HAPPEN DURING THE LAST 10 WORKING DAYS OF THE SEMESTER

Super unfair, but I got punished for missing an assignment before I even registered for the class

Students registering for courses during the add/drop period shall be provided alternatives for missed assessment tasks and attendance that were due during that period.

What do I do if i registered for a class after and missed an assignment?

You should be given an alternative arrangement - PASL 5.4

PASL: TL;DR Version

Religious Accommodations

My prof penalized me for missing an assessment because of a religious holiday, how can I avoid that next time?

As long as you give a 2 week heads up for assessment, and four weeks for final exam, the prof should not penalize you for missing anything.

5.1 Students shall not be penalized if they cannot write examinations or be otherwise assessed where such activities conflict with their Religious Observance.

I told my prof I had a religious holiday on the day of an assessment, and they told me they can't make any accommodations for me.

Request rescheduling, an alternative assessment, or redistribution of the assessment's weight to other course components.

5.4 Students who, because of their Religious Observance, cannot meet an Academic Requirement, other than final examinations, are responsible for informing their Instructor with two weeks' notice of the conflict.

Is there a resource for profs to help be more mindful about religious observances when planning the course?

Yes, the University is expected to distribute a multifaith calendar of Holy Days for the academic year, along with the Policy.

5.2 In advance of the first day of class, the Office of the Dean of Students shall distribute to all units a multifaith calendar listing Holy Days for the academic year, along with a copy of this Policy.

What can we expect from the University regarding considerations for religious observances?

The University has an expectation to schedule assessments, where possible, to avoid conflicts with Religious Observances.

5.3 Take into account where there is flexibility, efforts are to be made by the University and Instructors to schedule assessments on dates and/or at times that do not conflict with Religious Observances.

Is there any formal structure to make a request for an accommodation?

For in term assessments, instructors should be given 2 weeks notice and provide one of the possible solutions of the policy. For final exams, you must fill the Final Exam Conflict Form.

5.6 When the requested accommodation concerns a final examination, Students are responsible for completing and submitting the Final Exam Conflict Form appropriate for their Faculty at least four weeks before exams begin.

What should I do if I did not receive an appropriate accommodation according to the policy for my religious observance?

Unresolved accommodation requests are referred to the Associate Dean of Student Affairs for a final decision.

5.5 When the Instructor and Student are unable to agree on suitable accommodation, the matter will be referred to the Associate Dean of Student Affairs in the Faculty responsible for administering the Course.

PASL: TL;DR Version

Students' Protesting Rights

- Students enjoy within the University all rights and freedoms recognized by law.
- Students enjoy the freedoms of opinion, of expression and of peaceful assembly. (12)
- Every group of students has a right to organize and promote the interests of its members, publicize and hold meetings, debate any matter and engage demonstration provided that the purposes and activities are lawful.
- Students have the right to engage in physical protests so long as they do not obstruct University activities (classes, research, studying, governance, public service, events, etc).
- Students have the right to use protest phrases as individuals or in a group which do not use words that threaten Violence.
- Protests can occur on University premises where the individual or group has the right or authorization.
- Protests activities should not destroy, deface, or damage University property or the property of another person or persons.

Activity to stay away from:

- Creating conditions that unnecessarily threatens or undermines the health or safety of any person or persons.
- Spreading information you have no reason to believe is true, and that damages the reputation of another Member of the McGill Community.
- Intimidating a person or group of people, regardless of whether the group or individual threatened knows of such threatening word.
- Threatening Violence toward any person, or threaten damage to another person's property.
- Commit an act of assault or sexual violence against another person or persons.
- Commit an act of Harassment or discrimination against another person or persons.



Campus Life and Engagement

Getting Involved

Now that you know your rights, it's time you get involved! There are about as many ways to get involved on campus as there are types of insects (that is to say, pretty much a million billion). Campus Life and Engagement (CLE) is a great place to start, so read on down below to see what this service has in store for you!

Mentorship Programs

If you wish you had someone to help guide you through this whole University situation, then look no further. CLE has a number of mentor/mentee buddy programs, where new students are matched with trained returning students. They have a general program for all new students, as well as faculty- and program-dependent matching systems. Visit their website to learn more and sign up (either to be mentored or to be a mentee).

There is also a career mentorship program run through CaPS! See page 157 for more information on CaPS!

Volunteering

There are a ton of different ways to get involved on campus from FROSH and other orientation events, there are ample opportunities to give back to the community! Check the CLE website for more information on becoming a volunteer!



Tips from returning students

- Enjoy your first year!
- Rejections are very common, don't blame yourself because of them, it's just about the right timing. Start valuing yourself and don't underestimate your worth.
- First year will be a rollercoaster in terms of grades and emotions but just don't get too carried away with that as at the end of the day, everything is temporary.

- Jaani, Computer Engineering, Second Year



Gerts Café

3480 rue McTavish
(University Centre)
1st Floor
@gertscafe

**Gerts Café will fuel
you up this semester.**

Seasonal caffeinated beverages, pastries,
sandwiches and more at your favourite
student cafe!



3480 McTavish
University Centre

**Your student bar
on campus!**



FOLLOW US

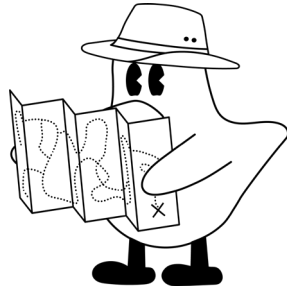
@gertstilthurts
gertscampusbar.ssmu.ca

Weekly specials, live
music, trivia nights,
stand up comedy
and more.

Navigating McGill

(Not) Getting Lost

When you first get here, McGill may feel huge and alarmingly jungle-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 depending on the electives you take, you may wind up in some random-seeming places.

Education Students

You'll have classes in, big shock, the Education Building, but also courses on the main lower campus too. But your 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.

Engineering Students

Most of your classes will be in, you guessed it, the engineering buildings. You'll also likely have classes in the Rutherford Physics Building, Trottier, and Maass Chemistry Building. The first-year math classes seem to always be in Stewart Bio (I'm so sorry).

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.

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.



Tips from returning students

- If you're in the Education faculty, try to get into subbing right away after your first contract!!
 - Learn to chug!
- Lara, Education, Fourth Year

Office of Religious and Spiritual Life

Now that you've learned your way around the academic buildings (phew!), you must know where to find the religious and spiritual spaces you may be looking for. The McGill Office of Religious and Spiritual Life (MORSL) is pretty much a one-stop shop for all things related to faith and/or spirituality while you're at McGill; while you can absolutely go exploring on your own, MORSL has tons of information and resources for all sorts of different faiths and belief systems. Below are **some** of these resources, but drop in or explore their website for more information!

Spirituality and Wellness Resources

Lounge and Meditation Space: MORSL operates an interfaith lounge and meditation space, where students can relax, connect, meditate, and recharge regardless of religious beliefs (or lack thereof).

Faith-Based Meditation Guides

MORSL has curated a guide (disponible en français et en anglais) which provides insight into how nine different faith-based religions understand meditation.

Online classes/recordings

MORSL provides access to recorded classes on off-the-mat yoga, meditation practices, and a lesson on curating a personal sacred space. Check their website for information on the live classes they offer!

Faith-based mental health support

Alongside the resources available to you through the Wellness hub and other SSMU resources, MORSL provides information on third-party support systems for religious students. There are resources available for Christian, Jewish, Muslim, and Sikh students.

Spirituality and Wellness Library

Inside the MORSL office is a collection of spiritual texts — ranging from bibliographies to poetry to essays — which you are welcome to read while visiting the office! They also offer a list of podcast recommendations on their website covering topics like eco-anxiety and spirituality, alongside religious topics.

Spirituality and Wellness Events

MORSL boasts a long list of spirituality and wellness events happening throughout the semester. From Art studios and pet therapy to workshops and crochet circles, MORSL has it all. Check out their calendar on their website, follow their Instagram, and register for events on MyInvolvement!

Finding a community

MORSL has resources on where and when to go to connect with people who share your faith or religious beliefs. From religious services to casual communal spaces, check out MORSL's list of faith-based community meeting times.

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



Office of Religious and Spiritual Life

Holidays

MORSL keeps an updated list of Religious holidays and celebrations on their website! Check in to stay updated on your faith, or the faiths of those around you.

Student Clubs

Along with general religious communities, MORSL provides information on the Religious and Faith-Based clubs at McGill and in the greater Montreal area.

Anti-Racism and Faith Resources

Canadian Unitarian Council “Rising Together”

An online community and worship group empowers Black, Indigenous, and People of Colour within the Unitarian church.

The Black Muslim Initiative at McGill

This club works to empower Black Muslim voices across Canadian Universities while highlighting the intersectional reality of life as a Black Muslim.

Jews of Colour Canada

An online social group for Jews of Colour, welcoming individuals of a diverse array of ethnic backgrounds.

Quaker Friends of Colour

An online space to provide community and a space of worship for Friends of Colour.

BlackxSikh

A USA-based organization which operates within the intersection of faith and culture, working to highlight the biographies of Black Sikhs.

Further Anti-Racism Resources

Interfaith Perspectives on Racial and Economic Justice

MORSL has compiled a list of free-to-access resources encompassing the way various religious and faith-based groups approach and understand racial and economic justice.

Anti-Racism and Spirituality

Perspectives and Meditation: MORSL provides you access to a variety of resources exploring the intersection of spirituality and anti-Racism. There is a list of videos, articles, and podcasts on MORSL's website!

Meditation Spaces and Reflection Rooms

McGill has designated quiet spaces where students can reflect or meditate in peace. Alongside the MORSL office, there are spaces in McLennan Library, University Hall, and Strathcona Anatomy and Dentistry (to name a few!). Check out their list for more information on these spaces. MORSL has an interactive map to help guide you to these spaces; icons indicate religious spaces, with red pins indicating these reflection rooms, which can be used as prayer spaces by those of any religious background.

McGill Overview



A key step in getting oriented is understanding the food chain (the institutional and structural hierarchies) around you. So let's get into it.

The Board of Governors

The Board of Governors (BOG) is the top of the University food chain; they have the final say on all of McGill's conduct, whether it be academic, financial, or otherwise. They are responsible for making all appointments on behalf of the university. There are twenty-five voting members of the BOG, including members-at-large, alumni representatives, teaching staff, senate representatives, and the president of the SSMU. There are seven standing committees, plus an additional committee centred on Equity, Diversity, and Inclusion, which is joint with the McGill Senate.

The Senate

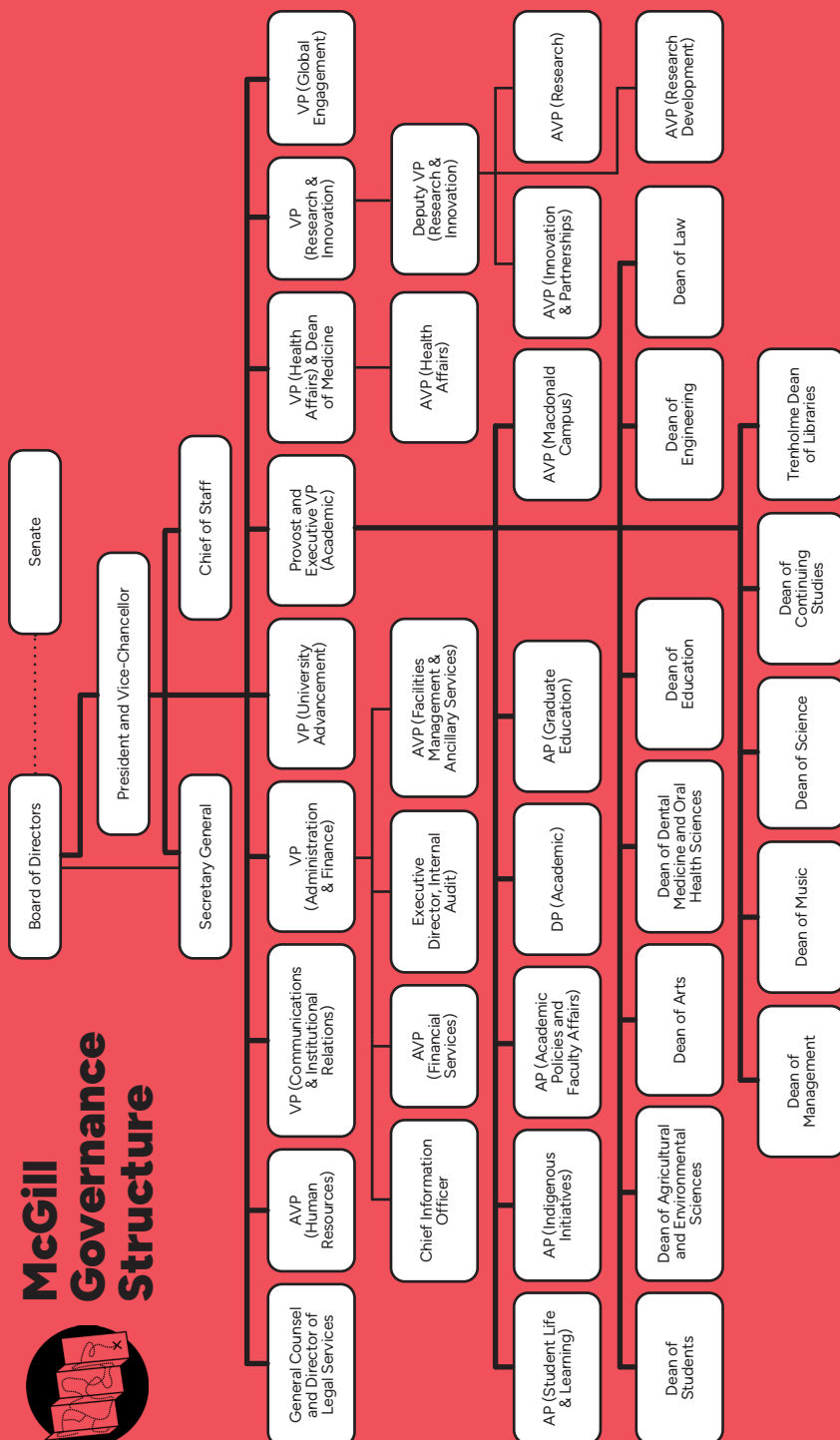
The Senate sits just below the BOG and exercises general control over Academic affairs at McGill, although the BOG retains clear veto power. There are approximately 114 members of the Senate, aiming to be representative of the academic body. Along with administrative staff, there are faculty members, librarians, and elected student representatives. The SSMU President and SSMU VP University Affairs both sit on the Senate, along with representatives elected by each faculty. Be sure to vote in both the SSMU and your faculty elections in order to have a say in who represents you at this level!

President and Vice Chancellor

The next-biggest-fish in our small pond is the President and Vice-Chancellor, Professor H. Deep Saini. Deep Saini was appointed for two consecutive terms: the first beginning in 2023 and the second ending in 2028.



McGill Governance Structure

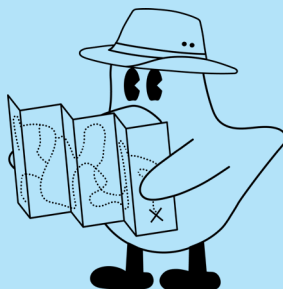
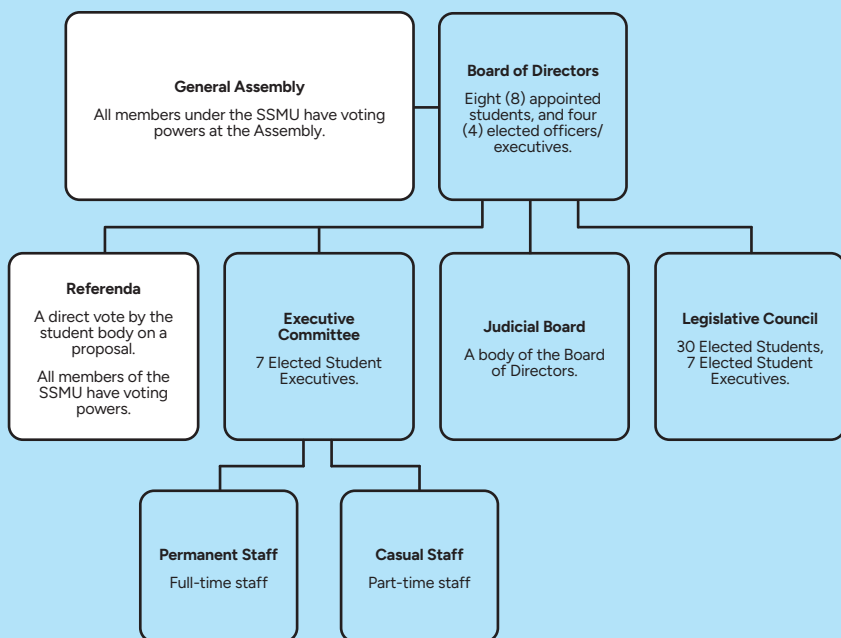




SSMU Overview

Governance Structure

As an undergraduate student at McGill University, you are automatically a member of the Students' Society of McGill University (SSMU). This means you are part of a student-led organization that represents your interests, advocates on your behalf, and provides services, resources, and opportunities to enrich student life.



SSMU Overview

To ensure student voices are heard and the organization operates effectively, the SSMU is governed by a network of elected student representatives, governing bodies, committees, and professional staff. This infographic provides an overview of how the SSMU is structured, who makes decisions on behalf of students, and how you can participate in shaping your student experience. Whether you are interested in voting, running for office, joining a committee, or simply understanding how the SSMU works, this guide will help you navigate the Society's governance system.

The General Assembly

A General Assembly has the power to establish, amend, or rescind any SSMU policy other than financial matters, staff composition, or the SSMU constitution. All SSMU members (including you!) have voting power at General Assemblies.

The Board of Directors (BOD)

This is the highest governing body at the SSMU. This is made of 8 appointed students and 4 elected executives who supervise the management and business affairs of the SSMU.

Judicial Board

A body of the BOD, the Judicial Board has authority to adjudicate on matters within its jurisdiction.

Legislative Council

The Legislative Council (LC) is the political body of the SSMU.

Composed of 30 elected students and 7 elected student executives. Each of these members has the right to vote, and each decision must be ratified by the BOD.

Executive Committee

This is the governing body of the SSMU, made up of 7 elected student representatives. The BOD determines the powers of each of these executive officers.

Referenda

Referendums are direct votes on resolutions. These votes must follow SSMU's Internal Regulations, and all members of the SSMU have voting power as well as the power to submit a proposal for a referendum.

Staff

Full- and part-time staff members run SSMU's day-to-day activities.



Follow the SSMU Instagram to stay updated on the latest news, contests, events, and more!

SSMU Overview

Fees



If you've taken a look at your Minerva E-bill, you may have noticed a number of student fees. These fees are all approved by the Board of Governors, with exact fee values ratified by SSMU referendums. But where exactly is your money going? Let's get into it.

Your E-Bill

Your E-Bill is basically your new favourite credit card statement; it acts just like a credit card, with fees being listed with an assigned payment due date. Failure to pay by this date will incur an interest charge of 1.24% per month (lower than any credit card I've ever seen!), so don't forget to check!

Fees

Let's get into the nitty-gritty of it all: fees. There are seven fee categories here at McGill. See below for the list and a bit of information about each.

1. Tuition Fees

Tuition fees are based on two factors: your Canadian legal status and your place of residence. Second, on your faculty. A breakdown of your individual fees is available on the Student Accounts website.

2. Administrative Charges

These five fees cover miscellaneous items such as registration fees and copyright fees for course materials.

3. University Fees

These two fees cover Student Services and Athletics and Recreation, respectively.

4. Student-Initiated Fees

These three fees have been initiated and approved through student

referendums. They include fees to help improve accessibility at McGill, sponsoring refugee students, and providing support through the McGill Writing Centre.

5. Students' Society Fees

All SSMU members (you!) pay a fee dependent on your program and credit load. For undergraduate students, this is \$72.30 per term for full-time students. In addition to this fee, there are a number of SSMU Service Fees, which range from \$0.20 to \$44.84 per year. These fees cover everything from safety services and accessibility to various student associations and groups, as well as medical and legal care. You can check out these fees on the SSMU website.

6. Independent Student Group Fees

Independent student groups that operate on campus charge fees to support their operations. These fees range from \$1.25 - \$8.00 per term.

7. University & Student Insurance Plan Fees

Health and Insurance fees are also shown on this bill. You can opt-out of these plans if you choose; see page 33 for more information on insurance plans.

SSMU Overview Services

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

Peer Support Centre

@pscmcgill

Support sessions with a peer.

McGill Students' Nightline

@nightlinemcgill

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

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

@sacommss

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.

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 about 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 introduces Arab culture.

Muslim Students' Association

@msamcgill

Facilitates the spiritual and social growth of members.

*linktr.ee/
SSMU_Services*



SSMU Overview

Committees, Jobs, Student Involvement



Getting Involved

Oh, what's that I hear? You want to get involved in student governance? Well, lucky for you, I know just the person (people) you should talk to. Take a look at your options down below and figure out which sphere you want to partake in.

Committees

The Board of Directors and the Legislative Council both oversee 26 committees that serve to facilitate equity, hold student governance accountable, and manage projects within SSMU. Some are standing committees, meaning they are permanently established, while others are Ad hoc, meaning they are temporary to address a certain set of circumstances. Below is a list of (some of!) the committees you can join if you're interested. For more information, check the SSMU website and reach out to the relevant SSMU Executive.

External Portfolio

- **Francophone Affairs Committee**
- **Solidarity Funding Committee**

University Affairs Portfolio

- **Black Affairs Committee**
- **Indigenous Affairs Committee**
- **Gender & Sexuality Advocacy Committee**

Internal Portfolio

First-Year Council (FYC)

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

events for first-year students.

Students must be in their first year (shocking, right?) and must be elected. But don't let that scare you! Applications are simple, and if you have any questions at all, you can reach out to the SSMU VP Internal, or follow their Instagram account at @ssmufirstyearcouncil

Nominations are open from August 31 to September 11, 2026. Don't miss your chance to get involved and represent your fellow students. No prior experience is required.

Students' Society Party Network (SSPN)

This committee helps to organize the SSMU functions on campus! From Halloween to Valentines Day this group is involved in the inner-workings of campus fun. Feel free to contact the VP Internal directly at internal@ssmu.ca to join! The perks are free access to events and meeting new and amazing people.

SSMU4U

This is a campaign led to help make the SSMU more accessible! It explains how the SSMU runs, and how you can get involved!

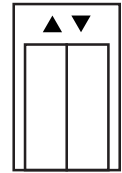
SSMU Overview

The University Centre



Fourth Floor

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



Third Floor

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

Second Floor

- Cafeteria, (seating area only) *
- Booking spaces

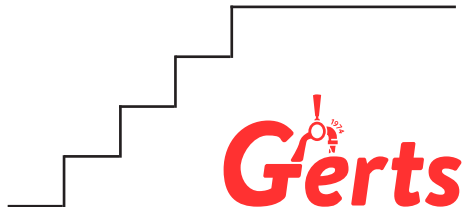
First Floor

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



Basement

- Gerts Bar *
- Student Group Offices
- Booking spaces
- Free Lunches program



*Open to all students during regular opening hours.

SSMU Overview

The University Centre

Gerts Café

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!

@gertscafe



Gerts Bar

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.

gertscampusbar.ssmu.ca

@gertstillithurts



Room Booking

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

ssmu.ca/organizing-events

Accessibility

The University Centre is wheelchair accessible, including automatic doors, bathrooms, and elevators. All bathrooms are gender-neutral.

The SSMU Office

The SSMU office used to be in the University Centre, but is now located at 3501 Peel Street. 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.



Tips from returning students



- Attend social events, make friends!!
- Be in constant contact with your advisor!
- NEVER hesitate to reach out to your professors, TAs, or advisors. Their main job is to support you and they'd be more than happy to do so!

- Anonymous, Arts (Psychology), Fifth Year



Looking to plan an unforgettable event?

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

Equipment, furniture, bar service, support staff, and more!

ssmu.ca/organizing-events
ssmu.ca/view-our-spaces
internalevents@ssmu.ca

3480 rue McTavish
University Centre



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*Available at the Bourgie Hall box office in the hour
before the concert starts. Subject to availability.

SSMU Executives

So. Now that you know about the SSMU, it's time you know who runs it all behind the scenes. Below are brief write-ups on each of this year's SSMU executive team, along with a brief (and non-exhaustive!) list of some of the portfolios which fall under their purview.



President
Hamza
Abu-Alkhair
he/him/il

From: Ottawa, Ontario

Year + Faculty: U3 Engineering

Program: Electrical Engineering

Hot Take: Texting is the worst form of communication.

Favourite Animal: Komodo Dragons

Goal for this Position: To help guide the SSMU and McGill in the right direction and to advocate for students!

Where to Find Me: Near a piano

SSMU Responsibilities (nonexhaustive): Enforcing the SSMU constitution, SSMU-level policy development, Chairs the Executive Committee of the SSMU. Sits on the Building and Operations Management Committee, Presidents' Roundtable.



**VP Clubs &
Services**
Acadia
Knickerbocker
she/her/elle

From: New Hampshire

Year + Faculty: U3 Arts

Program: Double major in International Development Studies and African Studies

Hot Take: The water fountains in McMed have the best-tasting water in MTL

Favourite Animal: Chickens!

Goal for this Position: Make resources and support more accessible to student groups to encourage more campus initiatives

Where to Find Me: McLennan at 4 am

SSMU Responsibilities (nonexhaustive): Student group executive support, McGill/SSMU Student Service relations. Sits on the Accessibility Committee, Club Committee, Funding Committee, and Services Committee.



VP Finance
Jason Wang
he/him/il

From: Montreal, Quebec

Year + Faculty: U4 Engineering

Program: Electrical Engineering with a minor in economics

Hot Take: Hot dogs are sandwiches

Favourite Animal: Birds

Goal for this Position: To bring better communication to the students

Where to Find Me: The engineering buildings

SSMU Responsibilities (nonexhaustive): The chief financial officer of the SSMU. Prepares the annual budget and oversees insurance.



VP External
Harry Wang
 he/him/il

From: I was born in Shanghai and grew up in Hamilton, Ontario. Now I permanently live in Montreal

Year + Faculty: U2 Science

Program: Joint Major in Physiology and Physics (Proudly representing 20 percent of the program lol since there are only 5 of us)

Hot Take: Redpath is actually not that bad

Favourite Animal: Capybaras (They are so cute)

Goal for this Position: Pragmatic approach to lower the cost of living as well as advocate on behalf of students externally in coordination with community and government partners.

Where to Find Me: Burnside basement, like every other science student lol

SSMU Responsibilities (nonexhaustive): Managing the relationship between the SSMU and various levels of government, student groups, and labour unions. Manages political campaigns on campus.



VP
University Affairs
Meghan Lai
 she/her/elle

From: Edison, NJ, USA

Year + Faculty: U3 Education

Program: BA Education in Global Contexts, Minors in Educational Psychology and Management

Hot Take: Math is the colour red, not blue.

Favourite Animal: Penguin!

Goal for this Position: To enhance the fulfillment and enjoyment of your student experience — both in and out of the classroom!

Where to Find Me: The learning pods in the Education Library.

SSMU Responsibilities (nonexhaustive): Represents all undergraduates on the McGill Senate, coordinates student representation across University governance structures, ensures University-level accountability and necessary consultation in policy development. Supports the Gender & Sexuality, Black Affairs, and Indigenous Affairs portfolios, advocates for equity and accessibility of these policies. Advocates for greater focus on student wellness.



VP Internal
Maggie Tang
 she/her/elle

From: Markham, Ontario

Year + Faculty: U3 Arts

Program: Double major in Psychology & Sociology, Minor in Communications

Hot Take: We should normalize snacking on cheese

Favourite Animal: Corgi

Goal for this Position: Make SSMU more engaging and fun for the entire student body

Where to Find Me: Law lib!

SSMU Responsibilities (nonexhaustive): Inclusion event planning, Orientation Week facilitation and implementation, faculty and student relations. Sits as a non-voting member on the First-Year Council. Sits on the McGill Alumni Student Engagement Council.

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.

- You are part of the **Students' Society of McGill University (SSMU)**, which is the society for all undergraduate students at the McGill Downtown campus.
- You are also part of a **Faculty Association** linked to your respective faculty program.
- Depending on your program, you may also belong to a **Departmental Association**.

Faculty Associations

Arts and Science Undergraduate Society

mcgillasus.com
Leacock, Room 114 B
@mcgillasus

Arts Undergraduate Society (AUS)

ausmcgill.com
Leacock, Room B-12
@ausmcgill

Dental Students Society (DSS)

mcgilldss.com
2001 McGill College Ave, Suite 100
@mcgilldentistry

Education Undergraduate Society (EDUS)

edusmcgill.com
3700 McTavish Street, Room B179
@edusmcgill

Engineering Undergraduate Society (EUS)

mcgilleus.ca
McConnell Engineering, Room 7
@mcgilleus

Law Students' Association (LSA)

lsa-aed.ca
Chancellor Day Hall, 3644 Peel Street
@mcgilllsa

linktr.ee/McGill_Student_Associations



Student Associations



If you'd like a locker on campus to store all your books, check in with your faculty association! They can give you all the relevant information.

Medical Students' Society (MSS)

mcgillmed.com
McIntyre Medical Building, Room 508
@mcgillmss

Management Undergraduate Society (MUS)

musmcgill.com
1001 Sherbrooke Street West
@our_mus

Music Undergraduate Students' Association (MUSA)

Strathcona Music, Room E106
IG @mcgill_musa

Nursing Undergraduate Society (NUS)

mcgillnus.ca
Sherbrooke 680, Suite 1923
@mcgillnus

Social Work Student Association (SWSA)

mcgill.ca/socialwork/students/swsa
550 Sherbrooke Street West, Suite 100
@swsamcgill

Science Undergraduate Society (SUS)

susmcgill.ca
Burnside Hall, Room 1B21
@mcgillsus

Physical and Occupational Therapy Undergraduate Society

potusmcgill.wixsite.com/potus
Hosmer House
@mcgillpotus

Faculty Associations

I fear there are far too many to list, but here's a short list of examples so you know what you're looking for.

- English Students' Association (DESA)
- Political Science Students' Association (PSSA)
- McGill Psychology Students' Association (MPSA)
- Microbiology and Immunology Student's Association (MISA)
- McGill Society of Physics Students (MSPS)
- Electrical, Computer, and Software Engineering Students' Society (ECSESS)
- McGill Association of Mechanical Engineers (MAME)

Clubs

Clubs are the secret to surviving here. They're a great way to meet people with similar interests and passions, network with peers, and take a break from the books to do literally anything other than study. You get integrated into the McGill community, and getting involved really is the key to feeling like you have things all sorted out. So do it! Join a club (or two!).

Tell me more.

Okay! Aside from the fact that clubs are great, there are so many of them. 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 nothing offered is appealing for whatever reason, fret not! You can, by the power vested in you (by the SSMU), start your very own club. **You can find information to form your own club on the SSMU website.**

Definitions

Before we get too deep into this, let's get some lingo sorted out.

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

Service: a student-run group recognized and managed by the SSMU that provides services and resources to all McGill students. There are 18 total SSMU Services.

Independent Student Groups (ISGs): exist outside of the SSMU but are affiliated because they provide services to all McGill students. There are 12 of these. See the following page for more info on ISGs.

Design Teams: Student-run Engineering clubs with their own status.

Activities Night

You need to promise me you'll be at Fall Activities Night on September 16 & 17, 2026 from 4-8pm at the University Centre (3480 McTavish) and Winter Activities Night on Jan 26-27 at the same time and location! This may very well be the only time you have all McGill's clubs, societies, publications, design teams, and services in one room. You should be there, it's the room where it happens. **Check SSMU socials regularly to confirm the location – sometimes things get swapped around last minute.**

SSMU Affiliated Independent Groups + Design Teams

The SSMU has a formal affiliation with 12 Independent Student Groups, ranging from a radio station to campus publications to sustainability initiatives.

The Golden Key

@goldenkeymcgill

Honour society.

MustBus

@mustbuscoop

Low-cost transit student 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

Offers 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

Creates 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 in English and French.

Radio CKUT 90.3 FM

@ckutmusic

Campus-community radio station based at McGill.

Élèves Des Champs

@eleves_des_champs

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

Design Teams

I fear there are a few too many design teams for me to list them all, but here's a shortlist:

- **McGill Formula Electric (MFE):** Designs and manufactures an entire formula-1-style car each year and races in June. They also have finance and marketing roles.
- **McGill Rocket Team (MFE):** Designs and manufactures sounding rockets each year. They compete in amateur rocketry competitions.
- **McGill Robotics:** Designs and manufactures three robots for international competitions each year. They build a VTOL drone, a Mars rover, and an autonomous underwater vehicle (AUV).

linktr.ee/Independent_Student_Groups





ssmu.ca/perks-deals

Student Perks & Deals

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health and wellness, food and
drink, fashion and beauty,
and more!**

Student discount

Discover our offers



Discount also available
for faculty members.

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N O R D I C S P A



Support and advice for students @ McGill



As you face your own set of unique challenges, know that there is help and support for you.

You can connect with us
online at rbc.com/oncampus.

There you'll find helpful info
about:

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

Your McGill University RBC® On Campus team
is here to support you.*



on campus

* RBC On Campus advisors will reply during business hours.

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Intramurals

Intra-what-now?

If you like playing sports but don't want the commitment of a Club Team, McGill Intramurals is the solution you're looking for. They are student-run teams who compete a handful of times (maybe 6?) over the course of a 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 declaring you the champions) — 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: Men's, Women's, 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 → Enroll a Team). You'll find detailed instructions for enrolling 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, and 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.

Varsity + Club Sports

Varsity 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. Redbirds teams are McGill's men's teams, and Martlets are our women's teams.

McGill Varsity Teams

Group 1

- Redbirds Football
- Redbirds Basketball
- Martlets Basketball
- Redbirds Hockey
- Martlets Hockey
- Martlets Volleyball

Group 2

- Cross Country (Martlets and Redbirds)
- Swimming (Martlets and Redbirds)
- Martlets Soccer
- Redbirds Soccer

Group 3

- Redbirds Rugby
- Martlets Flag Football
- Cheerleading

Group 4

- Rowing (Martlets and Redbirds)
- Redbirds Lacrosse
- Artistic Swimming

Varsity Athletes

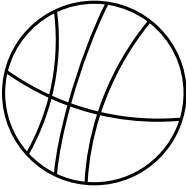
As a Varsity Athlete, the number of courses required to be a full-time student decreases to a minimum of 3 courses per semester (as opposed to a minimum of 4). You are required to be in Satisfactory academic standing, and must be registered with the Varsity office and receive medical clearance.

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. Contact varsitycouncil.athletics@mcgill.ca for more information.



Varsity + Club Sports



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.

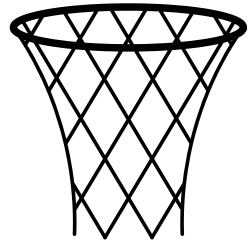
Varsity Games

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. These are the Club Sports registered under the SSMU for the 2026-27 school year.

- Baseball (Men)
- Fencing (Men + Women)
- Field Hockey (Women)
- Figure Skating (Men + Women)
- Lacrosse (Women)
- Nordic Ski (Men + Women)
- Rugby (Women)
- Sailing (Men + Women)
- Squash (Men + Women)
- Track & Field (Men + Women)
- Volleyball (Men)



McGill Recreation

Staying Active

I know what you're thinking: My classes are all so far apart, that PLUS the walk to the store? Yeah, I'll pass on the gym, I have homework to do instead. Yeah. Well, have you ever heard of Indiana Jones? Yeah. That guy only survived the jungle because he exercised and stayed active, so lock in folks. Staying active is key to staying healthy, both physically and mentally. 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, main sports gyms, 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

At 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 or continuing 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 McGill 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 beginner, 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.

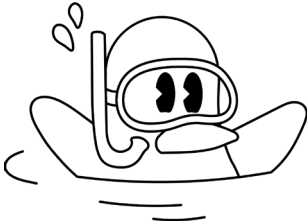
Martial Arts classes: boxing, Muay Thai, Aikido, and more are all usually available throughout the year.

Personal Trainer Led classes: there is also a selection of classes led by personal trainers if you're looking to get more comfortable in a gym setting.

Staying Active in Montreal

Staying Active

As we've established, staying active is key to survival. But if the idea of intramurals, club sports, or the McGill sportsplex made you deeply upset, fear not. I have even more options for you. You're welcome.



Life Itself

- Living in Upper Residence is a crazy exercise cheat-code. By the end of the first semester, everyone on campus will be able to identify you thanks to your quads of steel.
- Take back-to-back classes so that you force yourself to book it from Burnside to Stewart Bio in a ten-minute span three times per week. +10 points if you have to run after missing the traffic light.

Local 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 nearby locations, making them 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 (who do you think I am? Siri?), but get on Google and find something you're excited about.

Sports

There are plenty of ways to play sports in Montreal. If you want to partake in a sport but McGill's offerings weren't enticing enough, 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 (pun intended).
- 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're looking for the real jungle (it's decidedly not a jungle, but we can pretend).

French

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 mcgilloise !

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 dans **Le Délit** ***delitfrancais.com***

Découvrez l'art de la rhétorique avec **le Club de débat francophone** **@debatfrancophonemcgill**

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

Étudier en français

Le Département des littératures de langue française est entièrement francophone. La Faculté de droit est bilingue. Pareillement, la Faculté des sciences de l'éducation propose une majeure en pédagogie de l'Immersion française et le Campus Outaouais de la Faculté de médecine et des sciences de la santé délivre une formation médicale en français. Pour plus d'informations, contactez la faculté en question.

Vous pouvez même **soumettre vos travaux en** **français!**

Submitting in French

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

French On Campus

Languages on Campus

As I hope you've noticed, there's a lot of French around Montreal, and that certainly doesn't stop when you get to McGill. Tons of people here speak French, either as a first or second (or even third!) language, and I would so encourage you to learn a bit while you're here. So do it. Join a club, take a class, or watch a movie with subtitles; anything is better than nothing, I promise.

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 (DLLF)
info.dlfc@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

vivreemcgillenfrancais.scs@mcgill.ca

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.

French

Some Useful Phrases



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 parle pas français.**

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

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

Seriously? → **Ben là !**

It's fine. → **C'est correct.**

Girlfriend/Boyfriend → **Blonde / Chum**

Yuck/eww → **ouache**

McGill-UQAC French Immersion Program

If you're an international student looking to learn French, I have wonderful news for you. McGill partners with Université Laval in Quebec City to offer a summer immersion program for international students looking to learn French as a second language. You must apply for this program, but should you be accepted, tuition and boarding are covered by the University, meaning the only fees you are responsible for are transportation, food, and entertainment.

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International Student Services

The most diverse terrestrial biome is the tropical rainforest; I'm convinced McGill comes in second. We are an incredibly diverse school, with over 30% of our students hailing from 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 — that's where International Student Services comes in. They have answers to questions you haven't even thought of yet. So let's get into it.

Immigration Applications

McGill Student Services has tons of information on immigration, including a step-by-step guide on applying for immigration documents. This includes a guide for applying for your CAQ (Certificat d'Acceptation du Quebec, or Quebec Acceptance Certificate in English) and a separate Study Permit application guide. Theoretically, by the time you read this, you'll have already arrived, but now you know these guides are here and ready for your perusal. Along with the OG how-to guides, International Student Services has the following information all ready for you:

- Renewal guides
- Maintained status vs. Out of status
- Immigration obligations
- Information for those with expired documents
- General FAQs

Work and Permits

When you're an international student, working can be complicated. You

need to ensure you're following Canadian regulations when taking place in work both on and off campus — both ARE possible, you just need to follow the letter of the law. International Student Services can help you with this, along with:

- On-campus work
- Off-campus work
- Co-op/Internship permits
- Post-Graduation work permits (PGWP)
- Open work permit for spouses

International Health Insurance

Health insurance is complicated enough without being an international student, so don't feel like you need to sort it all out on your own. International Student Services has your back. They can help you understand:

- If you have coverage
- How to activate your coverage
- The benefits you receive through your insurance
- Healthcare rates
- How to access healthcare
- General FAQs

Additional Information

Need a Social Insurance Number (SIN)? Have a question about filing Canadian tax returns? Need to locate an embassy? Need a translator? Student Services has it all. Please check out their website. Please.

International Student Services

mcgill.ca/internationalstudents

3600 McTavish Street, Suite 5100

International Student Services



Information for international students is also available on the Government of Quebec and the Government of Canada websites.

International Student Services Events

Now, along with all this handy information, International Student Services also host a slew of events to help you out with various things. From documentation workshops to social events, they have it all. Check out their website for more information!

Resources on Campus

Now, if you're looking for something other than International Student Services, fret not, and check down below.

The New Student 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)

A student club where students, both Canadian and international,

are invited to take part in cultural activities and excursions. They also provide language exchange services and free language classes!

misn.ssmu.ca

@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.

bit.ly/3suCWxx

Resources Off Campus

Agence Ometz

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

ometz.ca

5151 Côte-Sainte-Catherine Road

Centre d'appui aux communautés immigrantes (CACI)

CACI helps newcomers to Canada settle into their communities.

caci-bc.org

12049 Laurentian Boulevard

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 have any faculty-specific questions about transfer credit, contact your faculty's Student Affairs Office. If you have any general transfer credit questions as a new McGillian, go to Service Point.

First-Gen 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.

Tips from returning students



- Please try a lot of things! Join that club, go karaoke with your friends, wander this new city, and study in random places. If you do something exciting every day, you'll end up with a really exciting semester. There's way less time than you think, so if there's something you want to do, make a plan for it! And don't be so concerned about finding your people. Eventually you'll be found, and things will turn out okay. :)

- Gabriella Wong, Desautels Faculty of Management, Second Year

Black / POC Students

Black Students' Network (BSN)

This SSMU service advocates for the needs and interests of Black students at McGill. They plan social and political events, offer mentoring opportunities, and host discussion panels. All students, regardless of race, culture, or creed are welcome to join and participate in their events!

The Black Healing Centre

Affiliated with QPIRG McGill, the Black Healing Centre works to help people of African and Caribbean descent feel empowered and reclaim their wellbeing, whether it be mental, physical, or spiritual. They offer free and subsidized therapeutic services, and host events and workshops.

Black Muslim Initiative

This McGill club aims to highlight the lived intersection of Black and Muslim people. As part of a wider network including other universities (such as Yale, Cornell, Stanford, Harvard, UBC, and NYU), their club centres on education and work to highlight past and present Black Muslim voices.

Caribbean Students Society of McGill University (CSS)

This student-run club celebrates Caribbean cultures! They host cultural events, discussions, and community initiatives, so check them out to learn something new or to connect with your roots!

McGill African Students' Society (MASS)

This community works to celebrate, promote, and preserve the cultures and heritage of Africa at McGill. With 14 executives and 3 committees, MASS engages over 2000 students at their events which aim to both showcase diverse African cultures as well as encourage critical conversations on current issues in African communities.

Scholarships

There are many scholarships and bursaries reserved for Black students at McGill. These include funded summer research opportunities, funding for groups working to empower Black students on campus, and awards for graduating students who have demonstrated leadership. Find more information on their website!

Indigenous Students

Indigenous Student Housing

If you're an Indigenous student looking for on-campus housing you may want to consider living in RVC. This past summer the RVC Tower was converted into an Indigenous Student Housing community. This space has 41 single-occupancy rooms specifically for Indigenous students, allowing for a sense of community and connection to be fostered.

First Peoples' House (FPH)

mcgill.ca/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

indigsa-mcgill.weebly.com

@isamcgill

The Indigenous Student Alliance at McGill offers resources and support to Indigenous students and organizes events.

SSMU Indigenous Affairs Committee (IAC)

This governmental committee aims to increase visibility, representation, and services for Indigenous Students throughout SSMU and McGill.

Indigenous Law Association de Droit Autochone (ILADA)

A club for Law students, ILADA works to raise awareness of Indigenous legal traditions and settler-colonial dynamics. They also host Rooted, a platform and publication dedicated to showcasing Indigenous law.

The Canadian Region of the American Indian Science and Engineering Society-McGill Chapter

@aisesmcgill

An organization dedicated to increasing Indigenous representation in Science and Engineering. Join this club for fun events and networking opportunities!

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)

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.

queermcgill.org

@queermcgill

3480 McTavish Street, Room 432

The Union for Gender Empowerment (UGE)

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.

theuge.org

@ugecollective

3480 McTavish Street, Room 413

Queer Improvement and Partnership Solidarity (QUIPS) Bursary

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

gsc@ssmu.ca

Local Wellness Advisor (LWA)

2S&LGBTQ+

Margot Nossal (she/her)

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

3465 Durocher Street, Office #103

Trans Patient Union

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

transpatientunion.org

@transpatients



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

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 at the bottom of mcgill.ca/access-achieve/contact-us/register

Resources

Accessibility Toolkit

Accessibility information and options for travelling to campus.

[*mcgill.ca/equity/resources/disability/accessibility-toolkit-and-resources*](https://mcgill.ca/equity/resources/disability/accessibility-toolkit-and-resources)

ClockWork

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

[*students.accessibility.mcgill.ca/ClockWork/custom/misc/home.aspx*](https://students.accessibility.mcgill.ca/ClockWork/custom/misc/home.aspx)

Peer Support

3480 McTavish Street, room 411

Drop-In Hours: 11 am-5 pm

[*psc.ssmu.ca*](https://psc.ssmu.ca)

Residence Accessibility Request Form

[*mcgill.ca/students/housing/residence-accessibility-request-form*](https://mcgill.ca/students/housing/residence-accessibility-request-form)

Complaint Process

SSMU Accessibility Complaint

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

[*complaints.ssmu.ca/complaintform*](https://complaints.ssmu.ca/complaintform)

Caregivers / Students from Care, Refugee Student Resources



Students who are living/have lived under youth in care in Canada may be eligible for the Youth in Care Bursary Guarantee. See the McGill Scholarship website for more information.

Student Caregivers

The McGill Family Care service has lots of helpful information for students who are providing care to others while completing their education. Below are some helpful resources:

- **SSMU Daycare:** this private, non-profit organization affiliated with the SSMU is set to support families with children both under and over 18 months of age. They prioritize the enrollment of children of McGill undergraduate students. Check out their website for more information!
- **Information on schooling:** If you have a school-aged child and are looking for educational information in Quebec, look no further. Family Care has information on schooling in Quebec, eligibility rules around studying in English, private schools, and education for children with special needs.

If you are a student Caregiver for a senior, then you fall under provincial jurisdiction. McGill has no affiliations, but it has a list of third-party groups and resources on its website to help point you in the right direction.

Students from Care

McGill has a team to help support students coming from Care. They can help you find housing, pay for school, stay healthy, find jobs, plan your career, and can help you find summer internship opportunities. You can meet with this team by creating a Clockwork account and booking an appointment!

Refugee Students

McGill has a chapter of the World University Services Canada Student Refugee Program here on campus. This McGill club helps provide refugees with the opportunity to study at McGill and has other initiatives to help support refugee students.

AMI-Quebec has also curated a list of helpful resources for specific communities. These include ethnic and religious communities, and are a great resource for both international and refugee students.



McGill

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University Centre
3480 McTavish, room 109

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**September
21-25**

**University
Centre**
(3480 McTavish)



THE TREK:

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Midterms



Midterm Season

Well, the first thing you need to know is that there is no real midterm “season.” Midterms typically happen during class time, which means there is no official, University-wide scheduling. This means that midterms can happen **whenever your professor wants**. So check your syllabus (your favourite document!) and put dates in your calendar at the beginning of the year, you’ll be grateful you did later, trust.

How many midterms will I have?

Another disappointing reality: despite being in four or five classes, you may find yourself facing more than ten midterms per semester. It’s treacherous. Good luck. Some classes have no midterms (lucky), and some have three. But, for classes with multiple midterms, they are typically non-cumulative, meaning you’re only tested on material once, which is a silver lining, I do suppose. So yes, check your course syllabi to find out how dire your straights are, and! Whatever you do! Put! Midterm! Dates! In! Your! Calendar!

How important are they?

As per your course syllabus (hint hint, nudge nudge), midterms all have variable weights. Some are as low as 10% of your total course grade, while other classes have midterms as high as 50%. So yes: some midterms ARE more important than others, so prepare accordingly. It’s also important to note whether your class offers an alternate grading scheme; if you accidentally bomb a midterm (we’ve all been there), then **some** classes allow some or all of the weight to shift to the final. This makes finals season far more stressful, but can save your grade from a tragic mishap. So what must you do? Ah, yes, read your syllabus.

Midterm Preparation

Start preparing earlier than you think you should. That’s step number one. Step number two is to lock in. These are the only two steps; I promise you can do it. Study hard, whichever way works best for you — whether that means a Quizlet Pro subscription or a bunch of cue-cards from Dollarama, or making use of the free whiteboards in the libraries. Do what works for you, **not** what works for your friend; your physics grade is about you, not your friend, so treat it as such.

Office Hours

Office Hours

Now that you're in the trenches (welcome), Office Hours are key. I know I talked about it before, but I know there's a solid chance you skipped right over that section (valid), so I'm here to reiterate. Office Hours are fantastic. Your professor is sitting with their door open (literally!), ready and waiting to answer your questions. This is your time to clear up any concepts you may be confused about, ask for clarification on assignment expectations, or ask for additional resources. Professors want you to succeed, so when their door is open, take advantage and ask your questions. Your grade will thank you later.

TA Office Hours

If your course has a TA, they will also have office hours! TAs are also great resources when exams are closing in — they can answer questions or provide extra resources just as a prof can, but sometimes they can seem less scary.

Departmental Office Hours

If your TA and Prof are too intimidating (I promise they're friendly, but fair enough), you have other Office Hour options. Your department executive team (See page 67 if you don't know what I'm talking about) may also be able to help you! These student executives have experience navigating student-professor relationships, have taken many different classes, and may be able to offer you study advice! They've been in your shoes before, so don't be afraid to ask them for help or advice! Your VP Academic is probably the best person to go to, but any of these departmental executives may have experience in your classes, so any of them should be able to help! Executives have office hours, which can be found on their respective Instagrams or websites.

Faculty Office Hours

Your Faculty Association will also have office hours. In this case, your VP Academic is who you should be looking for; they can provide you with education resources and information on educational policies here at McGill.

SSMU Office Hours

If you're worried your professor is breaching policy or is being inequitable, go to the VP University Affairs (VP UA)'s office hours. This SSMU exec knows PASL inside and out, so they can help you figure out the next steps.

Libraries

University Libraries

The first thing you must know is that the libraries here are not the same as the ones you had in 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 stay open 24/7.

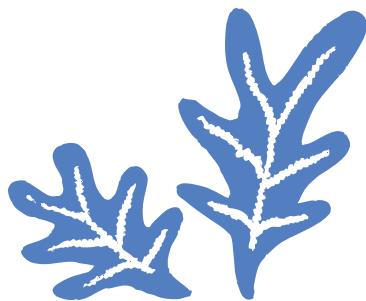
Library Rooms

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).



Libraries

Reserving a Library Book

Just like your local library, books can be borrowed and returned once you're done perusing (reading with a highlighter in one hand and a Redbull in the other). You can browse the digital catalogue on your device at home by visiting mcgill.ca/libraries.

The Elephant in the Room

If you've visited McLennan lately (or ever, really), you'll have noticed an alarming lack of books. I think there are two books. In the whole building. It's post-apocalyptic in the worst way, but it starts to feel homey after a while (I promise). All the books were moved to an off-site storage facility to prepare the library for renovations. Whether or not these renovations will ever occur is still a gamble, but requested books are usually shipped within 24 hours.

Interlibrary Loans

What's even more exciting is that, while McGill's collection is huge, you also have access to other libraries through the Interlibrary Loan system. McGill has a Network Loan system, which allows students to borrow books from other Quebec universities. If you're looking for obscure literature that isn't available anywhere in Quebec, the library can still help you; you can submit a request for an Interlibrary Loan (ILL) through the McGill Library catalogue.

McLennan Floor Four

There are two big things happening on McLennan 4:

The Visible Storage Gallery

Open to the public from 10 am to 6 pm weekdays, this segment of the floor displays artwork which would otherwise be in storage.

The Rare Books and Special Collections

This collection boasts everything from ancient tablets and manuscripts to Olympic paraphernalia. Open to the public from 10 am to 5 pm Monday through Thursday, and from 10 am to 4 pm on Friday, go check it out to see Middle English in action (in a display case).

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.

Library Improvement Fund

If you have ideas for how the libraries can be improved, there's a fund for that! Send your suggestions via email to lifec@ssmu.ca so that your vision can be realized!

Libraries

McLennan-Redpath Library Complex / Humanities And Social Sciences Library

3459 McTavish Street

Redpath's basement, called "Cyberthèque," is great for group work – there's also a full cafeteria.

The general rule with this complex is that 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.

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.

Schulich Library Of Physical Sciences, Life Sciences And Engineering

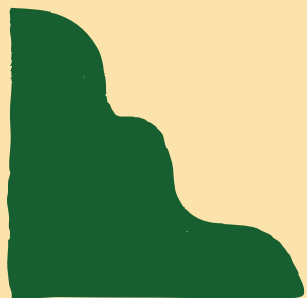
809 Sherbrooke Street West

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 to 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.



Libraries

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.

Nahum Gelber Law Library

3660 Peel Street, floors 1-5

The 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.

Islamic Studies Library

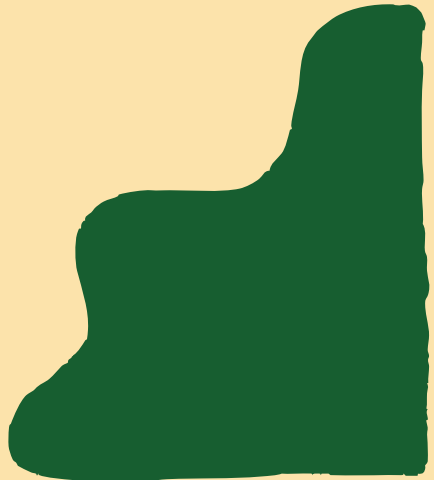
3485 McTavish Street

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.

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!



Faculty Tutoring

Tutoring Services

As midterms continually approach, you may realize that you'd benefit from some extra help. There's a lot going on, so it is totally understandable if you wound up neglecting your classes to prioritize stalking your gym crush on LinkedIn. Luckily, 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



AUS Peer Tutoring

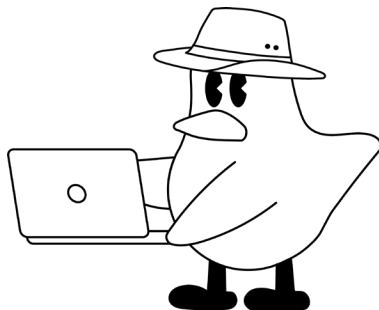
AUS offers a one-on-one tutoring service for Arts and Art-Sci students! Sign up by booking an appointment using the link in their Instagram bio. IG @auspeertutoring

Cost: Free

Engineering Peer Tutoring

Upper-level undergraduate tutors offer weekly drop-ins where U0/ U1 students can get help with coursework. IG @mcgill_epts

Cost: Free



Faculty Tutoring

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. IG @ausessaycentre

Cost: Free

SUS Tutoring Service

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

Cost: Free

MUS Tutorial Services

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

Cost: Free

Stats Help Desk

Graduate students studying Math and Psychology answer statistics questions – anything from R or Python to coursework or assignments. You can visit in-person in Burnside room 911, 12 pm to 5 pm weekdays, or find them online.

Cost: Free

SciLearn

This resource from the Office of Science Education aims to help undergraduates learn through applied neuroscience. They host daily drop-in study sessions; check their website for a schedule! IG @mcgillscilearn

Cost: Free

Tips from returning students



- Try and learn something new from every single person you meet at McGill. The brilliance of McGill students is perpetually inspiring-- each person has their niche-- be willing to learn from them! You'll have such an esoteric collection of fun facts as your graduation gift.

- Meghan Lai, VP University Affairs, U3 Education

The Writing Centre

There are a whole bunch of different ways your learning can be assessed while you're here at McGill, but a professor favourite is the trusty essay. Essays can be challenging, especially when you're not used to them or when you have 4 due in the span of 3 days (or both), but fret not. There are systems in place, ready and waiting to help you with your essays.

The McGill Writing Centre

Offering both for-credit and additional help services, the McGill Writing Centre (MWC) is the place to go to get help on your written communication skills. You can take a class on academic or creative writing (any WCOM course is offered by the writing centre!) as an elective, or you can attend a specific tutorial for an assignment that's been challenging you.

MWC Tutorial Service

Supported and funded by a SSMU fee, students can each use up to 7 hours/term of individual writing and/or presentation tutoring. Yes. You read that right. Each semester, you can (so long as you don't opt out of the fee) get seven hours of free one-on-one tutoring with a qualified Writing Centre tutor. These sessions can be used to brainstorm, draft an outline, or polish a second draft! You can also practice presentations or get notes on your slide deck. However, do note that this service is meant

to be constructive. **Tutors will not proofread your assignment**, but rather will work with you to help you organize your ideas, or will model improved grammar to help you learn how to communicate succinctly and efficiently on your own.

To book an appointment, navigate to the MWC's online portal and book a session! You can book in 30 or 60-minute intervals, with a maximum of 60 minutes per day.

WCOM Classes

Any course code starting with WCOM is a Writing Centre class. These are regular, graded classes which will appear on your final transcript. Some programs require WCOM classes (engineers, this is you), but anyone can take a WCOM class as an elective. From academic and scientific writing, to essay and critical thinking classes, even poetry and creative non-fiction, the Writing Centre has it all! Students have gone on to successfully publish their work, so be warned, these classes are effective.

Academic Resources



CLE Midterm Bounceback

Midterms getting you down? Campus Life Engagement has you covered. One week during midterm “season” they have tons and tons of events designed to help you get back on track and feel ready for whatever you have next!

Bounceback Events

Including things like animal therapy, subject study nights, and support sessions for different student groups, CLE has everything you could wish for. They also have different workshops this week, where you can learn how to adjust your mindset to become more positive and productive.

Bounceback Resources

As part of their bounceback project, CLE has curated a whole slew of resources ready for you to use. From diversity in math tutoring groups to other important learning resources, they provide it all. Check out their resources on their websites!





REJUVENATION

THE TREK:

Pick-Me-Ups on Campus

Pick-Me-Ups

Pick-me-ups are some of the most valuable things in your life. Trust me. Having a bad day? Time for a sweet treat. Got a bad grade on a test? Go sit somewhere beautiful to process. Having a fight with your roommate? Get a new roommate. Ok, maybe not, but a pick-me-up can certainly help. Check out the list of campus favourites to help you feel your best, always.

Frostbite

Everyone's favourite (the only) ice-cream place on campus! Located in McConnell Engineering, drop by for a whole slew of different flavours! If you bring your own cup, you get \$0.50 off, and show up on Toonie Tuesdays to get 2 scoops for 2 dollars (steal!) My friend Ali swears by their Raspberry Sorbet if you're in need of inspiration.

The G-Store

Right next to Frostbite is the one and only G-Store, the general store where you can get any candy your heart desires. From fill-your-own gummy bags and standard chocolate bars to coffee, wraps and calculators, the G-store has it all.

Booster Juice

Also located in McConnell Engineering (I'm sensing a trend) is Booster Juice, where you can get a protein shake or smoothie. Need I say more?

Vending Machines

ALSO in McConnell Engineering (and pretty much every other building on campus, but ignore that part for the bit, please) are vending machines. There are snack and drink machines where you can find sustenance at any hour of the day or night (you're welcome).



One Card: What is it?

The oneCard and oneCard Flex programs provide a convenient debit account linked directly to your McGill ID card. You can use it to purchase food, beverages and vending snacks at participating food and beverage locations across both McGill campuses. It is also accepted for in-person purchases made at the Campus Store.

OneCard is available to all non-residence students. Funds can be added through the oneCard portal, and any remaining balance can be refunded upon graduation.

OneCard Flex

OneCard Flex is a mandatory program for all downtown and MAC residence students. Unlike the oneCard, the oneCardFlex does expire at the end of the academic year. Remaining balances are non-refundable and non-transferable. The account is automatically activated on move-in weekend. The preloaded amount varied as follows:

- **Downtown residence students:** \$500
- **Exchange students:** \$300 /semester
- **Graduate students:** \$600
- **MAC students:** \$400



On-Campus Food



Looking for a snack or a meal on campus? Want something other than a chocolate bar from a vending machine? Look no further.

1 **Booster Juice**

Smoothies and juice in McConnell Engineering.

2 **Dispatch**

A café in McConnell Engineering.

3 **Gerts Cafe**

Grab a coffee and a grilled cheese sandwich between classes!

4 **Marty's Fueling Station**

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

5 **Med Cafe**

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

6 **Mezze**

Mediterranean food with halal offerings in McConnell Engineering.

7 **Pan American Pizza**

Personal-sized pizzas in the Arts Building basement.

8 **Phyto Café**

Vegetarian eatery in Stewart Bio.

9 **Quesada**

Mexican food in Trottier.

10 **Redpath Café**

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

11 **Soupe Café**

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

12 **Starbucks**

Coffee and frappuccinos at 475 Sherbrooke St. Ouest.

13 **The Bar**

Pasta and Pizzolls eatery in Chancellor Day Hall.

14 **Vinh's Café**

Vietnamese food in the Genome Building + Strathcona Music Building

On-Campus Food Map





Microwaves Map



- 1 SSMU Cafeteria
- 2 Burnside Basement
- 3 Redpath Basement
- 4 Engineering Café (McConnell)
- 5 Wong Building
- 6 Trottier Building
- 7 Arts Lounge (Leacock)

Student Bars



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

Gerts Bar

Gerts Bar, in the University Centre's basement, 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 (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.

Blues

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.

Student Bars



At BDA, Blues, DD, The Lab, and 4 à 7, you have to buy drink tokens, and then you go to the “bar” and get a drink.

4 à 7

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.

Detention Den

Detention Den (DD) is the aptly named Education student bar that runs every other Wednesday in the basement of the Education building. Organized by the Education Undergraduate Society (EDUS), head to DD for cup pong, fun themes, and more! But don't forget your government ID, or else you'll wind up suspended (going home) instead of in Detention (Den).

The Lab

Run by the Science Undergraduate Society (SUS), The Lab cooks up a party every other Friday night, down in Burnside's basement. From 6 pm until 9 pm, you can show up, but be warned, with limited capacity, you may find yourself in a hefty line.

The Ceilidh (Macdonald Campus)

Run by the Macdonald Campus Students' Society (MCSS), The Ceilidh is Mac campus's bar and restaurant. They host trivia nights every other Wednesday and occasional bull nights, complete with a mechanical bull. Head to The Ceilidh for a country-inspired night, complete with cowboy boots (mandatory)(not really, but they're fun).

Nearby Restaurants

Getting Off-Campus

I see you, I hear you: you need to get off campus and breathe some fresher (not library) air for a minute. If you need more rationale, they say the key to a healthy diet is diversity, which is quickly achieved through a restaurant menu, so let's explore. All the following restaurants are super duper close to campus, so you don't need to venture far from your camp (McLennan 3) to try them out!

Tim Hortons: Donuts, coffee, and lots of other affordable options.

Altos: Pizza, pasta, milkshakes, and more!

Bistro de la Cité: Pastries, coffee, paninis, and wraps.

Dumpling Shop: Handmade dumplings and Cantonese Dim Sum.

Le Plezl: Mediterranean food with Halal offerings.

Lola Rosa: A vegan restaurant with a location right on Rue Milton.

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!

St. Hubert Express: Casual dining best known for its rotisserie chicken.

Subway: Create your own sandwich.

Thai Express: Quick-service Thai food.

Ganadara: Korean food, less than a block down from campus.

Nouilles Zhonghua: Chinese, hand-pulled noodles right across Sherbrooke Street.

Japote: A cash-only Japanese restaurant in the food court under the Scotiabank.

Cafe St. Barths: Brunch offerings with a whole menu to peruse.

Further Afield

You want to go further? I fear there are basically infinite restaurants in Montreal, but here's my personal shortlist of nearby-ish restaurants.

Mandy's: Gourmet salads. Would recommend during exam season when you realize you haven't seen (let alone eaten) a vegetable in three weeks.

Tres Amigos: Tacos! And other Mexican food, but know that once you try their birria tacos, there's no going back (you'll be addicted).

Sammi Soup Dumplings: Try them. They will change your life.

Time Out Market: A bit of a cheeky answer for a restaurant list, but this Eaton Centre food court has a great and diverse selection ready to suit any mood you may be in.

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.

Boustan is also right across from campus and is open late, making it the perfect choice for a midnight-study-snack.

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 is 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 a 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.

Japanese Food

Kinton Ramen is a great choice if you're craving authentic Japanese ramen near campus!

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.

Nightlife

As I'm sure you're aware, if you're 18, the Montreal nights are forever young. You're welcome to be out on the town whenever you please (so long as you make it to your 8:30), so enjoy yourself! Below is a carefully curated (non-exhaustive) list of McGill student staples. **This list does not include campus bars. Find those on page 113.**

Bars

Tipsy Cow: This is basically affiliated with McGill. It's not, but it is literally attached to New Residence. It's full of first years – if you just got here, this may be your home base for a bit.

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.

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

Ye Olde: Another Irish Pub! If you're looking for cider, look no further. But again, be warned of St. Patrick's Day lines.

Upstairs Jazz & Grill: Super popular with McGill students, featuring live jazz in a casual atmosphere.

Clubs

Café Campus: A quintessential first-year club. Every Thursday is 2000s-themed, and shots are cheap (!), but if you show up after 11 pm, it's game over (you'll be in

line the rest of the night)

Unity: An inclusive club with a rooftop patio and dancing poles. Three stories of a party, with alcohol that is either basically sanitizer or is secretly water.

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.

New City Gas: Buy tickets in advance to attend events in this rave-esque space.

Le Bar DD's: An LGBTQIA+ club on St. Laurent with tons of events and themed nights happening regularly.

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.... Wait what?

SAQ + Deps

Alcohol

If you're over 18, you're legally allowed to drink in Quebec, so there's a reasonable chance you'll want to buy some drinks at some point during your time here at McGill. But you won't make it far if you show up at Provigo looking for vodka, so let's sort some things out.

Dépa-huh?

Dépanneurs – lovingly called “deps” – are convenience stores. That's it. You've cracked the cryptic. 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 anything too strong, but they can sell beer, cider, seltzer, 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 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.*



Eating Disorder Support



Content Warning: This page 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 page and continue reading at Page 124 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 you care about is struggling.

Resources

ANEB Quebec

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.

(514) 630-0907
1 (800) 630-0907
anebquebec.com

Douglas Hospital Eating Disorder Program

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 (pages 11 and 31).

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

National Eating Disorder Information Centre (NEDIC)

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.

1 (866) 633-4220
nedic.ca

Eating Disorder Centre of the SSMU

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

eatingdisordercentre.ssmu.ca

Gender Affirming Care

What even is it?

Gender affirming care (GAC) is critical to the mental and physical well-being of transgender people. Many people think GAC is just surgery, but really, GAC encompasses a whole range of social, psychological, and medical interventions (including, but not limited to surgery). At the end of the day, GAF aims to help everyone feel like their best and truest self.

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 SSMU Gender and Sexuality Commissioner (reached at gsc@ssmu.ca) anonymizes responses and manages reimbursements through the SSMU Gender and Sexuality Advocacy Committee.

McGill has many resources to help you access the gender-affirming care 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 128.

The Union for Gender Empowerment (UGE)

This service from the SSMU is a feminist, trans-positive organization that provides resources, educational opportunities, and advocacy to all who need them, especially 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!

Queer McGill

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

The Centre for Gender Advocacy

This service is run by Concordia (another university in Montreal) and works 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.

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 127 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), it is important to know which drugs can be consumed legally in Montreal. But remember, just because they are legal does not mean they are inherently safe; you are free to make your own decisions so long as you are informed.

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 lead to dependency. Regulation has made it safer than it used to be — by purchasing from a licensed dispensary (the SQDC in Quebec), you can be more confident that what you are using is quality and not laced with any dangerous chemicals.

1,3,7-Trimethylxanthine

This drug stimulates your central nervous system, circulatory system, and kidneys. It makes you feel awake

and alert, but it can also make you jittery and cause insomnia, raging headaches, anxiety, and chest pain. In 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 dépanneur 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. "Blacking Out" is just a more socially acceptable way of saying "Overdose".
- 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; it is also more damaging to your liver.



If you're worried about your Alcohol consumption, Alcoholics Anonymous can be reached at 514-374-3688 or find more information at aa-quebec.org

Alcohol + Drugs

Illegal Drugs

The SSMU does not condone the use of illicit drugs (and neither do I), but that being said, you're free to make your own decisions, 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 overstimulates 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. After swallowing a tablet, the effects take about an hour 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 strong dissociation. It's commonly referred to as a horse tranquillizer. Are you a horse? I 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. You never know how things will interact.
- 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.**

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 8 for more information.

SSMU's Mental Health Instagram

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

@ssmu_mentalhealth

Healthy Living Annex

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

3600 McTavish Street (Brown Building), suite 3100

SSMU's Mental Health Resources

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

ssmu.ca/mh

Keep.meSAFE

Use this resource to speak to licensed counsellors 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

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.

(514) 398-6246

Peer Support Centre

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

psc.ssmu.ca



[linktr.ee/
Mental_Health_
Support_SSMU](https://linktr.ee/Mental_Health_Support_SSMU)

Mental Health Resources

Whether you are struggling with your mental health or want to be proactive, there are resources in place to help you!

Local Wellness Advisors (LWAs)

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: BIPOC, 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.

Wellness Hub Mental Health Programming

The Wellness Hub offers a ton of general programming options, many of which focus on mental health. You can check out their full list of available programs on their website, with things including:

- Digital Wellbeing
- Managing Exam Anxiety
- CBT For Anxiety and Depression
- Skills for Coping with Perfectionism

Peer-Support, On-Campus Resources

The Wellness Hub has also curated a list of on-campus resources for when you need mental health support from a peer.

Wellness Hub Peer Supporters: Hub Peer Supporters are trained to help you live healthily on campus, access physical and mental health resources, navigate healthcare systems, and facilitate peer support programming on campus.

Peer Support Centre (SSMU):

These peers are trained to provide free, one-on-one, confidential, and non-judgmental support to all McGill students. They can also refer you to other resources. More info at psc.ssmu.ca

McGill Students' Nightline: A

confidential, anonymous, and non-judgmental listening service run by McGill student volunteers. The service is available 6 pm to 3 am Monday through Sunday for English-speaking callers. Give them a call at (514) 398-6246 or chat at nightline.ssmu.ca

Staying Active



Endorphins

As we have discussed on Page 74, endorphins are super important. Therefore, not only is exercising important for your physical health, but also for your mental health. If you feel stuck in a rut, sometimes a good run, weight-lifting session, yoga class, or swim can help you centre yourself again. So stay active. Even when you feel like you need to spend every waking hour in the library, find the time to take care of yourself. Your body deserves the exercise, and your mind deserves the reset. Trust me.

Stress Busters

McGill Recreation offers a fabulous program to help you stay fit (both mentally and physically) during exam season! During finals season, they offer a week-long free class series called Stress Busters. You just show up; there's no registration required, but do be mindful that spots are limited, so be on time! Offerings change each semester but typically include classes like pilates, spin, and zumba.

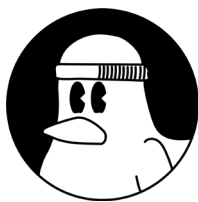
Tips from returning students



- Give yourself and others grace
- Whenever you are going through a rough time, just remember that it will inevitably get better
- These are the years to be young and hype :) Have fun!

- Maggie Tang, VP Internal, U3 Arts

Staying Active



Winter

Staying Active can feel a lot harder as winter sets in. It's cold (so cold), and your bed is so comfy, and the last thing you need is to slip and fall on your way to the gym. So yes, trust me, I get it. But what doesn't kill you makes you healthier (or whatever it is they say), so I'll see you in the gym in the dead middle of February. Deal? Deal.

Winter Activities

If you're not big into lifting weights and couldn't be paid to use an elliptical, then sometimes this whole snow-everywhere business can feel like the end of your active days. If there's no beach volleyball, why even bother? Well, luckily for you, not only will beach volleyball return so soon (yippee!), but there are tons of fun winter activities in Montreal. 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. Mount 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.

Tips from returning students



- Don't skip class just because it's in McMed
- Don't get too drunk at OAP
- Wear boots in winter so you don't slide down McTavish in front of everyone

- Harry Wang, VP External, U2 Science

Sex

You're either having it, or you're not. And both are perfectly okay. The important thing is that the sex you are having is safe for everyone involved.

Consent

Step one of a successful sexual encounter is consent. Consent is 1000% necessary. But what is it, really?

- 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.

Sex and Relationships

You may hear different rumours about sex and relationships and how the two fit together. I am here to clear some things up for you:

I just got into a relationship, do I need to start having sex?

Just because you are in a relationship does NOT mean you are required to have sex with your partner. Sex should not be a conditional factor in any interaction, and just because you are exclusive with someone does not mean the rules of consent do not apply.

I have a partner, but we're not having sex. Are we the only ones?

Not all couples have sex. Some do frequently, others less often, and others none at all; that's just how it works. So whether or not you're having sex frequently or not at all, don't worry about it.

My partner keeps pressuring me to have sex with them, but I don't want to. What should I do?

I know it can be hard to process when it is coming from someone you care about, but this is sexual harassment. It is up to you how you proceed, but know that you have grounds to **a) End the relationship and b) Report this person** should you want to. You can see page 31 for resources to help you if you choose to take action.

Safe Sex

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.



The 'Pull Out' method is not effective birth control.
Pre-ejaculatory fluid CAN cause pregnancy.

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.



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

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 10 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.

Condoms

I already told you about how important condoms are, but I'm telling you about them again to really hit home how critical they are. They are the only birth control method which can be effective against STI transmission. You can buy condoms at grocery stores, depts, or pharmacies. You can also pick up free condoms for free around McGill campus; places like The Sexual Assault Centre of the McGill Students' Society (SACOMSS), Queer McGill, and the Union for Gender Empowerment (UGE) have them available for you.



THE DEEP FREEZE

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. 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.

official midterm schedule; they will be listed in your course syllabus and announced in class by your professor.

PASL

Think something is wrong? Are your exams violating PASL? Check pages 44 - 47 for more information, and reach out to the SSMU VP UA, Meghan Lai, if you have any questions or need support!

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, but often 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

Crib Sheets

Some (wonderful) professors let you bring crib sheets to their exams. What's a crib sheet, you ask? Your saviour, that's what. Essentially, it is a cheat-sheet that you get to make. Some people see this as a chore, but really, it's the best gift they could ever give you; you get to self-curate your support, and study while you do it! 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 have academic accommodations, you will be

supported during exam season. Go back to page 34 to review the information on exam accommodations.

Grading

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

Below is the basic grading scale for McGill. Grades required to pass a class vary by faculty, so always check 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 %

Winter Break

Montreal Winter?

Are you braving the cold over winter break? Hunkering down and staying in Montreal? First of all, you are far braver than me (I yearn to escape the tundra), but you are also in for such a fabulous adventure. There are plenty of things happening in Montreal during the winter months, and the break between semesters is the perfect time to explore!

Staying in Res

Before we continue with the list of fun, are you planning on staying in res? You're more than welcome to. Student Housing and Hospitality Services (SHHS) will reach out to you sometime in the fall to get an idea of whether or not you plan to stay. This is a safety precaution, and helps them know how much food to make in the dining halls! Also, consider yourself warned: some dining halls are open, but not all, so check their hours online before you have to trek to a second dining hall in the cold.

Christmas Markets

If you're into yummy food and locally crafted goods, you should check out the Montreal Christmas markets. There are tons of them, and they are all fabulous (or so I have heard). Head to Place des Arts, Marché Atwater, or Jean-Talon for some Christmas spirit and easy gift-giving ideas.

Ice Skating

I've already told you to go, but my running theory is that you ignored me before in lieu of staying in the library. So now that you have some time off from class, please go! Ice skating at an outdoor rink (ODR) is quintessentially Canadian, and I have decided you must go. You must.

MustBus

This student service (see page 70 for more information) has short, inexpensive trips to different nearby cities. They change each year, but they usually offer trips over winter break. If I had to hazard a guess, I'd say Quebec City will be an option, but you'll have to wait until their calendar is released to know for sure.

The Nutcracker

Another winter special, The Nutcracker, is a classical ballet only available during the wintertime. Les Grands Ballets Canadiens typically puts on a show each winter, so buy a ticket to follow Clara on her adventures with sugar plums and the Rat King.

The Underground City

Montreal's Underbelly

If you've lasted this long, you may have heard rumours of, or even seen for yourself, the mysterious and expansive underground city. I'm here to confirm the rumours. 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 we both know that now that it's winter, you haven't felt a warm breeze in what feels like four decades... 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.



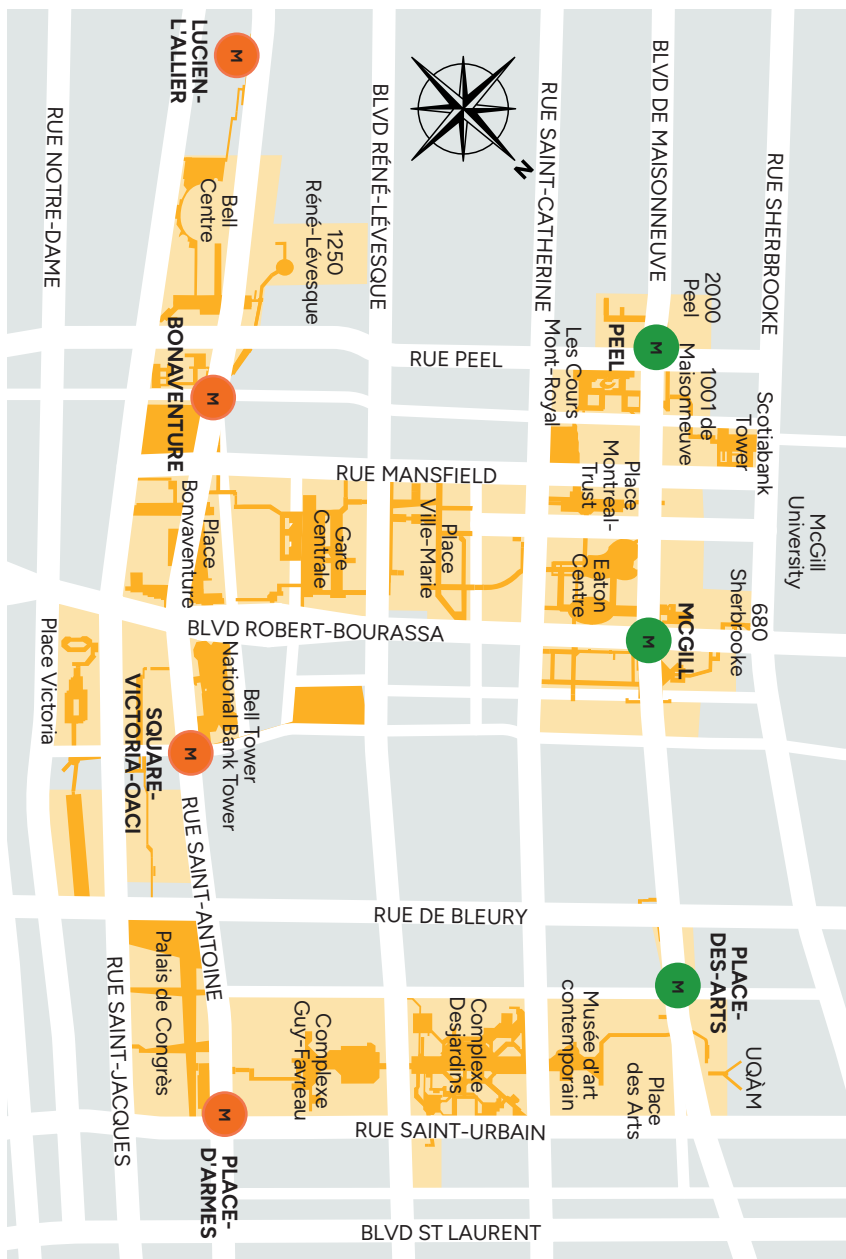
Tips from returning students

Explore Montreal beyond Downtown-- take the metro, take the bus or walk-- there are so many places to see and people to meet. Don't forget to have a Montreal summer while you're still at McGill!

- Meghan Lai, VP University Affairs, U3 Education



The Underground City



SSMU Second Semester Events

Activities Night Part Two

Activities Night is back! For two nights only (January 26th and 27th), join the SSMU to learn all about the clubs and associations you can join as a McGill student!

Valentine's Ball

Start your February right with SSMU's Valentine's Day Ball! Get all dressed up and take your special someone, your friends, or that person from class you've been meaning to talk to all year, and celebrate the season of love!

End of Year Party + SSMU Awards

End the year with a bang by coming to SSMU's End of Year Party and Awards Night! Celebrate a job (year) well done (survived) and the SSMU groups who excelled throughout the year. Stay tuned for an exact date, time, and location, but expect an invite (Instagram announcement) near the end of the year!

Winter Carnival

This event is still tentative, but should it happen, it'll take place in late February! If this is something you'd be interested in attending, join the Students' Society Party Network (see page 60 for more information) to help make this dream a reality!



Tips from returning students

I'm biased, but get involved! Student leadership has a funny way of throwing you straight into the core of the McGill community. I promise there is absolutely no better way to devote your time here at McGill than to spend it giving back to your peers.

- Meghan Lai, VP University Affairs, U3 Education

Scholarships



If you change your course load, your financial aid may need to be readjusted! Consult with the Scholarship and Student Aid office before making any changes to ensure your funding remains stable.

As your year slowly begins to come to an end, it will eventually come time to start thinking about next year's finances (if you're not already). While looking externally is never a bad idea, McGill has some internal funding opportunities you may be eligible for as a returning student. Read down below for more information.

Merit-based awards

- **In-course scholarships, awards, and prizes** are awarded by each respective faculty's Scholarship Committee, and are then distributed by Scholarships and Student Aid.
- Most of these awards have automatic consideration (meaning you don't need to submit an application), but your faculty may have some additional awards. Check your faculty's scholarship page for more information. In general, you are eligible if you have completed a minimum of 27 graded credits (NOT including any pass/fail courses) and have achieved the minimum standard of academic excellence stipulated by the committee each year.
- **Activity awards** require applications and are not solely dependent on academic standing. These awards recognize specific community activity. You can find a list of these awards on McGill's Scholarship page.

Need-based assistance

If you are a full-time student with demonstrated financial need, you may qualify for need-based financial assistance. **In order to qualify, you must apply for and accept the maximum available government student aid and/or Indigenous Band Support Funding you are eligible for.** You can apply for financial aid through Minerva at any point during the year, but note that applications open in September.

You may be awarded a loan (which must be repaid) or a bursary (which is yours forever), so make sure you check any stipulations you receive!

Scholarships for Black Students

McGill offers some scholarships specifically for Black students. Check out the (non-inclusive) list below for a short overview, but check out McGill's Scholarships page for more detailed information.

- Black Student internship, research and laboratory summer programs
- Enriched Educational Opportunities: Need-based Bursary Program
- The Audrea Golding Black Student Leadership Award

SSMU Funding

The SSMU also has some funding available! You must apply for these funds, but note that they are mostly for student groups as opposed to individual students. Check ssmu.ca/funding for more information.

Living Off-Campus



In Quebec, security deposits are generally illegal. The only advance payment they can require is the first month's rent when you sign the lease.

Adulting

After you move out of Res, you have, in many of the important ways, survived. Congratulations. You're still in the jungle, but you're about to be upgraded to a home with a kitchen. 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. You have been warned.
- Do they know how to take out the trash?

Renting

You can find rentals online on Facebook Marketplace, Craigslist, Kijiji, McGill Off-Campus Housing, Louer.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.**
- Subletting! Let someone live in your place and cover all or part of your rent while you're gone for long periods of time, like the summer!

Legal Help

The 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)
- McGill Legal Information Clinic
- Tribunal administratif du logement

UTILE Housing

UTILE, a non-profit housing provider in Quebec has some great options for apartments designed for student life. Priority is given to McGill students. If you're in a pickle or are just looking for a new place, check them out at utile.org.

Winter Tips



Surviving a Montreal winter can be tough, even for those of us who are coming back for the zillionth (fourth) consecutive year. So I'll let you in on a few well-kept secrets to help keep you warm(er) this winter.

Don't shower in the morning! Or if you do, make sure you leave enough time for your hair to dry before you leave the house. Having your hair turn to icicles is cool the first time, and that's about it. Every time after that, it's just cold and a recipe for a bad hair day.

Leave your boots on a mat! There is no reason for you to damage your floors with the wet, salty water your boots will drag in from the street. Leave your shoes on a mat to dry.

Layer like your life depends on it! Layering is THE best way to stay warm. It keeps the cold out of your bones and keeps you warm and toasty(ish) even in crazy wind.

Protect your hands, ears, nose, neck, and feet! These are the parts of your body that get cold the fastest. Trust me when I tell you you'll remember the first time you think you're about to lose your nose to frostbite.

Get a winter jacket! Trust me, being warm is the most fashionable accessory. Sherbrooke has an EVIL wind tunnel, and a puffer jacket really is the only way to make it down that street alive.

Cotton kills! If you've been backpacking, you know that there's a very good reason cotton isn't allowed in the wild. Montreal winters count as the wild. Once it gets wet (or you start to sweat), it gets cold and stays cold and **MAKES YOU COLD**. So wear fleece, wool, or literally anything else, because cotton will make you cold in the long run.

Look left and right! The snowplows stop for no one.

Grin and bear it! If you fall, know that you can take solace in the following quotations. The following three quotations are from my roommate:

- "I have fallen countless times. I hate it every time."
- "Strangers have felt the need to stop and ask if I'm okay after watching me wipe out."
- "I fell and slid halfway down the hill from Upper Res. Fast commute, but MY that hurt."

Sun means COLD! If there is sun, I promise it is FREEZING outside. Everything about the weather is backwards in winter, so trust the weather app, not your window.

Mental Health Tips

- **Talk to your friends.** No matter how it feels, I promise you are not alone. If you are lonely, homesick, or just plain cold, I promise that you are not the only one. Montreal winters are a big adjustment, and a cold winter on top of university life, it can be a lot. So talk to your friends, vent to them, ask for advice, and support one another!
- **Exercise.** I've said it a ton already, but I'm saying it again. Exercise. A walk around the block will almost certainly help you process whatever is going on.
- **Journal.** If you're into it, journaling can be a great way to process your emotions and help you work through the difficult winter season.
- **Treat yo'self.** You deserve a treat! Stay within your budget, but whether it's a coffee, a self-care day, or just a sleep-in, treat yourself with kindness. Winter is hard, but it's your first time on Earth, so treat yourself with grace.
- **Romanticize it all.** Everything can be beautiful if you squint. So find the silver lining and lock in on it, because it can make all the difference.

Tips from returning students

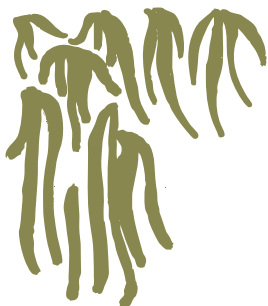


- Don't be afraid to change your mind! It's never too late to switch up your goals
 - Advocate for yourself at the class and university levels; you deserve to be supported
 - Joining social groups is how you prevent academics from becoming your whole life
- Acadia Knickerbocker, VP Clubs and Services, U3 Arts



THE GREAT THAWING

Mac Campus



Mac Campus is truly beautiful, and you should definitely go check it out. Whether you're super into nature or are just looking for a brief escape from the hustle and bustle of downtown, Mac Campus has your back! There are a bunch of cool things to check out while you're there!

The Morgan Arboretum

This HUGE (245-hectare) forest is part of Mac Campus, and it definitely deserves a wander. It is a community and scientific hub that hosts tons of events to get people involved!

Visiting

You can visit in the warmer months to hike, birdwatch, or take photos, or visit in the winter to cross-country ski or snowshoe! There is a TON to explore, so it will never get old, just find a new path and head on out!

Volunteering

If you visit and find yourself to be a fan, consider volunteering! You can work with the staff to help with tours, gardening, fundraising, and more! Check out their volunteer website for more information!

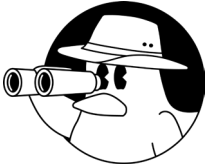
Is it free?

Passes to the Arboretum must be purchased, but you can buy days individually or save on an annual membership, which is \$58 for full-time students. These fees help keep the park running and help to preserve the forest.

Marché Mac Market

This farmer's market is open from July through November, selling seasonal fruits and vegetables grown on campus! Check them out for great produce, or even just to window shop as a weekend adventure! Find more information on their website!

New Study Spot Ideas



I've heard the rumours. You're tired of studying in Redpath (couldn't be me, but fair enough) and are looking for somewhere else to go. You've tried Islamic Studies and Schulich, only to never find a spot, and McLennan is just Redpath in a different font. Don't worry. I got you. Here's a list of a few new places you should consider studying — or if not studying, just checking out in general.

On Campus

The Geographic Information Centre (GIC)

On the fifth floor of Burnside, the GIC is a popular space to study. With individual desks and group booths, this is a collaborative space, great for locking in on group projects! They also have microwaves, so if you brought lunch from home, you're in luck. Do note that Geography students have GIC based projects, meaning they have priority at certain desks. If you are asked to move, please do so quickly and respectfully!

The SSMU Cafeteria

On the second floor of the University Centre, this is a huge room full of cafeteria tables. You can eat before, during, or while you work in this talking-zone.

SSMU Lounge

Just below the Cafeteria, on the first floor of the University Centre, is the SSMU Lounge. This space has a no food or drinks policy, but feel free to chat with your friends while you study in their comfy chairs!

Burnside Basement

This is a top-tier basement, and no one will convince me otherwise. You hate it at first, but then, somewhere along the way, you learn to love it? They have tables, chairs, and plants (no promises as to the authenticity of these plants, they very well may be plastic, but they add to the ambience anyway) and good vibes in general.

680 Sherbrooke

You either love it or you hate it. There are study spaces on a few different floors, including the 9th (I'll leave it to you to find the rest), with great views of the city.

New Study Spot Ideas

Libraries

Concordia Libraries

Invade. Infiltrate enemy ranks. Okay, maybe not really, but don't be scared of locking in at a Concordia library for a change of scenery! You can find the hours their libraries are open to the public on their websites.

Grande Bibliothèque - BANQ

Attached to the Berri-UQAM metro station, this library is a great place to work. Do note that the study spots can fill up, but it's a great, quiet, and colourful place to explore!

Westmount Public Library

This library is a McGill-student favourite. It's nearby and absolutely gorgeous. It also has a greenhouse attached for any desired study breaks.

Cafés

Gerts Café

Right on campus, this is a GREAT place to get some work done between classes! Grab a drink and a grilled cheese and you're good to go!

Humble Lion

You've seen this cafe, I'm sure, it's on Sherbrooke Street just across from the lower field. There is very limited seating here, so if you want one of the coveted seats, I'd suggest you show up early in the morning.

Tommy Cafe

Just down McGill College Avenue, this cafe has a great food and drink

selection, but like the other cafés on this list, it also has limited seating, so good luck to all those who try for one of these seats.

Presotea

Not a cafe per se, but bubble tea is tea, and their seating is heavily underutilized, so it's a great place to get some work done! Treat yourself to a beverage and lock in at their booth tables.

Cafe Amea

This place has space. Almost certainly. It's big and not too far, and has some seats designated just for working! Do note that many tables are no-laptop zones from noon until 2 pm, but aside from that, you're free to work away while enjoying delicious pastries and coffee.

Cafe Aunja

A truly delectable Persian cafe. Homey and vibrant (with the best saffron cake I've ever had), this cafe is a must-try for cafe hoppers. Some tables are no-laptop zones, but others are free-for-all, so check before you lock in!

Other Spaces

Cathcart

This food court under the Montreal Ring has tons of seating and tons of food options, a win-win if you ask me! Skylights let it fill with natural light despite being underground, making it a beautiful spot to get any work done, whether it's heat-transfer problems or an expository essay.

Arts and Culture



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

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, centred 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

Québécois 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 Technologiques

A futuristic space with a Satosphère projection room.

PHI Centre

Interactive hub at the intersection of contemporary art, film, music, design, and technology.

Thrifting

Thrifting is THE Montreal activity. It's fun, it's sustainable, it's affordable; it's perfect. There are genuinely an insurmountable number of thrift stores in greater Montreal, so I won't even try to list them all, but I'll give you a few recommendations.

Renaissance (multiple locations)

This thrift chain is incredibly affordable with a huge selection. They have locations in Mount Royal and Côte-des-Neiges (there may be more, but these are the two I've been to), and I recommend both.

Eva B / Eva D

These are more of a curated, vintage pair of shops, but that doesn't mean you should skip them. Even if you're just window shopping, it is so fun to go through and see all the fun things they have curated in these two sister shops on St. Laurent.

Marche Floh

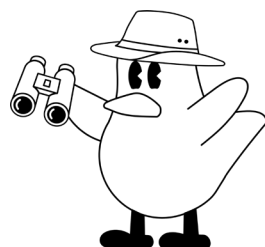
This curated vintage store is famous. Everyone knows about it, or has been, or knows someone who has been. Great for streetwear and vintage pieces, and definitely a fun one to explore.

Renaissance Kilo Ferrier

Yes, this is another of the Renaissance chain. But this one is different, it's a 'bins' thrift store, meaning you pay by weight. I've never been, but I have heard truly wonderful things, so if there's a solid chance you run into me there sometime next year.

Village des Valeurs

They sell second-hand clothing, books, housewares, and vintage items, while actively purchasing donations from local non-profit organizations.



Montreal Summer

Outdoors

Espace Pour La Vie

You can visit five of Montreal's key attractions all in one place! The Biosphere, Biodome, Planetarium, Botanical Garden, the Olympic Stadium, and the Insectarium.

The Plateau

In the warmer months, all the restaurants on the Plateau (and other neighbourhoods too) open up their terraces. Terrace season is beautiful, perfect, and everything that is good in the world, so go have dinner or drinks outside and enjoy the warm weather!

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 Marches 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's Fair), it features over 40 rides.

Jazz Fest

The Montreal International Jazz Festival is an annual event held in Place Des Arts every summer. It's a ton of fun.

Osheaga

Osheaga is THE music festival of the summer. Held over three days at Jean Drapeau, this is the place to be. From pop icons to Franco rap, they have everything, and you should check it out. But buy tickets in advance because they get expensive FAST.

Piknic Électronik

This recurring music festival takes place every Sunday throughout the summer. Yes. You read that right. From May to October, head to Parc Jean-Drapeau for this electronic festival full of guest appearances.

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 rowboats and float on Beaver Lake.
- **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: 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 it lit up 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).

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.

McGill Career Planning Service (CaPS)

McGill's Career Planning Service, CaPS, is the central hub for anything career-related. Read down below to find out about the different services they offer!

Advising

CaPS has great and dedicated career advisors. As a student (or alumni!), you can book an in-person or virtual appointment through McGill's MyFuture program. There are also 15-minute drop-in appointments available Monday through Friday, 1:30 pm to 2:30 pm.

Events and Workshops

CaPS hosts a ton of useful workshops throughout the year! From workshops on interviewing and elevator pitches to LinkedIn reviews, they offer (almost) a billion ways for you to improve your skills and professional self-presentation. They also host sessions on graduate school and other post-graduate opportunities that you should definitely check out if that is something you are interested in pursuing!

Career Fairs

CaPS organizes and hosts career fairs throughout the year. All CaPS career fairs are free to attend. Registration is requested but not required, so feel free to show up to these different events! They offer faculty-specific and general fairs, so be sure to check their website for updates and a schedule!

How-to Guides

If in-person meetings aren't your thing, I have wonderful news for you. The team at CaPS has compiled a series of digital How-to guides ranging from 'How to Write a CV' to 'How to Navigate Career Conversations.'

Career Skills Training

This video series covers topics like Professionalism and Oral Communication, teaching you important workplace skills you can add to your CV!

Career Mentorship Program

Get connected with a McGill alumni for about two months to gain career experience. Please note that this is **not** a career placement service, but rather a valuable opportunity to gain experience, be mentored, and receive advice from alumni.

Additional Resources

CaPS truly does have it all. From information on how to find a job to how to negotiate your salary, they can help you through every step of the process.

Jobs

McGill Workday

mcgill.wd3.myworkdayjobs.com/mcgill_careers

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

Work Study Program

mcgill.ca/studentaid/work-study

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

Students' Society of McGill University (SSMU)

ssmu.ca/jobs

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

Student Housing

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

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

Athletics

McGill Athletics hires students to referee and supervise sports facilities. You can use Workday with the 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 at any time.

Cafeterias

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

Alumni Phonathon

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

Tutoring Services

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

This tutoring program matches tutoring requests with qualified peer tutors. You are eligible to apply to be a tutor if your CGPA is at least 3.2. You can only tutor for classes you have received at least an A- in.

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



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

Summer Courses



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!

What are they?

Summer courses... Either your wildest dream or your worst nightmare. 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 or take an extra class you think sounds interesting.

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 in a normal class during the Fall or Winter semesters), summer courses are typically **10 lecture hours per week for up to 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 at the beginning of March. The process for registering for a summer course is the same as for Fall or Winter courses.

But keep in mind! There are fewer courses offered in the summer, and they fill up **QUICKLY**. 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.

Going on Exchange



You pay McGill tuition while on exchange, NOT the tuition fee of the host institution! This does not include housing/food, though, so do plan accordingly.

If you're here and are already ready to venture out and explore, you are in luck. McGill has a whole slew of exchange partners around the world where you can study for a semester or a full academic year.

Step 1

Explore McGill's exchange partners! Decide where you think you may be interested in going, then confirm your eligibility based on your program, year of study, and which classes you need to complete.

Step 2

Apply to McGill's exchange program. From here, if your application is accepted, you are guaranteed to be going somewhere, although host institutions must also accept you. So while there are no promises you'll get your first choice university, if you are accepted on McGill's end, you will be able to go somewhere.

Step 3

Complete additional steps. This includes checking for any visa and travel requirements, completing McGill's Pre-Departure Orientation, and confirming which courses abroad can count for McGill credit.

There are detailed instructions on the McGill Abroad website, so check there for important deadlines and other information.

Independent Study Away

If there's an institution you're interested in going to that isn't an official McGill partner, don't worry, you can still go. Instead of applying for an exchange, look into McGill Independent Study Away. You still get the same credit, but be warned, there's more administrative work for you to do on your end.

Summers Abroad

If a full semester abroad sounds like a bit much for you, but you're still interested in the abroad experience, check out McGill's Summer exchange programs. Summer courses usually take place in Italy and Greece, and field courses are offered in various African and South American countries, depending on the year.

Graduation Information

If you've made it this far, first of all, congratulations! Graduation is a huge, huge, huge accomplishment. Because it's so important, graduation is one of those things you don't want to mess up. Read on below for some helpful hints.

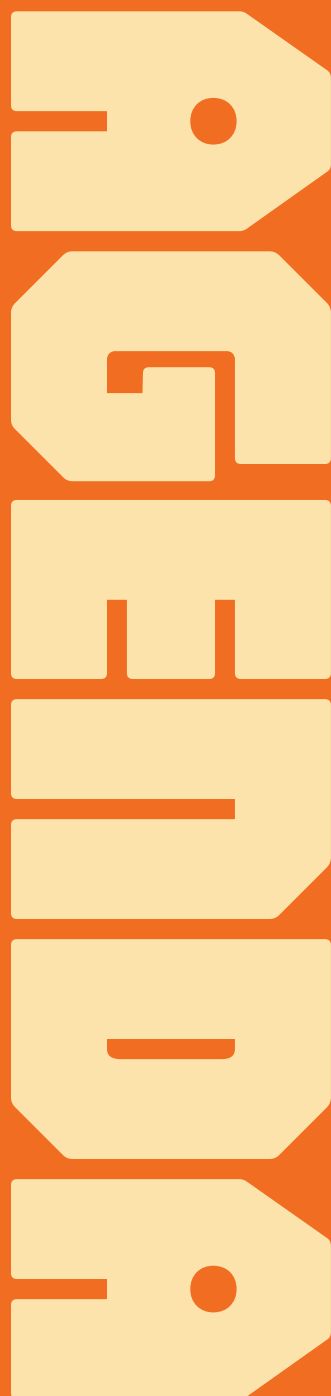
1. **Apply for graduation!** You'll get emails with deadlines, so make sure you meet them and have your degree assessed and confirmed for completion! This happens earlier in the year than you would expect, so be prepared!
2. **Order your grad photos!** Take them alone, take them with friends, take them with your favourite book, I don't care, but definitely take them. You'll be glad to have an official photo of you in all your graduation gear, and solo photos can be used on LinkedIn (a huge plus)! ssmu.ca/graduation.
3. **Don't forget to order your regalia!** Not having a cap and gown on the big day is many graduates' worst nightmare, so skip the panic and order ahead. McGill bachelor regalia is rented, so keep an eye on your inbox for approaching deadlines. You must bring your McGill ID when picking up your regalia.



If you forget to order your regalia, it will be ok; you can pick them up day-of at a higher rental price, but there is no guarantee they will have your size.

4. **Buy tickets!** Each graduate may purchase up to four tickets for friends or family to attend the convocation ceremony. Figure out who you'd like to invite or bring, and secure your tickets!
5. **Know where to go!** Graduation is in the Fieldhouse (which, after a number of years of final exams, I'm sure you can find with your eyes closed). Now that you know where to go, figure out when you have to be there!





Important Dates: Fall 2026

August 22nd - 23rd	Residence Move-In Weekend
August 24th - 25th	Orientation
August 25th	SSMU First Year Presentation
August 31st	First Day of Classes
August 27th - August 30th	Frosh
September 7th	Labour Day
September 15th	Add/Drop Deadline
September 16-17th	Fall Activities Night
September 22nd	Withdrawal with Refund Deadline
October 9th - 14th	Reading Break
October 12th	Thanksgiving
October 27th	Withdrawal with No Refund Deadline
December 4th	Last Day of Classes
December 7th	Start of Exams
December 22nd	End of Exams

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		

Important Dates: Winter 2027

January 5th	First Day of Classes
January 19th	Add/Drop Deadline
January 26th	Withdrawal with Refund Deadline
February 23rd	Withdrawal with No Refund Deadline
March 1st - 5th	Reading Break
March 26th	Good Friday
March 29th	Easter Monday
April 14th	Last Day of Classes
April 16th	Start of Exams
April 30th	End of Exams

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
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21	22	23	24	25	26	27
28						

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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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
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18	19	20	21	22	23	24
25	26	27	28	29	30	

Fall Assignments

Course:

Room:

Instructor:

TA:

Office:

Office Hours:

Email:

ASSIGNMENT	Due Date	Weight	Grade

Course:

Room:

Instructor:

TA:

Office:

Office Hours:

Email:

ASSIGNMENT	Due Date	Weight	Grade

Course:

Room:

Instructor:

TA:

Office:

Office Hours:

Email:

ASSIGNMENT	Due Date	Weight	Grade

Fall Assignments

Course: _____

Room: _____

Instructor: _____

TA: _____

Office: _____

Office Hours: _____

Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____

Instructor: _____

TA: _____

Office: _____

Office Hours: _____

Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____

Instructor: _____

TA: _____

Office: _____

Office Hours: _____

Email: _____

ASSIGNMENT	Due Date	Weight	Grade

AUG

24 Monday

Orientation

25 Tuesday

Orientation

*SSMU FYI Presentation 4:15-5 pm,
Leacock 132*

26 Wednesday

27 Thursday

Frosh

28 Friday

Frosh

29 Saturday

Frosh

30 Sunday

Frosh

To Do List

NON

NEW

SUN	MON	TUE	WED	THURS	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			

SEPT

31 Monday *(August)*

First Day of Classes
First Year Council Nomination Period
(Aug 31 - Sept 11)

1 Tuesday

2 Wednesday

3 Thursday

4 Friday

5 Saturday

Lacrosse - Redbirds
15:00 at Molson Stadium

6 Sunday

Soccer - Martlets
13:00 at Molson Stadium

To Do List



**McGILL
CAMPUS STORE**
680 SHERBROOKE ST.W.
mcgillcampusstore.ca

SEPT

7 Monday

Labour Day ●

8 Tuesday

9 Wednesday

10 Thursday

SSMU Legislative Council Meeting

11 Friday

Football - Redbirds
19:00 at Molson Stadium

12 Saturday

To Do List

Lacrosse - Redbirds
13:00 at Molson Stadium

13 Sunday

Lacrosse - Redbirds
13:00 at Molson Stadium

Flag Football - Martlets
13:30pm, Location TBD

Flag Football - Martlets
16:00pm, Location TBD



McGILL CAMPUS STORE

680 SHERBROOKE ST.W.
21111 LAKESHORE ROAD



SEPT

14 Monday

15 Tuesday

Add/Drop Deadline
Voting period: First Year Council

16 Wednesday

SSMU Activities Night @
University Centre

17 Thursday

SSMU Activities Night @
University Centre

18 Friday

Soccer - Martlets & Redbirds
18:00 at Molson Stadium

19 Saturday

Lacrosse - Redbirds
13:00 at Molson Stadium

20 Sunday

Lacrosse - Redbirds
13:00 at Molson Stadium

To Do List



Dr Jeffrey H. Tenser

B.Sc., D.D.S.
General Dentist

CONTACT US



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suite 509
Montréal, Québec H3S 2T2
514 737-9367
www.drjeffreytenser.com
info@drjeffreytenser.com

We accept
all students - ASEQ

Open Monday to
Saturday.

SEPT

21 Monday

*SSMU Poster Sale @
University Centre*

22 Tuesday

*Withdrawal with Refund Deadline
SSMU Poster Sale @
University Centre*

23 Wednesday

*SSMU Poster Sale @
University Centre*

24 Thursday

*SSMU Legislative Council Meeting
SSMU Community & Engagement
Day 2-5 pm @ University Centre
SSMU Poster Sale @
University Centre
SSMU Fall Referendum Nomination
Period Begins*

25 Friday

Soccer - Martlets & Redbirds
18:00 at Molson Stadium

SSMU Poster Sale @
University Centre

26 Saturday

To Do List

Rugby - Redbirds
13:00 at Molson Stadium

27 Sunday

Flag Football - Martlets
10:00 , Location TBD

Lacrosse - Redbirds
13:00 at Molson Stadium

Flag Football - Martlets
13:45, Location TBD

Flag Football - Martlets
15:00, Location TBD

2026 provincial election

Vote on your campus!


**élections
Québec**

Learn more ►

NON

FO

SUN	MON	TUE	WED	THURS	FRI	SAT
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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

SEPT

28 Monday *(September)*

SSMU General Assembly Fall

29 Tuesday *(September)*

30 Wednesday *(September)*

National Day for Truth and Reconciliation

*Lacrosse - Redbirds
18:00 at Molson Stadium*

1 Thursday

*Soccer - Martlets & Redbirds
18:00 at Molson Stadium*

2 Friday

3 Saturday

To Do List

4 Sunday

Football - Redbirds
14:00 at Molson Stadium

OCT 5 - 25
2026

A SEGAL CENTRE PRESENTATION
OF A SOULPEPPER CONCERT

SEGALCENTRE.ORG



THE SECRET
CHORD

\$20
Tickets!
CONDITIONS APPLY

CLASS ACT
FOR STUDENTS AND PEOPLE UNDER 30



OCT

5 Monday

6 Tuesday

7 Wednesday

8 Thursday

*SSMU Fall Referendum Nomination
Period Ends*
SSMU Legislative Council Meeting

9 Friday

Fall Reading Break ●

Soccer - Martlets & Redbirds
18:00 at Molson Stadium

10 Saturday

Fall Reading Break ●

Rugby - Redbirds
13:00 at Molson Stadium

Hockey - Redbirds
15:00 at Molson Stadium

11 Sunday

Fall Reading Break ●

Flag Football - Martlets
11:00, Location TBD

Flag Football - Martlets
13:30, Location TBD

Flag Football - Martlets
16:30, Location TBD

To Do List

OCT

12 Monday

Thanksgiving ●

13 Tuesday

Fall Reading Break ●

14 Wednesday

Fall Reading Break ●

15 Thursday

Hockey - Redbirds
19:00, McConnell Arena

16 Friday

Hockey - Martlets
19:00, McConnell Arena

Lacrosse - Redbirds
20:00 at Molson Stadium

17 Saturday

Volleyball - Martlets
13:00 at Love Competition Hall

Lacrosse - Redbirds
13:00 at Molson Stadium

Hockey - Redbirds
15:00 at McConnell Arena

18 Sunday

Soccer - Redbirds
13:00 at Molson Stadium

To Do List

OCT

19 Monday

20 Tuesday

21 Wednesday

22 Thursday

*Hockey - Redbirds
19:00 at McConnell Arena
SSMU Legislative Council Meeting*

23 Friday

Rugby - Redbirds
19:30 at Molson Stadium

24 Saturday

Swimming - Martlets & Redbirds
12:30 at Memorial Pool

Football - Redbirds
14:00 at Molson Stadium

25 Sunday

Volleyball - Martlets
13:00 at Love Competition Hall

Soccer - Redbirds
13:00 at Molson Stadium

Hockey - Martlets
15:00 at McConnell Arena

To Do List

OCT

26 Monday

*SSMU Fall Referendum Voting Period
Begins*

27 Tuesday

Withdrawal with No Refund Deadline

28 Wednesday

29 Thursday

*Hockey - Martlets
19:00 at McConnell Arena*

30 Friday

Volleyball - Martlets
18:00 at Love Competition Hall

Football - Redbirds
19:00 at Molson Stadium

SSMU Halloween 4Floors

31 Saturday

1 Sunday (November)

Soccer - Martlets
18:00 at Molson Stadium

Soccer - Redbirds
20:00 at Molson Stadium

To Do List

NON

202

SUN	MON	TUE	WED	THURS	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					

NOV

2 Monday

3 Tuesday

4 Wednesday

5 Thursday

*Hockey - Martlets
19:00 at McConnell Arena
SSMU Legislative Council Meeting*

6 Friday

SSMU Fall Referendum Voting Period Ends

7 Saturday

To Do List

Basketball - Martlets & Redbirds
16:00 at Love Competition Hall

8 Sunday

Volleyball - Martlets
13:00 at Love Competition Hall

NOV 22 - DEC 13

2026

A SEGAL CENTRE AND
THOUSAND ISLANDS PLAYHOUSE
CO-PRODUCTION

SEGALCENTRE.ORG

COME FROM AWAY

\$20
Tickets!

CONDITIONS APPLY

CLASS ACT

FOR STUDENTS AND PEOPLE UNDER 30



NOV

9 Monday

10 Tuesday

11 Wednesday

12 Thursday

13 Friday

14 Saturday

*Basketball - Martlets & Redbirds
16:00 at Love Competition Hall*

15 Sunday

*Volleyball - Martlets
13:00 at Love Competition Hall*

*Hockey - Martlets
15:00 at McConnell Arena*

To Do List

NOV

16 Monday

17 Tuesday

18 Wednesday

19 Thursday

*Basketball - Martlets & Redbirds
18:00 at Love Competition Hall
SSMU Legislative Council Meeting*

20 Friday

*Hockey - Redbirds
19:00 at McConnell Arena*

21 Saturday

*Hockey - Redbirds
15:00 at McConnell Arena*

22 Sunday

To Do List

NOV

23 Monday

24 Tuesday

25 Wednesday

26 Thursday

*Basketball - Martlets & Redbirds
18:00 at Love Competition Hall*

*Hockey - Redbirds
19:00 at McConnell Arena*

27 Friday

Hockey - Martlets
19:00 at McConnell Arena

28 Saturday

Hockey - Redbirds
15:00 at McConnell Arena

29 Sunday

Volleyball - Martlets
13:00 at Love Competition Hall

To Do List

NON



SUN	MON	TUE	WED	THURS	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		

DEC

30 Monday *(November)*

1 Tuesday

2 Wednesday

3 Thursday

SSMU Legislative Council Meeting

4 Friday

Last Day of Classes

5 Saturday

6 Sunday

To Do List

DEC

7 Monday

Final Exams Begin

8 Tuesday

9 Wednesday

10 Thursday

11 Friday

12 Saturday

13 Sunday

To Do List

DEC

14 Monday

15 Tuesday

16 Wednesday

17 Thursday

18 Friday

19 Saturday

20 Sunday

To Do List

DEC

21 Monday

22 Tuesday

Final Exams End

23 Wednesday

24 Thursday

McGill Closed ●
Christmas Eve

25 Friday

McGill Closed ●
Christmas

26 Saturday

McGill Closed ●
Boxing Day

27 Sunday

McGill Closed ●

To Do List

DEC

28 Monday

McGill Closed ●

29 Tuesday

McGill Closed ●

30 Wednesday

McGill Closed ●

31 Thursday

McGill Closed ●
New Year's Eve

1 Friday (January)

McGill Closed ●
New Year's Day

2 Saturday (January)

3 Sunday (January)

To Do List

Winter Assignments

Course:

Room:

Instructor:

TA:

Office:

Office Hours:

Email:

ASSIGNMENT	Due Date	Weight	Grade

Course:

Room:

Instructor:

TA:

Office:

Office Hours:

Email:

ASSIGNMENT	Due Date	Weight	Grade

Course:

Room:

Instructor:

TA:

Office:

Office Hours:

Email:

ASSIGNMENT	Due Date	Weight	Grade

Winter Assignments

Course: _____

Room: _____

Instructor: _____

TA: _____

Office: _____

Office Hours: _____

Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____

Instructor: _____

TA: _____

Office: _____

Office Hours: _____

Email: _____

ASSIGNMENT	Due Date	Weight	Grade

Course: _____

Room: _____

Instructor: _____

TA: _____

Office: _____

Office Hours: _____

Email: _____

ASSIGNMENT	Due Date	Weight	Grade

2021

2021

SUN MON TUE WED THURS 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						

JAN

4 Monday

5 Tuesday

First Day of Classes

6 Wednesday

7 Thursday

*Basketball - Martlets & Redbirds
18:00 at Love Competition Hall*

8 Friday

Hockey - Redbirds
19:00 at McConnell Arena

9 Saturday

Hockey - Redbirds
15:00 at McConnell Arena

10 Sunday

Hockey - Martlets
15:00 at McConnell Arena

To Do List

McGILL
CAMPUS STORE
680 SHERBROOKE ST.W.
21111 LAKESHORE ROAD



course materials available now.
we accept oneCard.



JAN

11 Monday

12 Tuesday

13 Wednesday

14 Thursday

SSMU Legislative Council Meeting

15 Friday

Hockey - Redbirds
19:00 at McConnell Arena

16 Saturday

17 Sunday

Volleyball - Martlets
13:00 at Love Competition Hall

Hockey - Martlets
15:00 at McConnell Arena

To Do List

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JAN

18 Monday

19 Tuesday

Add/Drop Deadline

20 Wednesday

21 Thursday

*Basketball - Redbirds
18:30 at Love Competition Hall*

22 Friday

Volleyball - Martlets
12:00 at Love Competition Hall

23 Saturday

Basketball - Martlets
14:00 at Love Competition Hall

24 Sunday

Hockey - Martlets
13:00 at McConnell Arena

To Do List

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JAN

25 Monday

26 Tuesday

Withdrawal with Refund Deadline
SSMU Activities Night @ University Centre

27 Wednesday

SSMU Activities Night @ University Centre

28 Thursday

SSMU Legislative Council Meeting
SSMU Winter Election & Referendum
Nomination Period Begins

29 Friday

Volleyball - Martlets
18:00 at Love Competition Hall

30 Saturday

31 Sunday

Hockey - Redbirds
15:00 at Bell Centre

To Do List

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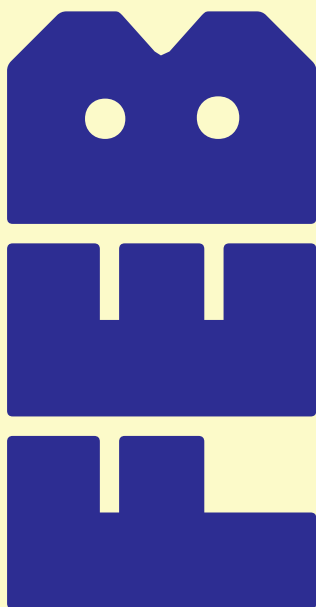
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2020



SUN MON TUE WED THURS FRI SAT

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

FEB

1 Monday

SSMU General Assembly Winter

2 Tuesday

3 Wednesday

4 Thursday

5 Friday

Hockey - Redbirds
19:00 at Bell Centre

6 Saturday

To Do List

7 Sunday

Volleyball - Martlets
13:00 at Love Competition Hall

Hockey - Martlets
15:00 at McConnell Arena



FEB

8 Monday

9 Tuesday

10 Wednesday

11 Thursday

*SSMU Winter Election & Referendum
Nomination Period Ends
SSMU Legislative Council Meeting*

12 Friday

Hockey - Martlets
19:00 at McConnell Arena

13 Saturday

14 Sunday

To Do List

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FEB

15 Monday

16 Tuesday

17 Wednesday

18 Thursday

19 Friday

Hockey - Redbirds
19:00 at McConnell Arena

20 Saturday

Volleyball - Martlets
12:00 at Love Competition Hall
Basketball - Martlets & Redbirds
16:00 at Love Competition Hall

21 Sunday

To Do List

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FEB

22 Monday

23 Tuesday

Withdrawal with No Refund Deadline

24 Wednesday

25 Thursday

*SSMU Legislative Council Meeting
SSMU Winter Election & Referendum
Campaign Period Begins*

26 Friday

Hockey - Martlets
19:00 at McConnell Arena

27 Saturday

Basketball - Martlets & Redbirds
16:00 at Love Competition Hall

28 Sunday

To Do List

2021

REAR

SUN	MON	TUE	WED	THURS	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			

MAR

1 Monday

Winter Reading Break ●

2 Tuesday

Winter Reading Break ●

3 Wednesday

Winter Reading Break ●

4 Thursday

Winter Reading Break ●

5 Friday

Winter Reading Break ●
SSMU Winter Election & Referendum
Campaign Period Ends

6 Saturday

7 Sunday

To Do List

MAR

8 Monday

*International Women's Day
SSMU Winter Election & Referendum
Voting Period Begins*

9 Tuesday

10 Wednesday

11 Thursday

SSMU Legislative Council Meeting

12 Friday

13 Saturday

14 Sunday

To Do List

MAR

15 Monday

16 Tuesday

*Hockey - Redbirds
19:00 at McConnell Arena*

17 Wednesday

18 Thursday

19 Friday

SSMU Winter Election & Referendum
Voting Period Ends

20 Saturday

21 Sunday

To Do List

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MAR

22 Monday

23 Tuesday

24 Wednesday

25 Thursday

SSMU Legislative Council Meeting

29 Friday

Good Friday ●

30 Saturday

31 Sunday

Easter Sunday

To Do List

2027

PER

MAR

29 Monday *(March)*

Easter Monday ●

30 Tuesday *(March)*

31 Wednesday *(March)*

1 Thursday

2 Friday

3 Saturday

4 Sunday

To Do List

APR

5 Monday

6 Tuesday

7 Wednesday

8 Thursday

SSMU Legislative Council Meeting

9 Friday

10 Saturday

11 Sunday

To Do List

APR

12 Monday

13 Tuesday

14 Wednesday

Last Day of Classes

15 Thursday

16 Friday

Final Exams Begin

17 Saturday

18 Sunday

To Do List

APR

19 Monday

20 Tuesday

21 Wednesday

22 Thursday

23 Friday

24 Saturday

To Do List

25 Sunday

MAY 9 - 30
2027

A SEGAL CENTRE PRODUCTION

SEGALCENTRE.ORG



It's a GOOD LIFE
If You Don't Weaken

A NEW MUSICAL WITH SONGS BY
THE TRAGICALLY HIP

\$20
Tickets!

*CONDITIONS APPLY

CLASS ACT

FOR STUDENTS AND PEOPLE UNDER 30



APR

26 Monday

27 Tuesday

28 Wednesday

29 Thursday

30 Friday

Last Day of Exams

1 Saturday (May)

International Workers' Day

2 Sunday (May)

To Do List

MAY

SUN	MON	TUE	WED	THURS	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					

SUN	MON	TUE	WED	THURS	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			



2024

SUN	MON	TUE	WED	THURS	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

AGG

SUN	MON	TUE	WED	THURS	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				



This is your *moment.*



**Celebrate
your success**



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now*

