

GETTING INVOLVED

@ **McGill**

FIRST-YEAR STUDENTS



GET INVOLVED

Campus Life & Engagement is here to help you navigate through your first year at McGill and provide the resources available on campus, in order for you to achieve valuable skills you would not learn in the classroom and connect with your local community.

WHY GET INVOLVED?

TO BECOME A
LEADER

TO SUPPORT OTHERS

TO MAKE NEW
FRIENDS

TO DEVELOP YOUR
SKILLSETS

TO GET SUPPORT

TO CREATE
CHANGE

HOW TO GET INVOLVED & HELPFUL RESOURCES

- Go to Activities Night**
Explore over 250 clubs and services in one evening.
- Consult a Departmental or Faculty Advisor**
Meet your program requirements by meeting with your advisor.
- Get Connected to the Peer Programs Network**
And find over 50 programs where students help students.
- Participate in a Frugal Scholar Workshop**
Learn about financial responsibility and wellness.
- Find Free Yoga Classes**
Which they give at the SSMU, the Office of Religious and Spiritual Life, and more.
- Visit Therapy Dogs**
De-stress during exam season by petting a SSMU puppy.
- Visit Engage McGill**
Get an overview of how to get engaged at McGill.
- Take an Emerging Leaders Workshop**
Learn about power, communication, motivation and more.
- Get a Gym Membership**
Improve your mental and physical health by maintaining your fitness at the gym.
- Join the ACCE Team**
Facilitate workshops and gain leadership experience in a student development program.
- Explore MyFuture**
Utilize McGill's job search and career tool to create your resume and seek employment.
- Use a Re-Usable Water Bottle**
Hydrate yourself while supporting sustainability on campus.

“ Getting involved really served as a way to develop leadership qualities. ”

- Mithura Shanmugalignam,
U2 in Education

“ Getting involved on campus allows me to meet and socialize with great people. ”

- Hassan Sbatye,
U1 in Dentistry

“ Getting involved has taught me invaluable skills that I otherwise would not have obtained in class. ”

- Megha Patel
U2 in Science

KEY RESOURCES

Activities Night

➤ ssmu.ca

An easy way to talk to members of SSMU and over 250 clubs and groups at McGill.

Head to the Tomilson Fieldhouse for Activities Night on September 11 and 12 and see what opportunities are available to get involved at McGill.

Engage McGill

➤ mcgill.ca/engage

A guide and overview of opportunities and events across campus.

Check out “Opportunities for Engagement” for a categorized overview of opportunities. Take a look at the “Support & Resources” section for clubs and services to help students.

myInvolvement

➤ involvement.mcgill.ca

An online portal that showcases events happening on campus and displays your involvement on your co-curricular record (CCR).

Log into your account with your McGill username and password to discover the events and activities happening on campus.

SKILLS 21

➤ mcgill.ca/skills21

A skills development program for undergraduate students to gain experience in various categories such as citizenship, leadership and well-being.

Progress in streams is visible on myInvolvement and completion of streams is recognized on your co-curricular record (CCR).

(More at www.mcgill.ca/cle/services - all of the above under *Campus Involvement*)

(Watch for CL&E’s Winter Volunteer recruitment at www.mcgill.ca/peerprograms)

SUGGESTED OPPORTUNITIES

SPECIFICALLY FOR FIRST-YEAR STUDENTS

Find these and more at www.mcgill.ca/engage - scroll down to the *Student Societies* category and select the *First-Year Students* section!

EUSJC

EUS Junior Council
from the Engineering
Undergraduate Society
(EUS)

FASC

*First-Year Events, Academics
and Representative Council*
from the Students' Society of
McGill University (SSMU)

FYRE

*First-Year Representatives of
Education*
from the Education Under-
graduate Society (EdUS)

FYC

First-Year Council
from the Students'
Society of McGill University

FIT

First-Year Involvement Team
from the Management
Undergraduate Society
(MUS)

OCCSS

COMunity: Commuters of McGill
from the Off-Campus &
Commuter Student Support
(OCCSS at CL&E)

FEARC

*First-Year Events, Academics
and Representatives Council*
from the Arts Undergraduate
Society (AUS)

FUSS

*Freshmen Undergraduate
Science Society*
from the Science
Undergraduate Society (SUS)

REZ

*Hall Council / Inter-Residence
Council (IRC) / University
Residence Council /
Environmental Residence
Council*
from McGill Student Housing
and Hospitality Services

