GETTING INVOLVED
@ McGill
FIRST-YEAR STUDENTS

presented by
campus life and engagement
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.

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<th>WHY GET INVOLVED?</th>
<th>HOW TO GET INVOLVED &amp; HELPFUL RESOURCES</th>
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| **TO BECOME A LEADER** | ☐ 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. |
| **TO SUPPORT OTHERS** | ☐ 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. |
| **TO MAKE NEW FRIENDS** | ☐ Use a Re-Usable Water Bottle
Hydrate yourself while supporting sustainability on campus. |
| ☐ Participate in a Frugal Scholar Workshop
Learn about financial responsibility and wellness. |
| **TO DEVELOP YOUR SKILLSETS** | |
| **TO GET SUPPORT** | |
| **TO CREATE CHANGE** | |

( More details at [www.mcgill.ca/cle/services/campus-involvement](http://www.mcgill.ca/cle/services/campus-involvement) )
“Getting involved really served as a way to develop leadership qualities.”
- Mithura Shanmugalignam, U2 in Education

“Getting involved has taught me invaluable skills that I otherwise would not have obtained in class.”
- Megha Patel, U2 in Science

“Getting involved on campus allows me to meet and socialize with great people.”
- Hassan Sbatye, U1 in Dentistry

KEY RESOURCES

Activities Night

(ssmu.ca/student-life)
An easy way to talk to members of SSMU and over 250 clubs and groups at McGill.

Head to the Tomlinson Fieldhouse for Activities Night in September and January 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 events and activities happening on campus.

SKILLS 21

(mcgill.ca/dskills21)
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)

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

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

FYRE
First-Year Representatives of Education
from the Education Undergraduate Society (EdUS)

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

MCSS
Student Council
from Macdonald Campus Students' Society

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

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

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

Proud member of STUDENT SERVICES