Getting Involved @ McGill for Grad Students & Post-docs

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Post-Graduate Students’ Society
Getting Involved @ McGill

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Welcome and Introductions

AGENDA:

• Post-Graduate Students’ Society of McGill (PGSS)
• Why get involved?
• Involvement and Leadership Development
• Getting Involved for International students
• How to get involved at McGill
• Questions?
Poll 1: As a graduate student what do you think of getting involved on campus? Do you see it as:

- necessary
- nice to do if possible
- no opinion
- not necessary

Please fill out the poll and use the chat box to explain your answer!
PGSS: Post-Graduate Students’ Society of McGill
academic.pgss@mail.mcgill.ca
Housewarming Party: Sep 20

http://thomsonhouse.ca/home

Restaurant & bar
Space Rentals

PGSS McGill
pgss.mcgill

Leisure Classes

Discounts

PGSS CORPORATION
Thomson House

BBQ Bash: August 29

PGSS Orientation: Aug 29 to Sep 18

Montreal Planetarium
Rio Tinto Alcan Tickets
PGSS SOCIETY

SOCIETY
Family Care
Study Session for Parents and Kids Program
Thomson House
Nursing/Parenting Room
Family Care Caucus

International Students
International Student Caucus

Postdocs
Association of Postdoctoral Fellows

Sustainability
PGSS Environment Committee
Sustainability Projects Fund

SUPPORT & ADVOCACY
Legal
Committee for Member Support
Member Legal Support Fund

Equity, Diversity & Accessibility
PGSS Equity and Diversity Committee

Finance
PGSS Grants Program

Programs
Light Therapy Lamps
Meditation

External Representation
Student Rights and representation with McGill, Quebec and Canada

HEALTH & WELLNESS
Initiatives
PGSS Health & Wellness Committee

Insurance
Health & Dental Insurance Plan
(Accident Insurance Plan, StudentCare, Blue Cross, Continuum plan)
PGSS Committees
Academic Affairs
Committee for Member Support
Committee on Monetary Affairs
Council Steering Committee
Elections Committee
Environment Committee
Equity and Diversity Committee
External Affairs Committee
Family Care Caucus
Governance Committee
Health and Wellness Committee
Internal Affairs Committee
International Students Caucus
Member Services Committee
Sustainability Committee
Policy and Structure Advisory Committee

PGSS Governing Bodies
Appointments Board
Board of Directors
Council
Executive Committee
General Meeting
Judicial Board

McGill Committees
Senate
Board of Governors
Working Groups
Advisory Committees
Cyclical Review Units
Library Advisory Committees
Faculty Councils

According to a recent study, McGill students involved in university organizations and leadership positions scored significantly higher in:

- complex cognitive skills
- consciousness of self,
- and resiliency

than students who have never been involved.

Multi-Institutional Study of Leadership, 2015
Getting Involved @ McGill

Why?

To practice and improve your balance of academic excellence with co-curricular activities.

Skills that you develop include time management, life balance and building a social network (a.k.a. finding great friends for life).
Poll 2: Why do you want to get involved? (select as many as apply)

- to meet new people
- an outlet from academics
- learn something new
- for my cv/resume
- networking opportunities
- continue pursuing my interests/hobbies
- for fun
- to compliment my academic interests
- to find something specific I am interested in
- other

(Please use the chat box if you’d like to add in more info)
During the university years, leadership development generally relies on involvement in student organizations and activities (Astin & Astin, 2000), providing the students with benefits such as “self-efficacy, civic engagement, character development, academic performance, and personal development” (Dugan & Komives, 2007, p. 8).

Students can and do increase their leadership skills during school and by (getting) involve(ed) in co-curricular activities (Pascarella & Terenzini, 2005).
How to get involved?

Welcome to Engage McGill!

Guide and overview to getting engaged in University and student-led groups and events across both campuses.

Check out the Support & Resources that help you get engaged, encourage your development, and support your learning.

Browse the different categories below or click Opportunities for Engagement above.

- Student Societies
- Faculty and School Associations
- Departmental Groups
How to get involved?

CCR (your Co-Curricular Record) and MyInvolvement - an online portal for student engagement: involvement.mcgill.ca
How to get involved?

Click on any of the above images - all these areas offer opportunities to participate via attending workshops, volunteering, taking classes, joining a committee/team, etc.
Getting Involved @ McGill

• Graduate Orientation Week

  • Monday, August 26th to Thursday, August 29th

  • (And Friday, August 30th just for Mac Campus Students!)

  • We’ve got dozens of workshops and panels running throughout the week, and major events on Thursday!
Getting Involved @ McGill

• Grads Connect (GX)
  • Thursday, August 29th
  • A great way to meet fellow incoming grad students, learn about involvement opportunities on campus, and talk to other grad students about their involvement experience!

• Discover McGill for Grads
  • Thursday, August 29th
  • We’ll have representatives from dozens of McGill services, resources, and more on hand to answer your questions, mini-presentations, and the welcome address!
Getting Involved @ McGill

• Throughout the academic year...
  • Check out the Peer Programs Network at mcgill.ca/peerprograms to learn about the ways students volunteer to help fellow students at McGill!
  • Look into Intramural activities at McGill Athletics
  • Get to know your departmental student association
SSMU Resources

https://ssmu.ca/student-life/clubs-services-isg/

**SERVICES**
- MSERT (McGill student emergency response team)
- Walksafe
- Peer support Center
- ...

**CLUBS**
- Athletics and recreation
- Leisure Activities and Hobbies
- Language and Publications
- ...

**INDEPENDENT CLUBS**
- QPIRG
- CKUT 90.3 FM
- IRSAM
- The Legal Information Clinic at McGill (LICM)
Getting Involved @ McGill

International Students

• Why would you want to get involved as an international student?
  • As a way to transition to a new location
  • To meet new people
  • To know about the resources available in the university and in the city of Montreal
  • To develop some skills (language, cultural familiarity, ..)
  • Other

POLL #4
Getting Involved @ McGill

Resources for international students

Pre-Arrival Orientation Webinars

iSTEP
Getting Involved @ McGill

Questions?

Thank you & welcome to McGill!
We hope to see you at Grad Orientation on August 29th, 2019 and Activities Nights on September 11th and 12th, 2019.
See you soon!

Please help us by sharing what you learned today with other incoming students.