Hi!

With Orientation Week coming up in just two weeks, we know you must be excited for the start of your McGill journey. O-Week is your first opportunity to make new friends, get to know the school, and get a taste of student life—but it's not the only opportunity! There's so much to look forward to in your time at McGill! **Today, we're highlighting five resources that will help you make the most of your first year at McGill beyond the first week.**

**Activities Night**

Discover all of the student clubs, services, and independent student groups on **Wednesday, September 11 and Thursday, September 12** in the **Tomlinson Fieldhouse**. With over 250 groups tabling, you'll be sure to find something of interest to you!
Follow the Students’ Society of McGill University (SSMU) on Facebook for the most up-to-date information.

**FY5 Newsletter**

The FY5 is a *bimonthly newsletter from Campus Life & Engagement* designed to guide you through your first year at McGill. We will help you stay on top of *important dates, learn about McGill's groups, clubs and services, and gain access to work opportunities*. We will also send you *resources centered around your wellness and academic success*. Stay tuned, you will start receiving them around mid-September, and like our summer emails, you'll be able to find them on the First Year website’s Resources page.

**SKILLS21**

**SKILLS21** is a skills development program designed to teach you *valuable skills outside of the classroom*. Its aim is to help you develop 21st century skills, values, and attitudes through five workshop *streams*: citizenship, collaboration, well-being, leadership, and discovery. You can *register for the program online* starting now and view the workshop offerings on the *myInvolvement* platform.

**Pow Wow**

McGill is located on land which has long served as a site of meeting and exchange amongst Indigenous Peoples. The Annual Pow Wow provides the McGill community with the opportunity to connect with Indigenous organizations, engage with student groups, and browse artisan vendors on a day filled with drumming, dancing, and cultural exchange. This year the Pow Wow will take place on *Friday, September 20* on the lower part of the Downtown campus.

For more information about student support, events, and resources for Indigenous students at McGill, you can visit the [First Peoples’ House website](#).

**Spin Bike Gardens**

Did you know that just 10 minutes of cardio can *improve cognition function, decrease stress, and increase wakefulness*? **Spin Bike Gardens** is a new project adopted by McGill to help you take a mental and physical break from your studies. Check out this [video](#) to learn more!
Your university experience is what you make of it. We hope that these resources serve you well and that you take advantage of them to prioritize your success and well-being.

If ever you have a question--during the summer, your first year, or any time as a student at McGill--always feel free to contact Campus Life & Engagement. We either know the answer, or someone who does. Don't forget to browse our First-Year website for more detail about the First Year. Have a great week!

Regards,

Leslie Copeland
First-Year Coordinator
Campus Life & Engagement | McGill Student Services

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If you think you’ve missed any of our messages or want to re-read any, check out CL&E’s First-Year Email archive.

Please note that any reference to admissions in this communication should not be considered as an official acceptance to the University. The official admission decision is conveyed in McGill's formal letter of acceptance found on Minerva.
Join the Entering Class of 2019-2020!

Follow CL&E on Instagram!

Keep up with CL&E on Facebook!

McGill University is located on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Haudenosaunee and Anishinabeg nations. McGill honours, recognizes and respects these nations as the traditional stewards of the lands and waters on which we meet today.

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