You & McGill

Graduate Student & Postdoctoral Researcher

2016-2017 Guide

INSIDE:
Important Dates
Tips for Being Successful in Grad School
Services at McGill
Getting Involved at McGill
Much more!
Visit mcgill.ca/firstyear for a comprehensive site with all the information you need to navigate your first year of graduate studies/postdoctoral work at McGill!

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Production of the You & McGill guide is conceived, coordinated, and produced by Campus Life & Engagement (CL&E), in part from content submitted and advice given by services and people from across the University. We want to thank everyone who had any part in the ideation and creation of this guide and anyone who takes the time read any part of it.

The editors of this publication work diligently to ensure that all information is up-to-date and correct. If you noticed any incorrect, outdated, or missing information or links, please do not hesitate to contact cle@mcgill.ca with suggested edits.

Visit mcgill.ca/firstyear

This Guide is brought to you by

Campus Life and Engagement

Read it. Keep it. Refer to it. Love it. (We do!)

Proud member of

STUDENT SERVICES

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3600 McTavish, suite 3100

cle@mcgill.ca
[general]

firstyear@mcgill.ca
[first-year support and questions]

514-398-6913

mcgill.ca/cle [general]

mcgill.ca/firstyear
[first-year students]

facebook.com/CLEMcGill

@CLEMcGill [Twitter]

@CLEMcGill [Instagram]

CLEMcGill [Snapchat]
AskMcGill and the McGill App

AskMcGill

AskMcGill is McGill’s interactive question/answer online platform where students can ask a wide variety of questions about McGill. AskMcGill est aussi disponible en français.

AskMcGill your questions at ask.mcgill.ca

McGill App

The official McGill App is a handy tool for students and lets you access class schedules, check out events, find services, navigate campus, and chat with other students. Search “McGill University” on the App Store or Google Play or visit mcgill.campusapp.com

Look for this symbol throughout You & McGill to learn how the McGill app can make your life on campus easier!
What is GradLife?
GradLife McGill, a social media initiative, showcases graduate student experiences through their voice, photos and videos. Read posts portraying personal reflections, aspirations, triumphs, and challenges that occur throughout the graduate journey.

Want to learn about ...
- How to find housing in Montreal?
- How to survive your first conference as a graduate student?
- The best cafés to study in?
- Tips and tricks for writing a thesis?
...and many more topics related to the graduate experience?

Connect with GradLife McGill
blogs.mcgill.ca/gradlife
@GradLifeMcGill
facebook.com/GradLifeMcGill

Want to join us?
GradLife bloggers and Instagrammers receive skill-building support: coaching on blogging, writing on social media, and developing their digital portfolio. In addition, GradLife bloggers will be recognized for their contribution with a letter from the Dean, Graduate and Postdoctoral Studies.*

Contact us to join our team: blogs.mcgill.ca/gradlife/apply
*applies to bloggers who share 2 posts/month or more through the year.
A Message from your Dean of Graduate and Postdoctoral Studies

I am extremely pleased to welcome you to McGill University. McGill is a student-centred research institution that places singular importance upon the quality of graduate education and postdoctoral training.

As Dean of Graduate and Postdoctoral Studies (GPS), it is my role to ensure that you have a stimulating, successful, and enriching graduate or postdoctoral experience at McGill. GPS is committed to promoting university-wide excellence for graduate and postdoctoral education at McGill and positioning McGill as a premiere graduate institution in North America. We work closely with the Faculties, central administration, graduate students, professors, researchers, and postdoctoral fellows to provide leadership and vision for graduate teaching, supervision, and research across our over 400 graduate programs. We also oversee graduate policies and regulations, support for postdoctoral fellows, and the disbursement of graduate fellowships.

GPS provides you with the tools and information you need to make your graduate or postdoctoral experience at McGill a success. Our website is a key resource for graduate policies and regulations, details about funding opportunities and support for postdoctoral fellows, guidelines for thesis preparation and examination, and supervision. GPS has three Associate Deans who can help you work through challenges related to funding, supervision, or your academic program. We also do outreach with the graduate community through, for example, collaborative workshops with SKILLSETS, PGSS, and CaPS. We encourage you to take advantage of these offerings to enrich your graduate experience.

On behalf of GPS, I would like to wish you all the very best in your graduate and postdoctoral studies at McGill.

Josephine Nalbantoglu
Dean, Graduate and Postdoctoral Studies
A Message from your Deputy Provost, Student Life & Learning

Welcome to the McGill community. You are about to embark on an incredible period of learning and discovery, gaining vital experience while you build lasting relationships. With over 300 areas of study and 21 faculties and professional schools, McGill is Canada’s leading teaching and research-intensive university. It is a wonderful place to begin the next exciting stage in your life.

You will be immersed in the most international campus in Canada with peers who are among some of the brightest students in the world in one of the most cosmopolitan city in the world. You will acquire a first-rate education and you will have the chance to study abroad, to sing in an opera, to conduct research, or to experience one of hundreds of internships, so that you concurrently develop the social skills and innovative thinking required to address the complex issues of the future.

You will live on one of the most unique and supportive student life and learning campus in North America, that will provide you with the community and social engagement, the self-awareness, the global understanding, and the critical and creative thinking opportunities needed to shape the world.

And you will be joining a network of more than 250,000 alumni worldwide, including three astronauts, ten Nobel Prize recipients, nine Oscar winners, numerous Olympians, and many leaders who help shape our world.

This is going to be the adventure of a lifetime!

Bienvenue...Welcome to the McGill adventure. Our doors are open.

Ollivier Dyens, Deputy Provost [Student Life and Learning]
A Message from your First-Year Coordinator

Hello and welcome to all,

It is my pleasure to welcome you to McGill University and to congratulate you on continuing your studies here with us! If you previously studied at McGill and are a new graduate student or postdoctoral researcher, welcome back!

As the First-Year Coordinator in Campus Life & Engagement (CL&E, pronounced “clay”), one of my roles is to help you become aware of the vast resources available on campus that will provide you with continued support throughout your studies. In fact, Campus Life & Engagement is the one office on campus dedicated to serving all students who are attending McGill for the first time, and where you can find answers to the questions or concerns you have – whether you have or haven’t already studied at McGill before.

All of us in CL&E are here to help you & McGill get acquainted as quickly as possible so that you can get involved and make the most of your time at McGill. We want to help you become an active member that helps build and shape the McGill Community in the years ahead.

Graduate student life, although a continuation of your studies, is also a new beginning. Of course, not all grad student life should be spent studying and working. There are many opportunities for developing skills, getting involved, and expanding your networks.

This is why I am so excited for you to experience this guide as you begin your time as a grad student at McGill. The team here at Campus Life & Engagement has spent countless hours organizing what you will find in the following pages. We’ve talked to students and staff all around McGill to make sure that all the key information you need as a new grad student or postdoctoral researcher is contained within these pages. We at CL&E are here to support you through your transition to studying and/or living in a new environment, and my hope is that this guide emphasizes the infinite amount of resources you have at your disposal.

You won’t know everything from reading this guide, but it will help start you off on the right foot and help you understand key things about McGill and what we have available to you. Skim through the pages when you have a chance [we know there’s so much to do at this time of year!], and see all that McGill has to offer you. Return to this book at any time when you want to delve more into what we have to share with you, or if you need a refresher. You can also always visit mcgill.ca/firstyear for comprehensive and regularly updated information about all the ways that McGill supports you during your first year of studies.

I urge you to reach out, not only to the resources at your disposal, but to the people around you. Invest in friendships, relationships, and most importantly, in yourself. We understand that McGill University is only one step in your journey and while you are here, please take advantage of your time. Confidently move forward to build the life you want! You are here to learn and invest in your future, and we have countless resources at your fingertips to allow you to be the best “you” possible. McGill University is here to help you discover and build your potential.

We look forward to meeting as many of you as we can at one of the various events we host during Orientation and the rest of the year. Of course, all the knowledge contained in this book, and more, can also be accessed by picking up the phone, sending an email, or coming to visit the staff at CL&E. We either have the answer – or know who does.

On behalf of all of us here at Campus Life & Engagement, I wish you all a truly joyful and rewarding McGill experience!

Good luck and do not be a stranger!

Leslie Copeland
First-Year Coordinator, Campus Life & Engagement (CL&E)
Important Dates

Note: In the event of a discrepancy between the dates in this list and the ones on the McGill website, the latter shall prevail.

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McGill App Use the McGill App to get a list and keep track of Important Dates!
Grad school is a time of tremendous opportunity for students. It can be a great challenge, but it is also a chance for personal and professional development. Starting out in a new program can feel very intimidating and daunting but finding your niche and getting involved can definitely help. It is important to remember that everyone who has completed grad school has once been in the exact same position as you. That being said, with these tips you will hopefully be able to avoid some of the challenges faced by students past. Not all of them will apply to everyone, but keeping them in mind will ensure that you will have a more enjoyable, productive, and successful time during your studies.

Katherine Hales MA’16
Graduate Communications Assistant, Campus Life & Engagement
Set goals
Before you begin, invest the time to think about your goals: What do you want to take away from your grad experience (e.g., any specific skills) and where do you want it to take you after?

Stay balanced
Balance is arguably the most important thing to find during your degree. The pressure of grad school can be overwhelming, so take the time to take care of yourself - eat, sleep, be social, and get some exercise. When you are healthy, you work much better!

Meet and greet
Get out and meet people. Having a group of friends is important for support and staying balanced, and it can be isolating spending all your time in a lab or a library. One of the best ways to meet people is to get involved in clubs, student societies, or intramural sports.

Be daring
Grad school provides an opportunity to try new things. Be adventurous, and if possible get out of your comfort zone. You can learn so much more if you are willing to take risks.

Find your place
Find a comfortable place on campus where you enjoy working or relaxing. You are likely going to spend a lot of time around campus and it helps to be in a place you like.

Choose with care
Choose your supervisor wisely - you are interviewing them as much as they are interviewing you. A large part of being successful in grad school depends on the relationship with your supervisor.

Communicate!
Communicate honestly and effectively! Discuss your goals and expectations with your supervisor. Having expectations (including timeline, scholarships/stipends, and project plans) clear and in writing is crucial. Periodically reflect on your progress to ensure you are on track and follow up with your supervisor.

Take it all in
Your relationship with your supervisor is one of the most unique and rewarding relationships you likely will ever have. Their role is to provide degree guidance and help you to become an independent researcher. Your role is to learn to communicate effectively, develop research skills, and acquire new abilities. Try and embrace all of it.

Speak now
Do not hesitate to bring to your supervisor any concerns you have. It is better to address small issues before they balloon uncontrollably. Supervision relationships can be tricky to navigate. If there is conflict, solve it as soon as possible.

Speak up
If your relationship with your supervisor is difficult, do not hesitate to seek guidance from other professors, your department chair/administration, or your student societies (either POGS or your PGSA). GPS Associate Deans (see page 20) and Faculty Associate Deans are also key people to contact for help with conflict resolution. The important thing to note is that there are many different resources that are there to help you through your degree and everyone at McGill will do their most to ensure that you succeed.

As grad students, the relationship with your supervisor is key to you having a successful and productive experience. These last tips are specific to addressing this unique relationship.
Get to Know Your McGill

In an effort to make sure your transition into McGill is as smooth as possible, the team here at Campus Life & Engagement (CL&E) has collected and explained key topics and terms that you will be often hearing about and saying yourself throughout your time here. Consider yourself culture shocked no more! Of course there are many more not on this list, but to get you started on the right track, we thought it would be a good idea to familiarize yourself with the ones on the right.

Academics:
Getting a fantastic education is surely one of the reasons you’ve decided to attend McGill. There is a great deal to know about the education system at McGill, though. Read on to learn more about what else encompasses the world of academics at McGill. Remember that as a graduate student, your affairs are ultimately supervised by the Graduate and Postdoctoral Studies office (GPS). The Graduate Program Director and departmental staff are intermediaries between you and GPS. For more information, visit mcgill.ca/gps

Academic Standing
Academic Standing is based primarily on students’ Cumulative Grade Point Average (CGPA), which is calculated based on all of your course grade and Term Grade Point Averages (TGPA), which is calculated per term.

Academic Standing, which is assessed after the end of term, may determine if students will be allowed to continue their studies in the next term and if any conditions will be attached to their registration.

Being in Satisfactory Standing usually requires having a CGPA of 2.00 (C letter grade) or greater. In graduate school, grading is different than when you were an undergraduate student and you must obtain grades of B- or better in courses used to fulfill program requirements.

Assistantships – Teaching & Research
As a graduate student, you have the opportunity to become a teaching assistant and/or a research assistant. At McGill, teaching and research assistants play a vital role in the educational process. Graduate assistantships are part of McGill funding and may be a part of your personalized funding package. Be aware that the elements of your funding package may change from year to year.

For more information, visit mcgill.ca/gradapplicants/funding/internal/assistantships

Academic Integrity
As a McGill student, you will have many assignments, papers, laboratory reports and/or presentations to prepare over the course of your studies. McGill University values academic integrity, honest work, the art of scholarship, and giving credit where credit is due.

Academic standing is also contingent on satisfactory annual progress reports. Receiving two unsatisfactory progress reports is grounds for withdrawal from the University. Students need to understand the Failure Policy.

Make sure you complete the mandatory Academic Integrity Tutorial, found in Minerva, before the end of your first term.

Please consult the Student Rights & Responsibilities website at mcgill.ca/students/srr, where you can find two important online resources:

- Handbook on Student Rights and Responsibilities: The University’s policies and procedures pertaining to upholding academic integrity, specifically the Code of Student Conduct and Disciplinary Procedures.
- Fair Play: This resource that clarifies academic integrity and citation styles with real-life scenarios. It is a helpful and interactive companion to the guidelines outlined in the Handbook.

If you need more information, you may contact the Office of the Dean of Students (see page 45).

AGSEM
AGSEM is the Teaching Assistants and Invigilators Union at McGill. If you are hired as a TA or an invigilator at McGill, your union-specific questions and/or concerns should be directed to AGSEM (tas.agsem-aeedem.ca).

Take advantage of the AGSEM workshops and information sessions that usually take place at the beginning of each term, in order to familiarize yourself with mechanisms of offering TAships in your program, instructors’ expectations, and your responsibilities as a TA. Check their events through SKILLSETS (see page 27)
Research Ethics
McGill has very strict ethical guidelines for research on human and animal subjects. All research projects, including student research, must have ethics approval before they can begin. The University has 5 Research Ethics Boards, and each of the affiliated hospitals has its own Research Ethics Board. For more information, visit mcgill.ca/research/researchers/compliance.

Credits
Each course taken is assessed on the basis of a certain number of credits. Most half-year courses are worth 3 credits and full-year courses are worth 6 credits. In order to obtain a degree, you must successfully complete a minimum number of credits.

Grading System
Courses can be graded either by letter grades or in percentages, but the official grade in each course is the letter grade. Where appropriate, a class average appears on transcripts expressed as the letter grade most representative of the class performance.

Grades A through B- represent satisfactory completion, and anything below a B- is considered a failure. If you see the following “mysterious” grades on your transcript and don’t have a clue what they mean, don’t worry, we have the answers! And yes, they are grades!

J: You didn’t do all the work or skipped the final exam. This counts as an F in your GPA.
K: Incomplete course, but the deadline has been extended for you.
L: You’ve deferred your exam.
W: You withdrew from the course after the Add/Drop Period, with permission (not in your GPA).

McGill App
Use the McGill App to keep track of your class and exam schedules, and share your timetable with friends of your choosing.

Add/Drop Period or Course Change
Add/Drop is a multi-week period at the beginning of each term (summer term not included) that allows you to add and drop courses without having to pay for the changes. It is a great way to see if a class is for you or not. Remember to take into account your major/minor requirements and to buy books (and especially course packs) after your schedule becomes permanent!

Keep in mind, too, that the Add/Drop Period is when you should check to see if previously full classes now have openings.

Course Withdrawals
After the Add/Drop (Course Change) deadline in the Fall and Winter terms, there is a period of a few days during which you may withdraw with a grade of “W” and a full refund of course fees. After the Withdrawal (with refund) deadline, there is a period during which withdrawal from a course will also result in a grade of “W” but no course fees will be refunded.

GPA/TGPA/CGPA
Minerva will calculate your GPA quite nicely, but if you’re detail-oriented and want to check it out for yourself, here’s how to do it: multiply the number of credits the course is worth by the grade points below. Do this for all your courses, add the numbers up, and then divide by your total course credits et voilà!

Letter Grade Points
A  4.0
A-  3.7
B+  3.3
B  3.0
B-  2.7

A mark below B- is considered a fail. You are allowed no more than two grades below B- or you will be asked to withdraw from your program.

Grade Point Average
The term grade point average (TGPA) is the GPA for a given term calculated using all the applicable courses at the same level in that term. The cumulative grade point average (CGPA) is the GPA calculated using your entire record of applicable courses at McGill at the same level.

What this does mean is that the fewer classes you’ve taken, the more impact each grade you get will have on your GPA. In your first year, this will make it seem like every class is so crucial, but remember that at the end of a four-year program, for instance, each class grade will account for only 2.5% of your CGPA. That means that even getting an F could only affect your CGPA by as little as a tenth point. In a 120-credit program, a B+/3.3 CGPA will only drop to 3.22 if you were to get an F.

Faculty/School & Department
Students at McGill are part of a faculty. Each faculty at McGill is headed by a Dean. Faculties are divided into departments and schools. Departments are devoted to a particular area of study, such as the Department of Philosophy or the Department of Chemistry. Professional Schools are part of a faculty, but offer more intense, specialized programs usually leading to a professional career.

Faculties and Schools include:
- Faculty of Agricultural and Environmental Sciences
- School of Architecture
- Faculty of Arts
- School of Communication Sciences & Disorders
- School of Computer Science
- School of Continuing Studies
- Faculty of Dentistry
- School of Dietetics and Human Nutrition
- Faculty of Education
- Faculty of Engineering
- McGill School of Environment
- Graduate and Postdoctoral Studies
- School of Information Studies
- Faculty of Law
- Desautels Faculty of Management
- Faculty of Medicine
- Schulich School of Music
- Ingram School of Nursing
- School of Physical & Occupational Therapy
- School of Religious Studies
- Faculty of Science
- School of Social Work
- School of Urban Planning
**Time Limitation**

**Master’s students**

Candidates for master’s degrees must complete the degree within three years of initial registration. If the degree is pursued strictly on a less than full-time basis, it must be completed within five years of initial registration after which point you will be withdrawn. In exceptional cases, if you wish to submit a thesis or complete outstanding degree requirements after withdrawal, you may do so, but only on the recommendation of the department concerned. GPS has final approval.

**Doctoral students**

Candidates for doctoral degrees must complete the degree by the end of PhD7. Please note if you were admitted after a master’s degree, you are normally considered to be PhD2 and not PhD1 (direct entry). To register for undergraduate courses offered by the School of Continuing Studies, you must apply directly through Continuing Studies. For more information, visit mcgill.ca/continuingstudies/current-students/independent-students.

The object of these regulations is to encourage you to complete your theses and qualify for your degree without undue delay.

For more information, visit mcgill.ca/gps/students/progress/time-limitation.

**Degree Progress**

You must ensure that you are aware of when you will reach the time limit for completing your degree requirements, and how enforcement of the Time Limitation Policy could affect you. As taking time away from your studies can affect your time to completion, you should also make sure you are aware of the policies and procedures concerning leave and vacation. If you wish to graduate in a particular term, you should make sure that you know about, and meet, the associated deadlines for degree milestones. For more information, visit mcgill.ca/gps/students/progress.

**Progress Reports**

McGill requires annual tracking of doctoral students’ progress toward their degree. The Graduate Student Research Progress Tracking Form is to be used during face-to-face meetings between the doctoral student, supervisor, and at least one other departmental representative. Having written agreed-upon expectations and clearly defined requirements aids in reduced times to completion and leads to fewer supervisor-supervisee misunderstandings. For more information and to download the form, visit mcgill.ca/gps/students/research-tracking.

**Registering for Courses from the School of Continuing Studies**

To register for undergraduate courses offered by the School of Continuing Studies, you must apply directly through Continuing Studies. For more information, visit mcgill.ca/continuingstudies/current-students/independent-students.

The object of these regulations is to encourage you to complete your theses and qualify for your degree without undue delay.

For more information, visit mcgill.ca/gps/students/progress/time-limitation.

**Registering for Courses by the French Language Centre**

To register for courses with the French Language Centre, you must:

1. Obtain a permission memo from your department.
2. Go directly to the French Language Centre with the permission memo.
3. You will be given a Permit to Register for the course via Minerva.

For more information, visit mcgill.ca/students/records/forms.

**Committees & Meetings**

The Supervisory Committee (SC) shares responsibility with the thesis supervisor in providing advice and experience in their chosen field, to help you complete your research and other program requirement.

The SC consists of faculty members with expertise relevant to the student’s research project and meets annually with you to provide feedback and ideas, and to ensure that you are making satisfactory progress. The SC therefore provides a valuable resource that helps your ensure success in the program.

**Comprehensive Exam**

Comprehensive Exam is one of the major requirements of a PhD degree. The criteria of evaluation are tailored differently for each school and department. Check your departmental website under the graduate segment, in order to inform yourself about the exam format and time frame to meet the requirements. You may also want to talk to your Graduate Program Coordinator about any questions you have about your comprehensives.

**Career Development / SKILLSETS**

It is encouraged that all graduate students take part in SKILLSETS, a suite of workshops providing general, transitional, and professional skill development opportunities. Check their website and mark your calendar for their events and workshops early in the term (see page 27). Career Planning Service (CaPS) also offers workshops tailored towards graduate students throughout the year. (see page 26)
Midterms and Exams
During the term, class tests/midterms in any course must be held during the time duly scheduled for that course in your course syllabus. Midterms can be held throughout the term so there is no real “midterm season”.
Formally scheduled final exams are three hours long. Unless given the choice, you cannot be asked to write a final exam worth more than 75% of your final grade. No final examination can be scheduled in the last 14 calendar days of classes (Excludes: oral examinations, assignments given in the syllabus [e.g., paper, presentation] and regular in-term assessments, so long as it is not worth more than 10% of the final mark).
A tentative exam schedule goes up early in the term, but do not make travel plans based on this schedule. It’s rare for the final schedule to be the same as the tentative one, so it’s wise to wait to make bookings (unless you have cancellation insurance or know you can make changes). For the Fall and Winter terms, the Tentative Exam Schedule is posted approximately the fifth week of each term, and the Final Exam Schedule in two weeks after that. If you miss an exam for a serious reason, such as illness or family affliction, and you have supporting evidence (such as a doctor’s note), you may be allowed to defer the exam to the next Deferred and Supplemental Exam Period (with the exception of courses given by the Faculty of Engineering). Deferral exams for these courses are written the next time the course is offered). In some cases, students receiving a failing grade in courses offered by the Faculties of Arts or Science may apply for a Supplemental Exam.

For more information: mcgill.ca/students/exams/

Prerequisites/ Corequisites
PREREQUISITES courses must be completed prior to course registration.
COREQUISITE courses must be completed concurrently with another course.

Study Break / Reading Week
Similar to Spring Break, here at McGill University we have Study Break / Reading Week in the Winter term where classes are cancelled for an entire week. Whether you choose to study or fly to Cabo is up to you...

Term
Equivalent to “semester”, here at McGill we have Fall (September-December) and Winter (January-April) “terms,” which are four months long, and three Summer terms (May, June, July), which are each one month long.

MA1, 2, PhD1...
This letter and number system speaks to your academic standing at McGill, in respect to how many years you have completed/have remaining.

Student IDs
Beyond telling the world that you are now an official McGillian, your student ID card gives you access to essential services on campus, such as the library, labs, athletic facilities, residences, cafeterias, and more. You can also use it to prove your student status at any location in and around Montreal offering student discounts!
To get your first and any replacement cards ($25), visit Service Point (and/or Laird Hall for those of you on the Macdonald Campus).
For more information: mcgill.ca/students/records/id

Preferred Name
The university recognizes that as a community many of its members use first names other than their legal first names to identify themselves. Students can add a preferred name to their record using Minerva. Your preferred name will then appear on your Student ID card and other university documentation. Here’s how you do it:
• Go to Minerva
• Select “Personal Menu”
• Enter your Preferred First Name

Syllabus
Your syllabus (plural: syllabi) is the written course outline you get from your professor during the first week of lectures.
This information should include, in part:
• A description of the topics to be considered in the course,
• A list of required and recommended readings and other materials,
• A description of the means of evaluation to be used in the course,
• The instructor’s office hours for students, office location and telephone number for office appointments,

No syllabi can be changed following the first day of class without unanimous approval from the entire class, unless reasonable accommodations are made to those students who disagree with the changes.

Did you know...
Archie, the first Internet search engine, was created at McGill. You’re welcome, Google!
Tech:

McGill may be close to 200 years old (It was founded in 1821!), but we don’t operate like we’re still in the 19th century! Check out some of the ways that technology will shape your McGill experience.

**Username**

You are given two usernames:

- a McGill username and a short username. Your McGill Username is based on your first and last name (e.g., first.last@mail.mcgill.ca). If you studied previously at McGill, you retain your username.

- The first last portion may sometimes include an initial or middle name or a number, where necessary to ensure uniqueness.

Your short username is usually composed of the first letter of your first name, and the first 5 letters of your last name, often followed by a number to ensure uniqueness.

The McGill Username and McGill Password are used to access most IT services at McGill. However, the Short Username is required to sign into a few systems [most notably uPrint].

**EZProxy**

Not on campus and need to download an article from a respected journal? No problem!

The Library’s EZProxy server allows you to access Library databases from off-campus locations with ease.

See kb.mcgill.ca/it/ezproxy for details.

**Clickers**

The Student Response System (Clickers) consists of hardware and software that facilitate interactive learning activities (namely, answering multiple-choice questions in class).

If you teach or TA for a large class, you might want to implement these devices in order to keep in touch with the common sense in the class, and make students feel the active learning atmosphere in the classroom.

Each clicker has a bar code and device ID on the back. Each student must register their device ID in myCourses to associate it with their name and allow instructors to track their responses.

New or used clickers can be purchased in the McGill Bookstore.

**McGill Email**

You are given a McGill Email Address and mailbox automatically when you confirm your acceptance to McGill. Notification about your McGill Email Address is sent to the non-McGill email address you entered on your application form. Make sure to often check your McGill email account, as it is McGill’s formal means of communication with you. This means that all of McGill’s professors/staff will often only use this account.

You should be proud of your McGill email! (Consider using it in more professional settings, too. It looks better on a CV than flower_gurl17@gmail.com.)

**Minerva**

Minerva is the web-based administrative interface you used to apply to McGill. Based on your needs Minerva is categorized under main segments.

- **Personal Menu** is for updating your contact information.
- **Student Menu** is for choosing, adding, and dropping courses; checking your grades; ordering transcripts; declaring your program; viewing your fee information; among many other functions.
- **Employee Menu** is for those who are hired by McGill, for example as a TA, and is for checking your employee pro file, direct deposit payment information, and tax slips.
- **Applicant Menu** is for viewing your application’s status.
- **Financial Aid & Awards Menu** is for monitoring scholarships and awards, applying for financial aid, as well as other helpful links for handling your financial situation.

Visit mcgill.ca/minerva to log on. If you’re having difficulties, call Service Point at 514-398-7878.

**myCourses**

myCourses is McGill’s learning management system for online teaching and learning. myCourses brings instructors and students together in a virtual classroom and creates a highly interactive learning environment. Here is where the teaching and learning can get very exciting. This is where professors will post announcements and class notes. It is also where you can access a course discussion board, exchange ideas, and conduct debates with your classmates. At the end of the term, you can access the course evaluation system through myCourses, in order to voice your ideas, comments, and suggestions. You are also able to see your individual coursework grades in myCourses.

**myMcGill**

myMcGill, also called “the Portal”, offers all-in-one access to McGill information systems such as Minerva, myCourses, email, and library resources. Think of it as a one-stop-shop for all your personal, online McGill services!

**uPrint**

McGill offers a campus-wide copy and printing service that allows any student with a valid McGill ID to send a print job to the central print queue, and pick it up from any Xerox device. Printers are located all over campus and residence halls, so it’s extremely convenient!

**VPN**

[Virtual Private Network]

You can set up a VPN connection to access McGill-restricted sites and resources while you are off-campus: kb.mcgill.ca/it/vpn
A message from your PGSS Internal Affairs Officer

The key to success during your post-graduate studies at McGill is having a good work-life balance. Balancing your studies and academic work with extra-curricular and social activities will help you reduce stress, build a social network, improve your CV and ultimately, maximize your potential. At McGill, there are hundreds of clubs and services to help you do just that!

Whether you are passionate about the environment or politics, volunteering, or student government, or whether you simply want to get together with people that share the same interests as you, you will find plenty of opportunities on campus waiting for you to discover.

The best time to establish a healthy work-life balance is now! I found that stepping outside of my study routine to engage in extra-curricular activities not only helped me deal with stress but also helped me develop valuable leadership, communication, and time management skills that I apply to my work every day. My engagement on campus has made me a better student, researcher, and activist. I also found that getting involved allowed me to step outside of my department and meet new, interesting people that had an influence on my life.

I strongly urge you to discover the many involvement opportunities available to you on campus and branch out, as these are the most productive years of your life!

Mina Anadolu
Ph.D. Candidate, Neuroscience
PGSS Internal Affairs Officer (2016-2017)
internal.pgss@mail.mcgill.ca
Activities Night
(featureing hundreds of SSMU Clubs and Services!)

Activities Night is organized by SSMU and takes place twice a year. It’s a showcase of the hundreds of clubs, services, and groups at McGill that welcome and thrive on student involvement. There will be a long line to get into Activities Night, but all it will take to kick-start your involvement at McGill will be to visit that one special group’s table or pick up that one irresistible brochure.

Because of an agreement with PGSS, SSMU clubs and services are accessible to all graduate students.

activitiesnight.com

Post-Graduate Students’ Society (PGSS) & Post Graduate Student Associations (PGSAs)
The Post-Graduate Students’ Society (PGSS), represents all graduate students and post-doctoral researchers at McGill. PGSS organizes up to 100 social events throughout the year exclusively for post-grads! PGSS also has a large number of committees and caucuses such as Environment Committee, Health and Wellness Committee, Equity Committee, Family Care Caucus and International Students Caucus, which you can join to have a positive impact on grad-life at McGill.

PGSAs are composed of graduate students within the same program of study and are usually the first line of contact between individual students and the McGill community as a whole. They provide graduate students with representation at the departmental level and send representatives to PGSS Council. Generally they are the campus organizations with which the majority of students interact the most frequently. You can also get involved by helping or organize events, attending meetings, and more. You might consider running for an executive position next year or later into your time here. See page 39 for the full list of PGSAs.

SEDE & Community Engagement Day
SEDE is hosting its 5th annual Community Engagement Day (CED) on September 29th. Past projects have included community walking tours, urban gardening projects, interactive workshops, and filming a sign-language movie!

Intramural Sports
The intramural sports program offers all full-time McGill students the opportunity to participate in competitive sport. Sports include soccer, badminton, ice hockey, and Ultimate. Depending on the sport, most intramural games take place on weeknights or weekends. Most sports are divided into three categories: men’s, women’s, and co-recreational. Each league is divided into three levels [divisions] of play: competitive, intermediate, and recreational.

Campus Student Media
McGill doesn’t have a journalism program, so the best way for you to unearth your journalistic skills is to be a part of campus student media. In print, the biggest names here are the McGill Tribune and the McGill Daily. There’s also the CKUT radio station, as well as TVM: Student Television at McGill.

Jobs
Employment opportunities on campus pop up both during the academic year and during the summer. Some — but not all — jobs will be posted on the McGill Career Planning Services (CaPS) myFuture website at csm-caps.mcgill.ca/students. There’s no central McGill employment centre, so to maximize your chances of landing a job, you may need to contact specific offices. McGill’s top employers include Athletics, McGill Bookstore, Residences, and Student Services.

The Work Study Program offers students with financial need access jobs on campus or in some of the McGill-affiliated hospitals and organizations. Learn more at mcgill.ca/studentaid/work-study/students

Volunteer
Many units and groups (such as Campus Life & Engagement) rely on the energy and enthusiasm of our volunteers. For a listing of opportunities within CL&E, visit mcgill.ca/cle/team/volunteer
PGSS Courses
PGSS offers fun, leisure courses in the laid-back atmosphere of Thomson House. Take advantage of these courses that attract people from all departments and enhance your experience at McGill.
pgss.mcgill.ca/en/courses

SSMU MiniCourses
MiniCourses are fun, inexpensive, non-credit courses offered by SSMU and are a great opportunity to explore and develop new skills and hobbies. They offer classes in everything from Languages to Cooking, Dance to Art. Classes take place in the Fall and Winter terms and usually occur once a week. Registration for courses will begin early each term.
ssmu.mcgill.ca/minicourses

Study Sundays
One Sunday a month, PGSS will host a free event where children can play and will be supervised by trained babysitters while their parents get much needed time to study! This event takes place in Thomson House.
For more information: info.pgss@mail.mcgill.ca

Alumni Association
The McGill Alumni Association (MAA) brings together a community of engaged, informed alumni and friends to promote and celebrate the achievements of McGill University and support today’s students. The MAA enables alumni, students, faculty, staff, and friends of McGill to maintain their contact with the University and each other, for their shared benefit and for the advancement of McGill.

The MAA isn’t just for students who have graduated from McGill – far from it! Many of our services, programs, and events support students like you, as you find your place in the McGill community and build a foundation for future success. For information on how to get involved with the MAA, visit myalumni.mcgill.ca

Check out some social events happening in September through PGSS or an on-campus club! There’s a group for every interest where you can find your niche. Or have you met some friends and want something to do? Plan a bi-weekly brunch tour of the hundreds of amazing brunch spots in Montreal!

Sahil BSc ’14 MSc ’16
Mentoring & Peer Support

**Discover how mentoring can enhance your McGill experience!**

There are many people within the McGill community who are available to support and guide you during your time at the University, and plenty of programs and services to match you with these community members.

**Here are just a few!**

### Alumni Mentor Program

The McGill Mentor Program is designed to connect current McGill students with McGill alumni. Through the program, students establish ties with professionals who can offer valuable advice about their career options and career paths, organizations, and industries. The program is managed through a partnership between the McGill Alumni Association (MAA) and Student Services’ Career Planning Service (CaPS).

Learn more at [mcgill.ca/caps/students/services/mentor](mcgill.ca/caps/students/services/mentor)

### OSD Mentor Program

The Office for Students with Disabilities’ Mentor Program is designed to enrich the University experience of a diverse student body, facilitating access to learning and supporting the inclusion of diverse learners. Each student is paired with a mentor who is selected from a similar academic background and shares their extracurricular interests and individual preferences. Mentors and mentees meet for weekly one-on-one meetings, connecting over a variety of topics and mutual interests.

Learn more at [mcgill.ca/osd/services/mentoring](mcgill.ca/osd/services/mentoring)

### COUSINS – Indigenous Student Mentoring Program

Through the First Peoples’ House, new Indigenous students can be paired with a senior First Nations, Inuit, or Métis student to help ease the transition to university studies.

Learn more at [mcgill.ca/fph](mcgill.ca/fph)

### Mentoring Across McGill Program

The Mentoring Across McGill Program connects undergraduate students with members of McGill’s faculty, management and administrative staff, graduate students, alumni, and healthcare professionals.

This community-building program enhances the McGill experience for all by offering out-of-classroom conversations on a wide variety of topics as determined by the mentor and mentee.

Learn more about how to become a graduate student mentor at [mcgill.ca/mentoring/mentoring-across-mcgill](mcgill.ca/mentoring/mentoring-across-mcgill)

### CoUSINS – Indigenous Student Mentoring Program

Through the First Peoples’ House, new Indigenous students can be paired with a senior First Nations, Inuit, or Métis student to help ease the transition to university studies.

Learn more at [mcgill.ca/fph](mcgill.ca/fph)

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Learn more at [mcgill.ca/fph](mcgill.ca/fph)

### Peer Programs

The benefits of student-to-student peer support during university years are well-documented. Support from peers is effective because the peer has the experience and awareness of what you may be going through and can easily identify with your situation. The peer helper also shares a similar generational perspective and can relate to contemporary concerns.

The McGill Peer Programs Network (PPN) aims to strengthen, develop and support existing and developing peer support programs at the University. Visit the PPN website for a comprehensive directory of programs at McGill that offer various peer-to-peer support opportunities, according to intended audience.

[mcgill.ca/peerprograms](mcgill.ca/peerprograms)
There are several units, groups, offices, clubs, and services available to McGill students to ensure that your time at the University is as successful and fulfilling as possible.

To be successful in your graduate studies or postdoctoral research, make sure you know about and take advantage of resources and services that support your Academics, Careers & Professional Development, and Wellbeing & Student Life. There are also other important services to know about, which can help enrich your McGill experience.

We know you want to be successful while at McGill, and we want that for you too. That’s why we’ve identified some Essential McGill Resources for Your Success in the following pages. We’d love to tell you that if you need help with one topic, to go to one office. The truth is that the place where you need to go will depend on many factors, such as whether you’re Canadian or international, a master’s or PhD candidate, and/or in a particular Faculty. Regardless, the support is here. The important part is that you find where you feel most comfortable going. To make navigating McGill and its services even easier for you, we’ve made sure to include commonly used acronyms for each of the services next to their names. Each service has a listing of a sample of their offerings and programs. Make sure to visit their website to learn about everything they can do for you and how you might get involved with them.

You can also learn more about these Resources for Your Success at mcgill.ca/firstyear/graduate-postdoctoral/resources-success

Studying at Macdonald Campus?

Many services have satellite offices on the Macdonald Campus and/or specific contact information for Mac. See the respective Service sections for more information on their programs and their contact info for the Macdonald Campus. Look for the green lettering and “[Mac]” notation for any Mac-specific info.
If you're ever in doubt, contact or visit us at Campus Life & Engagement in the Brown Student Services Building. We know what questions to ask to make sure we point you in the right direction.
Academics

Graduate and Postdoctoral Studies

The mission of Graduate and Postdoctoral Studies (GPS) is to promote university-wide academic excellence for graduate and postdoctoral education at McGill. GPS provides leadership for graduate teaching, supervision, and research in McGill’s over 400 graduate programs.

WE SUPPORT YOU WITH (in part):

• Thesis guidelines
• Funding opportunities
• Conflict resolution
• Academic policies and procedures
• Supervision

Associate Deans (Graduate and Postdoctoral Studies)

There are three Associate Deans of Graduate and Postdoctoral Studies. The Associate Deans are the people you will speak with if you have run into trouble in your program or with your supervisor and you have already tried to resolve things by first speaking with your supervisor, your Graduate Program Director, or Faculty Associate Dean. The Associate Deans help with serious difficulties, funding issues, supervisory situations, and disciplinary issues. Meeting with the Associate Deans is done in confidence.
Graduate Program Directors (GPD)

Graduate Program Directors are responsible for managing all aspects of their graduate programs and for advising you on academic matters.

Your Graduate Program Director has a strong commitment to your graduate education and is there to ensure the smooth day-to-day functioning and overall academic quality of your graduate program. Your GPD is a professor who functions as the primary point of contact for all academic matters concerning doctoral and master’s students. In particular, your GPD can help facilitate conversation between supervisors and the Graduate and Postdoctoral Studies (GPS) office. Your GPD is the first person you should see, after your supervisor, if you need advice on how to resolve any problems that may arise during your program.

Graduate Program Coordinators (GPC)

Graduate Program Coordinators are a (and often the) point of contact for prospective and current students regarding graduate program and university regulations, fellowships, and admissions.

GPCs provide administrative support for the graduate program, faculty, and graduate students, as well as assist the Graduate Program Director. The GPC is the administrative link between the program and the Graduate and Postdoctoral Studies office (GPS), Enrolment Services (ES), and the Scholarships and Student Aid Office (SSAO).

For more information about the role and responsibilities of GPDs and GPCs, visit: mcgill.ca/gps/staff/gpd-gpc

Supervisors

Your supervisor is an academic researcher who will assist you in developing your own research plan. In addition, they will provide direction and research support and help guide you through your degree. Developing and maintaining a good supervisor-supervisee relationship is critical to a successful research education experience.

Check out McGill’s Supervision website at mcgill.ca/gradsupervision for a wealth of information on research and evidence-based practical advice to graduate students, postdoctoral researchers, and their supervisors to help them to avoid misunderstandings and to sustain mutually rewarding supervisory relationships.
Service Point (Enrolment Services)

Services and assistance to students, prospective students, applicants, guests, and parents

THEY SUPPORT YOU WITH (in part):

- **Legal document collection**, such as your immigration permits and citizenship information, in order to update your student legal status and fees.
- **Academic documentation**, such as ID cards, official transcripts, letters of enrolment, and diplomas.
- Information regarding **admission procedures**.
- Information regarding **Student Accounts** (tuition and fees).
- Information regarding **registration procedures** and using the Minerva system.
- **Official nomination procedure for Student Exchanges**, following departmental approval.

**Library**

McGill University Library advances teaching, learning, research, and community service by providing outstanding collections, access to the world of knowledge, excellence in service, and an appropriate library environment, all of which are client-focused and responsive to the needs of the McGill community.

THEY SUPPORT YOU WITH (in part):

- **Over 6 million items** in its collection, available to borrow or view, including print books, e-books, print journals, e-journals, DVDs, music recordings, photographs, and rare and special collections.
- **Liaison Librarians** who specialize in specific subject areas and are available to assist students, faculty and staff in person, over the phone, online, by email, and via online chat.
- **Interlibrary Loan service** (ILL), which gives users access to documents that are not part of McGill Library’s collection.
- **Electronic library resources** such as databases, full text electronic journals and textbooks, as well as other online services available on and off campus.
- **Study areas** in most branch libraries, which provide attractive spaces conducive to individual study and group learning.
- **Citation guides** on how to properly cite your references, and citation software to help you manage your bibliographic citations or references.
- **Access to a wide range of technology and equipment**, including computer workstations, scanners, printers, copiers, and microform viewing, scanning and printing facilities.
- **Library workshops and tours** that offer a great introduction to the Library spaces and services.

**3415 McTavish Street**

514-398-7878

Please email Service Point using a web form at mcgill.ca/students/servicepoint/studentrequestform

mcgill.ca/students/servicepoint

facebook.com/McGillAdmissions

@McGillRegistrar (Twitter)

www.youtube.com/channel/UCRDxJoEEUF0Is97uv6MpiDQ

**Numerous branches across the downtown campus**

**Barton Building (Mac)**

mcgill.ca/library

facebook.com/mcgill.library

514-398-7881 (Mac)

macdonald.library@mcgill.ca (Mac)

facebook.com/maglibrary (Mac)

**NEED TO KNOW!**

In general, books may be returned to any McGill Library branch. Books that have been recalled by another user, course reserves, AV material, journals, and maps must be returned to the branch from which they were borrowed.

**What if I’m too busy to wait in line in the Service Point lobby?**

Grab a number in line online! Use the P@geMe system at mcgill.ca/students/servicepoint/visitus
McGill Writing Centre
The McGill Writing Centre (MWC) is the University's central resource for written communication. The Centre offers credit courses in academic and professional writing, and a writing tutorial service that is free to all McGill students. The Centre is also home to Graphos, a scholarly communication program designed specifically for graduate students and postdoctoral fellows that includes 1-credit courses, workshops, and peer writing groups.

Office for Students with Disabilities (OSD) (myACCESS)
OSD facilitates and supports the inclusion of diverse learners through their myACCESS suite of services.

THEY SUPPORT YOU WITH (in part):
• Access services for more targeted support in obtaining a barrier-free access to course content or modes of evaluation.
• Access advising if you are experiencing barriers in your learning - be they temporary or permanent, visible or invisible.
• Learning Resource Advisor, guiding students with online strategies, tools and self-management techniques.
• Access workshops focused on academic skills, time management and wellness.
• Mentor program that supports students in building and developing their own networks and skillsets that will empower them to achieve their academic goals.
• Access technology and an Adaptive Technologist available to answer questions, train you on the technology, and to offer technical help and support, tailored to your learning style.
• Study Partner Program, peer study sessions for any student who tends to procrastinate, needs a motivation boost, or is just looking for a new and interesting way to study.
• The Graduate Student Writers’ Group, which consists of master’s and doctoral students who engage in a bi-weekly peer program designed to share thesis writing tips, strategies, and best practices.
• Advocacy with Graduate and Postdoctoral Studies (GPS) for students registered with OSD, by discussing your graduate degree time limitation with a counsellor who can advise you on how the University can help with accommodations and flexibility with time limits and expectations.
• Student Services, Macdonald Campus arranges the midterm exams for students registered with the OSD, and a Learning Resource Advisor is available to meet with students during the academic year.

Office of the Ombudsperson
The Office of the Ombudsperson offers confidential, informal, independent, and impartial dispute resolution services to all members of the student community by providing information, advice, intervention, and referrals.

THEY SUPPORT YOU WITH (in part):
• Information on University rules, regulations, policies, and procedures.
• Assistance in identifying and evaluating options for resolving and managing conflicts and providing help in pursuing those options.
• Referring students to appropriate persons in order to resolve problems.
• Acting as a facilitator between students and other members of the university community when appropriate.

NEED TO KNOW!
If you want to set up a meeting with an Access Advisor, your first meeting can be either face-to-face or virtually through Skype.

NEED TO KNOW!
The Ombudsperson works independently of University structures, and considers all sides of a question as impartially and objectively as possible while being mindful of possible conflicts of interest. The Ombudsperson at McGill operates in an advisory capacity, and relies on the cooperation and goodwill of students, faculty, and the administration of the University community.
Funding Your Graduate Education

At McGill there are many resources to help you finance your studies, including both funding and employment opportunities.

Graduate funding is handled by the university’s academic departments, and candidates should inquire about financial support accordingly. The two main types of funding available at McGill are internal funding and external funding. Internal funding at McGill consists of financial support through scholarships, fellowships, and teaching/research assistantships that are distributed by the University, while external funding includes any source of funding for students (e.g. award, grant, fellowship) that comes from an organization or association outside of McGill.

Postdoctoral funding is handled by the university’s academic departments and you should therefore inquire about financial support accordingly. Postdocs do not have access to government and McGill need-based aid as these programs are limited to undergraduates and graduates pursuing university degrees.

Get in touch with your Graduate Program Director to discuss these opportunities and your eligibility to apply.

For further general inquiries about funding, please visit mcgill.ca/gps/funding/students-postdocs

Scholarships and Student Aid (SSAO)

Scholarships and Student Aid offers advice on funding options, budgeting, and debt management.

**THEY SUPPORT YOU WITH (in part):**

- **In-Course Financial Aid** program to help full-time, degree-program students in financial difficulty by providing non-repayable bursaries, emergency short term and longer term low interest loans.
- **Work Study** program offering students with demonstrated need an opportunity to work part-time on campus to help cover their costs, with a selection of over 900 jobs in 2015-16.
- **Guidance** for Canadian and US students about applying for, receiving and repaying Government Aid student loans.
- **Financial Aid Counsellors** available through one-on-one appointments to discuss options for funding studies, payment relief offered by certain government aid agencies, emergency situations, as well as personalized budgeting and debt management advice.
- **Frugal Scholar Money Management Program**, which includes a toolkit and guide, to help you with financial planning while at McGill.
- **Budget and Debt Management workshops**, a joint PGSS program often tailored to students with dependents.

Student Accounts is where you can obtain information about everything from tuition and fees; other charges and fines; e-Billing and payments; tax receipts/slips and guest access. Front-line services are provided by Service Point.

You can also log in to your Minerva account, and see the date of reimbursements of your fellowships, history of payments, and any in-course financial aid applications. To verify this information, start at the Financial Aid & Awards Menu, followed by the Scholarships & Awards Menu, then My Financial Aid and Awards. You will then be able to see the scholarships you have been awarded and the disbursement schedule for each.

Proud member of

STUDENT SERVICES

Brown Student Services Building, suite 3200
Centennial Centre, suite 124 (Mac)
514-398-6013
514-398-7992 (Mac)
student.aid@mcgill.ca
stuserv.macdonald@mcgill.ca (Mac)
mcgill.ca/studentaid
@McGillAid (Twitter)

NEED TO KNOW!

Appointments are given by phone or in-person only. Check SSAO website for office hours.

mcgill.ca/student-accounts

Contact Information: see Service Point (page 22)
Teaching and Learning Services

Teaching and Learning Services strives to make McGill a community of people who love to teach and are excited to learn. In collaboration with students, faculty and staff, we create engaging environments and provide leadership and support for meaningful educational experiences for all.

Tutorial Service

Whether students are having difficulty in a given subject, require assistance preparing for exams, or need a paper proof-read, Tutorial Service’s qualified peer tutors can help.

THEY SUPPORT YOU WITH (in part):

- The employment opportunity to be a peer tutor. Prospective tutors may apply to tutor for any McGill course they have mastered, as well apply to edit and/or proofread.

McLennan Library Building, suite MS-12
514-398-6648
tls@mcgill.ca

Brown Student Services Building, suite 4200
514-398-5816
tutoring.service@mcgill.ca
mcgill.ca/tutoring
**Careers & Professional Support**

**Career Planning Service (CaPS)**

Career Planning Service (CaPS) assists students in their career development and search for permanent, part-time, and summer jobs, as well as internships.

**THEY SUPPORT YOU WITH (in part):**

- **myFuture**, a job search and career tools suite, an efficient way to search for full-time, part-time, and summer jobs, and internships.
- **Individual Appointments & Mock Interviews** with qualified and experienced Career Advisors who are available to guide you in your career planning, answer your questions and concerns related to looking for jobs, internships and volunteer opportunities; prepare you for an interview; discuss your options after graduation; and more.
- **CV/Advising Drop-in hours** to review your CV or ask a quick question.
- **Career Development Workshops** offered throughout the year on topics such as Career Planning & Networking, Applying & Interviewing, CVs for Careers Outside Academia, How to Talk About Yourself, and more!
- **Program for the Advancement of Career Exploration** (P.A.C.E.), a fantastic four-week program designed to help you make decisions about your field of study and/or career options. Includes vocational testing and a complete self-assessment. Run in partnership with Counselling Service.
- **Career Fairs** organized throughout the year with student associations that provide excellent opportunities for you to meet company representations from a variety of industries.
- **Professionals on Campus** who participate in panel discussions and deliver company information sessions. These networking events are a great resource for exploring your career options and increasing your knowledge and making contacts in your field of choice.
- **McGill Mentor Program** designed to connect McGill students with McGill alumni. Through the program, students establish ties with professionals who can share valuable advice about their career options and information about jobs, organizations, and industries. The program is managed through a partnership between the McGill Alumni Association (MAA) and Career Planning Service (CaPS).

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**Graphos (Academic Writing and Oral Communication)**

Graphos is McGill’s scholarly communication program for graduate students and postdoctoral fellows. Housed within the McGill Writing Centre, Graphos provides numerous opportunities for developing effective scholarly communication skills at all stages of your academic career.

**THEY SUPPORT YOU WITH (in part):**

- **1-credit courses** that complement your degree program.
- **Workshops** on key writing strategies, conventions, topics, and genres.
- **Peer Writing Groups** of 8-10 participants in related fields who meet regularly to give and receive constructive feedback on works in progress.
- **Free writing tutorial service** that includes up to 7 hours of individual tutoring per term (any combination of 30-minute or 60-minute sessions). (Offered by the McGill Writing Centre.)

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**Did you know...**

McGill’s motto is “Gran-descunt Aucta Labore,” which means “By work all things increase and grow.”
**SKILLSETS**

SKILLSETS is jointly hosted by Graduate and Postdoctoral Studies (GPS) and Teaching and Learning Services (TLS). They develop and promote interdisciplinary professional development offerings to all graduate students and postdoctoral researchers.

**NEED TO KNOW!**

SKILLSETS' professional development themes represent important areas of development for graduate students and postdoctoral fellows that complement your academic training. They are based on recommendations made by the Canadian Association for Graduate Studies.

**THEY SUPPORT YOU WITH (in part):**

- Over 200 free workshops, information sessions, and events throughout the year to improve your skills and knowledge in one or more of the following professional development themes:
  - Career Development
  - Communication & Interpersonal Skills
  - Critical & Creative Thinking
  - Dissemination of Research & Knowledge Translation
  - Integrity & Ethical Conduct
  - Life Skills
  - Research Management & Leadership
  - Teaching Skills

**Wellbeing & Student Life**

**University Services**

**McGill Athletics and Recreation**

McGill Athletics and Recreation boasts 29 different intercollegiate teams, numerous competitive clubs, 700 intramural teams, plus an extensive Fitness and Recreation program that encompasses over 100 non-credit fitness and recreation courses.

**THEY SUPPORT YOU WITH (in part):**

- Fitness and recreation classes, which include everything from capoeira and fencing to Pilates and ballet. You can register online on their website or at the McGill Sports Centre. Some classes require pre-registration while others are drop-in.
- Athletic facilities in the spectacular Percival Molson Stadium, which includes gymnasiums, tracks, courts, all-purpose activity rooms, fitness facilities, and a pool.
- The intramural sports program, which offers all full-time McGill students the opportunity to participate in competitive sport.

**McGill App**

Use the McGill App to learn more about a variety of services and programs at McGill and in Montreal that positively contribute to your Health & Wellbeing.

**McGill Sports Centre**

475 Pine Avenue West (Downtown)

Stewart Athletics Complex (Mac)

514-398-7000 (Downtown)

514-398-7789 (Macdonald Campus)

info.athletics@mcgill.ca

mac.athletics@mcgill.ca (Mac)

mcgillathletics.ca

macdonaldcampusathletics.ca (Mac)

facebook.com/mcgillathleticsandrecreation

@McGillAthletics

(Twitter, Instagram and YouTube)

**Do I have to pay to use the Sports Complex?**

During the Fall and Winter terms, all full-time and part-time students pay Athletics fees as a part of their tuition and are therefore considered members of the Sports Complex. Through the spring and summer months, full-time McGill students must purchase a membership in order to gain access to the Sports Complex.
Campus Life & Engagement (CL&E)

You’ll feel right at home on our campuses before long, but until then Campus Life & Engagement is here to help you acclimatize, settle in, and find the people and services you need. CL&E is the home for all new students at McGill.

WE SUPPORT YOU WITH (in part):

• This guide!

• Discover McGill Graduate Orientation – Fall & Winter.

• Specific orientation events for mature and re-entry students or new graduate students returning to their studies several years since completing their undergraduate degree.

• GradLife Orientation, an online pre-arrival orientation, created in partnership with GPS, TLS, and PGSS.

• Discover McGill Academic Expectations sessions for Grad Students.

• The Student Life Ambassador program, which pairs senior student “Ambassadors” with new Canadian students to help them navigate their first year of study at McGill.

• Workshops, conferences, and other programs that support you getting involved at McGill through its vast network of university and student-run clubs, groups, volunteer opportunities, events, and activities.

• The Assistant for Francophone Students for students studying in English for the first time.

• Support and resources for students in leadership positions in clubs, groups, councils, executives, and associations.

• Volunteer and engagement opportunities for over 1,500 students each year!

• Your go-to office for any questions about life at McGill and the services and opportunities available to you here.
**NEED TO KNOW!**

There is a nursing room at Thomson House. The space is equipped with a nursing chair and electrical outlets, protected by a key code lock, and is adjacent to a bathroom with a changing table. If you are pumping, you will need to make your own arrangements for storage and refrigeration.

For more information:
- info.pgss@mail.mcgill.ca
- 514-398-3756 (PGSS)
- familycare.pgss@mail.mcgill.ca
- pgss.mcgill.ca/en/family-care
- mcgill.ca/students/studentparents
- To join the MSPN Facebook group, please email MSPN to be granted access.

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**PGSS Family Care Services**

The McGill Student Parent Network [MSPN] is a PGSS support system for McGill students who are balancing the demands of university studies with the responsibilities of parenthood. The MSPN organizes regular social events and monthly meetings for student parents and their families, and Study Sundays.

**THEY SUPPORT YOU WITH [in part]:**

- Study Saturdays
- Babysitting co-op
- Parent support
- McGill Multilingual Children’s Library

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**Balancing Student Life and Family Responsibilities**

Are you a student who has children or is planning to have children? Are you caring for a dependent family member? If so, then you may be interested in contacting McGill’s new Family Resources Coordinator. This position was recently created through the help of the Sustainability Projects Fund and McGill’s Social Equity and Diversity Education (SEDE) Office in order to assist students with family responsibilities (planning to have children, with children, caring for a dependent) via information, referrals, support, workshops, activities, research, and advocacy.

- 514-398-5645
- family.coordinator@mcgill.ca

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**First Peoples’ House (FPH)**

First Peoples’ House provides a “home away from home” for First Nations, Inuit, and Métis students at McGill University. They provide a space where students can find academic support and stay connected to Indigenous culture.

**THEY SUPPORT YOU WITH [in part]:**

- Lounge, which provides a comfortable place for students to decompress in between classes, mingle with their peers, enjoy a cup of coffee, or ask questions.
- Residence for Indigenous students.
- Indigenous Student Advisor to answer any questions you might have about course registration, exam preparation, financial aid, and more.
- Free, delicious soup and bannock (fried bread) lunches for all students, every Wednesday.
- Subsidized tutoring sessions for any First Nations, Inuit, or Métis students needing extra help in their courses.
Healthy McGill

Healthy McGill connects you to support and resources to help you achieve and maintain a healthy lifestyle. They recognize that “healthy” means something different to everyone and encourage you to make decisions that are right for you.

**THEY SUPPORT YOU WITH (in part):**

- **Outreach** both on campus and online through campaigns, workshops and collaborations.
- **Health Education** on topics including safer sex, relationships, mental health, eating well, being active, and safer partying.
- Free **safer sex supplies** and other seasonal health items in Campus Health Kiosks at locations all across campus.
- The Shag Shop, McGill’s [online safer sex & health boutique](#) and your resource for sexual health information. Orders are placed and then picked up on campus.

International Opportunities

There’s no teacher like travel! Whatever your field, international study or research can help you develop the adaptability and other life skills you’ll need in a changing global environment. Talk to your supervisor about opportunities to go abroad and visit the website [mcgill.ca/students/international/goabroad](#).

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**ASkMcGill**

Where can I learn about funding opportunities for grad students wishing to study or research outside Canada?

Visit [www.mcgill.ca/gps/funding/students-postdocs/studyresearch-abroad](#)

As a graduate student, do I need to register my travel with the University and attend Pre-Departure Orientation?

Yes, you need to register your travel on the Minerva Travel Registry. Your supervisor approves your travel and the Minerva Travel Registry allows the University to reach out to you in case of an international incident or in case of an emergency. Learn more: [mcgill.ca/students/international/safety-abroad/registry](#)

You also need to attend Pre-Departure Orientation unless you are participating in an international conference or organized workshop in a country or region in which no Government of Canada travel advisory exists. Learn more: [mcgill.ca/students/international/goabroad/predeparture](#)
International Student Services (ISS)

International Student Services (ISS) supports the growth, progress, and success of international students at McGill, and aims to ease their transition to a new school, a new home and a new country.

**THEY SUPPORT YOU WITH (in part):**

- Pre-orientation webinars, orientation sessions, and post-orientation activities to help new international students adjust to their new life at McGill and in Montreal.
- An International Buddy Program that matches new international students with current McGill students who can help their “buddy” settle in to their new academic environment, while giving them the “inside scoop” on student life at McGill.
- Useful information about provincial and federal immigration requirements, including information about the Certificate of Acceptance of Quebec (CAQ), the Study Permit, Entry Visas (TRVs), and Student Work Permits.
- International Student Health Insurance by administering the Blue Cross International Student Health Insurance Plan, including providing guidance on plan eligibility, coverage, and claim management. (See page 36 for more information on your Health Coverage at McGill.)
- International students studying on the Macdonald Campus can pick up their International Health Insurance cards at Student Services, Macdonald Campus in the Centennial Centre.
- International Student Leadership Program, which consists of 24 - 28 experienced international student leaders who receive leadership training, gather for weekly meetings, and run a number of campus events and activities.
- Information Sessions for International Students about traveling to the US, working on and off campus, understanding hockey, preparing for winter in Montreal, and more.

Office of Religious and Spiritual Life (MORSL)

The Office of Religious and Spiritual Life is dedicated to raising religious literacy and enhancing spiritual wellness at McGill. MORSL is a service you can turn to whether you want to connect with others who share your own religious roots or explore new and diverse religious and philosophical frameworks.

**THEY SUPPORT YOU WITH (in part):**

- Religious support for most religions (including Atheist, Buddhist, Christian Orthodox, Hindu, Jewish, Muslim, Protestant Ecumenical, Quaker, Roman Catholic, Sikh, Universalist Unitarian, and more), represented by a multi-faith volunteer team.
- Meditation space and various weekly meditation lessons.
- Quiet relaxation lounge with free apples and tea.
- Free full-spectrum light therapy lamps which mimic the sun’s rays and are said to lift one’s mood and combat the “winter blues” or S.A.D. (Seasonal Affective Disorder) without transmitting ultraviolet radiation.
- “My Neighbour’s Faith” monthly visits to various sacred sites around Montreal.
- An in-house interfaith library.

ISS cannot advise on Permanent Residency.
Office of Sustainability (MOOS)

The Office of Sustainability and other partners on campus are working together to build a culture of sustainability at McGill. The principles of sustainability inform everything we do at McGill, from the research questions we ask to the way we buy eggs for our dining halls.

**THEY SUPPORT YOU WITH (in part):**

- The **Sustainability Projects Fund (SPF)**, an exciting way for members of the McGill community to contribute and be involved in building a culture of sustainability on campus through the development and support of interdisciplinary projects.

- **Vision 2020**, which has broadly engaged the McGill community in developing a vision, goals, and an action plan for sustainability at McGill. Together, these three elements comprise a Sustainability Strategy for McGill.

- **Pedestrian zones** that create a greener, pedestrian-friendly downtown lower campus, as free as possible of motorized vehicles.

- **Local and fair trade products** offered in McGill cafeterias whenever possible. Most dairy products are procured from local suppliers and McGill is working to increase the amount of produce purchased locally. All retail outlets run by McGill Food and Dining Services offer Fair Trade Coffee.

The three dimensions of sustainability—social, economic, and environmental—are embedded in our approach. Here at McGill, we frame sustainability around five key ways through which a university can make a difference to society: research, education, connectivity, operations, and governance & administration.
Social Equity and Diversity Education Office (SEDE)

SEDE offers a wide variety of training programs and community engagement activities. The SEDE Office strives to foster a better understanding among different cultures and communities through providing information, education and training to all areas of McGill University in order to cultivate a respectful, diverse and supportive campus.

**THEY SUPPORT YOU WITH (in part):**

- **Equity, Diversity, and Inclusion Workshops** that provide interactive and engaging learning environments where participants and facilitators address challenging topics openly and honestly.
- **Consultation and made-to-measure trainings** on issues related to equity, diversity, and inclusion.
- **Events** related to race, cultural diversity, sexual orientation, and gender identity, such as guest lectures, film screenings and discussions, and panel discussions.
- **Indigenous Education Program**, which provides Indigenous-specific programming and opportunities for bridge-building among all groups in the McGill community.
- **Community Service Learning**, a teaching and learning approach that integrates community service with academic study, to meet the needs of community organizations while providing valuable experiential education for students.
- **Community Engagement Day (CED)**, an annual celebration of community-university partnerships that exist within McGill that has students, staff, and faculty participate and volunteer with Montreal community organizations.
- **SEDE’s Schools Outreach Programs**, Homework Zone, My Day @ McGill, and Spaghetti Nights. Family Workshops make up the core of SEDE’s school programming as they support the child in school, outside school and with their families at home, respectively.
- **Alternative Spring Break**, an initiative taking place during McGill’s Reading Week that engages students with five days of volunteering, learning, and interacting with the local Montreal community.

Looking to increase your knowledge of Indigenous history and current issues amongst Indigenous and non-Indigenous peoples at McGill?

There are many ways for you to learn more and join your McGill community in building bridges between Indigenous and non-Indigenous people.

- **IndigenousMcGill.ca** is McGill’s Indigenous Resource Portal, a one-stop hub for on/off-campus job and volunteer opportunities, indigenous research, and student groups. Check out the calendar for upcoming talks and events, the Research on Campus page to browse exciting indigenous research at McGill, and the Resources section to help guide your prospective studies.

- **Indigenous Awareness Week** is designed to increase awareness at McGill about Indigenous peoples in Canada. The week honours the many Indigenous cultures across the country including the Métis, the Inuit and First Nations. The week also offers an opportunity to collaborate with community partners and draws active participation from McGill students, faculty and staff.

- **The Indigenous Perspectives Workshop** is presented by the Indigenous Education Program at the SEDE Office and examines, from multiple perspectives, issues related to the inclusion of Indigenous peoples on our campuses.

**For questions, consultation, or inquiries, contact McGill’s Indigenous Education Advisor by visiting mcgill.ca/equity_diversity/contact-us/our-staff**
Student Health Service

Student Health Service provides McGill students with quality, comprehensive health care in a convenient campus location. Student Health’s services are specifically geared towards the unique health needs of students, and are delivered by caregivers sensitive to – and experienced with – their particular health concerns.

THEY SUPPORT YOU WITH (in part):

• **Walk-in clinic** for urgent care with doctors and nurses, available on a first-come, first-served basis. A triage nurse is present to assess the urgency of medical needs during opening hours.

• **Pre-booked appointments with doctors, nurses, or dieticians** for non-urgent medical needs (or routine testing or prescriptions).

• **Medical notes** if an illness is preventing you from attending an exam/class or completing an assignment, by visiting the urgent care walk-in clinic. (This being said, McGill has strict guidelines concerning medical notes, which can be found on the Student Health Service website.)

To better serve and support our students, a new health and wellness space is being developed for the 2016-17 academic year, to be located in the Brown Student Services Building. This space will provide interconnected access to our major health and wellness services (Student Health Service, Counselling Service, and Mental Health Service) and connect you to other supports at McGill. The following information about these three services, including their names and contact information, is subject to change when the new space launches. More information will be made available as the project develops.

**Proud member of**

STUDENT SERVICES

**Student Health Service**

Brown Student Services Building, suite 3300
Centennial Centre, suite 124 (Macdonald Campus)
514-398-6017
514-398-7992 (Mac)
The Student Health Service is not reachable via email.
mcgill.ca/studenthealth

**NEED TO KNOW!**

VISIT MCGILL.CA/STUDENTHEALTH/SEE-DOCTOR/APPOINTMENTS for information on how to make an appointment at the clinic.

You must bring your MCGILL STUDENT ID card and a valid health care/insurance card (provincial or McGill Blue Cross) to each visit; otherwise, you will be asked to pay for your visit.

**TAKE NOTE!**
Counselling Service
Whether providing assistance during a crisis, teaching relaxation techniques, or discussing a failed exam or broken heart, the McGill Counselling Service is here to help.

THEY SUPPORT YOU WITH (in part):
• One-on-one counselling and psychotherapy to individuals dealing with a wide range of psychological and emotional issues and academic and vocational challenges.
• Crisis drop-ins, a same-day, drop-in service put in place to ensure that students experiencing a crisis - that is, a situation for which they require immediate assistance - get the help they need without delay.
• Group counselling, single session and multiple session workshops, which range in focus from academic difficulties to life-skills-and ongoing support groups, which are aimed at specific types of students.
• Sitting meditation for students who need some peace on campus, are interested in practicing guided meditations, and/or have some experience with mindfulness and want a place to practice.
• Program for the Advancement of Career Exploration (P.A.C.E.) (see page 26)

Mental Health Service
The Mental Health Service is dedicated to providing specialized treatment for mental health disorders among McGill students. The service is composed of psychiatrists, psychologists, psychotherapists, nurses, social workers, and dietitian who offer treatment within a safe, non-judgmental, and confidential space.

THEY SUPPORT YOU WITH (in part):
• Psychiatrists, psychologists and therapists, available by appointment for therapy and/or medications.
• Emergency Walk-In Clinic for urgent mental health situations where students can be seen briefly for help.
• An Eating Disorder Program, a specialized interdisciplinary clinic whose mission is to help students overcome their issues with disordered eating and related emotional distress.
Health Insurance

Canadians

As a full-time, additional session, non-thesis extension, master’s, doctorate, or postdoc status student who registers before the McGill fee payment deadline, and who is a member of PGSS paying tuition fees at either the Canadian or Quebec rates, you are automatically covered by the PGSS Health & Dental Plan that is administered by ASEQ. You can double check this by logging into Minerva and verifying your fees per term, including the PGSS health and dental fees.

You are required to have a valid RAMQ, or other provincial health care card. Quebec residents will also have mandatory public prescription insurance.

If you would like to add your spouse or dependants onto your health and/or dental plan, you must do so during the ASEQ Change-of-Coverage Period at the beginning of your school year. Students arriving in January may choose to enrol themself/spouses/dependants during the January Change-of-Coverage Period. If you are a postdoc, or other graduate student that becomes eligible for the plan mid-term, you will have 30 days to opt yourself and any spouses/dependants into the plan manually.

The ASEQ plan also includes travel insurance for trips less than 120 days, or travel related to your studies, that are not to your home country.

For more information about Change-of-Coverage dates, enrolments, and opt-outs, as well as what is covered by your plan, visit ASEQ’s website at ihaveaplan.ca.

Alternative Health Insurance

If you’re covered by alternative health insurance, you may be able to opt-out of the PGSS Health Plan and have the fee credited to your student account. You can opt-out permanently or annually. If you choose the latter, you’ll have to opt-out each year.

To confirm Opt-Out dates, visit ihaveaplan.ca or call 514-789-8775 / 1-800-795-4435.

International Student/Non-Resident Canadians

McGill requires all international students and their accompanying dependants to participate in the compulsory McGill International Health Insurance (IHI) Plan, which is administered by International Student Services. Certain students may be eligible for an exemption from the plan; details are provided at mcgill.ca/internationalstudents/health/exemption. Please note that International students covered by private health insurance are not eligible for exemption from the McGill International Health Insurance Plan. Students who begin their studies during the Fall term are billed an annual fee for the international health insurance. All international students who begin their studies during the Fall term are billed an annual fee for the international health insurance. In order to pick up the IHI card, you must first confirm your coverage on Minerva. In addition, all international students are automatically covered by the PGSS Dental Plan, accordingly. You can double check this by logging into Minerva and verifying your fees per term, including the PGSS dental fees.

If you would like to opt your spouse or dependants into your dental plan, you must do so during the ASEQ Change-of-Coverage Period at the beginning of your school year. Students arriving in January may choose to enrol themself/spouses/dependants during the January Change-of-Coverage Period. If you are a postdoc, or other graduate student that becomes eligible for the plan mid-semester, you will have 30 days to opt yourself and any spouses/dependants into the plan manually.

If you are a recent permanent resident of Canada or a Canadian citizen who has been living abroad, you may not be eligible for provincial health insurance coverage, or you may have to wait for three months after your arrival to qualify. For more information, visit mcgill.ca/internationalstudents/health

If you have no insurance coverage or your private insurance is not adequate, you may enrol in the group plan offered through International Student Services (ISS). Students covered by private health insurance are not exempt from the McGill International Health Insurance plan. For more information, visit mcgill.ca/internationalstudents/health. All inquiries about the IHI plan should be directed to International Student Services [see page 23] or International.health@mcgill.ca.

For all inquiries about the Dental Plan, please refer to ihaveaplan.ca.

You can also pick up a booklet outlining the details of the PGSS Health & Dental Plan from the PGSS office [see page 37]
Wellbeing & Student Life
Student-Run Services

Post-Graduate Students’ Society (PGSS)
The Post-Graduate Students’ Society is for all graduate students and postdoctoral fellows at McGill. PGSS advocates for you in meetings with the University and works with external groups to improve student life. In addition, PGSS organizes a wide variety of social activities for members such as parties, organized excursions, meet-and-greets, leisure courses and more! There is something for everyone at PGSS.

THEY SUPPORT YOU WITH (in part):
• Various committees and caucuses dedicated to facilitating graduate student life at McGill including: Health and Wellness Committee, the PGSS International Student Caucus, the PGSS Family Care Caucus, the Committee for Member Support, PGSS Environment Committee, and the Equity Committee.
• Health and Dental Plan available to students, their spouses, and their dependents.
• Accident Insurance Plan, mandatory for graduate students and postdoctoral fellows, which provides coverage for accidents happening during participation in McGill-related activities.
• A grants program to help host conferences, lecture series, symposia, and other events. All PGSS members can apply for grants.
• Representation in meetings with the University and various levels of government to ensure that members’ interests are heard and felt.
• The PGSS Newswire, sent out every two weeks to members, includes details about upcoming events (including family-friendly ones!), news, and general interest items.
• Leisure courses including French, Spanish, Public Speaking, and Yoga.

NEED TO KNOW!
Every graduate student and postdoctoral fellow at McGill is a member of PGSS. Current graduate students and postdocs are automatically members of Thomson House and can present their ID cards for entry. PGSS members also have access to all SSMU services, clubs, and groups.

Montreal (along with Boston) ranks highest among North American cities for the number of university students per capita.
Macdonald Campus Graduate Students’ Society (MCGSS)

The MCGSS brings forward the concerns of Mac grads to university administration and fosters a positive and enjoyable graduate life at Mac. They also organize a number of activities for Mac grads throughout the year.

**THEY SUPPORT YOU WITH (in part):**

- **Events and trips**, such as monthly free bagel breakfasts and white water rafting.
- **Travel grants** to fund your attendance at local or international conferences.
- **Post-Graduate Student Life Fund**, which can be used to fund departmental activities, events, and equipment.
- A graduate student **study room and lounge**, equipped with a TV, microwave, refrigerator, comfy couches, games, and a foosball table.

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**Association of Postdoctoral Fellows (APF)**

The Association of Postdoctoral Fellows of McGill represent the 650-plus current PDFs at McGill, and the over 1000 PDFs that pass through McGill every year.

**THEY SUPPORT YOU WITH (in part):**

- **Representation** in addressing the issues that postdocs face at McGill, as well as nationally and internationally.
- **Advocacy** work.
- Acting as a **voice of PDFs** within the McGill community, and at large.
- **Workshops and social gatherings**, as well as other networking opportunities.
Post-Graduate Student Associations (PGSAs)

PGSAs are composed of graduate students within the same program of study and are usually the first line of contact between individual students and the McGill community as a whole. They provide graduate students with representation at the departmental and faculty level and send representatives to PGSS Council. Generally they are the campus organization for which the majority of students interact with most frequently. PGSAs are an excellent resource for students who need guidance or assistance at any point during their studies. In addition to providing representation of students, they are also involved in organizing social events for members within the department. All PGSAs are given money collected from student fees and typically use this budget for social events or advocacy.

**POST-GRADUATE STUDENT ASSOCIATIONS INCLUDE:**

**FACULTY OF ARTS**

ADELFIES
Association des étudiant(e)s en langue et littérature françaises inscrit(e)s aux études supérieures
(adelfies.pgss@mail.mcgill.ca)

AGSA
Anthropology Graduate Student Association (Anthropology)
(agsa.pgss@mail.mcgill.ca)

AHCS-GSA
Art History & Communication Studies Graduate Student Association
(Art History & Communication Studies)
(ahcs.pgss@mail.mcgill.ca)

ALLCGS
Association of Languages, Literatures, and Cultures Graduate Students
(Languages)
(allcgs.pgss@mail.mcgill.ca)

MEGA
Economics Graduate Student Association (Economics)
(mega.pgss@mail.mcgill.ca)

HCGSA
History and Classics Graduate Student Association
(History and Classical Studies)
(hcgsa.pgss@mail.mcgill.ca)

MGAPPS
McGill Graduate Association of Political Science Students (Political Science)
(mgapps.pgss@mail.mcgill.ca)

MGSSA-SOCILOGY
McGill Graduate Sociology Students’ Association (Sociology)
(mgssaspgss@mail.mcgill.ca)

MGSSSEAS
McGill Graduate Students in East Asian Studies (East Asian Studies)
(mgssseas.pgss@mail.mcgill.ca)

MIISSC
McGill Institute of Islamic Studies Student Council (Islamic Studies)
(missc.pgss@mail.mcgill.ca)

PPSMUA
Postgraduate Philosophy Student Association (Philosophy)
(ppsmua.pgss@mail.mcgill.ca)

SWAGS
Social Work Association of Graduate Students (Social Work)
(swags.pgss@mail.mcgill.ca)

**FACULTY OF SCIENCE**

ADAMS CLUB
Adams Club
(Adams Club)
(adams-club.pgss@mail.mcgill.ca)

BDSA
Biology Graduate Student Association (Biology)
(bdsa.pgss@mail.mcgill.ca)

CAOS
Council of Atmospheric and Oceanic Sciences Students (Atmospheric & Oceanic Sciences)
(caos.pgss@mail.mcgill.ca)

CGSS
Chemistry Graduate Student Society (Chemistry)
(cgss.pgss@mail.mcgill.ca)

CSGC
Computer Science Graduate Students' Association (Computer Science)
(csgc.pgss@mail.mcgill.ca)

GASP
Graduate Association of Students in Psychology (Psychology)
(gasp.pgss@mail.mcgill.ca)

GGS
Geography Graduate Society (Geography)
(ggs.pgss@mail.mcgill.ca)

GSAMS
Graduate Student Association for Mathematics and Statistics (Mathematics and Statistics)
(gsams.pgss@mail.mcgill.ca)

MGAPS
McGill Graduate Association of Physics Students (Physics)
(mgapss.pgss@mail.mcgill.ca)
FACULTY OF ENGINEERING

CEGSS
Civil Engineering Graduate Student Society (Civil Engineering)
cegss.pgss@mail.mcgill.ca

CHEGSS
Chemical Engineering Graduate Students’ Society (Chemical Engineering)
chegss.pgss@mail.mcgill.ca

EEGSS
Electrical & Computer Engineering Graduate Student Society (Electrical & Computer Engineering)
mcgill.eeggss@gmail.com

GAMES
Graduate Association of Mechanical Engineering Students (Mechanical Engineering)
games.pgss@mail.mcgill.ca

GASA
Graduate Architecture Students’ Association (Architecture)
gasa.pgss@mail.mcgill.ca

MMGESA
Mining and Materials Graduate Engineering Student Association (Minning & Materials Engineering)
mmgesa.pgss@mail.mcgill.ca

TUPGSA
The Urban Planning Graduate Student Association (Urban Planning)
tupgsa.pgss@mail.mcgill.ca

FACULTY OF MEDICINE

BGSS
Biochemistry Graduate Student Society (Biochemistry)
bgss.pgss@mail.mcgill.ca

BMESS
Biomedical Engineering Student Society (Biomedical Engineering)
bmess.pgss@mail.mcgill.ca

EB OSS
Epidemiology and Biostatistics Student Society (Epidemiology and Biostatistics)
eboss.pgss@mail.mcgill.ca

EMGSS
Experimental Medicine Graduate Student Society (Experimental Medicine)
emgss.pgss@mail.mcgill.ca

ESGSS
Experimental Surgery Graduate Student Society (Experimental Surgery)
esgss.pgss@mail.mcgill.ca

FMGSS
Family Medicine Graduate Student Society (Family Medicine)
fmgss.pgss@mail.mcgill.ca

GAP
Physiology Graduate Student Association
gap.pgss@mail.mcgill.ca

GAPTS
Graduate Association of Pharmacology and Therapeutics Students (Pharmacology and Therapeutics)
gapts.pgss@mail.mcgill.ca

GRSS
Graduate Rehabilitation Science Society (Rehabilitation)
grss.pgss@mail.mcgill.ca

GSAN
Graduate Student Association for Neuroscience (Neuroscience, Integrated program)
gsan.pgss@mail.mcgill.ca

HGSS
Human Genetics Student Society (Human Genetics)
hgss.pgss@mail.mcgill.ca

MAGSS
McGill Anatomy and Cell Biology Graduate Students’ Society (Anatomy and Cell Biology)
magss.pgss@mail.mcgill.ca

MIGSA
Microbiology & Immunology Graduate Student Association (Microbiology & Immunology)
migsa.pgss@mail.mcgill.ca

MPSS
Medical Physics Student Society (Medical Physics Unit)
mpss.pgss@mail.mcgill.ca

PGSA-Psychiatry
Psychiatry Graduate Student Association (Psychiatry)
pgsa.pgss@mail.mcgill.ca

SCSD
Association of Students in the School of Communications and Disoders Sciences
scsd.pgss@mail.mcgill.ca

SPOTGSA
School of Physical & Occupational Therapy PGSS
spot.pgss@mail.mcgill.ca

FACULTY-BASED PGSAs

APF [see page 38]
Association of Postdoctoral Fellows
Interfaculty Association
postdocs.pgss@mail.mcgill.ca

DDSS
Desautels’ Doctoral Student Society (Desautels Faculty Management)
desautels.pgss@mail.mcgill.ca

DGSS
Desautels Graduate Student Society (Desautels Faculty Management)
dgss.pgss@mail.mcgill.ca

EGSS
Education Graduate Student Society (Faculty of Education)
egss@mail.mcgill.ca

GLSA
Graduate Law Students’ Association (Faculty of Law)
glsa.pgss@mail.mcgill.ca

MCGSS [see page 38]
Mac Campus Graduate Students’ Society (Faculty of Agricultural & Environmental Sciences)
mcgss.pgss@mail.mcgill.ca

MDGSS
McGill Dentistry Graduate Students’ Society (Faculty of Dentistry)
mdgss.pgss@mail.mcgill.ca

MGSS
Music Graduate Student Society (Schulich School of Music)
mgss.pgss@mail.mcgill.ca

MLISSA
McGill Library and Information Studies Students’ Association (Library & Informational Sciences)
mlissa.pgss@mail.mcgill.ca

NGSA
Nursing Graduate Student Association (Nursing)
ngsa.pgss@mail.mcgill.ca

RSGS
Religious Studies Graduate Students (Faculty of Religious Studies)
rsgs.pgss@mail.mcgill.ca

For more information on these associations, contact studentlife.pgss@mail.mcgill.ca
McGill International Student Network (MISN)

The McGill International Student Network (MISN) is an entirely student-run, volunteer-based network that caters to the largest international student body at McGill University.

**THEY SUPPORT YOU WITH (in part):**

- Events which allow students to take part in cultural activities, and excursions in Quebec, Canada and other countries.
- Inexpensive language classes in an array of languages taught by your fellow international students.
- Tutoring for ESL-related issues, such as drafting, writing, editing, and reading comprehension.
- Language Exchange Program, “Lingo Buddies,” in collaboration with Université de Montréal and Université de Québec à Montréal.
- Other services such as board game rentals, the Food Network, and a Library Service.

Quebec Public Interest Research Group at McGill (QPIRG-McGill)

The Quebec Public Interest Research Group at McGill is a non-profit, student-run organization that conducts research, education, and action on environmental and social justice issues at McGill University and in the Montreal community.

**THEY SUPPORT YOU WITH (in part):**

- Popular education as a conduit for Social Change through event series and educational projects.
- Resources for conducting action-oriented research, such as office space, staff assistance, resource centre, computer use, and access to sources of funding, including many at QPIRG-McGill itself.
- The largest alternative library in Montreal with over one thousand titles, including books, journals, magazines, DVDs and videos.
- Volunteer and internship opportunities to help plan fun and educational events for social and environmental justice, participate in inspiring campaigns, maintain the library, provide translation, offer childcare, and help with publicity.
- Working groups made up of students and community members who undertake action and research into issues at the core of QPIRG-McGill’s mandate.

Did you know...

Since 2007, the University has committed to the existence of at least one gender-neutral washroom in every newly constructed building on campus, and preferably one on every floor of every newly constructed building, where possible. A list of gender-neutral bathrooms on campus can be found on the SEDE website.
Queer McGill (QM)
Queer McGill is a social, political, informational, and support service for queer students and their allies.

THEY SUPPORT YOU WITH (in part):
• Free supplies and resources, such as condoms and dental dams, as well as a large library with books and DVDs on all aspects of queer issues.
• Volunteer opportunities to deliver free English workshops to groups in the Montreal area addressing sexual orientation, gender, negative language, sexual health, and more.
• Weekly discussion groups on queer-related topics.
• Educational and social events, parties, coffee houses, movie nights, gaymes nights and all you can think of!

University Centre, room 432
514-398-2106
admin.qm@gmail.com
facebook.com/QueerMcGill
@QueerMcGill [Twitter]

Union for Gender Empowerment (UGE)
The Union for Gender Empowerment (UGE) is a trans*-positive feminist service of the SSMU.

THEY SUPPORT YOU WITH (in part):
• Lounge space with couches, free tea and coffee, a microwave, and helpful staffers.
• Alternative book & zine library with an ever-expanding collection of books and zines on topics ranging from feminism, queer theory, erotica, trans* issues, parenting, anti-racism, disability studies, and beyond.
• Small zine distro, selling or giving away zines that they have bought from members of the Montreal and McGill communities.
• Co-op that sells safer sex products, gender empowerment items, alternative menstrual products, and a limited amount of DIY sex toys, all on a pay-what-you-can basis.
• Parties and events, such as Rad Sex Week.
• Discretionary funding to support projects that are relevant to their mandate.

University Centre, room 413
514-398-2569
unionforgenderempowerment@gmail.com
unionforgenderempowerment.org
facebook.com/TheUnionForGenderEmpowerment413/

McGill Students’ Nightline
McGill Students’ Nightline is a confidential, anonymous and non-judgmental (English-only) listening service, run by McGill students. Anyone can call them for absolutely anything: questions, referrals, just to chat, crisis, etc.

THEY SUPPORT YOU WITH (in part):
• Information and referral service for anything and everything.
• Active listening service if you need advice or someone to talk with to help you work through whatever you’re feeling.
• Crisis management if you ever experience anything that feels out of your control.
• Calls about absolutely anything! So no matter what’s on your mind, pick up the phone.

514-398-6246
ssmu.mcgill.ca/nightline
facebook.com/mcgill.nightline
@CallNightline [Twitter]

NEED TO KNOW!
Hours of operation are every night from 6pm-3am, 7 days a week, during the Fall and Winter terms. Lines are closed during summer break, winter break, and Reading Week.
Sexual Assault Centre of the McGill Students’ Society (SACOMSS)

The Sexual Assault Centre of the McGill Students’ Society (SACOMSS) is a volunteer-run organization committed to supporting survivors of sexual assault and their allies through direct support, advocacy, and outreach. SACOMSS is a pro-survivor, pro-feminist, anti-racist, anti-ableist, anti-classist, queer-positive, trans*-positive, and anti-oppressive organization, as well as free, confidential, anonymous, and non-judgmental. All SACOMSS services are free, confidential, and non-judgmental.

They support you with (in part):
- Drop-in services, which include non-directional active listening, support and resource referral upon request for survivors of sexual assault and their allies.
- Phone line, which offers the same service as the drop-in support (check their website for updated drop-in and phone line hours).
- Support groups for survivors of sexual assault, and sometimes for family, friends, and allies.
- Advocacy & Accompaniment (A-branch), which supports students through McGill’s policy on Harassment, Sexual Harassment, Discrimination and can accompany survivors to meetings and appointments, if desired.

#ConsentMcGill: Creating a culture of consent at McGill.

Supporting, educating and empowering our community.

Developed by the Dean of Students’ Liaison Officer (Harm Reduction), #ConsentMcGill is a collaboration with many different services and groups on campus to engage McGill community members in creating a safer campus through promoting events and volunteer opportunities, and by sharing relevant news articles, videos, and information on consent, sexual assault prevention, and healthy relationships. Look for the #ConsentMcGill campaign happening early in the Fall term, and consider attending the “Becoming an Active Bystander” workshop, a free, peer-facilitated session designed to empower community members to identify and interrupt potentially harmful situations, and respond compassionately to individuals affected by sexual violence.

Trigger warning: #ConsentMcGill may post information about sexual assault, gender-based violence, rape culture, and/or other violence that can be emotionally triggering to some individuals. If you would like to access support, please consult their list of resources for more information: mcgill.ca/healthymcgill/get-support

McGill Student Emergency Response Team (M-SERT)

The McGill Student Emergency Response Team (M-SERT) is a volunteer service supported by the SSMU whose members provide emergency first-aid services to McGill University and the Montreal community.

They support you with (in part):
- First-aid coverage to McGill University Residences, as well as Intramural Hockey, Gerts Bar, and many on- and off-campus events.
- Red Cross courses in Standard First Aid with CPR/AED.

M-SERT volunteer members hold a valid certification at the Canadian Red Cross Emergency First Responder level. While responding, the M-SERT team operates in pairs, and carries a range of first-aid materials and equipment, including advanced equipment such as Epi-Pens, oxygen tanks, and Automated External Defibrillators (AED).
**Walksafe**

Walksafe is a volunteer SSMU service that provides free night-time accompaniment for those who are feeling uncomfortable, or who are unable to walk home alone. The service is available to anyone in Montreal, and they will walk to and from any destination on the island. Walksafe can also accompany you on the metro or in a taxi.

**Drivesafe**

Drivesafe is a volunteer SSMU service that operates vans which can drive students safely home for free, every Friday and Saturday night from 11 PM – 3 AM during the Fall and Winter terms. Drivesafe’s standard operating range is the island of Montreal. Students are encouraged to call and request a ride if they are feeling unwell or unsafe getting home on their own.
Other Important Services

Office of the Dean of Students (ODoS)
The Office of the Dean of Students is committed to promoting your success in academic and personal areas. The ODoS oversees many areas, including student rights and responsibilities, academic integrity, academic advising, mentoring, the student disciplinary process, crisis response, Aboriginal Affairs, and student recognition.
Feel free to contact or visit ODoS with your academic or personal questions or concerns.

Food and Dining Services
Food and Dining Services is where you’ll find everything you need to know about eating on campus. Food and Dining is a member of the “Student Housing and Hospitality Services” unit.

**THEY SUPPORT YOU WITH (in part):**
- Residence dining halls and campus dining locations.
- Meal plans for students living on or off campus.
- Food trucks on campus.
- Events and special activities.

**Want to know where to eat on campus?**
See page 50.

McGill Food and Dining Services has a long history of collaboration with students and staff, and students are strongly encouraged to get involved. Some of the great initiatives that have come about due to this emphasis on collaboration include:
- Launch of the Farmer’s Market in 2005,
- Trans fats not present on campus,
- Oil from the dining halls being collected and recycled,
- A $0.25 discount provided as an incentive for all clients who bring their own mugs into residence dining halls.

Brown Student Services Building, suite 4100
514-398-6990
deanofstudents@mcgill.ca
mcgill.ca/deanofstudents

Student Housing and Dining Service Centre: Service Point
(3415 McTavish Street)
514-398-6368
food.fds@mcgill.ca
mcgill.ca/foodservices
facebook.com/McGillFoodandDiningServices

Brown Student Services Building, suite 4100
514-398-6990
deanofstudents@mcgill.ca
mcgill.ca/deanofstudents

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mcgill.ca/foodservices
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514-398-6368
food.fds@mcgill.ca
mcgill.ca/foodservices
facebook.com/McGillFoodandDiningServices

Want to know where to eat on campus?
See page 50.
IT Services
IT Services, with its seven units, serves McGill by, in part, delivering user-centred information systems and services to the University community.

**THEY SUPPORT YOU WITH (in part):**

- **IT Customer Services (ICS)**, the primary point of contact for problem resolution and IT help to the general University community. Contact them for issues related to your McGill email, Minerva, myCourses, myMcGill, and network connectivity.
- Audio, video, computer and projection equipment available for loan free of charge if required for coursework.
- **Network and Communications Services (NCS)**, which provides campus-wide access to Local Area Networks, Wireless Network, Internet, email, and the infrastructure for all McGill central systems.
- Photocopying and printing services, class lecture recordings, active classrooms and most classroom learning technologies.
- Free Access to various software packages for students, including Microsoft Office 365.

McGill Bookstore
The Bookstore is open year-round and carries new and used textbooks and custom courseware as well as reference and general books, stationery, office supplies, McGill insignia, and confectionery.

**THEY SUPPORT YOU WITH (in part):**

- New, used and digital textbooks and course packs for McGill classes.
- Special resources and equipment for students in Medicine, Nursing and Dentistry, Engineering and other sciences.
- A full range of university insignia merchandise, clothing, giftware, and stationery.
- Special-order and general books.
- General stationery and school supplies.
- Textbook Buyback program where you can sell your used or old textbooks for cash.

McGill Computer Store
The Computer Store supplies computer equipment and software, often at steep student discounts.

**THEY SUPPORT YOU WITH (in part):**

- Computers and hardware for desktops, notebooks, printers, displays, and tablets.
- Special order and customized-to-order products
- Software and student licenses
Off-Campus & Commuter Student Support

Do you live off-campus or at home? Are you worried about missing out on fun activities, important information, and other campus resources? Fear no more; OCCSS is here to help!

Be a part of our COMunity (Commuters of McGill), which strives to create a sense of community for McGill’s commuter students using our Connectors, upper-year graduate students living in various Montreal neighbourhoods who plan inclusive and engaging events across the island of Montreal. COMunity also works to connect McGill commuter students to the resources and support they need on campus.

Plus there are many more resources supporting off-campus and commuter students, currently in development! Join our Facebook group to stay up-to-date year-round on these resources and other important information.

Security Services

Security Services is committed to supporting the goals and mission of the University by providing a safe and secure environment for all through guidance, prevention, and response.

THEY SUPPORT YOU WITH (in part):

- **Lost & Found** in Burnside Hall, suite 120.
- **STOP anti-theft device program for laptops**, with patented technologies including a tamper-proof anti-theft plate and indelible anti-theft tattoo. In addition, STOP registers valuable equipment in a recovery database.
- **Adapted Transport Services**, available to McGill students who need mobility assistance around the downtown campus.
- **A network of exterior emergency phones** (yellow box type) that covers the campus. To use an emergency phone, simply press the red button and wait until you are connected to Security Services. A mobile patrol will be dispatched to your location to provide assistance if required.
- **Security Safety Escort**, who will provide the service within the immediate campus area. Available by calling the emergency line.

For all emergencies, call 911 immediately. Then inform campus security services using the emergency numbers above.
McGill has suggested a “Night Route” which outlines the safest paths for crossing either campus at night. It’s very important to know this designated route especially if you find yourself walking back to residence late. Check out the Night Route map at mcgill.ca/security/night-route-maps-both-campuses
AGSEM
AGSEM represents approximately 3000 employees at McGill University, and is the largest labour union on campus. AGSEM comprises Teaching Assistants, Invigilators, and Course Lecturers and Instructors. Since AGSEM was established in 1993, its priorities have been to improve working conditions for the groups it represents and to preserve a high standard of education for all students at McGill University.

tas.agsem-aadem.ca/contact-us/

Legal Information Clinic at McGill (LICM)
The Legal Information Clinic at McGill (LICM) is a non-profit, student-run, bilingual, and free legal information service.

**THEY SUPPORT YOU WITH (in part):**

* **Legal Information Clinic** for general legal information only by in-person appointment or phone-in service. Deals with most areas of law, with the exception of Criminal law and Tax law. Deals with most areas of law, with the exception of Criminal Law and Tax law.

* **Student Advocacy**, free advice and representation to students accused of a disciplinary offence (such as plagiarism or cheating) or students who feel unjustly treated by the University. LICM helps students find formal and informal solutions to their problems.

* **Commissioner of Oaths**

* **Informative presentations** on legal topics

University Centre, Ground Floor

514-398-6792 (Clinic)
514-398-4384 (Student Advocacy)
hr.licm@mail.mcgill.ca
licm.mcgill.ca
facebook.com/licm.cijm

**NEED TO KNOW!**
Volunteer positions within LICM are restricted to law students from McGill’s Faculty of Law.
The McGill campus is more than just classrooms. There are also a wealth of spaces and places to discover and claim as your new favourite spot.

EXPLORE McGill

Need to eat or snack or drink?
Consult the handy Student Housing and Hospitality map for dining locations on McGill’s downtown and Macdonald campuses, and to know which ones accept oneCard services. You can download the map at mcgill.ca/foodservices/locations.
A limited number of printed copies are also available at Service Point.

The hub of graduate student life at McGill is undoubtedly Thomson House. Thomson House is located at 3450 McTavish in a beautiful lime-stone mansion and is the home of the Post-Graduate Students’ Society. Featuring a full bar and restaurant with affordable daily lunchtime specials and an evening pub food menu, complete with vegan and vegetarian options, there is something for everyone. The House is open from 9:30am until midnight on weekdays with food service running from 11:30am until 9:30pm.

The cafeteria on the second floor of the University Centre (3480 McTavish) houses SRC, SSMU’s Student-Run Cafeteria.

The Midnight Kitchen offers vegan meals for whatever-you-can-pay in an effort to promote sustainable eating. Despite their misleading name, lunches are served weekdays starting at 12:30pm in room 302 of the University Centre. You are asked to bring your own container and cutlery.

The Birks Heritage Chapel, a two-storey, galleried space, is a quiet retreat on campus, located at 3520 University Street.

Morrice Hall, or the Islamic Library, has so many beautiful, quiet spaces to sit and be at peace. You can find it at 3485 McTavish Street.

A favourite spot of SNAILs* is the Law Library (3660 Peel). [*Students Not Actually in Law]

Need to study or relax?
Beyond McGill’s vast network of libraries, there are a number of unique spaces to study or relax.

In addition to Thomson House being one of the best places to eat and drink on campus, the graduate student house is also an excellent place to both study and relax. Quiet study space can be found upstairs in the boardrooms, which can also be reserved for hosting meetings. The lounges on the main floor are an ideal location to catch up with friends, relax, and read a book, or watch sports on big screen TVs. During the summer, students often congregate on the Thomson House terrasse for a 5 à 7 in the evening or a nice summer lunch during the daytime.

Many departments have lounge space set up for grad student access. These will often include appliances for heating up food, areas to eat, and some have space for relaxing or studying. Students should contact their departmental Graduate Student Coordinator for more information.

There is also an abundance of green space to enjoy on campus. Up near the life sciences buildings there are many picnic tables, as well lawn space to relax during lunch hours. Down in the middle of lower campus are beautiful lawns and trees in between all of the buildings and libraries.
On the McGill Map:

So that you don’t stare back blank-faced when someone says they’ll meet you at “Three Bares,” we’ve compiled a helpful listing of some of the more colloquial terms for several of McGill’s buildings and campus spots.

**BROWN BUILDING**
The shorter name for the William and Mary Brown Student Services Building (3600 McTavish Street) where you can find most of the Downtown Campus Student Services.

**LOWER FIELD**
Just north of the Roddick Gates and southwest of The Y is a large grass field, or “lower field,” a popular location for sports, tanning, and campus events. If you end up graduating in the summer on the downtown campus, this is where convocation takes place, under a giant tent that seats thousands. (In Montreal, we’re big fans of open air celebrations, but we don’t trust the weather here that much.)

**MAC CAMPUS**
McGill’s Macdonald Campus is located in the town of Sainte-Anne-de-Bellevue, just 30 minutes west of downtown Montreal and the McGill Downtown Campus. It houses the University’s Faculty of Agricultural and Environmental Sciences, School of Dietetics and Human Nutrition, Institute of Parasitology and the McGill School of Environment.

**MILTON GATES**
Another entranceway onto McGill Campus. Found at the intersection of University Street and Milton Avenue.

**RODDICK GATES**
They are the main entrance to the McGill campus and a well-known monument in Montreal. Found on Sherbrooke and McGill College, you cannot miss them!

**“UPPER REZ”**
This term refers to the cluster of residence buildings that sit atop University Street above Dr. Penfield. The four residences are Molson Hall, McConnell Hall, Gardiner Hall, and Douglas Hall.

**BROWN BUILDING**
The shorter name for the William and Mary Brown Student Services Building (3600 McTavish Street) where you can find most of the Downtown Campus Student Services.

**JAMES MCGILL STATUE**
Located near the Roddick Gates, our founder is immortalized in this bronze sculpture that has James McGill walking wind-blown with his staff in one hand and hat in the other.

**SHATNER (SSMU) BUILDING**
Officially known as the University Centre, this building (run by SSMU) was unofficially named the William Shatner University Centre by students in the 1990s. It is found on McTavish Street and is attached to the Brown Student Services Building. It has effectively become one of the hubs of student life on McGill’s downtown campus.

**VISITOR’S GARDEN (“JAMES SQUARE”)**
Commonly known as “James Square”, it’s the area just inside the Milton Gates in between the James Administration Building and the McConnell Engineering Building, and features terraced green spaces, paving stones, and a sculpture garden.

**“DESAUTELS” / BRONFMAN**
The Desautels Faculty of Management is McGill’s business faculty. Pronounced DEH-ZUH-TELL, this faculty is housed in the Bronfman Building.

**THREE BARES AND THE Y**
The Threes Bares park is a green area situated southwest of the Arts Building and east of the Redpath Museum. Often used for on-campus events, the park is distinguished by a statue-fountain featuring three nude figures (hence the park’s name).

Three Bares also falls to the west of the intersection of three pathways on lower campus, which is referred to as “The Y-Intersection,” or more simply “The Y.”

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*McGill Students’ Life Hacks*

**SEE WHAT LIES BENEATH**
Both sides of campus have their own underground network of tunnels and shortcuts connecting the buildings, which is extremely convenient in the wintertime. Tunnel entrances are generally marked with a blue and yellow snail logo.

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Want a physical copy of a McGill campus map? You’ll be getting a copy at Discover McGill or you can come by the CL&E office (see page 28) to pick one up!

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**Did you know…?**

The “visitor” in “Visitor’s Garden” refers to the Governor General of Canada, who is McGill’s official Visitor.

The Honourable David Johnston, Governor General of Canada (and former McGill Principal)!
By deciding to come to McGill, you’re not only going to attend one of the best universities in the world, you also now get to live in one of the most amazing cities in the world.

Below you’ll find some useful information regarding Montreal, aka La Métropole, the 514, the MTL. You can also go online to www.tourisme-montreal.org for more tips and listings.

Of course, the best way to discover more about the city is to get out there. If you only stick to the “McGill bubble”, you won’t really be able to say you got to live in Montreal.
Montreal is an island! That’s why you’ll often hear people use the word “island” interchangeably with “city”.

We also don’t exactly use the correct directions here. The St. Lawrence River is taken as flowing west to east (even though it flows southwest to northeast past the island), so that directions along streets parallel to the river are referred to as “west” and “east,” and those along streets perpendicular to the river, “north” and “south.” Just imagine the island has been rotated clockwise 45 degrees in your head and no one in the world has noticed.

**LEARN THE LINGO**

- St. Laurent Street is at the heart of the city and where some of the biggest action happens. It divides the city in half, i.e., east from west.

- The West Island neighbourhood is the unofficial name given to the cities, towns and boroughs at the western end of the Island of Montreal, starting with Dorval.

- The South Shore is the general term for the suburbs of Montreal located on the southern shore of the Saint Lawrence River opposite the Island of Montreal.

- The North Shore can also be used as a reference for those living on the island north of Montreal where you will find the City of Laval.

- “The Main” St. Laurent Street is at the heart of the city and where some of the biggest action happens. It divides the city in half, i.e., east from west.

**NIGHTLIFE**

The thriving music scene and nightlife is one of the best things about living in Montreal.

Major local festivals include Osheaga, held in Montreal’s Parc Jean-Drapeau, and Igloofest, which brings together thousands of electronic music fans to enjoy the best local and international DJs in the industry — all in the thick of winter.

Besides its many festivals, Montreal is home to a plethora of music venues ranging from intimate bars to arenas. One thing is for sure, you’ll never be at a loss for places to go on a night out in Montreal! Check out nightlife.ca for a directory of where to go (“Gu guider”) and what to do (“Quoi faire”). (Take note: the website is only available in French, but at least it’s an excuse to practice!)

**LEARN THE LINGO**

- Dépanneur or “Dép” A convenience store, which has goods that range from food essentials to alcoholic beverages.

- SAQ The Société des alcools du Québec (English: Quebec Alcohol Corporation) is a government-owned liquor store. In Quebec, you can buy wine and beer in grocery stores or dépanneurs, but only an SAQ can sell liquor. Remember: the legal drinking age is 18 in Quebec. Official policy is to ask for photo identification from any customer who looks under 25.

- Gibeau Orange Julep (aka “The Big Orange”) Côte-des-Neiges

- Morgan Aboretum (Mac campus) Sainte-Anne-de-Bellevue (West Island)

**PARKS**

Montreal is home to an array of parks, each with their own character and attractions in every season. Closest to campus are Mount Royal Park, Jeanne-Mance Park, and Lafontaine Park. You can also venture to the MacDonald Campus and visit Morgan Aboretum, the largest forested reserve with trails you can walk or ski.

**SHIPPING**

Several malls line Ste. Catherine St. plus the more trendy boutiques and vintage shops along St. Laurent and St. Denis are all within walking distance of the downtown campus. Not to mention there’s an entire underground city with even more places to shop!

**SPORTS**

Home to the 1976 Summer Olympics, Montreal is not shy about its obsession with sports. Whether you’re a diehard Habs fan or an avid hiker, Montreal has something for you. We recommend you grab tickets to a hockey game at Centre Bell, check out the Grand Prix du Canada, or visit one of the city’s many ice skating rinks. Don’t forget to also look into other Montreal teams, like the Impact (soccer) and the Alouettes (football), and our own McGill teams.

**APARTMENT INSURANCE**

Living off-campus and thinking about insuring your valuables? Thanks to a plan negotiated by the McGill Alumni Association, McGill students benefit from preferential insurance rates offered by the TD Insurance Malchic Montreal program. To learn more about student insurance premiums, contact them online at melochemonnex.com or by phone at 1-877-536-7755.

- Apartments with iconic winding external stairs Le Plateau

- Olympic Stadium Moutier-Montcalm-Maisonneuve

- Habs A nickname for Montreal’s beloved NHL hockey team, the Canadiens.
FRENCH

French is the official language of the province of Quebec, and one of Canada’s two official languages!

It is the primary language used on signs, in public service establishments, and in businesses.

In most regions of Montreal, however, English is widely spoken and the majority of information is available bilingually. You may want to download a translation app on your phone or pack a French-English dictionary, especially if you plan to venture outside of downtown Montreal.

In order to help you integrate into Montreal’s bilingual culture, McGill provides various French-language tutorial resources to current and prospective students. McGill’s French Language Centre (FLC) is a department of the Faculty of Arts with a unique mandate to offer credit courses in French as a Second Language to students registered in any academic program. Look for them by their FRSL course subject code. Other fun ways to learn French at McGill include taking a PGSS Course or SSMU MiniCourse or participating in a language class or exchange (“Lingo Buddies”) through the McGill International Student Network (MISN).

PHONES

514 is a telephone area code for Montreal and most of its surrounding area.

In 2006, 438 was added as another Montreal-region area code. Most new phone numbers now use 438. Area codes 450 and 579 encompass the off-island suburbs of Montreal. Unlike in some countries, most Canadian mobile phone companies consider long distance to include different cities within the country. If you’re in Montreal calling a Toronto number, it may be considered long distance. Likewise, if you have a Montreal number and visit Toronto and use your phone there, it may be considered roaming and long-distance charges may apply.

WEATHER

Montreal weather is fairly unpredictable.

Depending on the season, some days it’s warm and humid in the morning and by evening it’s windy and snowing. That being said, don’t worry! It’s manageable. All you need to do is make sure you’re prepared. Dressing for the weather is important, so for the colder months, use layers. If possible DO NOT sacrifice quality in favor of a cheaper price when it comes to winter boots and jackets.

Then make sure to take advantage of those warm days, such as by hiking Mont-Royal, dining outdoors, or biking any part of the 14.5km-long Lachine Canal path, which was ranked the third most beautiful urban circuit in the world by Time magazine.

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LEARN THE LINGO

“Cinq à sept” Literally translated as “five to seven,” it is a term used in Quebec for happy hour.

(Public) Transportation:

Montreal’s public transportation is arguably one of the most efficient in North America.

Operated by the Société de transport de Montréal (STM), our buses and Métro (subway) make getting around extremely convenient. Exploring is a simple and inexpensive experience as well — we whole-heartedly encourage you to give it a shot! Depending on how many times you use the Métro, look into getting an Opus Card. Fares come in a variety of options, from 1 trip to unlimited weekends. Five commuter trains also cover the Montreal metropolitan region. Bixi is Montreal’s public bike system. The stations are installed in the spring, starting at the beginning of April, depending on weather conditions. Stations are kept in service until Mid-November, before being removed from the streets for the winter. There are a number of Bixi stations around McGill.

Did you know...

Each Montreal metro station was designed by a different architect. Take time to admire the original artwork specifically commissioned for the individual stations before you board.