
Land Acknowledgement

McGill University is on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Haudenosaunee and Anishinabeg nations. We acknowledge and thank the diverse Indigenous peoples whose presence marks this territory on which peoples of the world now gather.

www.native-land.ca





Getting Involved as Grads

August 4th, 2023

Christopher Stephens




Student Services
Services aux étudiants

What is Campus Life and Engagement?

A go-to hub to help students discover and explore opportunities at McGill to learn, grow and succeed.

Through our programming, resources, and activities, we:

- ❖ **Facilitate** new and returning students' integration into the McGill community
- ❖ **Support** students' University academic and personal development
- ❖ **Promote** and **encourage** co-curricular involvement
- ❖ **Connect** students to and engage them in opportunities that develop their capacity to make positive change on campus and in their communities.

Contact us:
 [Get Ready!](mailto:firstyear@mcgill.ca)
firstyear@mcgill.ca



Connect with your peers:
[Graduate Entering Class FB Group](#)



[Graduate Entering Class Discord](#)



What is involvement?

Participating in the community—beyond your studies.

- *Joining a club or intramural sports team*
- *Participating in faculty associations or student governance*
- *Taking part in a peer-writing or research group*
- *Volunteering (at McGill or in Montreal)*
- *Anything else that lets you connect with others in the community*

What are you looking to get out of your involvement?



**Getting
Involved**



Why Is Getting Involved Important?

Benefits to graduate students include:

- ***Enhancing your academic development***
- ***Growing your network***
- ***Enhancing your professional development***
- ***Getting funding***
- ***Having a greater sense of community***
- ***Supporting your well-being***

By the end of this webinar, we hope you'll be able to identify the benefits of getting involved in the community and find opportunities that best suit your goals and interests!



What Have Recent Graduates Said?





Mithura – Masters in Educational Leadership

“Being a part of the faculty student society in my first year had allowed me to meet and create connections with other students and they have supported me with **advice and guidance** which have been truly valuable. Through volunteering in other clubs, I was able to build upon my leadership profile which has opened up **opportunities to jobs and funding**. Overall, getting involved on campus during my graduate studies has been beneficial for my professional and social life.”

- Valuable advice and guidance
- Opportunities for jobs and funding



Jo – Masters in Musicology

“Getting involved in intramural sports at McGill has been an amazing opportunity for me to meet graduate students outside of Music. My teammates have become some of my **closest friends**, and we have all **provided support** to each other throughout our grad school journeys despite being in vastly different programs. It’s been eye opening to discover the similarities and differences between different disciplines and to be **exposed to new perspectives**. Getting involved is invaluable not only for social reasons but also for opening the doors to **potential cross-disciplinary collaborations**.”

- Friendship and support
- Expanded perspectives
- Cross-disciplinary collaborations



Chris – PhD in Education

“As a graduate student, I've found it very **personally and professionally satisfying** to get involved. I have had great conversations and experiences with friends, peers, and colleagues that have helped me with my research **and offered different and important perspectives**. Getting involved has also allowed me to immediately apply my research in tangible ways. I have seen the **real-world impacts** of my research on diverse communities. Lastly, getting involved has provided me **with relevant experience that has pushed my career forward**. I am immensely grateful for the opportunities that have come out of getting involved.”

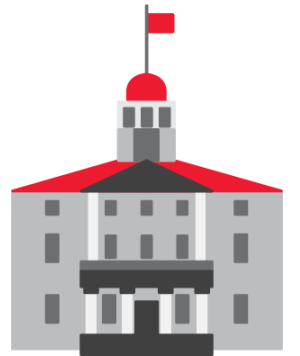
- Greater satisfaction
- Different perspectives
- Real-world impacts (greater fulfillment)
- Career advancement

Academic Development

“For senior graduate students, ... short-term involvement with a community organization can set the stage for ongoing collaborative research and the generation of mutually beneficial knowledge.”

Involvement Benefits Include:

- Hone your research skills
- More publication opportunities
- Networking
- Cross-disciplinary collaboration
- Find new applications for your research
- Discover greater generative opportunities!



Nichols, N., Phipps, D., & Johnstone, W. (2014). *Planting the Seeds for Change: A Case Study from York University's Knowledge Mobilization Graduate Student Internship Program.*

<https://yorkspace.library.yorku.ca/xmlui/handle/10315/28542>



Student Services
Services aux étudiants

Involvement Opportunities that Support Academic Development

- [Three Minute Thesis](#) (3MT/MT180) – want to show off your academic, presentation, and research communication skills? Compete with your elevator pitch to win!
- [Homework Zone](#) – Want to gain practical teaching experience while helping others? Join this program to mentor elementary and secondary school students 1-on-1.
- [Teaching and Learning Services](#) (TLS) offers trainings, volunteer programs, and learning resources to hone your skill development, complement your research training, and help you stay on track.
- [Graphos](#), from the McGill Writing Centre, offers writing commons, 1-credit courses, and workshops to help efficient, precise, and effective scholarly communication.
- Conferences, writing and research groups, etc. – learn more from your faculty/supervisor/student association...



Networking

“The degree to which [grad] students develop personal and professional competence and identity is related to how they engage in both professional and social ventures.”

“...participation in departmental graduate student organizations [translated] into increased social interactions with ... faculty members, peer mentoring from more advanced graduate students and professional development opportunities...”

Involvement Benefits Include

- Professional socialization
- Keeping up to date with developments in your field
- Expanding your network
- Developing relationships



Hardré P. L., & Pan, R. (2017). The best and worst of graduate school: graduate students' self-report narratives of what helps and hurts their success. *Journal of Faculty Development*, 31(2), 5–19.

Gardner, S.K., & Barnes, P.J. (2007). Graduate student involvement: socialization for the professional role. *Journal of College Student Development*, 48(4), 369-387.

Involvement Opportunities that Help You Network

- [Work Study](#) will let you gain meaningful job experience on campus!
- Get involved with [PGSS](#), your [PGSA](#), or other student organizations to meet driven peers.
- Join the student chapter of a professional association in your field (reach out to your department or PGSA details) to start getting involved in national organizations and connecting with more experienced members.
- Join a community of practice in your field to get to know established figures.
- Career Planning Service ([CaPS](#)) runs [the McGill Mentor Program](#), which will connect you with a successful McGill alumni to network and receive valuable professional advice



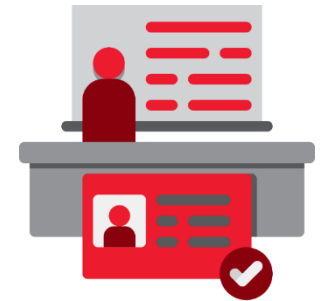
Professional Skill Development

“Regardless of whether or not [graduate] students remain in the academy as professionals, engagement opportunities provide them with critical skills that will better prepare them for a transition to the workforce.”

“... Involvement directly contributed to a set of skills that translated to current or future careers, such as presenting and writing.”

Involvement Benefits Include

- Gain relevant experience
- Better communicate your value
- Better self-advocacy
- Development of soft skills
- Stronger teamwork and leadership skills



Dunstan, S. B., Eads, A., Jaeger, A. J., & Wolfram, W. (2018). The Importance of Graduate Student Engagement in a Campus Language Diversity Initiative. *Journal of English Linguistics*, 46(3), 215–228. <https://doi.org/10.1177/0075424218783446>
Gardner, S.K., & Barnes, P.J. (2007). Graduate student involvement: socialization for the professional role. *Journal of College Student Development*, 48(4), 369-387.

Involvement Opportunities that Support Professional Development

- [CL&E](#) has mentorship programs and volunteering opportunities to build your leadership skills, as well as the **free** peer-led series of language workshops for those interested in learning French!
- [SKILLSETS](#) – opportunities to improve your financial skills, digital literacy, leadership, and a lot more!
- [PGSS](#) – join a committee for experience in areas such as policy-making and governance.
- Internships & Research – these will vary based on your field.
- If you need help identifying and honing your strengths, consider turning to [CaPS](#), which has a variety of resources, will help you explore academic and non-academic career options, student and summer jobs, internships, etc.!
- Take a look at their [career database](#).

Academic and Professional Development: Communications Skills

If you're looking to practice your communication skills and engage in some experiential learning, here are some opportunities:

Print

[Le Delit](#)

[The Bull and Bear](#)

[The McGill Daily](#)

[The McGill Tribune](#)

[Radix](#) magazine
(by MORSL)

Radio

[CKUT](#)

Television

[TVM: Student Television at McGill](#)

Social Media

[GradLife McGill](#)



Funding

Major funding agencies use interpersonal skills and extracurricular activities as evaluation

criteria!

- CIHR, NSERC, and SSHRC (federal funding agencies) specifically consider a candidate's experience beyond academics when evaluating a grant application.
- FRQNT, FRQS, and FRQCS, (provincial funding agencies) also consider the skills and experience outside of academics when evaluating both Master's and Doctoral funding applications.
 - For more on the above funding opportunities, visit [Grad Funding!](#)
- [Would you Fund It?](#) – SKILLSETS will help review your two-page project summary.
- Departments and PGSAs often have grant-writing groups/seminars to help you!

Involvement Opportunities that Help You Fund Your Projects

Do you have an idea for your own project? There are opportunities to receive funding for it!

- [Student Engagement Fund](#) – dedicated funding to grad students for student-led community and/or professional development initiatives.
- [McGill Dobson Centre for Entrepreneurship](#) – Resources, support, and mentorship for startups.
- [Sustainability Projects Fund](#) – sustainability projects and initiatives can apply for support.
- [PGSS Grants](#) – PGSS Grants funds graduate student and graduate student society events that benefit the graduate community.
- [Seeds of Change](#) – crowdfund your projects at McGill.
- [QPIRG McGill](#) – awards discretionary funds to small-scale projects that support its mission.

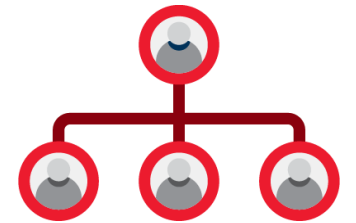


Making Community Connections

“I’ve been able to bring those experiences from my involvement into class and impact other students and that’s something I value.”

Involvement Benefits Include

- Social support mitigates stress and anxiety
- Community-building is key to your success!
- Transition to a new location
- Meet new people
- Develop language skills, cultural familiarity



Gardner, S.K., & Barnes, P.J. (2007). Graduate student involvement: socialization for the professional role. *Journal of College Student Development*, 48(4), 369-387.

Development, 31(2), 5-19.

Gardner, S.K., & Barnes, P.J. (2007). Graduate student involvement: socialization for the professional role. *Journal of College Student Development*, 48(4), 369-387.

Involvement Opportunities that Facilitate Community Connections

- [Branches Program](#) Indigenous Community Outreach – transformative mentorship opportunities and networks of support.
- [Cousins](#) – Indigenous Student Mentorship Program.
- [Science Outreach](#) – get involved in the community and share your love of science!
- [Queer McGill](#) – for queer students *by* queer students.
- [1st Up](#) – First Generation Student Support.
- [Student Accessibility & Achievement](#) – Peer Mentorship Program
- [The Buddy Program](#) – run by ISS, for new International students.
- [New Student Mentorship Program](#) – run by CL&E, for new domestic students.

Involvement Opportunities in Montreal

Don't forget that you can get involved with the Montréal community at large! Each organization will have its own volunteer and internship opportunities, so be sure to take a look at festivals, charitable organizations, museums, libraries, shelters, and more!

- [Community Gardens](#) throughout the city – the chance to show off your green thumb!
- [Branches](#) – McGill's community outreach program.
- [Montreal Volunteer Bureau](#) or other volunteer centres.
- Check your [borough](#) for information on the opportunities available to you in your own neighbourhood.
- CL&E – [Opportunities to get involved](#) in the Montreal community year-round through Days of Service, short-term, group volunteer opportunities to have a meaningful impact.

Wellbeing

“...Positive factors [such as social support arising from involvement]... serve protective roles, both by directly reducing negative distress and also by mitigating the damaging effects of negative factors ... on [grad] students’ mental health.”

Involvement Benefits Include:

- Expanded social support networks
- An important outlet for stress
- Improved mental health & resiliency



Charles, S. T., Karnaze, M.T., & Leslie, F.M. (2021). Positive factors related to graduate student mental health, *Journal of American College Health*, DOI: [10.1080/07448481.2020.1841207](https://doi.org/10.1080/07448481.2020.1841207)

Involvement Opportunities that Support Well-being (Yours and Others!)

- [Drivesafe & Walksafe](#) – help McGill students and Montrealers safely get to and from their destination.
- [Eating Disorder Program](#) – peer support services and campus advocacy.
- [McGill Student Emergency Response Team](#) – first aid coverage for a variety of McGill events.
- [Mental Health First Aid Training Program](#) – workshop in collaboration with the Mental Health Commission of Canada to be better equipped to help someone in need.
- [Midnight Kitchen](#) – providing accessible food to the McGill community.
- [McGill Office of Religious and Spiritual Life](#) – connect with your faith community.

More Opportunities that Support Well-being (Yours and Others!)

- [Our Shared Spaces](#) – workshops on how best to integrate anti-oppressive and anti-racist frameworks into your life and your communities.
- [Peer Support Centre](#) – space to drop in and talk to a trained peer supporter.
- [Sexual Assault Centre of the McGill Students' Society](#) – support survivors of sexual assault and their allies.
- [Student Nightline](#) – confidential, anonymous, non-judgmental listening service.
- [Wellness Hub Peer Support](#) – Peer support training in a variety of domains.

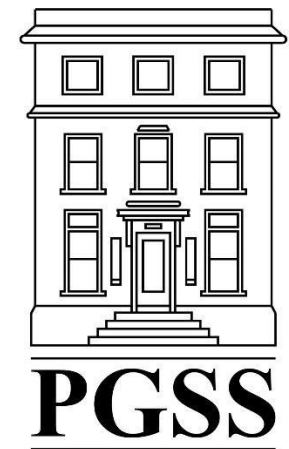


Get Involved with the PGSS!

The Post-Graduate Students' Society represents, supports, and advocates for all graduate and postdoctoral students at McGill. They offer a lot of opportunities to get involved in the graduate community at McGill, most notably by joining their [dozens of committees](#).

Why get involved with the PGSS?

- Networking opportunities
- Develop leadership skills
- Enjoy a wider social circle
- Stepping stone into the employment market
- Have a positive impact on the graduate community
- Acquire policy-making and governance skills

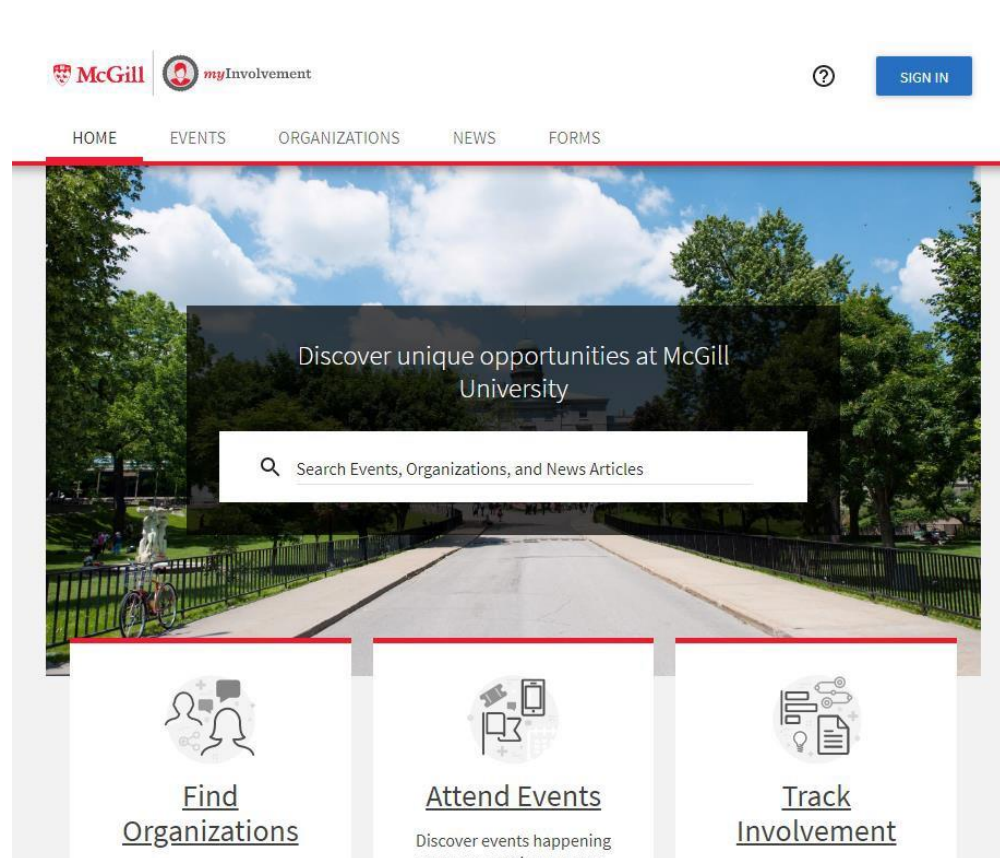


Finding more Opportunities

myFuture

- [Portal for promoting \(external\) job opportunities and career education.](#)
- Find internship opportunities.
- Participate in workshops and information sessions.

Finding more Opportunities, Continued



[myInvolvement](#) is a web-based platform to showcase workshops, events, and volunteer opportunities at McGill.

You can search for, register for, and track your participation.

Create a co-curricular record (CCR), an official document recognizing your involvement in learning opportunities outside the classroom.

Thank You!

