

How are you? It's ok to say you are not "fine".
A message from the Associate Dean (Student Affairs)

WATCH VIDEO: https://www.youtube.com/watch?v=CCWjGMc_OBo

Dear Macdonald Campus community:

This time of year can be difficult: the 'newness' of the semester has worn off and many of you have been writing mid-terms, studying for upcoming tests, putting together a research proposal, and starting to think about end-of-term assignments or projects.

You're not alone. We all struggle at different times of the year and at different points in our lives.

The Macdonald Campus is a strong community and we care deeply about everyone's wellbeing. If you are struggling, let us help you:

- **Student Services:** Undergraduate and Graduate students can visit Student Services at Macdonald - Centennial Centre, room CC1-124 <https://www.mcgill.ca/macdonald-studentservices/macdonald-campus-student-services> or the Brown Building downtown. Student services can help you with anything from financial aid to counselling services and workshops to help you manage your time. 514-398-7992.
- **SAO:** for undergrads, Student Affairs Office at Macdonald (Laird Hall, room 106) can help you with your academic program, and help direct you to other services. 514-398-7925
- **MacOGS:** Graduate students are always welcome to stop by the Macdonald Office of Graduate and Postdoctoral Studies (MS2-074). The friendly graduate coordinators can often solve little problems before they become big ones. 514-398-7838
- **Undergraduate Advisors:** It's a good idea to get to know your advisor. They are well positioned to help you with your academics, but can also help direct you to other services should you require them.
- **Research supervisor:** For graduate students, set a check-up on your degree progress with your supervisor (and Graduate Program Director). Are you on track? Make them aware of any problems that you may be experiencing with your research or personally.
- **Athletics:** Keeping well may also mean getting some exercise (this is something that is important for me!). Check out the gym schedule or drop in rec time <http://macdonaldcampusathletics.ca/> Paying some attention to your health also means trying to eating well, and getting sleep!
- **Get involved!** The student societies on campus have a host of clubs and activities and run numerous events. If you're feeling lonely or isolated, taking part in a club or activity can help. Here's a link to some societies at Clubs for undergraduate students <http://mcss.mcgill.ca/en/societies-clubs>, and a link to our graduate student society: <http://mcgss.weebly.com/>
- **Peer-help:** perhaps you didn't know... but there's a wonderful peer helper program at Mac <http://mcss.mcgill.ca/en/MPHP>
- **Employee Assistance Program:** Instructors, profs and staff are not immune to difficult times of the year and we all have our own struggles with mental or physical health. Don't forget that McGill Employee Assistance Program is there to help: <https://www.mcgill.ca/health/staff/eapn>

- **Call home:** Touch base with your family or friends. They will be pleased to hear from you, and will support you.
- **Wellness committee:** Finally, I also wanted to inform you that we have initiated a “Wellness Steering Committee” here at Macdonald Campus. If you have ideas or want to discuss initiatives about wellness at Macdonald, please let me know.

Don't hesitate to get in touch and let me know how things are going. Your wellbeing is a priority.

Chris Buddle

Associate Dean (Student Affairs)

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