

GAMES Resource Sheet

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Library Questions

The McGill library provides a number of resources to grad students including physical book lending, online journal and book lending, access to professional standards, and study carrel rental (not currently available during campus-wide Covid closures). The main library webpage is here: <https://www.mcgill.ca/library/> . You can find the library resources deemed particularly useful for mechanical engineers here: <https://www.mcgill.ca/mecheng/services/library> .

The McGill library has a dedicated librarian for the Mechanical Engineering Department. Her name is Tara Mawhinney, and you can contact her at tara.mawhinney@mcgill.ca, she's nice.

Course selection questions

When it comes to course selection, personal experience is key. Different programs will have different course requirements. Below are good starting points to refer to the course requirements for various programs:

Phd program: <https://www.mcgill.ca/mecheng/grad/info/doctoral>

Thesis-based masters: <https://www.mcgill.ca/mecheng/grad/info/mastert>

Non-Thesis masters: <https://www.mcgill.ca/mecheng/grad/info/mastern>

Masters of aerospace: https://www.mcgill.ca/mecheng/files/mecheng/aeroprogram_0.pdf

A full list of courses available to graduate students in the Mechanical Engineering Department can be found here: <https://www.mcgill.ca/mecheng/grad/courses>

If you have questions about course selection you should consult with your supervisor. If you still have questions or have no supervisor, get in contact with the program coordinators at grad.mecheng@mcgill.ca. They are good people, and will help you out.

Contacting other students

If you want to get in contact with other students to ask questions about course selection, the graduate experience, program expectations, or any other aspect of your time at McGill, feel free to post in the GAMES Facebook page asking other students for opinions. The page can be found here: <https://www.facebook.com/groups/games.mcgill>

If you want to ask a more diverse group of students, you can post in the engineering wide graduate student group on Facebook. This group can be found here:

<https://www.facebook.com/groups/2768905260016565>

If Facebook is not really your thing, reach out to GAMES and we make the request for information for you. Email us at games.pgss@mail.mcgill.ca .

Campus involvement

Intramurals

If the student is interested in getting involved with sports, you can suggest they look at the McGill intramurals here: <https://mcgillathletics.ca/sports/2018/6/11/intramural-home.aspx> .

If the student does get involved with intramurals, suggest that they reach out to GAMES to get some funding returned to them at games.pgss@mail.mcgill.ca .

Clubs

So you want to find community with a group of people with a common interest? Clubs might be a good option. If you are interested in getting involved in a campus club, you can refer to the following list of clubs: <https://ssmu.ca/student-life/clubs-services-isq/> .

GAMES Events

GAMES hosts a variety of events throughout the year, including coffee events, information webinars, and our most popular events: our socials. As a McGill mechanical engineering graduate student, you should be on the mailing list for GAMES, and thus receive emails about the events.

If you like to use Facebook for event notifications, you can see if GAMES is hosting any upcoming events by checking our Facebook page:

<https://www.facebook.com/groups/games.mcgill>

If you want to see a specific type of event, please email us your suggestion at games.pgss@mail.mcgill.ca as we are always trying to come up with event ideas that will serve our community.

PGSS Social Events

PGSS holds a variety of social events (virtual for now) for all graduate students. This can be a good way to meet people outside of your specific area of research.

The general link to PGSS events can be found here: <https://pgss.mcgill.ca/en/events>

Montreal Meetup Events

If you're looking for a social club based in Montreal, a good place to start is Meetup. Meetup is an online platform (and app) that advertises for all sorts of groups meeting for a variety of reasons.

If you want to get together with a conversation club and practice speaking a language, check out the following search page and you can pick between a variety of clubs with different offerings: <https://www.meetup.com/topics/conversation/ca/qc/montr%C3%A9/> Try different keywords based on your interests and you may be able to find a social club that you would enjoy. Remember to apply your critical judgement to any group you choose to join and take care of your own physical, emotional, financial safety.

Connecting with Religion / Spirituality at McGill

If you are looking to connect with a religious or spiritual community at McGill, a good place to start is by looking into the McGill Office of Religious and Spiritual Life, MORSL. MORSL provides a variety of resources including groups, a library, and events, and they can help you connect with a more specific community if you are looking for one.

It is important to note that MORSL is not specific to one theology or tradition, they try to connect to a variety of spiritual communities. You can check them out at <https://www.mcgill.ca/morsl/>.

Mental Health Support

If a mentee is experiencing stress/anxiety/mental health crisis and they are willing to share with their mentor, the mentor is only expected to support them as much as they are comfortable with. If someone you know is struggling with mental health and does not wish for you to share their information, please respect their request for privacy; however, if you become worried that they may be a danger to themselves or others, you should reach out to another service to get them help even without their consent.

Below, we will give some specific options, but here is a good overview of some of the services McGill provides:

<https://www.mcgill.ca/engineering/students/undergraduate/mesc/mental-health-and-wellness>

General: Engineering Wellness Advisor

McGill has a wellness advisor for each faculty. Our wellness advisor is Lauren Weber.

You can reach out to Lauren to ask for help with your own mental health problems, or encourage a colleague with mental health problems to contact her.

If you have your colleague's permission, you can contact Lauren and give her their information. She will contact them and help them get in touch with the right resources. Her email is lauren.weber2@mcgill.ca

Peer Support:

Peer Support Centre

The McGill Peer Support Centre has both drop-in and appointment options that allow a student to talk to a fellow student who has training in listening. Information on drop-ins and booking a session can be found here: <https://psc.ssmu.ca/hours-location/>

Vent over tea

Vent over tea is a Montréal-based service that allows individuals to talk to another individual with listening training. This is not necessarily a health-care professional, but is a trained listener. You can find more information and book a session here: <https://ventovertea.com/en/about/#about-active-listening>. Sessions are available in French and English.

Phd Support Group

The Phd Support Group meets every second Tuesday (virtually during current times), and is a place for Phd students to connect. If you feel stress, confusion, or frustration about any aspect of your program, or if you just want to talk to other people who may understand your situation, check out the group at:

<https://www.mcgill.ca/involvement/channels/event/phd-support-group-324148>

Professional Counselling Support:

keep.meSAFE

keep.meSAFE is an official McGill resource for connecting students with health care professionals. A student can text the service and receive a response from a mental health professional within a matter of minutes. They have counsellors in over 60 languages, and you can access it outside of Montreal and Canada. It's great. It's confidential. It's covered in your fees.

If you still don't understand what keep.meSAFE is, or have more questions about how it works, refer to this informational page: <https://pgss.mcgill.ca/en/keep.mesafe>

To use keep.meSAFE you should proceed by downloading the **MySSP app**, setting up your profile, and accessing the counseling services.

McGill Wellness Hub

The McGill Wellness Hub supplies a variety of resources to students. You can access resources for physical health as well as mental health. If you want to talk with a mental health professional, you can book an appointment with an access advisor who will advise you on what resources are available and best suited to your needs. You can book an appointment here:

<https://outlook.office365.com/owa/calendar/StudentWellnessHubAccessAdvisors@McGill.onmicrosoft.com/bookings/> .

It is important to note that because counsellors are only licensed within a specified jurisdiction, mental health resources through the wellness hub are only available to students who are currently residing in Quebec.

To get more information on accessing remote services through the Wellness Hub, you can check out the following link: <https://www.mcgill.ca/wellness-hub/access-care/access-virtual-services> .

Sexual Assault Resources

Sexual Assault Centre of the McGill Students' Society

If you or someone you know has experienced sexual assault, you can refer them to the SACOMSS.

Drop in hours: They have "drop-in" zoom phoning hours during covid on Tuesdays and Fridays. More information can be found here: <http://www.sacomss.org/wp/> . You can also contact the drop-in department to discuss the service via: dial@sacomss.org .

Support groups: SACOMSS has support groups available. More information can be found here: <http://www.sacomss.org/wp/services/support-groups/>, and you can email them for more information at supportgroups@sacomss.org .

Administrative Support

We all know that as engineers, administrative details are not always our strong suit. We hope that the following resources can be helpful.

Program Coordinators

Your go to resource for administrative questions about your degree, get in touch with the mechanical engineering program coordinators. Connie and Anne-Marie are very helpful and can help you figure out how to manage the more paper-worky aspects of your degree. You can email them at grad.mecheng@mcgill.ca.

Filing an Official Complaint/Grievance

If you are looking to file an official complaint about some aspect of your experience at McGill, you can contact the office of the ombudsperson. This office is set up as a mediator and supporter to those who are looking to resolve a problem. They understand what channels you can go through to have your problem addressed. You can find information on how to contact the office at the following link:

<https://www.mcgill.ca/ombudsperson/> .

Equity Resources

If you have concerns regarding equity, you can contact the Graduate Engineering Equity Committee (GEEC). You have probably heard of them, and through my personal experience, this group is composed of kind enthusiastic people who care about your experience. You can contact them if you feel you are being treated unfairly or being discriminated against for one reason or another. You can find more information on GEEC here: <https://equityeng.wixsite.com/geec> .

The GEEC website also provides a good list of references for other services that may be useful to your specific situation.

Conclusion

If you are looking for a resource that is not available on this sheet, please contact us at games.pgss@mail.mcgill.ca to ask your questions. We are happy to help.

If you would like to recommend another resource to be included on this sheet that is not included, please fill out the following form: <https://forms.gle/1MXxw1bYnT6Q5Vo4A> .