

Tell us what you think!



SCHOOL INVOLVEMENT & ACTIVITIES BUILDING COMMUNITY AT UNIVERSITY

Check out the evidence!

Starting university can be intimidating! It can be difficult to meet new people whether you are local or international. Below are tips for building community for all, as well as specific resources for international students on the next page.

Getting involved with what your university has to offer can help make this big life change an easier transition.

Participating in activities at your university can have:



Social Benefits

As you meet new people and build connections.²



Academic Benefits

As you are more likely to persist in your degree.^{1,4}



Physical and Mental Health Benefits

Less stress, higher physical well-being, and self-confidence.³

MEETING NEW PEOPLE

Try something new to meet someone new. There are **constant opportunities** to do this at McGill. Here are a few:

JOIN OR CREATE A CLUB

McGill's Student Society has over 200 clubs, including those around hobbies, political activism, performance arts, and more!



View a full list of McGill clubs.

VOLUNTEER AND GIVEBACK TO THE COMMUNITY

This is an opportunity to learn more about your community and connect with others.



You can find a group that aligns with your values and what you care about!

McGill has a [list of volunteer-based clubs](#) you can check out.

JOIN AN INTRAMURAL SPORT TEAM

Pick a sport you already enjoy or one that just sounds like fun.



View [McGill's list of intramural teams](#).

Consider signing up for a workout class or joining a dance, spinning, bowling, running, or swimming group!

JOIN A STUDY GROUP

People may post these on social media groups, including Whatsapp group chats or Facebook groups.

This is a great way to meet people in your program as well!

Ask classmates, friends, or even roommates if they want to study together for an assignment or exam.

When you're living in a new city or a new social environment, it can be hard to reach out or go to new places or groups where you don't know anyone.



That's ok! Here are some tips to try:



Challenge yourself to say hi to one person in class.



Eat lunch outside on campus.



Smile and make eye contact with someone you'd like to chat with.

- This body language can help you seem **more approachable and friendly** to others, which can help with making connections.
- **Be patient.** Relationships take time, and you can create opportunities to meet new people throughout the year.

GETTING INVOLVED

FIND A MENTOR

McGill has plenty of mentoring programs, from peer mentors to mentoring opportunities with faculty and staff.



Finding a mentor can help you navigate your studies, your potential career path and your adjustment to McGill and Montreal.



[View undergraduate peer mentor programs](#)



[View graduate peer mentor programs](#)



[View McGill's Mentor Program to learn about mentorship by alumni.](#)



SIGN UP FOR THE FIRST FRIEND PROGRAM



Student Services also has a program that connects first year students to one another: the **First Friend** program!

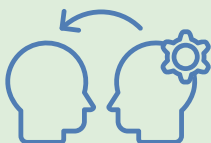


View the First Friend webpage, to sign up to be matched with a fellow first-year McGill student in the same faculty as you.



SIGN UP FOR THE INTERNATIONAL STUDENT BUDDY PROGRAM

This program matches incoming international students with current upper year international students.



Buddies offer **support, guidance and mentorship** to new students and can share their past experiences.



They have been in your shoes and can be a great resource and friend during the transition to McGill!



View The Buddy Program webpage to sign up and connect with a buddy.



EXPLORE THE MCGILL INTERNATIONAL STUDENT NETWORK

This network brings together the large population of international students at McGill by organizing:

Social Events



Study Groups



Helpful Workshops



[View the International Student Network webpage!](#)

to specifically address international students' needs.

CHECK OUT YOUR STUDENT ASSOCIATIONS

McGill has student associations in each faculty at both the undergraduate and graduate level



[View a list of McGill student associations!](#)



CHECK OUT OUR ADDITIONAL RESOURCES TO HELP YOU BUILD SOCIAL CONNECTIONS



[View the Maintaining Social Support resource!](#)

[View the Effective Communication resource!](#)

[View the Dealing with Loneliness resource!](#)

FEEDBACK & CONTACT INFORMATION

**EDUCATION
FOR
MENTAL
HEALTH
RESILIENCE**



**View the reference list for
this infographic**



Contact us for more information at

emhr@mcgill.ca

Dr. Nancy Heath
Director of EMHR
Faculty of Education



nancy.heath@mcgill.ca