McMaster Orientation
Important Dates

studentsuccess.mcmaster.ca
SSC Academics: Online
July 16 – August 10

Do you have questions about starting university? SSC Academics: Online will help prepare you for school by answering your questions and introducing you to the skills you will need to be successful.

Join us from home as we discuss university academics through videos, short articles, and personal reflections. Starting Monday, July 16, this program will feature regular content. No registration is required!

**WEEKLY SCHEDULE**

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<tr>
<th>Week One:</th>
<th>Welcome to University</th>
<th>July 16 – 20</th>
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<td>Week Two:</td>
<td>Managing Your Time</td>
<td>July 23 – 27</td>
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<td>Week Three:</td>
<td>Learning in Lectures</td>
<td>July 30 – August 3</td>
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<td>Week Four:</td>
<td>Being a University Learner</td>
<td>August 7 – 10*</td>
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*Monday August 6: Civic Holiday

**Cost:** No charge

Email: skills@mcmaster.ca

studentsuccess@mcmaster.ca

SSC Academics: First-Year Orientation
August 1 & 2

How do I take notes? What’s the best way to manage my time? How is university different from high school? Most students have questions about starting university academics. This academic preparation program is designed to give you the information you need to successfully transition into university studies.

Please register for one day only:

- **Wednesday, August 1** | 12:00 p.m. – 5:00 p.m. or
- **Thursday, August 2** | 12:00 p.m. – 5:00 p.m.

**Cost:** Free

Email: skills@mcmaster.ca

Registration: Opens on Tuesday, July 3.

studentsuccess@mcmaster.ca

McMaster Common Reading Program

The McMaster Common Reading Program is a valuable opportunity to share a common reading experience with future classmates and friends prior to arriving on-campus in the fall. Students registered in this orientation program will participate in online discussions and reflections about the emerging themes related to university life. This year’s selection is to be confirmed.

**Cost:** No charge

Email: studentsuccess@mcmaster.ca

Registration: oscarplus@mcmaster.ca

studentsuccess@mcmaster.ca

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**June is Aboriginal History Month**

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SSC Academics: Online – Week One: Welcome to University

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SSC Academics: Online – Week Two: Managing Your Time

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SSAC: Online – Week One: Welcome to University

SSAC: Online – Week Two: Managing Your Time

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**Horizons**
Hosted by the McMaster Students Union (MSU), this 3-day, 2-night on-campus experience for 200 incoming first-year students is a leadership conference where delegates embark on a journey of self-development through session based programming and engaging events. It is an opportunity to lay a foundation for academic excellence, explore meaningful student involvement, instill a sense of community, and establish a culture of inspiration and inclusion for which McMaster is known. Students will have the opportunity to engage with the Hamilton community, be introduced to involvement prospects at McMaster and begin expanding their network in McMaster and Hamilton.

Cost: $230 + tax; $100 + tax (early bird) **financial aid available

Email: horizons@msu.mcmaster.ca
Registration: Opens in June. Deadline in mid-July.

msumcmaster.ca/services-directory/33-horizons-leadership-conference

Spark is a transition support service provided by the McMaster Students Union that runs through the fall and winter semesters. Students can register for a weekly mentorship program in which two upper-year students lead a group of first-year students through themed activities designed to build skills for university success. Spark also offers workshops and online resources to help you better navigate university life and connect with other students. Through Spark, students will build close friendships, learn from one another, grow as individuals, and ultimately come to know McMaster as their home.

Cost: No charge

Email: spark@msu.mcmaster.ca
Registration: Opens late-August / early-September.

msumcmaster.ca/spark

This four-day, three-night trip to Camp Arrowhon and Algonquin Provincial Park provides you with an opportunity to build lasting friendships with peers and student leaders in your Faculty. MOOSE encourages personal and team development through a wide variety of outdoor activities. Participants will return to campus with plenty of time to continue their Welcome Week for the final three days. Those participating in MOOSE will leave campus on Monday, August 27 and return Thursday, August 30.

Cost: $20 to participate plus an $80 participation bond (returned following trip). Includes meals and programming costs.

Email: moose@mcmaster.ca
Registration: Opens Friday, June 15 *first-come/first-serve basis

studentsuccess.mcmaster.ca/academic-support/first-year-orientation/orientationMOOSE
September / October

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Student Accessibility Services

**SAS TRANSITION DAY**
Wednesday, May 30
Learn about our supports, the accommodation process, and how to successfully transition into university. Programming and information is suited for: prospective McMaster students, parents and guardians; and teachers, guidance counsellors, or special education teachers.

[link]

**SAS TRANSITION PROGRAM**
July & August
Are you a student with a disability? This program aims to provide a series of supports throughout the summer, fall, and winter. The program encompasses summer workshops, peer mentors, a study skills website, support with implementing accommodations, and regular social events.

**ORIENTATION SESSIONS**
July 5, July 11, July 16, July 27, July 31, August 9, August 14
Times and location TBD. Individual sessions available upon request.

**WELCOME WEEK WORKSHOPS**
Visit the SAS website for more.

**Cost:** Free
**Contact:** sastransition@mcmaster.ca
**Registration:** sas.mcmaster.ca/transition

[link]

**Welcome Week**
August 25 – September 1
Welcome Week provides students with a positive transition to university. As the most comprehensive orientation program offered at McMaster, Welcome Week includes educational seminars and events connecting students to the Hamilton community, McMaster University, individual Faculties, residence and off-campus communities and most importantly, to other students.

**MacPass** is the ‘all-access pass’ to events taking place during Welcome Week. T-shirt sizes are guaranteed only to those who register by July 12.

**Cost:** $120.98 (First-Year Orientation Levy)
**Email:** studentsuccess@mcmaster.ca
**Registration:** Opens Tuesday, July 3 / Closes Sunday, August 19. Check your McMaster email for details.

[link]
Living Off-Campus in First-Year?
July & August

The Off-Campus Resource Centre helps deliver a wide range of orientation and transition activities specifically for off-campus and commuter students. In July, you can look forward to Summer Sneak Peeks and the Summer Sleepover. Starting on August 25, join us for special Welcome Week events created for incoming off-campus students! Details will be released on housing.mcmaster.ca.

Mac/One
Exclusively for first-year off-campus students, Mac/One is designed to help with the social and academic transition to university.

By joining Mac/One, you’ll be connected to fellow students with similar passions and interests through our Living Learning Community events, have a home base on campus to relax and study with access to a designated residence building, and get extra academic support with drop-in professional tutoring in our Residence Academic Centres. Learn more about how to sign-up for Mac/One at housing.mcmaster.ca.

Facebook: MacOneProgram
Email: MacOne@mcmaster.ca

SUMMER SNEAK PEEKS
Off-Campus Students #1:
July 5 | Hamilton
Off-Campus Students #2:
July 24 | Mississauga / Oakville
Off-Campus Students #3:
August 2 | Hamilton

SUMMER SLEEPOVER FOR OFF-CAMPUS STUDENTS
July 13 – July 14
Explore campus and the community, engage in team building activities, sleep in a residence room, enjoy some great food, and make friends before the excitement of Welcome Week!

Cost: $80.00
Email: ocrsplan@mcmaster.ca
Registration: Opens mid-June.

Residence Hall Move In
August 25 & August 26
Saturday, August 25 | 8:00 a.m. – 3:30 p.m.
Brandon Hall, Hedden Hall, Edwards Hall, Les Prince Hall, McKay Hall, Whidden Hall, Woodstock Hall.
Sunday, August 26 | 8:00 a.m. – 2:30 p.m.
Bates Hall, Mary E. Keyes Residence, Matthews Hall, Moulton Hall, Wallingford Hall.

Residence Experience Day
Saturday, August 18
Curious to know what your residence experience and assigned residence building will be like? Residence Experience Day offers you the opportunity to check out your assigned residence building, tour campus, and learn about what to expect from living in residence! Students will be able to make community connections before Move-In Day and meet with Residence Life Staff and other students who will be living in residence with them. Students and parents are welcome; a separate parent information session will be provided. Details and information will be posted on our website – make sure to check it out!

Cost: Free
Email: rezlife@mcmaster.ca
Registration: Opens June / July.

Get with the FLOW: Fall Learning and Orientation Weeks
Weekly from September 5 – October 6
Continue your orientation and transition during the first 5 weeks on-campus through our Fall Learning and Orientation Weeks (FLOW). Register for our focused workshops and seminars, and participate online through our social media channels. Follow us on Instagram, Twitter and Facebook. @MacSSC

Week One: Academics
September 3 – 7
Week Two: Mentoring
September 10 – 14
Week Three: Exploring Employment and Career Options
September 17 – 21
Week Four: Finance & Budgeting
September 24 – 28
Week Five: Engaging with the Community: Local, National, and International
October 1 – 5
Cost: Free
studentsuccess.mcmaster.ca
Welcome Week Strategic Themes

Our Commitment to you...

RESPONSIBLE DRINKING

All events sanctioned by McMaster University during Welcome Week are alcohol-free to promote the safety and well-being of our students. Students who choose to drink alcohol during Welcome Week and orientation are encouraged to do so responsibly, set limits and should be aware of supports and resources for addressing over consumption. Making new friends and socializing is a priority for many students during orientation events, including Welcome Week. It is our priority to ensure students are safe, know what to do if they find a peer in need of assistance and know that there are services available in case assistance is required.

PREVENTING AND RESPONDING TO SEXUAL VIOLENCE

At McMaster University, we are committed to taking action to prevent and respond to sexual violence through training delivery, active programming and critical messaging. We place the highest priority on survivor safety and ensuring that the campus is a welcoming, safe, and inclusive environment for all members of our community. Together, we make certain all students, faculty and staff know where to go for support, ensure the main tenants of what constitutes healthy and positive relationships are understood, and reassure the campus community of University policies that are in place to respond in a timely and sensitive manner to sexual violence or the threat of sexual violence.

SUPPORTING MENTAL WELLNESS & MENTAL HEALTH

Student well-being and mental health are critical foundations for student success. We are committed to creating a culture of caring and support, and recognize that improving the health of our campus is a collective effort and shared commitment. Our community of staff members, faculty, and students are equipped with information about how to identify, respond and refer a student in distress. Through our messaging, programming, and policies, we model the importance of wellness, self-care, resilience and social responsibility.

ENGAGING WITH OUR COMMUNITY

Community engagement is a key part of who we are as an institution. As our President shares, “McMaster has demonstrated throughout its history that outstanding academic work can be an extraordinary force for the good of human beings, society, and nature; so our task in the future must be to consolidate and deepen that contribution” (Forward with Integrity, 8). At McMaster, we are intentional in our efforts to engage incoming students in on- and off-campus experiential learning opportunities, so that students recognize themselves as active and integral members of our campus and the Hamilton community. In doing such, students will have a greater understanding of their role in contributing to the success and flourishing of our city, and will recognize the richness that the cultural and social diversity of our students bring to our community. It is through intentional and meaningful involvement at the University and within the City that students will experience a deepened sense of connection and feeling of being home.