Welcome Week Strategic Themes

Our commitment to you…

RESPONSIBLE SUBSTANCE USE

All events conducted by McMaster University during Welcome Week are alcohol-free and cannabis-free to promote the safety and well-being of our students. Students who choose to consume substances during Welcome Week are encouraged to drink responsibly and to seek assistance if required. All students should be aware of supports and resources for addressing harmful levels of consumption. Making new friends and socializing is a priority for many students during orientation events, including Welcome Week. In an effort to ensure students are safe, know what to do if you think a peer is in need of assistance and know that there are resources available in case assistance is required.

RESPONDING TO SEXUAL VIOLENCE

McMaster University is committed to taking action to support and respond to forms of sexual violence. McMaster’s commitment includes:

• Providing the highest priority on survivor safety and ensuring that the campus is welcoming, safe and inclusive for everyone.
• Communicating that sexual violence is not - and will not be - tolerated on our campus.
• Engaging all McMaster students, faculty and staff in our efforts to create a University community where we are all actively involved in addressing this important issue.
• Ensuring that all McMaster community members are made aware of University policies and resources for addressing sexual violence or sexual harassment.
• Promoting awareness of sexual violence, including educational programs, that are designed for awareness events that may be targeted because of race, ability/disability, Indigeneity, sexual orientation, non-normative gender identity and gender expression, religion/spirituality, and culturally appropriate supports and services.

SUPPORTING MENTAL WELLNESS & MENTAL HEALTH

Student wellness amongst mental health is a critical foundation for the student success. We are committed to creating a culture of caring and support, so our students are equipped with the skills, tools, and knowledge necessary to identify, respond and refer to mental health in their own lives. Through our messaging, programming, and policies, we model the importance of wellness, self-care, resilience and social responsibility.

COMMUNITY ENGAGEMENT

Community engagement is a key part of who we are as an institution. As written in Forward with Integrity by President Deane, “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 was the case when McMaster students and faculty joined in the commitment to ending violence against women and men because of race, ability/disability, Indigeneity, sexual orientation, non-normative gender identity and gender expression, religion/spirituality, and culturally appropriate supports and services. McMaster has a history of working with community partners and organizations in Hamilton to create a culture of caring and support, so our students are equipped with the skills, tools, and knowledge necessary to identify, respond and refer to mental health in their own lives. Through our messaging, programming, and policies, we model the importance of wellness, self-care, resilience and social responsibility.
Welcome Week
August 24 – 30, 2019
Welcome Week provides you with a fantastic transition to university. It is the culmination of orientation activities designed to help you navigate your first year with confidence. Below are some of the highlights of Welcome Week.

SSC Academic Skills Orientation: Online
July 2 – August 19, 2019
Seven-week online program designed to help you with your first term and upcoming programs. Participants will receive personalized, hands-on experience conducting research and will be introduced to the expectations of university writing. Get personalized feedback to help you grow as a writer.

SSC Academic Skills Orientation: Online
July 31 to August 1, 2019
How are you feeling about your first term? Do you feel stressed about assignments, exams, and how to manage your time? The SSC Academic Skills Orientation is an online interactive program designed to help you integrate the knowledge and skills you will need to be successful at McMaster. Starting Monday, October 7, 2019, the program will feature engaging content and plenty of time to ask questions.

Email: skills@mcmaster.ca
Cost: No cost.

McMaster Outdoor Orientation
McMaster Outdoor Orientation is a four-day, three-night student orientation trip to Camp McEwen in the Arohon and Algonquin Provincial Park. Participants will gain fundamental skills in outdoor activities, learn about the logistics of running a camp and how to conduct a campfire, and be introduced to various environments and ecosystems. The trip is designed for McMaster students new to the outdoors and familiar with outdoor equipment. Both those living in residence and students living off-campus are welcome.

Email: moose@mcmaster.ca
Cost: $234 + HST at full price. Early bird pricing in two spots available. Please register for only one session.

McMaster Common Reading Program
The McMaster Common Reading Program is an opportunity to share a common reading experience with other McMaster students. This year’s book, titled The Next Hello, is a collection of short articles, and personal reflections, and learn about the skills and preparation needed to succeed in university. The book will be shared with a different McMaster Student. Email: skills@mcmaster.ca
Cost: No cost.

Email: studentsuccess@mcmaster.ca

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