

# GSA Welcome Week Q&A

Child Life & Pediatric  
Psychosocial Care

Tuesday,  
September  
1<sup>st</sup>, 2020  
1:00 PM





## Mission

McMaster University's GSA advocates for the needs of the collective, acts as a resource, and provides support and services that improve the graduate student experience.

# What does the GSA do for you?

## The GSA...

- Supplies Health & Dental insurance via Studentcare
- Supplies the HSR Bus Pass
- Runs the Phoenix Bar & Grill on campus
- Runs Welcome Week activities
- Runs academic workshops
- Runs social events & trips
- Provides awards, bursaries, and financial aid
- Oversees grad student clubs
- Communicates with other Graduate Student bodies across Canada
- Advocates for you!
  - Contact [macgsa@mcmaster.ca](mailto:macgsa@mcmaster.ca) for any questions

# Health & Dental Plan

Provided by Studentcare



- Coverage is Sept 1<sup>st</sup>, 2020 to Aug 31<sup>st</sup>, 2021
- Health Plan: \$217.00
- Dental Plan: \$189.88
- If you have Dental coverage by CUPE 3906, your dental fee will be automatically refunded
- If you already have health & dental coverage, you can opt out from Sept 3-30<sup>th</sup>
- Refunds will be deposited in **mid-December**
- Go to <http://studentcare.ca/> or email [macgsa@mcmaster.ca](mailto:macgsa@mcmaster.ca) for further details



# Empower Me – Mental Health

Provided by Studentcare

- Empower Me is a 24/7, 365 day per year, multilingual, culturally sensitive, general inclusive resource that connects you with counsellors, consultants, and life coaches
- As a GSA member, you are entitled to sessions delivered by telephone, video-counselling, or e-counselling
- Check out this website for more details:

The graphic features the text 'NEW' in a blue box above 'EMPOWER ME' in large blue letters. Below this, it says 'Connect with consultants, counsellors, and life coaches 24/7 from anywhere in North America.' in green. At the bottom, it includes 'Powered by Aspiria' and 'Toll-free: 1 844 741-6389'. The background has a green envelope-like shape and a dotted pattern.

**NEW**  
**EMPOWER ME**

Connect with consultants, counsellors,  
and life coaches 24/7 from anywhere  
in North America.

Powered by Aspiria

Toll-free: 1 844 741-6389

# HSR Bus Pass

Provided by Hamilton Street Railway (HSR)

- Unlimited use of Hamilton buses from Sept 2020 to Aug 2021
- Can get using instructions & code on Mosaic
- Cost: \$239.65
- Those outside of HSR service area should contact [macgsa@mcmaster.ca](mailto:macgsa@mcmaster.ca) to find out if they can opt-out



To Employee Self Service



Employee access to Benefits, Payroll, Tax Slips and more

AwardSpring



The new way to apply for aid and awards

My Exam Schedule



Mosaic News



COVID-19 Awareness Training and Provincial Screening Tool  
Environmental & Occupational Health Support Serv. 08/27/2020



Confirm your personal information  
Office of the Registrar 05/12/2020

Enrol Direct Deposit (Student)



Tasks



No current tasks

Copy Timetable to Google



MacID and Email



HSR Bus Pass



Grades



Student Center



Regulatory Training



Health and Safety, AODA, Privacy, and Regulatory training

Career Opportunities



Academic Resources



Advisement Report



Support and Documentation



Connect with SGS

Join McMaster's School of Graduate Studies on social media and stay up-to-date on the latest happenings on campus and in the Greater Hamilton community.



# Phoenix Restaurant

Running since 1969!

- The GSA owns and operates the Phoenix restaurant and bar
- The Phoenix is currently open Tuesday to Saturday
  - Check out [PhoenixMcMaster.com](http://PhoenixMcMaster.com) to learn more!

*The Phoenix*  
**CRAFT HOUSE & GRILL**  
*Est. 1969*

# Upcoming GSA Welcome Week Events...

*\*GSA Welcome Week 2020!\**

- Aug 28<sup>th</sup> to Sept 28<sup>th</sup>: Sciences GSA Scavenger Hunt
- Monday, Sept 7<sup>th</sup>, 4:30-5:30 PM: Yoga Lesson
- Tuesday, Sept 8<sup>th</sup>, 2:00-3:00 PM: GSA Welcome Week Q&A
- Thursday, Sept 10<sup>th</sup>, 10:00-11:00 AM: Online Campus Tour
- Friday, Sept 18<sup>th</sup>, 9:00-11:00 AM: International Grads Games “Night”
- Wednesday, Sept 23<sup>rd</sup>, 1:00-2:00 PM: HSGSF Intro Webinar
- Thursday, Oct 1<sup>st</sup>, 1:30-4:30 PM: Resource Fair & Clubs Fest

Watch out for...

- Trivia Nights
- Welcome Week Videos
- Online Swag Bags

# GSA Academic & Professional Workshops

*Look for these opportunities in our newsletter & social media!*

- Leadership workshop series, with Ms. Cate Hammond
- Data Science workshop series
- Joint workshop collaboration: Waterloo & Western University
  - LaTeX, Mental Health, Student/Supervisor Relationship
- Workshops by Faculty Associations:
  - Engineering Graduate Society:
    - Programming workshops in LaTeX, Python, and MATLAB
  - Health Sciences Graduate Student Federation:
    - Science Communication 6-part workshop series
- ... And more!

# GSA Social Events

*The GSA hosts multiple social events during the year*

- Social events will also not be in-person for Fall 2020
- Online events this semester include:
  - Trivia nights
  - Movie nights
  - Virtual cooking lessons
  - Paint night art packages
- To give us ideas on events you want, join the Social Events & Trips Planning Committee (contact [gsavpext@mcmaster.ca](mailto:gsavpext@mcmaster.ca) to join!)

# Financial Aid & Funding

*The GSA provides awards, bursaries, and financial aid to students*

- The GSA provides many awards for students, including:
  - Therese Quigley Award of Excellence for Graduate Student Leadership in Athletics
  - Mary Keyes Award for Outstanding Leadership and Service to McMaster
  - GSA Keith Leppmann Teaching Assistant Excellence Award
  - GSA Millennium Award for Community Service
  - Travel Awards
    - These can be applied for online conferences
  - Learn more & apply to our awards here:
    - <https://gsa.mcmaster.ca/gsa-funding/funding-overview/>



# GSA Clubs

*The GSA has over 25 clubs & associations that you can join*

- The GSA supports grad student clubs and associations on campus, including...
  - Women In Science & Engineering (WISE)
  - Chinese Graduate Students Club
  - Exercise is Medicine Club
  - McMaster Political Science GSA
  - Health Sciences Graduate Student Federation
    - Association that represents all FHS students (hsgsf@mcmaster.ca)
  - ... and more!
  - Check out this link for the full list: <https://gsa.mcmaster.ca/get-involved/clubs/>

# Advocacy

*The GSA works with various groups to advocate for you*

- The GSA works with...
  - University admin
  - The City of Hamilton
  - CUPE 3906
  - ... & student groups across Canada





Questions?

Thanks for  
listening!



**Shawn Hercules**  
President  
[gsapres@mcmaster.ca](mailto:gsapres@mcmaster.ca)

**Mona Mohamed**  
Administrative  
Assistant  
[macgsa@mcmaster.ca](mailto:macgsa@mcmaster.ca)