

Welcome Month Q&A

Graduate Student Association
(GSA) – a non-for-profit organization
at McMaster University

Wednesday,
September
8th, 2021

2:00 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.

Who is the GSA?

Founded in 1970 by graduate students



- We are a non-for-profit organization on campus that represents graduate students at McMaster University
- A common misconception: We are not part of University administration, instead we are a group of elected students and employees that work on behalf of graduate students
- The GSA Executives are graduate students that are elected each year in March
- There are two staff that keep the GSA running with consistency every year
- We run the Phoenix Bar & Grill house on campus – this is the local spot for graduate students to hang out!
- Please see our new website for more details about who is part of our team: <https://gsa.mcmaster.ca/our-people/current-people/>

This is us!



Caroline Seiler,
GSA President
PhD Candidate (Medical Science)



Spencer Naylor,
GSA VP Administration
PhD Candidate (Political
Sciences)



Shuwen Qian,
GSA VP Internal
PhD Candidate (Biochemistry)

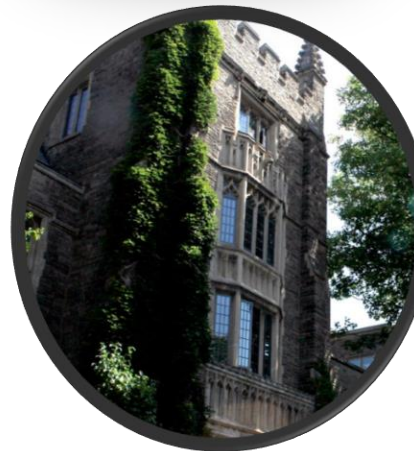


Wei Zhao,
GSA VP Services
PhD Candidate (Computer Science)



Sarah Elshahat,
GSA VP External
PhD Student (Anthropology)

Please see our
[new website](#) for
our contact
information!



Mona Mohammed
Admin. Assistant
(Staff)



Ashley Ravenscroft
Director of Operations
(Staff)

What does the GSA do for you?

Located in the Rathskeller Building

- 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 for any questions

Health & Dental Plan

Provided by Studentcare



- Coverage is Sept 1st, 2021 to Aug 31st, 2022
- Health Plan: \$217.00
- Dental Plan: \$199.47
- 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 3-30th
- Refunds will be deposited in **mid-December**
- Go to <http://studentcare.ca/> or email macgsa@mcmaster.ca for further details



Empower Me – Mental Health

Provided by Studentcare

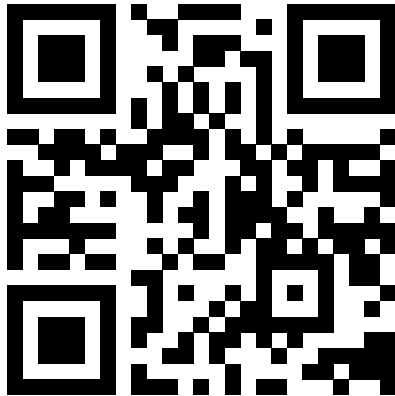
- Empower Me is a 24/7, 365 day per year, multilingual, culturally sensitive, general inclusive resource that connects you with counsellors, consultants, and life coaches
- As a GSA member, you are entitled to sessions delivered by telephone, video-counselling, or e-counselling
- Check out this website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



Dialogue – Virtual Healthcare

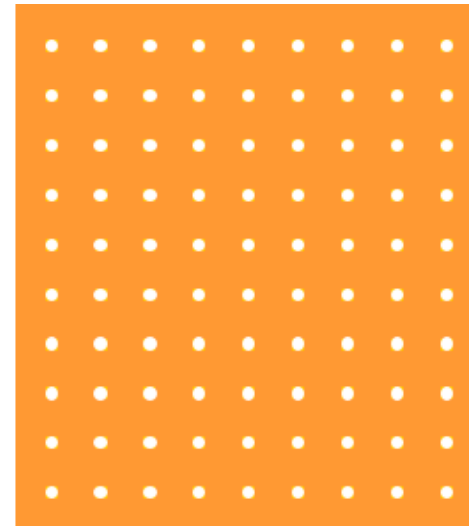
Provided by Studentcare

- Dialogue is a telemedicine platform that provides fast 24/7 unlimited health-care access to licensed professionals, including physicians, nurses, and care coordinators who assist with complete navigation of the health care system.
- As a GSA member, you are entitled to sessions through the app, including video-counselling, or e-counselling
- Check out this website for more details: <https://www.dialogue.co/en/>
- There will be a vote later this year to choose whether to keep this!



DIALOGUE

VIRTUAL HEALTH-CARE
PLATFORM



HSR Bus Pass

Provided by Hamilton Street Railway (HSR)

- Unlimited use of Hamilton buses from Sept 2021 to Aug 2022
- Can get using instructions & code on Mosaic (use old website)
- Cost: \$288.55
- Those outside of HSR service area should contact 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.

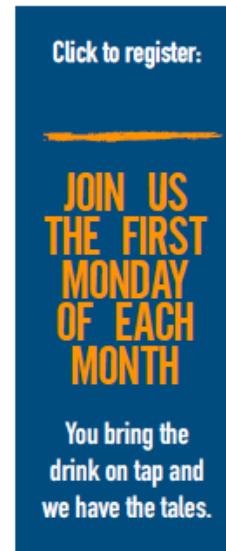


Phoenix Restaurant

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 to learn more!
 - Join us for Trivia and Taps & Tales (also VIRTUAL!)

The Phoenix
CRAFT HOUSE & GRILL
Est. 1969



Phoenix Restaurant

Running since 1969!

- Largest patio in the city of Hamilton!
- FREE pitcher for successful thesis defendees!
 - Be sure to sign their book to leave your Phoenix Legacy!

The Phoenix
CRAFT HOUSE & GRILL
Est. 1969



Upcoming GSA Welcome Week Events...

GSA Welcome Week 2021!

- Aug 28th to Sept 28th: Sciences GSA Scavenger Hunt
- Wednesday, Sept 8th, 2:00-3:00 PM, GSA Welcome Presentation & Q&A Session
- Wednesday-Friday, Sept 8-10th, GSA Grad Essentials Workshops
- Friday, Sept 10th, 4:00-5:30 PM, In-person Campus Tour
- Tuesday, Sept 14th, 6:00-7:00 PM, Trivia Night
- Wednesday, Sept 15th, 2:00-5:00 PM, Phoenix BBQ
- Thursday, Sept 16th, 5:00-6:00 PM, GSA Welcome Yoga Session
- Monday, Sept 27th, 1:00-4:00 PM: GSA Resource Fair & Club Fest

Watch out for...

- 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 Walker Hammond

Watch out for...

- Mental Health, Student/Supervisor Relationship, Financial check-up
- 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/Programs

The GSA hosts multiple social events during the year

- Limited events/programs will also be in-person for Fall 2021
- Online events/initiatives this semester include:
 - McMaster Fun & Comfy Zone
 - Multi-cultural event
 - Grad Café sessions
- In-person events/programs this semester include:
 - Trivia nights
 - Gardening for Wellness Program
- To give us ideas on events you want, join the Social Events & Trips Planning Committee (contact 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
 - Tuition-relief for students delayed by COVID-related shutdowns (in development).
 - 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
 - ... and more!
 - Check out this link for the full list and contact information to join: <https://gsa.mcmaster.ca/get-involved/clubs/>

Advocacy

The GSA represents you when meeting with various organizations!

- The GSA works with...
 - University Administration
 - Hamilton Service Railway (Bus Pass)
 - CUPE 3906 (TA & RA Union)
 - Student associations across Canada (via ThinkGrad)

Connect with us to share your ideas to make student life better for you on campus,

- *Questions about current services?*
- *Suggestions for changing current services?*
- *Other organizations you want services from?*





Questions?

Thanks for
listening!



Mona Mohamed
Administrative
Assistant
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