

**M C M A S T E R**

**SOCIAL SCIENCES  
SOCIETY**

**SURVIVAL GUIDE**

**FIRST YEAR**

**2022/2023**





# TABLE OF CONTENTS

<b>1</b>	A LETTER FROM THE SOCIETY
<b>2</b>	WHAT IS THE MCMASTER SOCIAL SCIENCES SOCIETY?
<b>3-9</b>	OUR TEAM
<b>10</b>	SOCIAL CARD
<b>11</b>	STUDENT REPRESENTATIVE ASSEMBLY
<b>12</b>	CAREER EXPERIENTIAL EDUCATION
<b>13</b>	FINDING SUPPORT & TAKING CARE
<b>14 -15</b>	THE FACULTY OF SOCIAL SCIENCES: THE ESSENTIALS
<b>16-20</b>	PROGRAM SPECIFIC SOCIETIES



# **A LETTER FROM THE SOCIETY**

## **WELCOME TO THE SOCIAL SCIENCES!**

We would like to take this time to recognize that although we are not all currently congregated at McMaster, the University currently sits on the traditional Territories of the Mississauga and Haudenosaunee Nations, and within the lands protected by the “Dish With One Spoon” wampum agreement. We urge you to research the land that you currently reside on and be mindful of the history of the land.

The MSSS has crafted this survival guide to help you navigate the beginning of your postsecondary career at Mac! We hope to provide you with a “one-stop shop” of all the information you’ll need to get through your years at Mac as an undergraduate SocSci student. We acknowledge that being an undergraduate student is stressful, so we are sincerely hoping this guide will make things a tad bit easier on you as you continue to accomplish great things. We made this guide to help you be as successful as possible!

The MSSS wishes you the best as you continue your journey as an undergraduate at Mac!





# WHAT IS THE MCMMASTER SOCIAL SCIENCES SOCIETY (MSSS)?



## OUR HISTORY

The McMaster Social Sciences Society was established by a group of committed and responsible individuals in 1986 with the main goal of improving the experience of undergraduate Social Sciences students at McMaster University. This objective has been accomplished throughout the years by different means, ranging from social and academic events to recreational and cultural activities.

## TODAY

Since 1988, the MSSS has continued to grow and expand its original vision creating the opportunity for Social Sciences students the participate in various social academic events while striving to foster an environment that promotes our guiding principles of unity, acceptance and collaboration.



# CORE EXECUTIVES



**Tuqa Al-Rammahi**  
President

Email: [president@themsss.com](mailto:president@themsss.com)  
Program: Political Sciences , specializing in  
Public Law and Judicial Studies IV



**Tracy Lee**  
VP Administration

Email: [vpadmin@themsss.com](mailto:vpadmin@themsss.com)  
Program: Psychology, Neuroscience, and  
Behaviour IV



**Navi Abbas**  
VP Programming

Email: [vpprogramming@themsss.com](mailto:vpprogramming@themsss.com)  
Program: Political Sciences , specializing in  
Public Law and Judicial Studies IV



**Myra Mansoor**  
VP External

Email: [vpexternal@themsss.com](mailto:vpexternal@themsss.com)  
Program: Political Sciences, specializing in  
Global Citizenship IV



**Alison Rogers**  
VP Academic

Email: [vpacademic@themsss.com](mailto:vpacademic@themsss.com)  
Program: Social Psychology IV



**Wadana Abbas**  
VP Finance

Email: [vpfinance@themsss.com](mailto:vpfinance@themsss.com)  
Program: Political Sciences , specializing in  
Public Law and Judicial Studies IV



# PERIPHERAL TEAM

## FORMAL CHAIRS



**Jenna Hirji**  
Formal Chair

Email: [formal@themsss.com](mailto:formal@themsss.com)  
Program: Honours Political  
Science IV, specializing in Global  
Citizenship



**Bushra Helbah**  
Formal Chair

Email: [formal@themsss.com](mailto:formal@themsss.com)  
Program: Political Science IV,  
specializing in Law and Judicial  
Studies

## FORMAL COMMITTEE



**Brooke Emily Collier**

Email: [formal@themsss.com](mailto:formal@themsss.com)  
Program: Social Psychology IV



**Kristen Green**

Email:  
[formal@themsss.com](mailto:formal@themsss.com)  
Program: Human Behaviour  
IV, minoring in Mental  
Health, Addiction, and  
Society



**Chloe Frias**

Email: [formal@themsss.com](mailto:formal@themsss.com)  
Program: Honours Health and  
Society IV, minoring in Business



**Kayleigh Frias**

Email: [formal@themsss.com](mailto:formal@themsss.com)  
Program: Honours Health and  
Society IV, minoring in  
Psychology

M  
E  
E  
T  
  
O  
U  
R  
  
T  
E  
A  
M



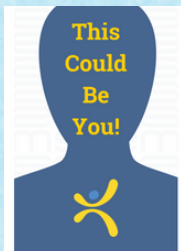
# PERIPHERAL TEAM



## **Rebecca Cecim**

**Internal Assistant**

Email: [internalassistant@themsss.com](mailto:internalassistant@themsss.com)  
 Program: Health and Society IV, specializing  
 in mental health and addictions



## **This Could Be You!**

**Media & Design Coordinator**

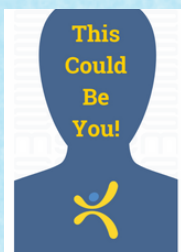
Email: [mediadesign@themsss.com](mailto:mediadesign@themsss.com)



## **Anna Wienburg**

**Photography Coordinator**

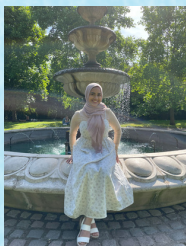
Email:  
 Program: Social Psychology II



## **This Could Be You!**

**Society Admin**

Email: [societyadmin@themsss.com](mailto:societyadmin@themsss.com)



## **Rabbab Akhtar**

**Outreach Coordinator**

Email: [outreach@themsss.com](mailto:outreach@themsss.com)  
 Program: Political Science IV, specializing in  
 Public Law and Judicial Studies, with a minor  
 in Sociology



# PERIPHERAL TEAM



**Zuzanna Wolos**  
Sponsorship Coordinator

Email: [sponsorship@themsss.com](mailto:sponsorship@themsss.com)  
Program: Political ScienceIV, specializing in Global Citizenship



**Al-Ain Yvannah Marie L. Dalisay**  
Wellness Liaison

Email: [wellness@themsss.com](mailto:wellness@themsss.com)  
Program: Social Psychology IV, minoring in Mental Health andAddictions, and Community Engagement



**Simran Lazardo**  
Wellness Liaison

Email: [wellness@themsss.com](mailto:wellness@themsss.com)  
Program: Human Behaviour III, minoring in Mental Health, Addiction, and Society



**This Could Be You!**  
Chief Returning Officer

Email: [elections@themsss.com](mailto:elections@themsss.com)



**This Could Be You!**  
Diversity Officer

Email: [diversity@themsss.com](mailto:diversity@themsss.com)



# PERIPHERAL TEAM

## STUDENT REPRESENTATIVES



### Adrian Mesly

Email: [studentreps@themsss.com](mailto:studentreps@themsss.com)  
Program: Political Science, specializing in Public Law and Judicial Studies



### Helen Kottaras

Email: [studentreps@themsss.com](mailto:studentreps@themsss.com)  
Program: Political Science, specializing in Public Law and Judicial Studies



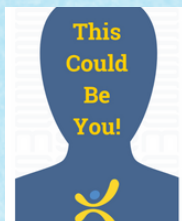
### Molly Bautista

Email: [studentreps@themsss.com](mailto:studentreps@themsss.com)  
Program: Human Behaviour III, specializing in Mental Health, Addictions, and Society



### Haniya Rahman

Email: [studentreps@themsss.com](mailto:studentreps@themsss.com)  
Program: Social Psychology II



### First Year Representative

THIS COULD BE YOU :)

## WHERE TO FIND THE MSSS



[/mcmasterssocialsciencessociety](https://www.facebook.com/mcmasterssocialsciencessociety)



[society@themsss.com](mailto:society@themsss.com)



<http://themsss.com>



LR WILSON ROOM 1001



[@macsocsci](https://www.instagram.com/macsocsci)



# WELCOME WEEK REPRESENTATIVES

## BLU CRU

Social Sciences reps work hard to maintain spirit and cohesion amongst Social Sciences students through the promotion and facilitation of Welcome Week events and all other McMaster Social Sciences Society events throughout the academic year. Blu Cru representatives work to foster a positive environment in hopes to make Social Sciences students feel included, comfortable, seen, & heard!

**PLANNERS – [WWPLANNERS@THEMSSS.COM](mailto:WWPLANNERS@THEMSSS.COM)**



### Olivia Partridge

Program: Honours SocialWork IV with a minor in Social Justice and Inclusive Communities



### Dakota Schleichkorn

Program: Honours Human behaviour IV with a specialization in Autism and Behavioural Science



### Spencer Metcalfe

Program: Honours Psychology, Neuroscience, and Behaviour III, specializing in mental health



# CONTACT



[wwplanners@themsss.com](mailto:wwplanners@themsss.com)



# SOCIAL SCIENCE PERKS

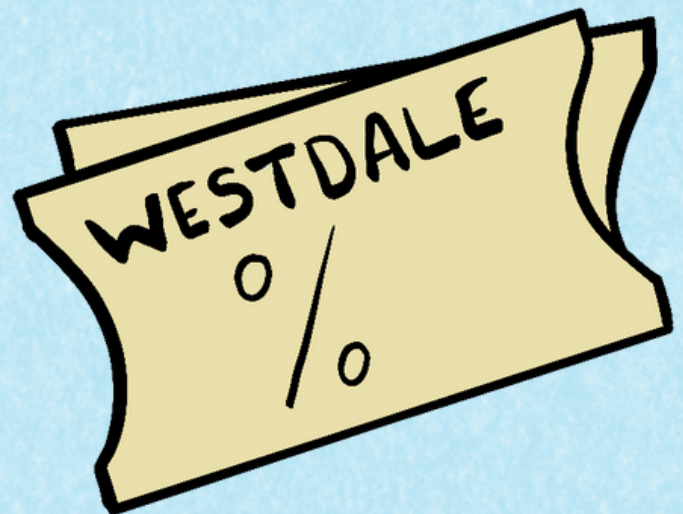
## SOCIAL CARD

The social card is a discount card offered to all Social Science students to get deals within the Hamilton community! Keep your eye out for these social cards on our media pages or email [vpexternal@themsss.com](mailto:vpexternal@themsss.com) with any questions.



Thank you to our sponsors!

- The Westdale (Theatre)
- Grain and Grit Beer
- Royal Ontario Museum
- Westdale Cupcakes
- Allure Fitness
- Boston Pizza
- Dundas Yoga
- Erra Fashion Co.
- Cause and Effect Bar
- Chocolate Tales





# STUDENT REPRESENTATIVE ASSEMBLY (SRA)

**HAVE ANY QUESTIONS ABOUT MSU SERVICES? SRAS  
ARE THE PERFECT PEOPLE TO ASK!**

The SRA is the governing council of the MSU responsible for creating policy, overseeing the operations of the organizations, and serving as a representative from social sciences within the discussion. SRA meetings are open for all to participate in and are live-streamed.

This years SRA Representatives:

- Isaac Burton
- Mannat Mannat
- Zimo Wang



[srassci@msu.mcmaster.ca](mailto:srassci@msu.mcmaster.ca)



[/SRA Social Sciences](#)



[@SRASocSci](#)



# CAREER & EXPERIENTIAL EDUCATION (EE)



## GAIN THE EXPERIENCE TO GET THE JOB YOU WANT

In the Faculty of Social Sciences, the Careers & EE staff team can help you combine your academics with hands-on experience in the workplace, the community and the classroom, to ensure you get the most out of your Social Sciences education.

Not sure which career options you can pursue with your degree? Already have a career in mind but aren't sure how to get there? Need help with your resume or cover letter? Interested in paid internships? You can meet with Careers & EE staff to help with all of this and more.

We're located in the Associate Dean's office with the Academic Advising team. If you'd like to speak with us, just request a meeting through the Appointments tab on our website.

For more information about Careers & EE visit our website, follow us on social media or email us with specific questions.



[exp.ed@mcmaster.ca](mailto:exp.ed@mcmaster.ca)



[experiential-ed.mcmaster.ca](http://experiential-ed.mcmaster.ca)



[@McMasterEE](https://twitter.com/McMasterEE)



[/McMasterEE](https://www.facebook.com/McMasterEE)



# FINDING SUPPORT & TAKING CARE



THERE ARE SO MANY ON AND OFF CAMPUS RESOURCES,  
BOTH PEER AND PROFESSIONAL SUPPORT

## **STUDENT WELLNESS CENTER (SWC)**

The Student Wellness Centre is the place on campus to address your wellness needs. They provide a range of counselling options, medical services, and wellness programs so that you can get the most out of your McMaster experience, academically and personally!

905-525-9140 ext 27700  
<https://wellness.mcmaster.ca/>



## **WOMEN & GENDER EQUITY NETWORK (WGEN)**

The MSU Women & Gender Equity Network (WGEN) is a peer support driven service that caters to women, trans folk, people who identify outside the gender binary, gender non-conforming folk and all survivors of sexual and gender-based violence from all gender identities. Volunteers and executives are trained to provide peer support. Walk-in support, support groups, and individual support are all available.

<https://msumcmaster.ca/service/wgen/>



## **STUDENT HEALTH EDUCATION (SHEC)**

If you need someone to talk to or information on issues such as substance abuse, relationships, stress and so much more, trained members of SHEC are here.

<https://msumcmaster.ca/service/shec/>



## **PRIDE COMMUNITY CENTER (PCC)**

The PCC is happy to offer a Peer Support Warm-line (for non-crisis support) offered via tawk.to. You can reach out to chat with one of our volunteers Monday-Friday from 12-3pm and 6-9pm. You can also schedule peer support appointments.

<https://msumcmaster.ca/service/pcc/>



peer support services



# THE FACULTY OF SOCIAL SCIENCES

## THE ESSENTIALS

### C O N T A C T S

#### DEAN

Jeremiah Hurley  
Ext. 26156  
deansoc@mcmaster.ca

#### ASSOCIATE DEANS

Tracy Prowse  
Academic, Associate Dean  
Ext. 26077  
adeansoc@mcmaster.ca

#### ACADEMIC ADVISING

Use your McMaster email to book a  
virtual appointment  
[https://socialsciences.mcmaster.ca  
/current-students](https://socialsciences.mcmaster.ca/current-students)

Lynn Giordano  
Social Sciences, Assistant Dean  
Ext. 24605  
giordano@mcmaster.ca

### G R A D I N G   S C H E M E

<b>A+</b>	<b>12</b>	<b>90-100%</b>
<b>A</b>	<b>11</b>	<b>85-89%</b>
<b>A-</b>	<b>10</b>	<b>80-84%</b>
<b>B+</b>	<b>9</b>	<b>77-79%</b>
<b>B</b>	<b>8</b>	<b>73-76%</b>
<b>B-</b>	<b>7</b>	<b>70-72%</b>

<b>C+</b>	<b>6</b>	<b>67-69%</b>
<b>C</b>	<b>5</b>	<b>63-66%</b>
<b>C-</b>	<b>4</b>	<b>60-62%</b>
<b>D+</b>	<b>3</b>	<b>57-59%</b>
<b>D</b>	<b>2</b>	<b>53-56%</b>
<b>D-</b>	<b>1</b>	<b>50-52%</b>
<b>F</b>	<b>0</b>	<b>0-49%</b>



# ACADEMIC CALENDAR

## THE ESSENTIALS



### 2021 FALL TERM (62 DAYS)

<b>Classes begin</b>	<b>Tuesday, September 6</b>
<b>Last day for adding/dropping courses</b>	<b>Wednesday, September 14</b>
<b>Mid-term recess</b>	<b>Monday, October 10 to Sunday, October 16</b>
<b>Last day to withdraw without failure by default</b>	<b>Friday, November 11</b>
<b>Test and Examination Restriction</b>	<b>Fri, December 2 to Thurs, December 8</b>
<b>Classes end</b>	<b>Thursday, December 8</b>
<b>Final Examinations</b>	<b>Fri, December 9 to Thurs, December 22</b>
<b>Deferred examinations</b>	<b>Tues, February 21 to Friday, February 24</b>

### 2022 WINTER TERM (62 DAYS)

<b>Classes begin</b>	<b>Monday, January 9</b>
<b>Last day for adding/dropping courses</b>	<b>Tuesday, January 19</b>
<b>Mid-term recess</b>	<b>Monday, February 20 to Sun, February 26</b>
<b>Last day to withdraw without failure by default</b>	<b>Friday, March 17</b>
<b>Test and Examination Restriction</b>	<b>Thurs, April 6 to Thurs, April 13</b>
<b>Good Friday Break</b>	
<b>Classes End</b>	<b>Wednesday, April 12</b>
<b>Final Examinations</b>	<b>Fri, April 14 to Sat, April 29</b>
<b>Deferred Examinations</b>	<b>Monday, June 19 to Thurs, June 22</b>

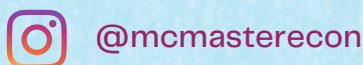


# PROGRAM SPECIFIC SOCIETIES

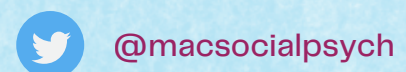
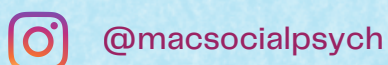
## EACH PROGRAM HAS A SOCIETY WITHIN THE MSSS



The **McMaster Economics Society** aims at encouraging students from all faculties to network, reach out, and learn to enhance their skills. We organize events to connect you to professionals in the field to fulfill your academic and career aspirations. We hope that you would make great memories with us during your student life.



The **Social Psychology Society** is a student-run society focused on providing opportunities that are both social and academic for students in the social psychology program as well as other social science programs. We aim to bring together this unique program and ensure all students have ample opportunities to connect with their peers, and faculty and build skills necessary for a successful career in any field. The Society is run by a group of students of all levels in the Social Psychology program. Past events of ours include: Meet the Prof, Social Study Nights, Movie Nights and Resume/CV Workshops







@macanthro



/macanthro



mas@themsss.com

The **McMaster Anthropology Society** is dedicated to promoting engagement within the field of anthropology and facilitating community between like-minded students. The MAS aims to promote learning and growth in the field, as well as experiential workshops and events to facilitate higher learning. The MAS brings anthropology to students outside of the classroom.

The **Psychology, Neuroscience & Behaviour Society (PNB Society)** aims to provide social and academic events, activities, academic support, and leadership opportunities to students in the Department of PNB, and the specialties within and related to it. The society offers numerous ways in which students can get involved through our second-year ambassador program, the peer mentoring service, and a multitude of social and academic events. The society's events facilitate both social and academic growth through faculty and peer interactions that allow for long-lasting connections and academic opportunities. These connections create a tight-knit and inclusive cohort, connecting all specializations under the PNB department, and fostering a close community across all program levels where students can thrive.



@macpnbsociety



pnbsociety@gmail.com



www.pnbsociety.com



<https://linktr.ee/pnbsociety>



/McMaster Psychology,  
Neuroscience & Behaviour  
Society





## The **Labour Studies Student Association**

is a welcoming and inclusive club for all McMaster students. Our goals are to connect McMaster Students, specifically those within labour studies, to realistic work initiatives to best prepare them for the labour market. Being part of our association provides you with connections with Work and Labour studies professors, students and Alumni. You can find us at @mcmasterlssa on Instagram and Facebook!



@McMasterLSS



/MacLSSA



Labour Studies Student  
Association  
(McMaster University)



/MacPSSA



@thempssa

## The **McMaster Political Science Student's**

**Association** is to represent and provide services and events to Political Science students throughout the academic year. We aim to enhance their undergraduate experience within the program by providing advice, panels, resources and community to undergraduate Political Science students. Connect with us on Instagram and Tik Tok @thempssa.

The **Social Work Students Collective** is a student-run group of social work students from the McMaster School of Social Work! We have events every year for students to meet each other, network, and build connections in the social work community. Follow us on our socials to keep up to date on School of Social Work news, events, opportunities and other important updates!



@macswsc



/mcmasterswsc



## Health, Aging, & Society Student Association



**HASSA**  
The Health, Aging & Society  
Student Association



@mcmaster.hassa



/HASSA – Health, Aging &  
Society Student Association



hassa@themsss.com

HASSA is a student-run organization dedicated to promoting the study of Health, Aging, and Society. Representing McMaster students through academic, social, recreational, and cultural activities, we wish to provide opportunities for HAS students that will shift learning from the classroom to the community.

## The Cooperative of Indigenous Students, Studies & Alumni (CISSA)



@cissaatmac



/CISSAatMac



cissaatmac@gmail.com



## Society, Culture & Religion Association



@mac\_scars



/SCaRScholars



mac\_scars@themsss.com



@mac\_scars





@mac.seessa



mcmaster.seessa@gmail.com

The **School of Earth, Environment & Society Student Association** (SEESSA – formally GESS) is committed to bringing together students of all years in the School of Earth, Environment & Society (SEES – formally SGES). SEESSA is associated with both the faculties of Science and Social Science with the goal of addressing the diverse interests of students. Our aim is to create and host a variety of networking, academic, and social events to allow students to participate and get involved more closely with their associated department and fellow students.

## McMaster Sociology Society



@macsociology







**THE MSSS  
WISHES  
YOU AN  
AMAZING  
FIRST YEAR!  
WELCOME  
TO MAC**