



WRITTEN
FOR STUDENTS
BY STUDENTS



TABLE OF CONTENTS

Dear Future Gaiters	5
Speaking Gaiter	6
But... what does it mean to be a Gaiter?.....	9
20 Things I Wish I Knew in My First Year	10
Letter to My High School Self	11
Welcome to Our Residences	12
Bishop's Living Learning Communities	14
Let Me Tell You Why Bishop's Is the Best Place for International Students	15
First-Year FAQs	16
Putting the 'Work' in 'Work-Life Balance'	17
20 Must-Have Items at BU	18
Make Your Purple Mark	20
Your One Stop Shop : Dewhurst Dining Hall	21
Get to Know Your Departments	24
Sexual Aggression Policy	26
Cannabis and Campus	27
20 Must-Attend Events	28
Nothing but the BEST: Experiential Learning at Bishop's	30
Pardon My French	31
Some Clubs to Join	32
Make it Happen	34
Purple Runs in the Family - Life After Bishop's	35
TOP 20 Sherbrooke and Lennoxville Area Must-Sees	36
A Parent's Perspective	38
Raise A Toast: Our School Song	40
Next Steps and Deadlines	42

COLLABORATORS

Photographers:

Junru Bian
Jacob Gerlofs
Mike Peleshok
Krystel V. Morin
SRC Staff Photographers

Graphic Designer:

Karine Sirois

Staff Advisor:

Dan Seneker

Contributors:

Isabelle Audet
Reena Atanasiadis
Rebecca Benyk
Isabelle Blanusa
Sydney Brennen
Mackenzie Clark
Duncan Crabtree
Victoria de Morel
Dr. Valerio Faraoni
Georges-Philippe
Gadoury-Sansfaçon
Dr. Cheryl Gosselin
Kimberley Grobbecker
Dr. Corinne Haigh
Marilyn Hardy
Brianna Henshaw
Dr. Kerry Hull
Lauren Hutchings
Isabella Janušonis
Alexis Lamontagne
Georgina Lamontagne
Frédérique Larouche
Julie Leboeuf
Gillian Maclean
Dr. Shawn Malley
Joelle Ménard
Dr. Adrianna Mendrek
Dominique Pelletier
Dr. George Rideout
Dr. Maxime Trempe
Mara Winn

Thank you to the SRC for their collaboration on this student project.



$$\delta(q_1, 0) = q_1$$
$$\delta(q_2, 0) = q_2$$

51

Dear Future Gaiters!



Marilyn Hardy

Hometown: Saint-Gérard-des-Laurentides, Quebec

Program: Business

Favourite Thing About Bishop's: You are accepted for who you are.

Fun Fact: I don't know how to use doors properly, I am constantly walking into them and don't understand why.

My name is Mar, and I am the President of the Bishop's University Students' Representative Council (SRC). I have been on the SRC for four years now and it has been a magical experience for me to get to represent the students of the world's greatest hidden treasure. We the SRC work to ensure that students' needs are met, and their experiences constantly improve within every department of the university.

My first two weeks being on campus absolutely blew my mind. Little did I know, that this feeling would be but one experience that would unfold a limitless set of opportunities. I write this looking back and realize how lucky you are – you are going to experience this magical place for the first time and that is a gift of a lifetime. Within a few weeks I knew I could give back and since then, for three years now, I have welcomed the incoming classes during orientation week. To stand on the O-week stage and feel the love, passion and energy radiate from a group who have been here for but a few days, is something no movie has or ever will capture.

I am immensely thankful to be this year's SRC president, to collaborate with alumni, administration, staff and (my personal favorite) the students, to host events, create services and tackle committee work. All of us on and off campus are united with a single goal: improving your student experience to ensure it is the best it can be. "The Bishop's Experience" is something I have yet to fully comprehend because it's really a puzzle and the pieces are created by the uniqueness of individual experiences characterized and fueled by a culture of purple love. This dates back to 1843 and has had 177 years worth of puzzle pieces to build upon. Bishop's is like no other, from club life to residence life, speaker series, to the friends you watch TV series with. But here's a spoiler and one thing I know for sure: the people at Bishop's are the most important pieces of this puzzle. They are your support system and will carry you through your time here.

Now it's your turn, to experience and contribute to the "Hogwarts" like many before you have. We are here, waiting impatiently for you, planning for your arrival and come hell or high water (there's actually a decent chance of high water – Bishop's is at the confluence of two rivers after all), we are here, with open arms and purple face paint and glitter, waiting to welcome you. Although we may never meet (I am graduating this semester!), know that I have so much love for you, and like alumni all over the world, I will always be there for a fellow Gaiter.

With a very full heart and lots of love, welcome home!

SPEAKING GAITER:

A Brief Intro to the Wide
World of Bishop's Slang

The Quad

The Quad is the heart of the BU campus, framed by McGreer, Johnson, the Library Learning Commons, Banded, and NoPo (Norton/Pollack). Your first introduction to the Quad is during Orientation Week, where many events (sign-up, Gaiter Gardens, concerts, etc.) will take place, usually under a large tent. It's next to impossible to walk through the Quad without seeing someone you know, which can be both good and bad.

Bleed Purple

A phrase used to explain the full impact of our school spirit and Gaiter pride. Purple, one of the school's official colours (along with silver), is so important to our identity that it becomes part of who we are. It's not just a colour, it's a lifestyle. #BleedPurple

The Arches

The arches are the location at the front entrance of the university formed by the indoor connections between the Johnson and McGreer buildings, and giving entrance to the Quad. "The Arches" is commonly confused with the arches of the Bishop's Bridge, which links Lennoxville to the Bishop's campus over the Massawippi River.

The Massawippi

Ah, the Mighty Massawippi river, the lifeblood of Bishop's University. Whether it's glistening in the low morning sun, or flooding the streets of Lennoxville, the legend remains that the word "Massawippi" is from the ancient Gaiter root word for "home."

BWH (Bishop Williams Hall)

This is the largest classroom on the BU campus, and arguably the most picturesque, due to its high ceilings and stained-glass windows. Don't be fooled, though. Although this is the largest classroom on campus, a "large" class at BU is still only 130 students, the average is less than 40 in first year!

The Plex

Renovated in 2015, the brand spankin' new John H. Price Sports and Recreation Centre, located right behind Kuehner residence and beside Coulter Field, known as the Plex contains workout facilities, a combatives room, a dance studio, a pool, gymnasiums, a skating rink, and so much more. And, it's all included in your student fees.

Students' Representative Council (SRC)

The SRC is a non-profit student-run government to which all students automatically belong. It's your voice in terms of student-related issues. The SRC also represents BU students at provincial and national levels. As a first-year student, your first interaction with the SRC will be Orientation Week, which they plan every summer!

Bogmate

A "bog" is British slang for toilet or washroom, a "bog-mate" is someone who you share a bathroom with in the "bog" style residences (Abbott, Kuehner, and Munster). There are typically two people in this living situation, and often function similarly to roommates.

The Principal

Most universities have a president, but Bishop's is one of only three Canadian universities that still use this British title for the head of the university. Our current Principal is Mr. Michael Goldbloom, and you'll meet him at least once during your first week at Bishop's, as you serenaded him with the school song.





Raise a Toast

Opening lines to the adopted school song repeated everywhere from T-shirts to e-mail signatures. Unofficial slogan of the university, a common greeting, and the easiest way to say "Bishop's" without actually saying "Bishop's."

Dewies

Dewies, or more formally, "Dewhurst Dining Hall," is the hub of life on campus. Whether it's chatting with new friends over a late-night poutine, getting experimental at the stir-fry station, or downing a coffee and cramming for that midterm, Dewies will get you through life on campus. Also a place of nostalgia for the majority of upper-year students.

Winterfest

Winterfest occurs in mid-January to welcome all Gaiters back to BU, in true Canadian style. The weekend includes concerts at the Gait, "Jay Day" (a day of skiing at local mountain, Jay Peak), and a day of winter festivities on campus and around Lennoxville - with street hockey in the Quad, community sleigh-rides, poutine eating contests, and the famous BU Rail Jam (ski and snowboard trick competition).

Doolittle's

Study snacks? Covered. Residence essentials? Covered. Purple clothing? Covered. 10% off bus tickets to Montreal? Covered. Doolittle's is the student-run, on-campus convenience store in the SRC hallway of the Student Centre. All profits go right back into funding student events and initiatives.

Gaiters

One of the main questions you'll face as a Bishop's student is "Isn't it spelled GATORS?" Your answer should be "I know how to spell alligator, thank you very much," followed by an explanation that we are all named after boot coverings traditionally worn by Bishops of the Anglican Church who founded the school in 1843. But yes, we still have a giant purple alligator mascot.

LLC (Library Learning Commons)

The newly renovated Bishop's Bassett Memorial Library, now known as the Library Learning Commons is where you will be spending the majority of your time. Whether you choose to book a study room, sit on the steps of the Agora or relax on a couch or bean bag chair, the open concept library has everything you need. Don't forget to stop by the Library Cafe for all your late night cravings.

The Lights

"Meet at the lights?" is probably a phrase you will hear frequently and even come to utter yourself. "The Lights" are literally the only traffic lights in Lennoxville, at the intersection of Queen and College Streets. It is marked by popular sites such as The Lion pub (Le Lion D'Or), The Lennoxville Library, Subway, and one of Lennoxville's many churches.

The Gait

Like Doolittle's, The Gait is student-run, with all of the profits going right back to you. The Gait is the on-campus pub, open for Quiet-Night Tuesdays, Happy-Hour Thursdays, and Gait Night Saturdays, as well as academic wine and cheeses, speakers and other special events.

EWP (English Writing Proficiency)

An exam written by all students during their time at Bishop's that evaluates English writing skills. It is also a graduation requirement. Your first crack at the test is during Orientation Week. The Writing Centre will go over your test with you and help you identify any issues and mistakes if you need to take it again.

Homecoming

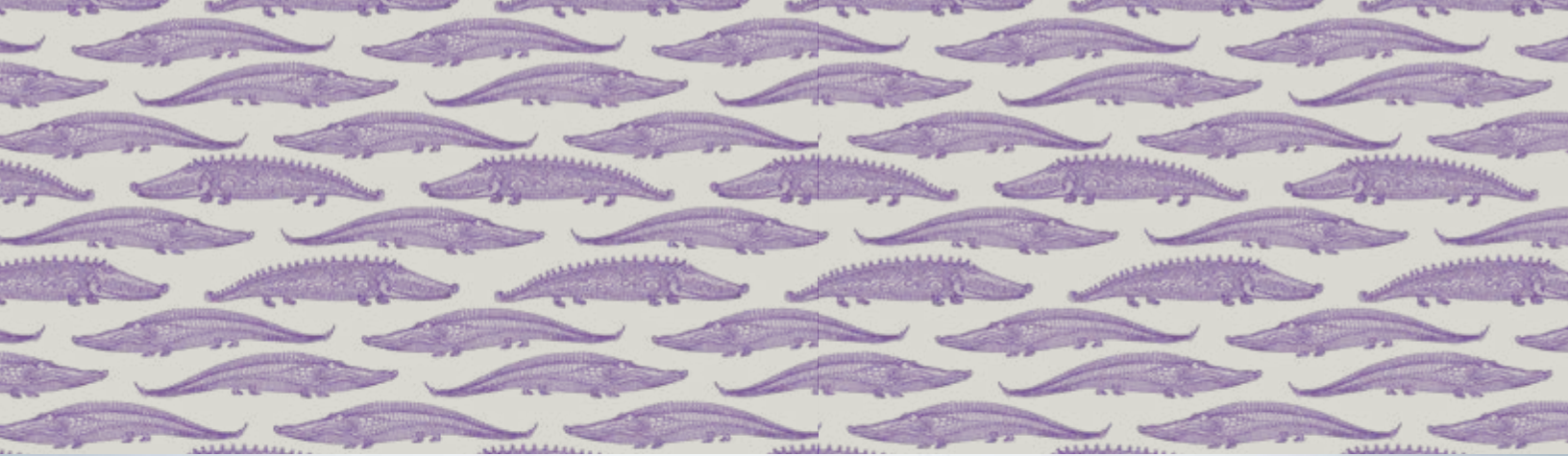
Homecoming or HoCo, is probably a word you have heard before, but may not know what it means. Homecoming occurs over a weekend early in the school year and centres around sporting events and the bringing-together of Gaiters past and present to celebrate all things Bishop's. Expect to see the campus in its full glory with an ongoing schedule of events for all. Wearing as much purple as possible is a must!

The Student Centre

The Student Centre (currently undergoing major renovations), is made up of three buildings which are officially known as Majorie Donald House, Memorial Hall, and the Bishop Mountain building. But trust us that no student is going to know their proper names! The Student Centre is in the heart of campus and is the hub of all student activity including the SRC offices, Doolittle's Co-op, The Gait, Gaiter Grill, Porter's Office, counselling services, careers office, The Printshop and other Student Services offices.

O-Week

The shorthand for Orientation Week, it is the first week of activities for incoming students at Bishop's. Organized by the SRC, Orientation Week includes concerts, academic tours and orientation sessions, a day to meet with the SRC's 60+ student clubs, and an opportunity to meet the amazing people that you will be sharing your Bishop's experience with. Meet the gigantic team of Orientation Week Leaders, Judges, and other new students, and let them welcome you into the Gaiter community in style.





but... What does it
mean
to Be A gaitER?



Lauren Hutchings

Hometown: Stittsville, Ontario

Program: Education

Favourite Thing About Bishop's: The diversity of the BU community

Fact: I plan of pursuing a career in Special Education

A line from our unofficial university school song states, "...we're conditioned to our fate, we will never graduate, we will stay here forever more" ... and let me be clear, this could not be truer for us Gaiters. I came to Bishop's University back in 2016 from a town just outside of Ottawa, ON and I was so happy that I had up to five eventful, exciting, and long years to come. Now, I'm almost done my 4th year and I will be graduating from my Bachelor of Arts program in June. My boss saw me in the office a couple weeks ago and asked me my opinion on what it meant to be a Bishop's Gaiter. I thought about his question for a while because honestly, there is so much you could say. He then asked me if I could write an article for you all to provide my perspective – so here it is.

Being a Gaiter means that you can be true to who you are. In other words, being a Gaiter is different for everyone. You are what makes your experience here, not anyone else. Bishop's University is a diverse community that truly welcomes all. About 30% of our student population is international representing 76 countries! Throughout my four years at Bishop's, I have met people from France, the UK, Portugal, Australia, South America, Russia, Africa, and the United States. Each person at Bishop's is given the freedom and the opportunity to be exactly who they are (like the title of this magazine, Be You @ BU). Take me for example. I have an abundance of interests and I am a very driven person. So, naturally, I have tried almost everything that there is to do at Bishop's. I have participated in clubs, played on the varsity women's soccer team, coached soccer to both youth in Lennoxville, as well as students at Bishop's. Additionally, I have run campus-wide events, and as a result of my passion for my school, I decided to apply to work for the institution as a Student Ambassador. By being a part of this community, I have grown into myself and into who I want to be. My experiences have changed me for the better, and I cannot be more thankful. I have met my closest friends here and I can guarantee that these relationships will be lifelong. Being a Gaiter means that you have a family of just around 3,000 people and it means that you are forever someone who Bleeds Purple.

Considering that I will soon be an alumna of Bishop's, I thought I would tell you all a story. Back in my first year, I went home for a visit and went to an Ottawa Red Blacks CFL football game with some friends. As we were leaving, my friends were asking me how I was enjoying Bishop's so far. As I began to talk to them about it, two girls that were walking in front of us turned around and said, "Do you go to Bishop's University in Lennoxville?" When I told them yes, they immediately stopped and began telling me about their time at Bishop's. It turns out; I had stayed in the same residence as them and even had some professors that taught them as well. It was such a wacky coincidence,

but I feel like this really shows the unique and close-knit community that Bishop's has. Once you become a Gaiter, it's like every other person who went to Bishop's is your best friend.

I'm pretty sure there aren't many alumni from other universities who would have taken the time to stop and intentionally talk with you about their university experiences.

I'm sure if you were to ask other Bishop's students their thoughts of what being a Gaiter is, the responses would all be different. Nevertheless, in the end, they all have one common theme: being a Gaiter feels like home. As much as we all don't want to graduate, we will all leave this place one day. However, I encourage you all to keep that purple running through your veins and stay connected to the wonderful community that Bishop's University is, as it will forever be there for you.

#BleedPurple #GaiterNation

20 THINGS I WISH I KNEW IN MY FIRST YEAR

Get involved. The easiest way to get to know your classmates, professors, and fellow students is to be a part of the Bishop's community. From Homecoming to the Gait Gatsby to departmental events, don't be afraid to step out of your comfort zone and live that purple lifestyle.

Take time for yourself. Whether it's sleeping, working out at the Plex, or just spending some quality time alone, make sure you're taking care of yourself.

Call your parents. They want to know how you're doing! University—especially if you're coming from far away—is as big a change for you as it is for them.

Making friends is easier than you think. That's what O-Week is all about! Whether it's an Orientation team, a class, or your dorm, there's no end to the opportunities for making friends.

Bring something from home. The first few nights in a new place can be tough. Bring pictures, posters, gifts, or anything that can help ease you into turning your dorm room into a home away from home.

Use the resources available to you. As a Bishop's student there are so many services that are free for you to use, from the gym and the clinic, to counselling for anything under the sun. Don't be afraid to reach out; we all need help at some point.

Go to office hours. Your professors want to help you succeed. Let them show you how!

Get off-campus every once in a while. Downtown Sherbrooke is only a short bus ride away. See a movie, try out a new restaurant, or even go rock climbing.

Wait until classes before buying textbooks. Your professor will tell you if you can use an earlier edition, or if you can use a different version. You may even be able to rent the book instead of buying it.

Try something different. Take classes in other Departments when you can. You may end up finding a new major or minor. And don't worry about switching programs, it's easier than you think.

Looking for Drama? The Drama Department is never short of productions, whether you're looking to be onstage or behind it, there's always a chance to get involved.

Explore the area. Take a weekend off for a quick trip to Montreal, Quebec City, or even the United States and get away for awhile (Boston is only 4 hours away and NYC is only 6 hours away).



Flashback to 1st year

Sign up for clubs—and give them a chance. Find something that interests you, even if you don't know if you'll like it. Who knows, maybe you'll find something new!

Don't be afraid to say "no". But don't be afraid to say "yes" too!

Don't forget to study! You're here for an education after all.

Dewies is your best friend—and your worst enemy. There's plenty to eat, and right at your fingertips, but make sure to hit the gym because freshman 15 is no joke.

There's plenty of financial help. It doesn't take too long to apply and you'll be thankful you did. Plus you'll get to personally thank a Bishop's donor!

If it doesn't exist, make it happen! It's easy to make a club of your own.

Use the small class size to your advantage. Getting to know your professors will really pay off when you need that recommendation letter or help with an assignment.

Attend Your Classes

As simple as it sounds, going to class will give you a better understanding of the material, you'll meet your classmates (which will be important if you do have to miss a class), and the professors will know if you are there!



Brianna Henshaw

Hometown: North Vancouver, British Columbia

Program: English Literature and Environmental Studies

Favourite Thing About Bishop's: The small class sizes.

Fun Fact: I have a twin sister.

Letter to my High School Self:

University is a big change—you're moving across the country (or even to a new country!), starting over with new friends and harder classes—but it's also the start of something new, so leave your fears at the door and focus on having fun.

Don't worry about not being able to make friends, it's way easier than you think. Everyone is in the same boat when they arrive, and everyone is looking for friends. Your frosh team, your classmates, clubs and roommates, these people are going to easily become your best friends. So get involved in as many things as you can. Not only will you meet more people, but you'll have fun doing it, whether it's academics, sports, or just for fun.

Everything on campus is super close, and Lennoxville is only a short walk for groceries, coffee, or a bite to eat. There's Dewies (where you'll quickly spend most of your time), the Plex, the Student Centre, and the library, not to mention all your friends live within a five minute walk.

Make sure to get out of your comfort zone. Push yourself to speak up in class, to volunteer on that committee, to join that club even though you don't know anyone in it. Go to events and just enjoy the BU spirit. But don't forget to take care of yourself. Don't be afraid to say no and check in with yourself every once in a while. If something is wrong, go talk to someone. There are so many amazing services on campus that are there specifically for you, so take advantage of them.

Don't worry about not fitting in or not knowing enough. That's what these next few years are all about! Professors want to help you, school services are there to support you, and the friends you make here will stand behind you 100 percent. You'll never want to leave, and you'll be counting down the days until you get back!

Study hard, but don't forget, university is an experience, so make the most of your years here. Bishop's has such a unique atmosphere. The small classes and intense community feeling are such a perfect fit, it's going to be hard to imagine yourself at any other school. You're going to find yourself here. And even though some days will be tough, just remember that you're going to come out the stronger for it. So raise a toast to your new home.

You're going to love it here!

Brianna



WELCOME TO OUR RESIDENCES

PATERSON

Paterson is the perfect transition between living with your parents and getting your own place! It offers all the benefits of having roommates while offering you a private room. In Paterson, you have the opportunity to cook for yourself and/or to enjoy a meal plan. Another advantage of living in Paterson is the access to large common rooms so you can watch movies or study with all your friends. In my opinion, Paterson is the best residence building; it allows you to socialize whenever you want and to have a private space for down time. If you love cooking, sharing meals with your friends, and studying in groups, Paterson Residence is definitely the place for you!

Frédérique Larouche

Hometown: Montréal, Canada

Program: Sociology with Concentration in Gender, Diversity, and Equity

Favourite Thing About Bishop's: Purple! I love seeing everyone wearing the school's colour with Pride

Fun Fact: I am the only one that speaks English in my family and I am self-taught.

MUNSTER

Munster, where to start? Living in Munster is a wonderful experience! It's conveniently located in between so many great buildings! It's just across the way from Dewies so you're super close when you're hungry or need a snack. It's next to the Sports Plex and right in front of Paterson. Munster is a wonderful building that has just been newly renovated and offers many spaces for residents to use. With numerous common areas where residents can sit and watch TV or just chat, study rooms with white boards to write on; as well as a Zen room, where residents can have a quiet place to relax, meditate or do yoga! One of the things that surprised me most about living in Munster is that even though it's a 24-hour quiet building there is still a sense of community and you can get to know your neighbours really well. As an RA (Residence Assistant) I find that going to events in the residence buildings and meeting new people at Dewies has gone a long way to building our strong community! Overall, I have enjoyed living in Munster this past school year and I am glad to call it my home away from home.

Isabelle Blanus

Hometown: Oshawa, Ontario

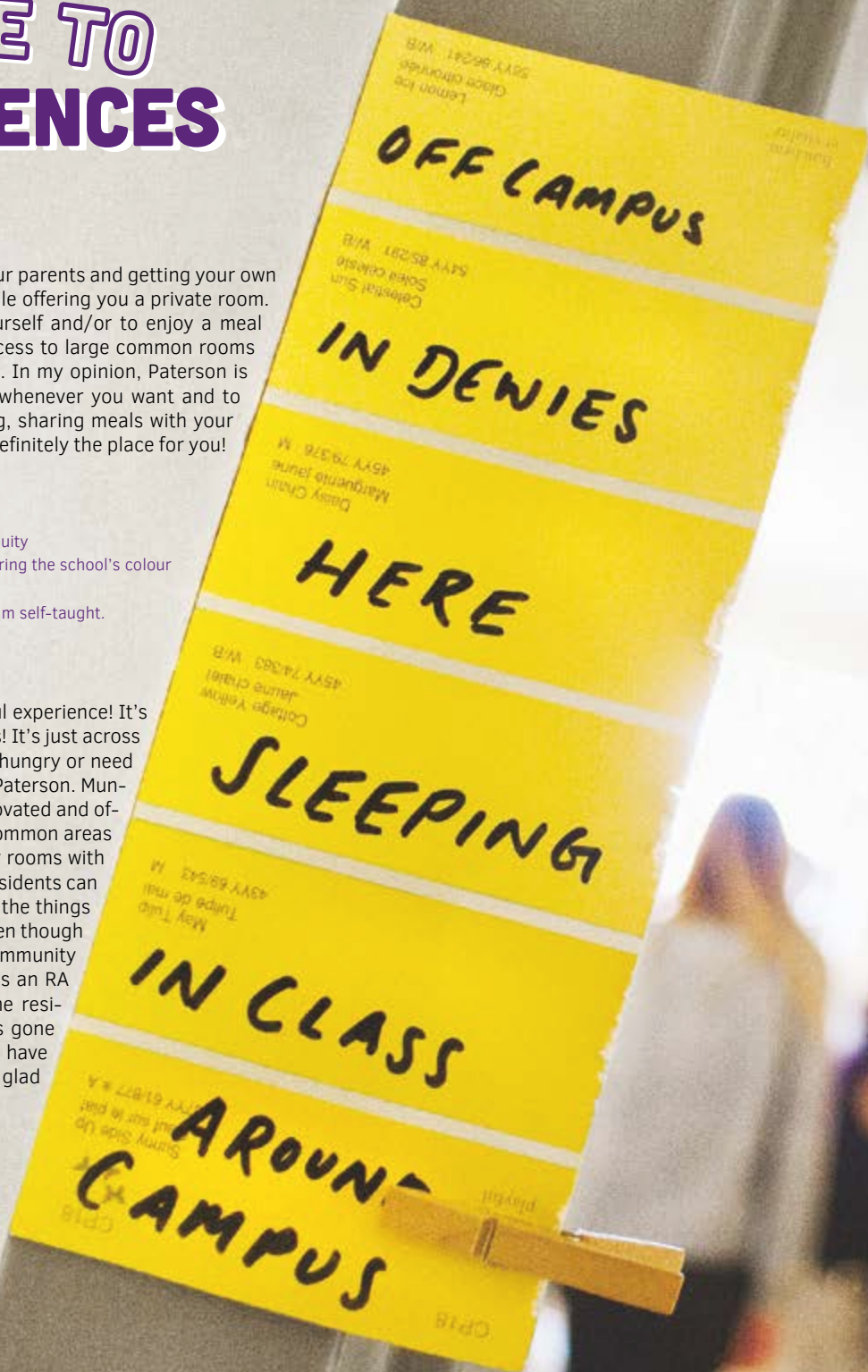
Program: Classical Music and Drama Double Major

Favourite Thing About Bishop's: The school spirit and community!

Fun Fact: I participate in the drama department student run festivals each year, whether it be on stage or back stage.

KUEHNER

I have lived in Mackinnon, Norton/Pollack, and currently, I live in Kuehner. I truly enjoyed my experience in the traditional style residence, but I love living in Kuehner. Its location on campus is great! You are directly beside the dining hall, Dewhurst (Dewies), and the Sportsplex. The walk to class can be anywhere from 3-6 minutes, and the Student Centre is about a 3-minute walk. Kuehner gives you the ability to enjoy living in a single (or a double) room but sharing a bathroom with only your bog mate (the room beside yours). It is super convenient! The community atmos-



phere that you get from Kuehner is unique; often you can find residents hanging out with their neighbours. The study rooms and common rooms are really popular; they are great spaces to study or enjoy a movie with a bunch of friends. The basement is equipped with a pool table and ping pong! Residents had amazing tournaments this year! I highly recommend living in Kuehner, it is truly a great experience, and you will leave with new friends and new memories.

Mackenzie Clark

Hometown: Halifax, Nova Scotia

Program: Sociology with Concentration in Family, Community, and Health;
Minors: Criminology and Psychology

Favourite thing about Bishop's: The wide variety in academic majors and minors! There are so many options to explore!

Fun Fact: I have an Emotional Support Dog; her name is Essa!

NORTON/POLLACK (NOPO)

NOPO is one of two traditional style residence buildings on campus, and it is two buildings connected, Norton and Pollack (NOPO). They connect on the second floor of each building! Living in NOPO means being a 2-minute walk from academic buildings, the new Learning Commons (our library on campus - which has many great study areas), and the Student Centre. The common room in Norton and the study room in Pollack always have events, study groups, or residents simply hanging out and watching TV. Living in NOPO also gives you access to two laundry rooms which makes doing laundry a lot easier! NOPO's fun and close-knit community allows for great memories to be made and friendships to be created. NOPO is also the home of the Games Club which was a great initiative where every Friday night a bunch of people get together and play board games, video games, card games, and more! Plus there are snacks! It is a great way to spend your Friday nights!

MACKINNON

I lived in Mackinnon (Mack) my first year and when applying to be an RA, I knew that was where I wanted to live again. It has such an open and friendly community that you just won't find anywhere else! Mack is a traditional style residence with a mixture of single and double rooms. Each section has a mixture of gendered and gender-neutral bathrooms. In addition, Mackinnon features a study room, a laundry room, and TV rooms. The thing I love most about Mackinnon is how easy it is to meet people! Walking down the hall, you're bound to see at least one open door and friendly face. And it's not uncommon to see a group playing cards in the common room or bringing their mattresses to a neighbour's room for a sleepover. Another convenient thing about Mack is how central it is on campus - you're never too far from Dewies, the plex, or your classes.

Gillian MacLean

Hometown: Halifax, Nova Scotia

Program: Fine Arts and Drama

Favourite Thing About Bishop's: the beautiful library

Fun fact: I'm a huge Elton John fan

ABBOTT

My name is Isabella, and I'm a biology student from Toronto. I've lived on campus now for four years, and in a different building each time! So far Abbott has been the best for my lifestyle and values. This residence has provided me with the comfort I need in order to focus on my studies as well as the convenience to get to almost anywhere I need to be on campus with just a quick walk — the location is especially useful for busy days when I don't have time to go out of my way to go home between classes. Its close proximity to Dewies is great if you love food but don't love spending too much time out in the cold to get it, and the view of the field when the leaves change colours is one of the best on campus. Be sure to get to know your bog mate when you move in; you'll be sharing a wall in addition to your bathroom with them! It's important that you talk with your bog mate about study habits, sleep schedules, and between which times you can use the shower in order to avoid waking each other up before you get busy and midterms take over your life. If you're an early riser, you'll probably see the deer out grazing on the field! If you're a night owl, there are study rooms and a wicked awesome basement with a kitchen, pool table, ping pong table, and TV room for you to take advantage of. My favourite thing about Bishop's is how everything begins to shine when the weather gets cold: the snow glimmers, the river stills, and the stars look like they're close enough to pluck from the sky. It's a warm reminder to appreciate the little things when we're thigh-high in winter weather.

Isabella Janušonis

Hometown: Toronto, Ontario

Program: Biology, Health Sciences and Pre-Med



BISHOP'S LIVING LEARNING COMMUNITIES

ECO FLOOR

Do you care about your ecological footprint? Are you interested in educating others about environmental issues? Would you like to be challenged to live a more sustainable lifestyle? Then maybe you should be thinking about applying to the ECO FLOOR, one of Bishop's Living Learning Communities. The ECO FLOOR was created for students with a passion for the environment and a love of nature, who wish to live a more sustainable lifestyle. Through a wide variety of activities, many of which are student-driven, the ECO FLOOR's residents are equipped to make an impact on the Bishop's campus and on the community at large. Students who wish to participate in this community must be committed to their own development and participate in the program expectations outlined for this group. This is a great fit for anyone that would like to explore environmental issues, take on sustainable living challenges, organize events to create awareness, and so much more!

INTERNATIONAL CONNECTIONS FLOOR

New this coming year! We couldn't be more excited to offer the opportunity to create a community that fosters intercultural connections, whether it be between incoming international students coming to Bishop's University for an entire degree of studies or for a shorter-term student exchange from a partner university or local students with an interest in learning about other cultures and countries.

Local students living on this floor will be actively involved in making incoming international students feel at home in Canada, and learn about Bishop's University together. Developing intercultural and linguistic competencies, building international bridges of solidarity, and sharing different ways of knowing and being are part of the tremendous learning opportunities offered on this floor. For BU students wishing to participate in an international exchange program at a partner university during their studies, living on this floor is an excellent way to prepare!

This new addition to our living-learning communities has been in the works for quite a while, and we have been working extra hard to make sure that its launch is spectacular! You will be the first student to have this experience and will help create the remarkable success that we know will come from this community. We cannot wait to share with you all of the exciting and unique opportunities that this will bring. We hope you are as excited as we are for our official launch of the International Connections Floor!

LEADERSHIP COMMUNITY

The Leadership Community is an opportunity for students to develop their leadership skills and to live with in a community of like-minded, motivated individuals to better themselves and their surroundings. Get involved within this community to have an opportunity to leap into extracurricular activities and Bishop's life, through both campus wide events and specially planned workshops and programs hosted by a series of university staff and faculty. If you want to gain valuable leadership skills through giving back to the community, getting enveloped on campus, and in residence, and partake in developmental activities and workshops to assist you with your future endeavours, the Leadership Community is for you!

HEALTH AND FITNESS

Are you an active person with a passion for a healthy lifestyle? Do you value taking care of your body as well as your mind? Would you like to live with like-minded individuals who share your passion for wellness? If you answered yes to these questions, then it sounds like this could be the community at Bishop's you've been waiting for! This floor will animate its members to be active, make fitness and health a priority and give back to the community in a way that reflect the values of the floor. This is a great way to partake in activities that promote your well-being, while being able to form a community of people who are there to support you through your health and fitness journey!

Let me tell you why Bishop's is the best place for International students.

I want to explain how I found out about Bishop's in the first place. I am originally from Paris, France and didn't know much about Canadian Universities besides perhaps one or two big University names. Key word being big. I might be a big city girl, but I've never attended big schools for a reason, for many reasons actually. I need to know that there can be no way for me to blend in and be just another average student. I need to know that my professors actually care or I know I will fall behind. I need to know that my being here make a difference, that I matter. And that is exactly what I found in Bishop's and what I know without a doubt you will find too.

I just knew I would blend in with the crowd in a big school. I knew I would see opportunities being snatched right in front of my nose or not even hear about half of them. So when recruiters from Bishop's came to my school - came to the grade above mine actually - I stumbled upon a pamphlet featuring the gorgeous campus and all the different Departments. I brought it home and read through it a dozen times and kept it to myself for a while, anxious to show it to my mom in case she didn't like the idea of me going to school so far away. My last year of high school came and I was determined to go to Bishop's.

I have had an eventful journey from deciding to move to Bishop's to where I am now. At the time, I thought I wanted to enter into Drama, but eventually ended up going into Education for a year and a half and finding out being a teacher was not for me. Being a student at Bishop's has allowed me to switch into English in my third semester while even trying out a Psychology course and figuring out those weren't for me either. I am now the happiest I've ever been with a Major in English Literature and a minor in Effective Writing and Journalism, all because Bishop's has allowed me to make those "mistakes" and find myself, all the while being incredibly supported by my professors, so many of them contributing to making an incredible change in my life and alleviating the weight on my shoulders through their unwavering support and faith in me.

There are countless opportunities for us to get involved here and scholarships for international students or open to international students. I applied for a job on campus during my first year, which was perfect because that meant I did not need a work permit yet and I got to connect with faculty and students alike, and grow as I developed my first work experience. I became a Residence Assistant (RA) in my second year and met so many incredible people as well as most people living in residence. This past year, I joined the BU Singers, which isn't reserved for music students. I've been Stage Manager in a play for Theater Activ, which, again, isn't reserved for Drama students. I've worked as co-editor of the very magazine you are reading, and there is so much more that I look forward to participate in in my last year. The opportunities are endless, but it's up to you to pay attention and put yourself out there.

**AM I SAYING
IT'S EASY?
NO, IT'S SCARY,
TERRIFYING REALLY.**

**AM I SAYING IT'S WORTH IT?
A THOUSAND
PERCENT.**

I've grown immensely for trying my luck and taking this major leap to move abroad for four years.

But be careful, it goes too fast. So make every minute count and don't worry too much, enjoy the experience, and know that everyone here, and I really do mean everyone, is ready to support you in any way they can.



Victoria de Morel

Hometown: Paris, France

Program: English Literature, Creative Writing and Journalism

Favourite Thing About Bishop's: the fact that there is always someone around to help you.
Fun fact: I once appeared in a French gossip magazine dressed up as a clown at the former French president's son's birthday party when I was a kid.

FIRST-YEAR FAQs

Move-in Weekend can arguably be the most stressful time of the semester if you don't know what you're getting into. Fear not! The Rez Life Team, along with the SRC, will be there to help you every step of the way. Here are some of the most common questions that the Rez Life Team gets asked that first weekend.

HOW DO WE GET TO THE MALL?

Bishop's has two buses that come to campus regularly and it's easy to hop on the #2 bus into Sherbrooke to visit the mall, movie theatre, restaurants, and other parts of the city. Bus tokens are sold in the bookstore to make travelling by transit that much easier and convenient!

IS THERE A CURFEW?

No, but living in residence does have its rules and one of them is having designated and enforced quiet hours. From Sunday to Thursday, quiet hours start at 11 p.m. From Friday to Saturday, they start at 1 a.m. Quiet hours are in place to ensure that all students have an enjoyable time whether you want to stay in or go out. So, no curfew - just quiet hours.

HOW DO I PUT MONEY ON MY CARD FOR LAUNDRY?

To do laundry in residence, you need to use Gaiter Dollars that you put directly on your BU student ID card. You also use this money to print from the computer labs. To put some money on your card, you can either use the Gaiter Dollar machine in the Student Centre or in the Library Learning Commons. You can also put money on your card directly from your room online. Now you have no more excuses for ignoring your growing laundry pile.

WHAT IS THE BEST WAY TO KEEP IN CONTACT WITH HOME?

Residence telephones. Each room does come with a phone with its own extension that you can use to call locally or get a calling card to make long-distance calls.

WHAT ARE SOME OF THE FUN PLACES TO GO TO IN LENNOXVILLE/SHERBROOKE?

Depending on what you like to do, there are a variety of things you can do in and around Lennoxville and Sherbrooke. From plenty of walking, hiking, skiing and biking trails, to restaurants and clubs, to the movie theatre and shopping malls, rock climbing and the Lion (our local pub). For more ideas of cool places to head to, check out our Top 20 Sherbrooke and Lennoxville Must Sees!

HOW DO I GET TO MONTREAL/AIRPORT/TRAIN STATION?

A shuttle bus comes to campus on Fridays which takes you to downtown Montreal, but you can also catch the city bus or take a taxi into Sherbrooke to the bus depot throughout the week. Otherwise, we have a few carpooling options that you can find through Facebook and other BU social media sites.

WHAT SHOULD I ATTEND DURING O-WEEK?

During the first week of the school year, we host Orientation Week, where the Students' Representative Council (SRC) organizes a full week's worth of academic and social events designed to engage new students and help integrate and welcome them into the Bishop's community. From tours around campus with upper year students, to serenading the Principal, a concert in the Quad, and scavenger hunts around Lennoxville, there are activities for everyone. It's an amazing way to get to know not only other new students but it is also the best place to meet upper year students who are involved as leaders, judges, and organizers. As for which events you should attend? As many as you want! But don't miss out on the mandatory "Bystander Intervention Training" or "Can I Kiss You?" talk, as well as the Closing Ceremony wrapping up O-Week with music, dancing, and awards!

WHERE ARE SOME QUIET STUDY PLACES?

Depending on your own preferences, you can study in a variety of areas. The Library Learning Commons and Old Library, of course, have a variety of places for either group or individual study, but each residence also has study rooms or common rooms, which can be used for studying. The Chapel can also be an amazingly quiet and relaxing place to study and reflect. The Sports Plex as well as Brûlerie Faro, while not always quiet, offer great spaces to study and enjoy some delicious beverages.

HOW DO I SEND CARE PACKAGES TO MY STUDENT?

Every student receives a mailbox on campus where you can get packages and mail sent to. You can also send mail and packages out-bound through our Porter's Office located in the Student Centre.



Putting the 'Work' in 'Work-Life' Balance



First campus
tour

Prior to arriving at Bishop's, I thought it would be difficult to find a part-time job considering I am not bilingual, nor do I have a car to get to and from work, wherever that may be. Once I moved to Bishop's, I started to notice that there are many work opportunities on-campus through the SRC, Sodexo, Recruitment and Admissions Office, Sports Plex, Residence Services, and more!

Whether you're worried about covering rent, groceries, books, or just looking for some extra cash, Bishop's has you covered through a variety of on-campus job opportunities. On-campus jobs provide students with far more than a few extra spending dollars each week. For me, working as a Student Ambassador, in the Recruitment and Admissions Office, and as a Student Caller at the Advancement Office's Phonathon has provided me with school involvement and experiences that have connected me to other students and BU staff.

Working in a team with other like-minded students gives you the opportunity to get to know more about students in another year, in another program, or students with different interests. You're sure to learn something new about BU through these connections. Co-workers and Bishop's staff quickly become friends around Lennoxville.

On-campus jobs mean that you can forget about commuting to work. Walking to your shift will never be more than a ten-minute walk, no matter where you are on campus. This makes it easy to pick up last-minute shifts, fit a shift between class and dinner, or run to the Bus Stop Café or Doolittle's for a coffee on your break.

By recognizing that studies come first, employers on campus always schedule shifts around class hours. You will never be scheduled to work during class time, and supervisors are accommodating if you know you have big tests or assignments coming up. After all, working at BU is working at your own educational institution.

The simplicity and convenience of working on-campus makes it easy to add a part-time job into a busy student's life. On-campus jobs are a great way to expand your circle of friends, continue to develop your working skills, and help to cover some everyday costs of a university student.

Mara Winn

Hometown: Stittsville, Ontario

Program: Accounting with Mathematics Minor

Favourite Thing About Bishop's: Taking advantage of the outdoor playground we have all around us.

Fun Fact: My first job was at my hometown's local pizzeria.



20 MUST-HAVE ITEMS AT BU

Cork board / White board

Having a board in your room is the perfect way to stay organized and personalize your space. Fill it with your schedules, to-do lists, pictures, anything to help you feel productive in your new room.

Headphones

Campus can be a loud place, and having these with you can easily make any place a study space.

Kettle / Keurig

If you're not a morning person, investing in one of these is perfect: you don't even have to leave your room for that morning coffee.

Extension Cord/Power Bar

Plugs are sometimes not in the most convenient places, so having one of these around makes plugging in all your devices a lot easier.

Travel Mug

On those rushed Monday mornings, having a travel mug is the perfect way to carry that much-needed coffee or tea to class.

Camera

A camera will be your best friend to capture all of the amazing memories of you and your friends to look back upon for years to come.

Blankets

It gets cold in the wintertime, and having a couple of blankets makes it a bit cozier.

80's Style Retro

Rock Winterfest and theme nights with Crazy Canucks snow



Onesies

There is only one proper attire for late night movies with friends: onesies.

Umbrella or Raingear

Not all buildings are connected so venturing to class or into town in the rain can be a wet experience. Stay dry!

Fanny Pack

Sure, it sounds a little strange, but it's the easiest way to carry your stuff around during Orientation Week or a night out.

Pillow

Bringing your own pillow ensures that you get the best night's sleep in your new room.

Purple EVERYTHING!

You can never have too many purple clothes or items. No matter how crazy it is, bring it!
#BleedPurple

Slippers

A comfy way of getting around residence without having to put on actual shoes!

Cards / Games

A great way to entertain a bunch of friends on cold winter nights.

Rain Boots

To keep your feet dry during the mud seasons that arrive twice a year - right before the snow arrives and after it departs.

Fan

Sometimes the heat of summer and early fall is a bit too warm, and having a fan just makes living in residence that much cooler.

Costumes

There are tons of themed events and holidays going on at BU all year long. Whether it be Halloween, Gait Night, or just another day on campus, there is always an excuse to wear a crazy costume.

Mini Fridge

Sometimes leaving your room is not an option. Don't feel that you have to cut your study session short to go to Dewies, keep all your favorite study fuel in your very own mini fridge.

Bluetooth Speaker

Whether it be getting ready to go to The Gait, movie nights or just hanging out with bunch of friends, this is a must have for dorm life.

Snowsuit
d winter
your best
w gear.

MAKE YOUR PURPLE MARK

When I came to visit Bishop's, I felt like I was at home. I felt as though I would be able to leave my mark here in many areas and that I'd have opportunities to show what I can do. It also felt like my program wouldn't completely define me as I'd be able to take classes from other disciplines and develop relationships with people in a variety of areas.

I really like to put myself out there and take advantage of opportunities. Like myself, I don't think that incoming students really know about the opportunities available in university and this is true about Bishop's as well. You need to get out there and discover. Students need to know that you don't have to be in your last year to be a Teacher's Assistant, or to get involved in research, or to assist with the University's social media student takeovers, or be in a class of mostly upper year students that already know the teachers, or to tutor other students, or to be part of student government and share your opinions and ideas. I didn't know about all of these things but these are only some of the things I got involved with during my first semester at BU! My world has evolved so much.

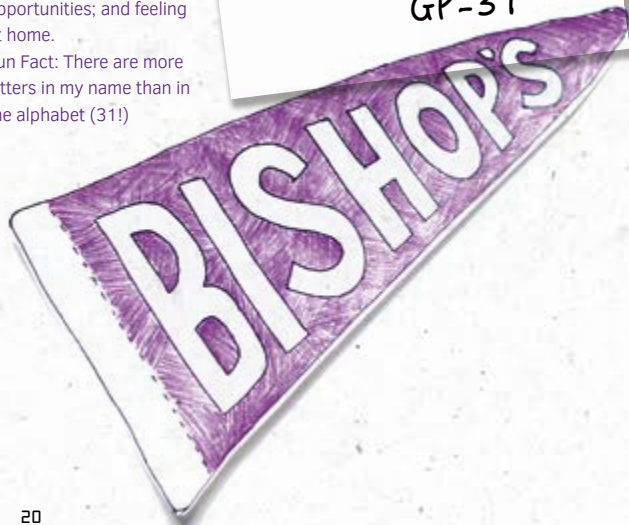
One of the other things that was surprising to me, and which is something I love, is the freedom in being able to combine courses from a variety of disciplines. This is something that I had never heard of before being here. Bishop's is different. If you don't know what you truly want to study or what you want to do after university don't worry, at Bishop's you don't have to choose only one thing, in fact it is encouraged to do more. Here you have the freedom to be yourself (as we say, it's a place where you can B-U) and take advantage of your new freedoms. Look at the Academic Calendar, look at all the classes you could take regardless of the program you are in, try to learn more, try to talk to BU students, and ASK questions. There are infinite number of possibilities, which is why one would want to come here. Come here to change Bishop's, to influence society, to change the world, and to be the best version of yourself.



**Georges-Philippe
Gadoury-Sansfaçon**
Home: Bedford, Quebec
Program: Mathematics
and Psychology

Favourite Thing About
Bishop's: All the amazing
opportunities; and feeling
at home.

Fun Fact: There are more
letters in my name than in
the alphabet (31!)



YOUR ONE STOP SHOP : DEWHURST DINING HALL

I have a bit of an uncommon experience with Dewies since I decided to work there in my first year, and I'm certain that it was one of my favourite jobs ever. I made omelettes for students and was a kitchen hand on the weekends. Working with the staff there was such a joy. We had a really good dynamic, and working in a kitchen setting, serving my peers, felt as though I had the run of the place, and I got a number of fun recipe ideas.

One fellow that I worked with taught me how to make my now signature "Dewies Breakfast Bowl" which entails a layer of seasoned fried potatoes from the hot-food station, with some cheese, followed by fried vegetables (loads of spinach!) and topped with a fried egg and tomatoes (okay, it's essentially a breakfast poutine, and probably not great for the arteries, but it sure is delicious!).

Dewies has vegetarian and vegan options available, and for students with allergies and intolerances, Sodexo recently installed an Allergy Station where students may have access to ingredients and even cook for themselves. The grill, pasta, and stir-fry stations are open everyday, serving omelettes in the morning, with a regular rotation on a weekly schedule of crepes, pancakes, Thai-soup, shawarma, quesadillas, and more. And they are always trying to improve their options. I personally like to frequent the salad station, especially since the regular addition of feta to the selection. I put in my greens, with peppers, tomatoes, cucumber, red onion, feta, and top it all off with olive oil and balsamic vinegar.

Since everyone in traditional and bog-style residence goes to Dewies, this job connected me with a huge range of people, as I would socialize with students while cooking up their food. That place is always buzzing with excitement. As I said, the staff at the dining hall are such a joy to interact with. But you don't have to work there to enjoy their presence. During the week, you're likely to

be greeted at the entrance by Lolly, who last year was voted Sodexo's most valued employee on account of her constant jubilation, and Trudy, the weekday supervisor, will stop to comment on something and share a nice story of her home, meals, and family. Ryo, discrete guitar player extraordinaire, would make you salads, poke-bowls (Don't know what that is? Neither did I), and stir-fry with style, though he recently moved to France and has been bid a warm farewell with cards signed in secret by staff and students that appreciated his service. Now we have Luis, a new addition to the team this year, and he is happy to speak with you in Spanish, French, Italian, or English, serving with a personal touch and jazzing up your pasta experience.

Dewies truly is a great place to start off in first year, living on or off-campus. You can sit down with anyone and because BU is a liberal education school, this can lead to a huge variety of conversations and offers the opportunity to build friendships with students in and out of your program. One of the people I sat with in my first week is actually a friend with whom I worked in Bishop's Residence Life with, and she's the reason I stepped out of a comfort zone and joined the BU Singers Concert Choir.

If you have an interest in cooking or having a very sociable position on campus I'd highly encourage putting in your resume to Sodexo, or if you'd like to contribute ideas towards menu items, food you'd like to see at Dewies or other food services on campus, you could share your ideas as part of the Dining Committee which meets biweekly and comprises of the Manager of Sodexo, the Chef, members of the Residence Life team, and residents living on and off-campus.

Isabelle Audet

Home: Calgary, Alberta

Program: Biology and Neuroscience

Favourite Thing About Bishop's: Ability to interact with profs outside of class;

I even started playing Crib with members of the Chemistry Department!

Fun Fact: I have donated blood in 3 different continents, 4 different countries.



Isabelle







GET TO KNOW OUR DEPARTMENTS

The Bishop's experience in English is about studying all kinds of cultural texts, from Old English epics to contemporary films and television. It's about both critical insight and creative production. And most importantly, it's about developing a genuine community through an intimate environment. Small classes enable students and professors to get to know and learn from one another. Visiting speakers, poetry nights at local cafés and pubs, an internationally recognized undergraduate conference, a student-run film festival, movie nights, creative writing contests, internships, and a social gathering every term extend learning well beyond the classroom.

English students can choose from several streams of study: combining English and Education, and major and honours degrees with concentrations in either literature or film studies. The Department of English also offers a range of minor degrees that can supplement a major or honours degree or be taken independently. These are Communications and Digital Media, Creative Writing and Journalism, and Film Studies. The members of the English Department look forward to welcoming you soon!



Dr. Shawn Malley, Professor and University Ombudsperson, English Department



Dr. Maxime Trempe, Chairperson and Associate Professor, Sports Studies Department

Started in 2009, the Sports Studies program is the new kid on the block at Bishop's. Yet, within 10 years, it has grown to become one of the largest undergraduate programs in the Faculty of Arts and Science in terms of student enrolment. The Sports Studies major provides an intensive study of sport and exercise in society. It encourages students to develop liberal education competencies while acquiring in-depth knowledge in at least one of three areas of specialization: Athletic Development, Sport Business, and Exercise and Health. After graduation, students are able to make a meaningful contribution to a high performance team (e.g., as a physical trainer, coach, performance analyst, or member of a support team), in the management/business of sport (e.g., administrator of a provincial/national sport organization, municipal leisure department, sport centre, or professional team), or to pursue additional studies in a health-related discipline (e.g., physiotherapy, athletic therapy, medicine, public health, etc.) With sports being omnipresent in our society, this field of study has the wind in its sails!

What's the meaning of death? What are the causes and consequences of drug abuse? When do children begin to have a sense of morality? Can meditation improve your cognitive function? How can community programs assist marginalized groups? What's the relationship between the mind and the brain? The list of questions that we ask and attempt to answer within the field of psychology is endless. After all, it is the study of our thoughts, emotions and behaviours, across the lifespan, across cultures and genders. If you are interested in any of these questions, if any of these questions don't let you sleep at night, you should pursue the study of psychology and I would strongly recommend studying psychology at Bishop's. Why? At least this question is easy to answer – it is simply one of the best (if not the best) places to be. You will be taught by some of the most passionate, caring and dynamic professors. You will get to know them personally and they will get to know you and guide you through your studies. You will get a chance to participate in their diverse research projects. Many of your classes will have a hands-on, experiential component, such as designing and implementing your projects, clinical practicum, community engagement, trying different types of meditations... This is the place to be, to discover who you truly are, to BU :)



Dr. Adrianna Mendrek, Chairperson and Professor, Psychology Department



Dr. Reena Atanasiadis, Dean of Williams School of Business

The Bachelor of Business Administration (BBA) offers an in-depth approach with a specialization in Accounting, Finance, Global Management and Leadership, Marketing and Entrepreneurship. Students are encouraged to take their business electives in Co-operative Education, Entrepreneurship, Information Technology or International Business. As part of Co-op, you can receive credits for up to three work placements, that count as electives.

Liberal Arts are an ideal complement to a business education. They help students learn how to synthesize information, connect dots, analyze facts, think logically and make educated decisions — real-world skills that contribute to business success. So why not take a class in Psychology or foreign languages?

We encourage our students to get involved in case competitions or join the SEED program where participants manage a portfolio of real stocks in order to learn the art of investment management. Studying business at Bishop's means that 90% of your classes have an experiential learning component, bringing the outside world into the classroom. You will graduate having the competencies that tomorrow's careers require.



Dr. Valerio Faraoni, Chairperson and Professor, Physics and Astronomy Department

The Physics & Astronomy Department is home to world-class researchers in astronomy, the astrophysics of binary stellar systems, exoplanet astrophysics, general relativity, cosmology, black holes, field theory, and mathematical physics. Because of the small size of the Department and of the intimate and vibrant atmosphere, undergraduate students find small classes, dedicated teachers, and great opportunities for experiential learning doing paid research with our faculty members or using our own observatory and other telescopes. They are often co-authors of professional journal articles or present their work at conferences. The BSc Honours prepares students for direct entry into graduate work in physics. Our Honours theses are of high quality, original, and they are often published. A weekly seminar series, journal club meetings, and a research-based MSc program support undergraduate learning at all levels, broaden the horizons, and offer access to senior courses normally unavailable to undergraduates. Every step of the Physics degree offers many stimulating subjects.

The Department of Sociology provides students with a wide range of exciting areas in the study of social life. Whether it is gender studies, family, health or social work, criminology, policing, Indigenous-Settler relations, or diversity studies, students are encouraged to pursue their passions while gaining a broad academic and sociological background to help prepare them for a variety of careers and/or advanced study at graduate school. What makes Sociology at Bishop's unique is the capacity of the program to offer both applied and theoretical courses; and the dedication of faculty to students and their futures. This allows professors to give personal attention to students and provide significant access to faculty guidance and expertise. The Department's faculty is passionate about what they do and employ diverse and innovative ways to facilitate active student learning environments in the classroom and in the community through experiential learning opportunities. Through required courses and study concentrations, students have substantial flexibility in meeting their individual intellectual interests and preparing themselves for attractive and challenging adventures after graduation from Bishop's.



Dr. Cheryl Gosselin, Chairperson and Professor, Sociology Department

In the School of Education at Bishop's University, our goal is for our graduates to "recognize teaching as an intellectual pursuit and social responsibility and demonstrate the qualities of responsible and autonomous practitioners who show a capacity of ongoing critical reflection, potential for leadership, and commitment to the transformative power of teaching" (Bishop's University Practice Teaching Handbook, 2015). We offer a variety of profiles within our undergraduate programs leading to certification as either an elementary or secondary school teacher. We also have both thesis-based M.A., and course-based M.Ed. degrees at the graduate level. The Bishop's University Vision, Mission and Values are reflected throughout the program offerings in the School of Education and we understand a liberal education to consist in preparing educators to be leaders with a broad understanding of the complex relationships between learning, communicating, dialogue, community-building, empowerment, critical thinking, and capacity building.



Dr. Corinne Haigh, Dean of School of Education

The Drama Department offers major and honours programs designed to expose students to all facets of theatre practice and study as well as provide them with the flexibility to orient their program towards a particular field of study: Dramatic Literature and Theatre History, Performance (acting, directing, and playwriting), and Production (technical, stage management, and design).

The Department offers four departmental productions per year in two state of the art performance spaces. In addition, two student festivals are produced annually (New Plays and Theatre Activ). These two festivals are run entirely by students and New Plays features scripts written by Bishop's students. An enormously popular event at Bishop's is the spring musical. Students rehearse in an intensive four week lead up to this highly anticipated production that combines the strengths of our Department and the Department of Music.



Dr. George Rideout, Chairperson and Professor, Drama Department

Biology is the study of life. We address questions as minuscule as the factors controlling the expression of a single gene, and as large as the impact of climate change on insect diversity or the incidence of human disease. Students get hands-on experience both in the field and in our recently renovated laboratories, greenhouse, and field house, with a focus on actually "doing" not just observing. Our professors have chosen to concentrate on teaching, yet they still maintain research profiles that encourage undergraduate student involvement in independent research projects. Students learn to critically evaluate scientific claims and evidence, and to clearly articulate their thoughts orally and in writing – necessary skills for success in future study or science-related careers. Many of our graduates go on to health-related professional programs (e.g., medicine, public health, physiotherapy) or research programs in Biology or Health Sciences, while others directly enter career streams such as public health administration or environmental assessment.



Dr. Kerry Hull, Full Professor, Department of Biological Science

The background of the page is a repeating pattern of various tea-related items. It includes several sets of teacups and saucers in light blue, yellow, and pink. There are also teapots in light blue and pink, and cylindrical tea tins with the word 'TEA' written on them in yellow. The items are scattered across the page, creating a decorative border around the central text.

Sexual Aggression Policy

by Dominique Pelletier, SW
Sexual Aggression Response Coordinator

My name is Dominique Pelletier. I am a clinical social worker and the new Sexual Aggression Response Coordinator (SARC) at Bishop's University. I am originally from Sherbrooke and recently moved back to the area after living in the United States for almost twenty years. I completed my post-secondary education abroad where I received a bachelor's degree in Psychology from Oakland University in Michigan and a master's degree in social work (clinical concentration) from The University of Texas at Austin. As a social worker, my mission is to ensure the physical and emotional well-being of individuals, families, groups, and communities in need. I advocate for gender equality, social justice, and promote self-determination. I strongly believe in providing individuals with the tools and skills they need to solve their own problems and ultimately better their life. I have extensive experience in providing psychoeducation, crisis intervention, case management, and counselling services to hundreds of adolescents and adults. Even though my clinical training allows me to address most matters, my areas of expertise include sexual violence, chemical dependency, trauma, and chronic mental health issues.

For the past several years, there has been growing concern over the prevalence of sexual assaults on Canadian college campuses. Before September 2016, Bishop's University did not have a formal process in place for handling disclosures and complaints of sexual assault. In order to address this issue, a working group comprised of community members, BU faculty, staff, and students was formed. The group reviewed the already established Bishop's policies that addressed concerns related to sexual violence and concluded that a stand-alone policy was much needed. The working group spent the next two years developing the Policy for the Prevention of Sexual Violence, which was approved by Bishop's Board of Governors on December 17th, 2018. In a nutshell, the new policy outlines safety measures used to counter sexual violence on campus, rules for social and/or welcoming activities organized by the school, and procedures for reporting incidents of sexual violence.

The Sexual Aggression Response Coordinator position was created in the fall of 2018 in support of Bishop's new sexual violence prevention policy. My main responsibility as the SARC is to provide emotional support and resources to individuals who have experienced or witnessed sexual violence. I can also meet with students who need psychoeducation around certain issues such as boundary setting, personal safety, intimate relationships, or consent. I sometimes collaborate with university faculty and staff to ensure that disclosures and reports of sexual violence are handled properly. I am also mandated to build prevention initiatives for students, faculty, and staff with the goal of raising awareness and diminishing sexual violence on and off campus. My office is housed in the Student Affairs Department and I am available on a full-time basis. Come stop by and say hi!

CANNABIS AND CAMPUS

by Dan Seneker, Director Student
Recruitment and Retention

Over the past year, we've been receiving a few questions regarding cannabis policies at Bishop's. On October 17, 2018, the Canadian Federal government made it legal for the possession and use of recreational marijuana, which also goes by the more common name of cannabis. This new legislation has resulted in Canadian universities and colleges developing and adopting policies on cannabis. Additionally, Bishop's also adheres to Quebec provincial legislation, which makes it illegal to smoke or consume cannabis products on university land, which for Bishop's includes the main campus and its buildings, but also, Peter Curry Marsh area, Old Lennoxville Golf Course, Optimist Park and surrounding forests and trails. This also applies to our campus residences (both on and off campus).

Bishop's University is committed to providing a safe and healthy workplace and study environment. Here are a few key sentences from the University's "Policy For the Regulation of Cannabis":

The University recognizes cannabis as an addictive substance and is committed to delivering programs and education aimed at preventing and reducing cannabis harm in order to protect the health and security of its community. The University has the right and responsibility to manage the use of, and access to, its land and buildings to ensure that the University's academic and non-academic activities, the safety of the community and facilities and its reputation are not compromised.

For those that decide to ignore the regulations, getting caught using cannabis in any way while on campus can lead to significant sanctions or limitations including:

- Confiscation of cannabis and products;
- Issue of a Warning;
- Refused admittance to a facility for a set period of time;
- Remove or ban individuals from the campus;
- Issue a fine of \$100-\$750 for a first time offense. These amounts are doubled for a subsequent offense;
- Take any other steps that are within the general supervisory power of the Principal, Vice-Principals and Managers, or their delegates.

Information on policies regarding cannabis, alcohol, sexual assault and other issues concerning students can be found online at: www.ubishops.ca/rez-policies or by contacting the Office of the Dean of Student Affairs at 1-819-822-9600 ext.2256. We expect our current and future students and visitors to assist in keeping our community the safe, welcoming, and healthy place that it is. Be Proud. Be Purple. BU.



20 MUST ATTEND EVENTS

ACADEMIC EVENTS

MAPLE LEAGUE'S UP FOR DEBATE

Members of the Maple League – Acadia, Bishop's, Mount Allison, and St. Francis Xavier universities, promise a weekend of stimulating, thought provoking, and delightful events. In addition to plenary speakers, a student debate tournament, a Business CASE Competition, and a series of receptions, the University hosts TEDxBishopsU, a multidisciplinary event that features speakers drawn from the talented pool of students, faculty, alumni, community members, and staff from the four universities.

HEART & SOULS CONFERENCE (QUEUC)

Previously known as QUEUC (Quebec University English Undergraduate Conference), the HEART & SOULS Conference is an annual international humanities research conference separated into two streams. The SOULS (Scholarship of Undergraduate Literary Studies) stream is for undergraduate students in the humanities to present their research essays on critical and literary theory in thematic panels. The HEART (Humanities Education and Research in Teaching) stream advocates for a pedagogical-scholarly practice grounded in and motivated by teachers' experiences in forging intentionally designed, ethical, and curiosity-driven classrooms.

ART LAB WORKSHOPS

The Art Lab on campus offers Bishop's University students a creative space where they can explore their interest in the arts, as well as engage critically with visual and media arts in the region. The Art Lab hosts workshops that anyone can attend. These workshops range from carving pumpkins, to lantern building, dreamcatcher making, henna tattoos, book-binding, and much more. It's a great place to go to unwind after a long day, and to let your creativity shine!

B.U.F.F.

The Bishop's University Film Festival (BUFF) celebrates and publicizes the creativity and skill of Bishop's students from all programs through an annual competition in digital filmmaking. Students submit short films, which are screened publicly at our gala in late March and presented with various awards, as chosen by a panel of judges.

THEATRE PRODUCTIONS AT TURNER STUDIO THEATRE

Turner Studio Theatre is home to Drama students, but it is also the place to be if you enjoy theatre! There are a variety of shows that are performed at Turner Studio, from New Plays, performances that are written and directed entirely by students, to Theatre Activ, performances of popular plays and musicals. Tickets are inexpensive, and the entertainment is wonderful!

DONALD LECTURE SERIES

The Donald Lecture Series brings speakers of national and international renown to the Bishop's campus to provide insight, provoke thought, and stimulate debate on the most compelling issues and events in the world today. All lectures are free of charge and open to the public. Past speakers include: Chris Hadfield, Edward Snowden, Rev. Jesse Jackson, David Hogg and Naomi Klein.

RESEARCH WEEK

Come support your friends and professors at the Lion for the Faculty/Student Research Flash Talks and Pub Quiz. Learn about student research taking place across several fields and disciplines at the Student Poster Presentations, and discover how research in Sports Studies can enhance our athletes' performance and safety.

BU ARTS FESTIVAL

The Arts Festival is a free, weeklong event that showcases the processes and people behind the arts. It includes everything from visual arts to poetry, dance to drama, film to music. Workshops, rehearsals, events, shows, concerts, performances, and more happen throughout the week all over campus! Even the greater Lennoxville and Sherbrooke communities are invited to attend, collaborate, participate, and volunteer!

DEPARTMENTAL RECEPTIONS

These events enable students and professors to engage in discipline or course related topics and mingle over some snacks in a less formal atmosphere. A great way to get to know your professors outside of the classroom and an even better way for them to get to know you (a definite perk for when you need reference letters for Grad School!).



SOCIAL EVENTS

ORIENTATION WEEK

This is where all the action begins! O-Week is a whirlwind of activities, and an awesome way to make new friends. Some Orientation Week highlights include: the famous “Can I Kiss You” talk about consent; mandatory Bystander Intervention training; dancing under the stars in the Quad at the Gaiter Gardens; welcome concert (previous performers include Classified, The Arkells, and X-Ambassadors); and an awesome hike up Mont Pinnacle, one of our local mountains.

HOMECOMING

Get out all that BU SWAG, because this is definitely the purplest event of the year! The Coulter Field parking lot (and Lennoxville itself) is filled with excited students and returning alumni for dancing, barbecuing, tailgating, and of course, the big Gaiter home football game.

GAITERS ALS WALK

This fundraiser and awareness event occurs during Orientation Week and is a fun and fantastic way to get involved, meet new people, and support a great cause all at the same time.

WINTERFEST

Grab your retro ski gear or onesie, and brave the cold to celebrate the BUTies of winter at one of the biggest events of the winter semester! The Quad is transformed for a winter extravaganza, complete with a ski and snowboard rail set-up, an ice bar, a DJ tent, and of course, a BBQ booth to keep you fueled and warm throughout the day! Dance, ride the rail, or simply sit back, sip hot cocoa, and take it all in!

FASHION SHOW

The Fashion Show is a student initiative that is the largest charity event on campus. Walk the red carpet, work backstage, watch your friends strut their stuff on the runway, and feel the urge to jump out of your seat when the DJ starts mixing. Whether you choose to be in the audience, or walk on the stage, Fashion Show is a favourite event for many. The best part? Every penny raised goes to a local charity!

FREE DINNERS

This is an especially exciting event for those living off-campus who don't have the luxury of being able to eat at Dewies every day! Encounter is a faith-based club that is focused on providing students with a welcoming and loving community. Once a week, they provide a yummy free dinner for the students of Lennoxville, sometimes accompanied by live music. This is a great way to make new connections, fill your stomach with a healthy meal, and relax with friends!

HAPPY HOUR AT THE GAIT

Held every Thursday at The Gait, this is a great way to celebrate the near-end of the week, and socialize with other students and faculty. There is great company, free popcorn, and great music. If that isn't convincing enough, I don't know what is!

RESIDENCE EVENTS (GAIT GATSBY, TRIP TO QUEBEC CARNIVAL, ETC.)

Get out those dancing shoes, tuxedos and feather boas, because Gait Gatsby is an event like no other! The Gait is transformed into an extravagant 1920's-esque scene, where champagne is popped and fancy costumes are donned by all. You won't want to miss it!

MENTAL HEALTH AND WELLNESS WEEK

Mental Health and Wellness Week is a combined student and university initiative that works on bringing mental health awareness to the forefront and eliminate any associated stigmas. Seminars, talks, fundraisers, Zen-rooms, campus resource day, and even a puppy room are some of the past activities that help raise awareness on campus.

TWO YEAR'S EVE

New Year's Eve was a great time, but you probably didn't get to spend it with all of your amazing BU friends. So, why not ring in the New Year again, Bishop's style! Grab your sparkly New Year's attire and head to the Gait for a Two Year's Eve complete with a countdown and photo booth. What a fun reunion after being away from Bishop's for three whole weeks of winter break!

HALLOWEENKEND

Be sure to bring your entire costume trunk with you to Bishop's, because you'll be needing a number of costumes for this crazy weekend! Bishop's students love to dress up so much, we make Halloween a three-day affair. Get ready to see some pretty creative costumes, we start brainstorming and crafting in September!



NOTHING BUT THE B.E.S.T



Our Future
Prime Minister?

Duncan Crabtree

Home: Toronto, Ontario

Program: History and Political Studies

Favourite Thing About Bishop's: My favourite thing about Bishop's is that you meet people from all over the world who give you new perspectives on all sorts of topics.

Fun Fact: I recently completed my first triathlon.

Hey Gaiters!

Over nine weeks, I had an unforgettable and perspective changing experience. Before coming to Bishop's, I wasn't sure if such a small school could offer me the chance to take part in a professional extra-curricular experience that would stand out from what other schools could offer. Now I can share with you that by thinking big and going after this opportunity, I really opened some doors – both within myself and next summer, I'm hoping, at other employers.

With the support of the B.E.S.T. (Bishop's Exceptional Student Talent) Project Fund, I took on an engaging role in a political office that helped me grow both personally and professionally. As a student of Politics at Bishop's, I was craving the opportunity to have a hands-on experience in the sphere of Canadian politics. I sought out the opportunity to take on an internship in the constituency office of a federal Member of Parliament in Toronto.

While in the MP's office, I wrote almost every day on political issues that matter to Canadians by drafting communication pieces sent out to thousands of residents in the riding. This was an invaluable experience for me as I was able to write to a real political audience for the first time and learned much more about the political issues that matter to Canadians and the policies our government develops in response. Also, while profiling the MP's work in criminal justice system reform, I discovered one way a legal career can be put to use in politics. This was of personal interest to me as I would like to do my graduate studies in law. Finally, I even earned some unexpected project management experience when I took on the responsibility of planning all aspects of a large community business event hosted by the MP that was attended by over 500 people.

Overall, my B.E.S.T. Project allowed me to participate extensively in several aspects of the field of politics and I gained a much better understanding of what could await me should I choose to pursue politics as a career. Speaking more broadly, what the B.E.S.T. fund offers is the flexibility and appropriate financial support to allow Bishop's students to take advantage of a variety of learning opportunities. You can think of a learning experience in just about any field that would further your studies, enrich your degree or advance your future career prospects anywhere in the world. Once you apply to receive funding, the B.E.S.T. Project Fund will consider the value of your proposal. Students use the funds they receive for their B.E.S.T. Projects to support the expenses they incur while participating in their experience. This can include travel expenses, accommodation, workshop fees, equipment costs, etc.

Like my experience, it's possible for you to create a project that would be truly valuable to you. This is something quite unique at Bishop's, so think about taking advantage of it. Your B.E.S.T. project is yours to design and yours to benefit from. How will you develop the B.E.S.T. version of yourself?

PARDON MY FRENCH

Je ne vous apprends probablement rien de nouveau en vous disant que le choix de l'université où nous allons étudier pour les trois ou quatre prochaines années, si ce n'est pas davantage, est une source de stress, et je ne suis certainement pas une exception à cette règle. Du haut de mes 19 ans, j'avais initialement fait le choix d'aller à l'université en français comme je craignais que mon anglais ne soit pas de calibre pour des études supérieures. J'avais également choisi une université où la maîtrise et le doctorat en psychologie étaient offerts, croyant naïvement que j'allais être en mesure d'établir des relations avec mes professeurs, et que cela allait m'aider dans mon cheminement universitaire. Il ne m'a fallu que cinq semaines pour réaliser que cet environnement ne correspondait pas à mes attentes. J'ai compris que chaque personne recherche une expérience universitaire unique et enrichissante, et que même si cet établissement convenait à bien d'autres, il n'était pas ce que je recherchais.

J'ai donc entrepris mes études à l'Université Bishop's au semestre d'hiver, alors que la plupart des autres étudiants et étudiantes avaient déjà dans leur poche une session entière au cours de laquelle ils se sont familiarisés avec l'environnement et ont tissé des liens entre eux. Je ne vous cacherai pas que j'étais inquiète à l'idée de ne pas être capable de m'intégrer aussi facilement que si j'étais arrivée en septembre, et que je n'appréhendais pas le changement d'environnement avec beaucoup d'enthousiasme. Heureusement pour moi, toutes ces peurs étaient infondées. Quelle ne fut pas ma surprise lorsque, lors de mon premier cours, la classe était si petite que la professeure a pris le temps de nous demander nos noms, nos intérêts, et la raison pour laquelle nous avions choisi son cours. Cela faisait changement des grands auditoriums de cinq cent personnes. J'ai tout de suite su que je n'aurais pas de difficulté à faire ma place. La communauté de l'Université Bishop's est tissée serrée et on s'y sent comme dans une famille, on s'y sent comme à la maison.

“ **MON INTÉGRATION SOCIALE S'EST FAITE RAPIDEMENT, PARTICULIÈREMENT GRÂCE AUX PETITES CLASSES ET AUX DIFFÉRENTS CLUBS QUI SONT FACILES D'ACCÈS, ET MON INTÉGRATION ACADEMIQUE FUT TOUT AUSSI AISÉE.** ”

Au terme de mon premier semestre, on me demandait déjà de me joindre à un laboratoire de recherche en psychologie. C'est un autre avantage qu'une université majoritairement axée sur des programmes de premier cycle avec un modèle d'éducation libérale possède : toutes les opportunités qui sont normalement offertes aux étudiant(e)s de 2e ou 3e cycle reviennent aux étudiant(e)s du premier cycle, ce qui peut faire une différence positive lors de la demande d'admission pour

des études aux cycles supérieurs. Être auxiliaire de recherche ou d'enseignement, rencontrer personnellement des invités et des conférenciers, et présenter des projets de recherche à des conférences internationales sont tous des exemples d'opportunités qui sont accessibles aux étudiant(e)s à Bishop's, et ce parfois dès leur première année d'études. Tout cela est rendu possible grâce au nombre restreint d'étudiants par classe qui permet d'établir des relations étroites et personnelles avec les professeurs. À Bishop's, les professeurs nous connaissent par notre nom, savent qui sont nos meilleurs amis, et apprennent réellement à nous connaître. Ici, où chaque échange est personnalisé, je me sens valorisée dans mon individualité.

Le fait que je sois francophone, et que l'anglais ne soit que ma langue seconde, ne m'a aucunement nui; au contraire, je dirais même que cela m'a aidée. Être bilingue est un énorme avantage qui m'a permis de me joindre à un laboratoire de recherche et à l'équipe d'ambassadeurs de l'école. On m'a également demandé de me servir de ma langue maternelle dans certains événements à l'école, où j'ai dû, par exemple, faire la présentation d'une conférencière. Après ces quelques années à étudier en anglais, je suis fière de dire que je me suis énormément améliorée, tant à l'oral qu'à l'écrit. Le support qui est offert ici pour les étudiants francophones a joué un grand rôle dans ma réussite. J'aurai toujours un accent francophone, mais je n'ai jamais reçu de commentaires désobligeants à ce sujet. À l'inverse, beaucoup d'anglophones me disent que mon anglais est bien meilleur que leur français. Une ambiance de respect règne à l'Université Bishop's; la culture n'a pas de langue, et ce sont les différences qui nous unissent.



Julie Leboeuf

Hometown: Sherbrooke, Quebec

Program: Applied Psychology

Fun Fact: I'm spending the 2019-2020 Academic year as a visiting student at St. Anne's College, Oxford University, UK



SOME CLUBS to JOIN

THE BUBBLE is your online hub, where all of your extracurricular activities converge for all things related to clubs. Students can log onto the BUBble to join a club, create a club, apply for club funding, submit club reports and promote club events. The platform is easy to navigate, and permits club leaders and members to connect. Connect your club's pre-existing Facebook page and import the events to keep everyone on the campus in the loop!

THE LEADERSHIP AND EXTRA-CURRICULAR ACTIVITY PROFILE (LEAP) is the Co-Curricular Record at Bishop's University. The LEAP certificate is an official document that can complement your academic transcript by building a portfolio of volunteer work experience. It is designed to track, verify, and validate students' leadership positions, organizational memberships, volunteer work, and other significant involvement in activities outside of the classroom. Enrolment is completely voluntary. LEAP is a great way to transform your co-curricular activities into valued experience for your future employers and graduate school!

THE BISHOP'S UNIVERSITY CHAPTER OF BEST BUDDIES CANADA is a great way to get involved in the University as well as the surrounding community. Best Buddies creates new, long-lasting friendships by partnering students with individuals from the Sherbrooke area with intellectual disabilities/special needs. For students who seek social change (or just a good group of people to hang out with), Best Buddies is a great place to develop students' leadership potential.

UBISHOP'S JACK.ORG is a part of the national youth mental health movement: Jack.org. Jack.org's goal is to provide the Bishop's community with important information about mental health, in addition to fostering opportunities to start conversations on related topics. Jack.org believes that everyone must take care of their mental health. The organization seeks ways to help students at Bishop's develop the necessary skills take care of their own mental health, and provides access to a variety of resources and initiatives. Jack.org volunteers and members are open and friendly, and students are welcome to join at any point throughout the year, at any commitment level.

BU SNOW is the home of the skiing and snowboarding community at Bishop's. By joining the club, you can purchase a discounted Jay Peak season's pass, buy BU Snow apparel, have access to tuning and waxing services and are invited to the many club events and activities. Our Facebook group serves as a carpool forum for offering and finding rides to any of the amazing mountains nearby.

DANCE CLUB is a fun way to get in shape, learn new styles of dance and have a great time. The club offers classes with a variety of styles and levels that take place on a weekly or bi-weekly basis. Styles of dance include: Hip Hop, Jazz, Contemporary, Lyrical, etc. The Dance Club is intended for students to have fun, meet new people, develop confidence and learn to perform. Also offered is a competitive team that allows dedicated individuals to compete against other dance teams from Ontario and Quebec.

BISHOP'S UNIVERSITY PRE-LAW SOCIETY was founded with the goal to educate students from diverse academic backgrounds about the field of law and global leadership. The Pre-Law Society assists students in preparation for the LSAT and their application into law schools across Canada and around the world. The Pre-Law Society also provides networking opportunities in all concentrations of law and corporate management fields. Weekly meetings facilitate discussions of current global legal matters and investigate them in detail. In addition, the Pre-Law Society offers simulations of court proceedings, proper legal documentation and Canadian legal rights. The society welcomes all students interested in learning more about the many aspects of law-knowledge which will benefit students in their future careers. The Pre-Law Society supports all students in their journeys to becoming the leaders of tomorrow.

CARIBBEAN AND AFRICAN STUDENT ASSOCIATION is made up of students from diverse ethnic backgrounds that have an interest in maintaining a solidified campus committee that appreciates African and Caribbean cultures and educates others on historical, political, social, and economic issues that affect Africa and the Caribbean. Through social activities that engage the Bishop's community, CASA fundamentally strives to strengthen and promote a multicultural presence at Bishop's University and in the Sherbrooke community. Moreover, CASA aims to debunk and dispel the stereotypes that exist in relation to these specific regions and the people who come from these places.

MEDLIFE is a non-profit organization that provides medical treatment, education and community development to low-income communities all over the world. The Bishop's chapter helps raise awareness for medical inequity and the goals of the Medlife organization. It also serves to raise money to help fund members' projects and volunteer trips to Peru, Ecuador, India and Tanzania. This club is open to all people interested in helping with this very important cause, especially those who are interested in medicine or humanitarian work. It is a great way to learn, travel and help other communities less fortunate.

THE ENVIRONMENTAL CLUB is a group that holds numerous activities and events designed to both enjoy and protect the environment. Once a week, the club gets together to plan activities and to brainstorm new initiatives. Past activities included: plant sales, bring your own mug- hot beverages, vegan workshops, environmental documentary screenings, snowshoeing local mountains, trail clean ups and many more.

The purpose of **BIG BUDDIES** is to allow Bishop's university students the opportunity to connect with children from the Eastern Townships in a safe and fun environment. Big Buddies pairs university students with children from the local elementary school based on characteristics they fill out—allowing for the best match possible. Big Buddies organizes eight events which are held approximately every other Saturday on campus between 1-3 pm. During this time, the pairs participate in exciting activities together allowing time to create strong and lasting friendships.

THE BU CHEERLEADING CLUB The game team practices two to three times a month and is open for everyone to join. The game team cheers and dances at games to keep the spirit up in the crowds and to support our fellow Gaiters.

LANGUAGE TEACHING CLUB's mission is to create a community of students interested in learning or teaching languages. The club welcomes all languages and learners. The club works as partners with the local Literacy in Action and the Local vocational school to help share languages by setting up tutor groups or tutor pairs. It offers members the chance to work with fellow BU students or local Townshippers, to meet, teach, and learn at the best pace for them.

THE PHOTOGRAPHY CLUB aims to provide a place for all interested students at Bishop's to explore and improve their photography skills in an open and supportive environment.

THE BU PRIDE ALLIANCE is a dynamic group of Bishop's students who meet weekly to discuss issues and events pertinent to the LGBTQ community, at Bishop's and on an International level. BUPA holds events and activities that embrace, promote, and encourage diversity and the alliance between queer and straight students at Bishop's. BUPA also offers peer counseling and a Pride Library for anyone seeking help or information on LGBTQ-related topics. BUPA is open to everyone, regardless of sexual orientation, who values and supports diversity!

ENACTUS is a global non-profit organization that supports the notion that students are the leaders of tomorrow! At Bishop's we use business as a tool to address social issues within our community. Enactus has 3 operating projects that each aim to create a social impact in the community as well as globally. Enactus is always looking for new ideas and new projects to keep improving lives and strengthening our small community.

BISHOP'S BEES is open to any student who is interested in learning about bees and/or beekeeping. Bishop's Bees has several hives on campus that they manage, and they sell their honey at Doolittle's. Throughout the year the club has informative meetings, fundraisers, as well as meetings for projects using the honey/wax (such as lip balm or candles).

THE PSYCHOLOGY CLUB provides a channel for students which allows for intelligent discussion of psychological issues as well as to promote the growth of the BU psychological community. Club Mission: The Bishop's University Psychology Club unites students outside of the classroom who share an interest in the field of psychology and any related psychological issues in order to promote further thinking about the science.

BISHOP'S UNIVERSITY RUNNING CLUB AND TRIATHLON TEAM gives students the opportunity to share (or discover) their passion for fitness and training with others. Running and triathlon training with a group can increase motivation, allowing for even greater progress and improvement. The running and triathlon club's objective is to be inclusive and to form a close-knit group: people from all fitness levels are welcome. Make new friends, discover your potential, and surprise yourself!

THE ROCK CLIMBING CLUB is open to climbers of any level who want to kick it at the climbing gym on Fridays and touch the Eastern Townships rock and ice. The BU Climbing Club provides a great environment to learn all about the basics of this sport. Students' can use this activity as a way to challenge themselves, and the club teaches beginners everything they need to know to be self-reliant and to get the most out of the experience. All the gear needed during the activities is provided at no cost, and we carpool!

THE BISHOP'S UNIVERSITY MENTORING AND TUTORING CLUB's purpose is to promote literacy and learning within the local community by matching up Bishop's students with school-aged kids in the area. The mission is to help local children and teens to achieve academic success while strengthening Bishop's involvement in the community. It aims to accomplish this by engaging and mobilizing volunteers to take action for the cause of literacy and learning. BUMT has one-on-one tutoring programs that run in connection with Sherbrooke Elementary School (SES) and Alexander Galt Regional High School, as well as a reading circle at the Lennoxville Library in partnership with Lennoxville Elementary School (LES).

FIGURE SKATING CLUB is the perfect place for you, whether you have years of experience or are eager to learn how to skate. Come and practice your skills or learn new ones. We are always excited to welcome new members to the club.



Sydney Brennen

Hometown: Toronto, Ontario

Program: Sports Studies

Favourite Thing About Bishop's: The Bishop's community. Members of the Bishop's community are friendly, welcoming, and inclusive. The students and faculty who make up BU are diverse and unique in every way, which enables each and every student to settle in and find their 'niche.'

Fun Fact: I have a pet fish named Carl.



The idea of starting a club as a first-year student can be very intimidating. However, clubs have a large impact on the student body. New ideas encourage students to invest in different passions that they may not have had the chance to pursue. The SRC gives students the opportunity to take these ideas and turn them into reality. Although the process may be demanding, it is worth it. At the end of the day, you can take pride in something that is meaningful to you. Small ideas can develop into a full-fledged club. Many students may have had the same ideas but never pursued it because of the challenges they had to face. If you have an idea, go after it!

This is exactly what my co-lead Rebecca and I did as first year students, by re-establishing the Figure Skating Club in 2018. Through several fundraisers, club membership and fellow student's support, we were able to obtain and maintain club status over the past two years. Rebecca and I had a passion for skating and felt the desire to share our love for the sport with the students of Bishop's University. This encouraged us to reintroduce a club that had not existed for several years.

On the ice, we have a wide range of skaters, from beginners to advanced skaters. The experienced skaters are able to develop their techniques and skills while also getting advice

and support from others. We also have a Learn to Skate program for students who are new to skating. This allows them to learn the basics of figure skating. Since both groups share the ice, the beginners are able to "look up" to the higher-level skaters and motivate them to continue practicing. One of our main goals for the advanced skaters is to be able to reach various competitive levels. As club leads, we want to showcase our Learn to Skate members by putting together a small performance for family and friends. This allows them to present the skills learned during the semester. By reintroducing the Figure Skating Club to the University, we were able to share our love for the sport with students and encourage them to try something that was out of their comfort zone.

Clubs are a great way to get involved with the university, create new friendships, and meet new people who share common interests. This process has taught Rebecca and me how to persevere through challenging situations and overcome them. In our experience, the Bishop's faculty and staff want to see clubs succeed and will help them reach their goals. It is important to reach out to them in order to advance your club. Overall, Bishop's is the perfect place to pursue your dreams.



Rebecca & Joelle
Co-Leads of BUFSC

Rebecca Benyk: I am a second year student doing a double major in Business and Psychology. I am from the Chicago-area (USA) and I have been skating for 15 years, eight of them with the Chicago Jazz Synchronized Skating teams – competing at the local, regional, national, and international levels. During my last two years of high school, my team represented the United States as Team USA and competed in Austria, France, Sweden and Scotland. A career highlight was when my team earned the gold medal at the Trophy D'Ecosse in Dumfries, Scotland. Synchronized skating has molded me into the person I am today and the sport has taught me so much over the years. I was inspired to restart the Figure Skating Club at school because I want to pass on my love of the sport with the students of Bishop's University.

Joelle Ménard: Hey everyone! I am a second year student studying Sociology with a concentration in Criminology and a minor in History. I am from a small town close to Ottawa, Ontario. Figure Skating has had a big impact on my life for the past 15 years. Competing and training as a freestyler has helped me develop as an individual. My biggest accomplishment in my figure skating career is being the most achieved skater in the Winchester Skating Club history, having passed all four gold levels: freestyle, interpretive, skills, and dance. Making it to provincials two years in a row was also a huge accomplishment for this small-town girl! I've also won three Skate Canada Eastern Ontario Awards throughout my skating career: STARskate Athlete Award, Coaches Inspirations Award and the Canskate of the year Award. Skating for the past 13 years in Winchester encouraged me to pursue my love for the sport at Bishop's University. I hope that the incoming students can continue doing the sport they love or even try something new with our Learn to Skate program.

PURPLE RUNS IN THE FAMILY



Gaiter
Siblings

A little bit about us: We are from a town just outside of Saint-John, New Brunswick called Quispamsis and we both love all things outdoorsy— hiking, biking, and especially skiing. I visited Bishop's during my last year of high school and fell in love with everything its beautiful campus had to offer. A year later, after having heard all about the incredible experience I was having as a Gaiter, my brother Alexis decided to join me.

We were both drawn to pursue careers as health professionals, as it would allow us to combine our fascination for science with an interpersonal aspect— getting to work closely with patients every day. Thanks to Bishop's and its small class sizes, caring professors and motivating environment, we gained a solid foundation in science which is essential before applying to postgraduate health professional programs. Not only did our Bishop's experience provide us with the resources to thrive academically, the tight knit and supportive community we were apart of gave us the confidence to get involved, start new initiatives and be social, all while developing some very important life skills.

GEORGINA:

It has been three years since I graduated. I am now studying dentistry at McGill University and I continue to realize the many ways in where my undergraduate university choice has had such a positive impact in my life. Bishop's was so much more than a place where I attended classes. The extent of opportunities available to get involved were countless. I volunteered as a Big Buddy throughout my four years, was an Orientation Week Leader in my second year and a Charity Judge, organizing fundraisers for local non-profit organizations, during Orientation Week in my third and fourth years. I was also President of the Bishop's MEDLIFE Chapter and led initiatives to raise awareness about medical inequity. Through this role, I had the amazing opportunity to volunteer with a medical and dental outreach group in rural villages around Cusco, Peru. I can really appreciate how getting involved in campus life was extremely beneficial in developing strong interpersonal skills that are required in the dental field in order to collaborate with a team and work within a community.

ALEXIS:

Before I came to Bishop's, there were a few things I knew that I liked: people, science, and skiing! It didn't even take a full year of Georgina's stories for me to realize that Bishop's would be a great fit for me. Throughout my time in the BUbble (Oh and how it flew!) I managed to pursue these interests by helping to run the ski and snowboard club, getting involved in cancer research through Bishops' partnership with Université de Sherbrooke, and by cultivating friendships and stories that will last a lifetime. It's funny how aptly named this magazine is because it is the environment of acceptance and support that enabled me to develop confidence to become the person I am today. Further, I fall back on these formative experiences regularly as I continue to develop as a medical student at Dalhousie University.

Best regards Future Gaiters!
Georgina and Alexis

Georgina Lamontagne, BSc. Hon. 2017

Home: Quispamsis, New Brunswick
Program: Biology- Health Sciences
Favourite Thing About Bishop's: Dressing up
& seeing all the crazy purple costumes at events!
Fun Fact About Yourself: Once met the BU alumni who wrote
the adopted school song «Raise a Toast» in 1964.

Alexis Lamontagne BSc. Hon. 2018

Home: Quispamsis, New Brunswick
Program: Biology- Health Sciences
Favourite Thing About Bishop's: All of my friends (absolute BUties).
Fun Fact About Yourself: Once met Mac DeMarco.

The Golden Lion Pub

I don't think you can say you have really attended Bishop's until you've been to a Wings Wednesday or an Acoustic Tuesday at the Lion. Every night at the Lion is its own special night. This pub is right in the middle of Lennoxville, and they even craft their own beer! You'll know the Lion from its bright yellow exterior (not to mention the delicious pub-food smells wafting from it as you walk by)!

Pizzaville

Pizzaville is one of the best restaurants in Lennoxville, where you can order breakfast ANY time of day! At night, you can enjoy some yummy Asian food, or even an extra cheesy poutine. Pizzaville is popular any day of the week, but the time you will find the place packed is on Sunday mornings, when students reminisce about the events of their weekend.

North Hatley

If it's good enough for Hillary and Bill Clinton it must be good enough for us (Hillary and her family spent two weeks on vacation in North Hatley during the summer of 2017)! North Hatley is a picturesque town located 15 minutes away by car, or a 45-minute bike ride from a trail located right on campus! You can visit antique stores, eat delicious ice-cream, and relax on the public beach.

Escaparium Sherbrooke

One of Sherbrooke's newest places for fun, the Escaparium is a fun, immersive entertainment concept fit for all ages. It is a real-life escape game designed for small groups of 3 to 8 players. While the goal is simple, the game is challenging yet extremely exciting. Getting through the escape room will require finding clues, solving puzzles, and working together.

Mount Pinacle

A Bishop's classic! Mount Pinacle is a nice day hike right next to the USA border. Once you reach the top, you can enjoy the spectacular view. Tip: go in the fall when the leaves are changing colours -- it's even better!

AstroLab

Located near Parc National du Mont-Mégantic, the AstroLab is an astronomy research center that includes an observatory at the summit, interactive space exhibits and multimedia shows. Make sure you go on one of the Astronomy Evenings to get a chance to view the cosmos through one of the telescopes (weather permitting of course!).

Shogun Sushi

My favourite food place in Sherbrooke! All you can eat sushi...need I say more?

Brûlerie FARO

Need to study in a nice and cozy environment? Faro has got you covered! Located right in Lennoxville, you can enjoy their homemade baked goods and their delicious coffee from morning till night time... time flies there!

Coaticook

Coaticook is a town famous for its self-named ice cream! You can visit the ice cream and cheese factory, and take some cheese to go! You can also enjoy a nice walk in the park where the Coaticook Gorge, one of the longest suspended bridges, is located. It's even open at night for Foresta Lumina: a magnificent lightshow.

Sher-Mont Bowling and Billiard Hall

Want a night out with friends? Go bowling on Friday night! From 10 pm, it's \$14 (shoes included), and you can bowl all you want, all night long (accompanied by some killer tunes, of course)!

Mont Bellevue

Mont Bellevue Park is a great place to be if you love the outdoors. Located right in Sherbrooke, you can enjoy snowshoeing and skiing in the winter, hiking, mountain biking and archery in the summer! It's a great de-stresser in between classes, assignments and exams.

Apple Picking

In fall, when the leaves are changing colours from those vibrant greens to ambers and reds, there's no better place to be than in the Eastern Townships! You can go apple picking at Verger le Gros Pierre, and enjoy those last days of warm weather.

Sugar Shack

Spring is my favourite season, because it's time for sugar shacks! There are multiple sugar shacks close to Bishop's, where you can enjoy an excellent dinner with lots of maple syrup, one of the specialities of Quebec. Sugar shacks are where the sap is collected from the sugar maple and boiled into that marvelous maple syrup that you can pour all over your meal! YUM!

Vertige Escalade

This is not your typical rock-climbing venue! It was built inside an old, renovated church (Christ- Roi)! Multiple levels are available to offer you the challenge you desire and, on top of that, the atmosphere is always really friendly.

Lac des Nations

This lake is located in Sherbrooke, and it's where a lot of festivals take place during the summer. The lake is surrounded by a path so you can go running there, or just appreciate a nice, relaxing walk. You can even see fireworks at night!

Multiple Bike Paths

There are two bike paths that leave directly from the Bishop's campus. One heads towards Sherbrooke, and the other to North Hatley. Don't forget your bike on move-in day, so you can enjoy a pleasant bike ride, and have a blast at either destination.

Drive-In Theatre

What is better than driving to the cinema, parking your car, and watching a movie from a gigantic screen with the comfort of pillows and blankets? Located 30 minutes from Bishop's, it's a great evening activity, especially during Halloween!

The Granada Theatre

Enjoy your favourite artists with renowned acoustics and amazing architecture.

Wellington Street

Spanning the entirety of downtown Sherbrooke, Wellington Street is one of the prettiest streets I have found in Sherbrooke. It is always alive with multiple bars and restaurants, and during the nighttime in winter, you can enjoy the beautiful Christmas lights that are hung throughout the streets.



USA / Jay Peak

With the American border only 45 minutes away, there is no excuse not to visit our neighbours in the south and even enjoy a ski day at Jay Peak! You will always find students driving there on weekends to enjoy their amazing slopes, and they even opened an indoor water park! Bring your passport!

TOP 20

SHERBROOKE AND LENNOXVILLE AREA MUST-SEES

Sherbrooke and Lennoxville are a great mix of both urban and rural settings. We have amazing nature trails, golf courses, and ski hills, but only a ten-minute bus ride away is Sherbrooke, a lively city with museums, shopping, restaurants, concert halls, and so much more. So, no matter your style, you will find something fun to do any day of the week. Don't believe us? Bishop's students have provided 20 Must-Visit places that will provide you with hours of fun, culture, good food, and time with friends.



A PARENT'S PERSPECTIVE

Four years ago, the time came for us, as parents, to venture on the university bound trail with our second and youngest daughter. Choosing a university for Kaylei was difficult as she knew what she wanted but was unsure she'd find it in our home province. We, as parents, were quite concerned about the distance she would be from home. Kaylei feared all the universities near her hometown did not meet her idea of what university life should be for her. Kaylei, in speaking with her aunt about university, was informed of Bishop's University. This began our journey not just once but three times to Bishop's for tours and information.

WE ARRIVED FOR THE FIRST PERSONALIZED TOUR WITH A STUDENT GUIDE AND KAYLEI FELL IN LOVE! THE EXPRESSION ON HER FACE SAID IT ALL TO US! WE KNEW WE HAD TO PUT ASIDE OUR FEELINGS OF "LOSING HER" AND REMAIN AS OPEN AND POSITIVE AS POSSIBLE, ALLOWING KAYLEI TO TAKE THE LEAD ON HER JOURNEY. - - - - -

After more visits, Kaylei was convinced that Bishop's was the only place she could see herself striving to learn. Kaylei, throughout her journey, has certainly made Bishop's University and the town of Lennoxville her second home.

We, as parents, had to learn to be supportive from a distance, while also assisting her in how to become independent. Here are some things we learned along Kaylei's journey at BU:

The website at Bishop's University is very informative and has lots of information about services provided such as Peer Tutoring, Residence Life, L.E.A.P., and countless other social and academic supports.

Don't worry about the distance to and from home, there are several options such as bus, train, or plane as well as ways for the students to get to know one another and converse on a Facebook page. This may lead to student carpools home which is probably the most cost effective. However, if you're the worried type of parent then be prepared for some long weekend drives to Sherbrooke/Lennoxville in the first year but certainly tapering off in second year. We did, however, enjoy the lovely hotel options for our long weekend stays.

There are several options for living outside of residence but from our experience, I would not recommend this for students who are from another province until at least second year of university. Residence life makes it easier to get involved and have all the support literally at your child's door. Imagine your student rummaging through the backpack only to find no key... not a problem while in Residence as there is always a roommate, RA, or Security who can come to the rescue.

Encourage your child to become involved in the many social activities as well as focusing on academics as university life is about balance. The students have to learn that through experience and be themselves.

Our daughter had her fun times and challenging times but Bishop's University motto: BE PURPLE, BU certainly resonates in my mind. Kaylei has learned to persevere during the challenging times and enjoy being herself through participating in many academic and social activities. She also volunteers outside of Bishop's in the picturesque community of Lennoxville. Kaylei, in her fourth year, has made Bishop's her home away from home.



Kimberley Grobbecker,

Mother of 4th Year student, Kaylei Grobbecker
Home: Kitchener, Ontario

Program: BA/BEd Elementary Educational Studies and a Double Minor in English Literature and French as a Second Language.

Favourite Thing About Bishop's: The small class sizes that allow me to interact more and work collaboratively with my peers and professors.

Fun Fact: I've wanted to be a teacher ever since I was a little kid and that is still my biggest wish to this very day.





RAISE A TOAST: OUR SCHOOL SONG

From the minute you set foot on campus, you will hear the singing of our adopted school song with the opening stanza, "Raise a Toast to Bishop's University." You will undoubtedly sing it yourself multiple times during Orientation Week, in particular when all first-year students gather on the Principal's front lawn (yes, he lives on campus!) for the annual tradition of serenading him late in the evening. This became the Bishop's marching, or "fight" song that was composed by Gaiter Alumni John Piper and Alex Henderson (Class of 1965) for a short political satire entitled *The Grate Escape*, staged during the winter carnival in 1964. The actual school song is called *Alma Mater*, and the tune was adapted by Rev. Sidney Mead from an old German Folk song. Trust us: the following are the only words you will ever need to know:

**RAISE A TOAST
TO BISHOP'S UNIVERSITY,
ON THE MIGHTY MASSAWIPPI SHORE.
WE'RE CONDITIONED TO OUR FATE,
WE WILL NEVER GRADUATE,
WE WILL STAY HERE FOREVER MORE.**

**COLLEGE DAYS WILL LINGER
EVER IN OUR HEARTS,
WEARING GOWNS, RAISING HELL, AND QUAFFING ALE.
AND WE'LL SHOW "ESPRIT-DE-CORPS"
AS WE WATCH THE GAITERS ROAR
ON TO VICTORY.**

**SO, RAISE YOUR BEER MUGS
AND YOUR LITTLE BROWN JUGS
TO BISHOP'S UNIVERSITY!**





Winterfest



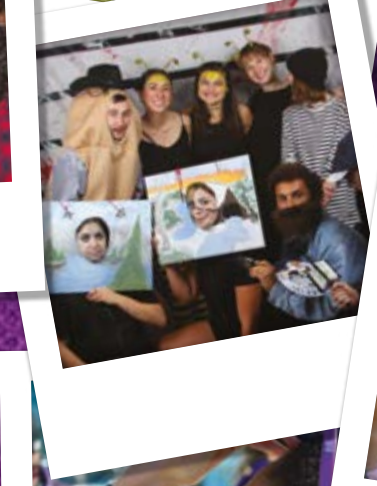
Serenade the Principal



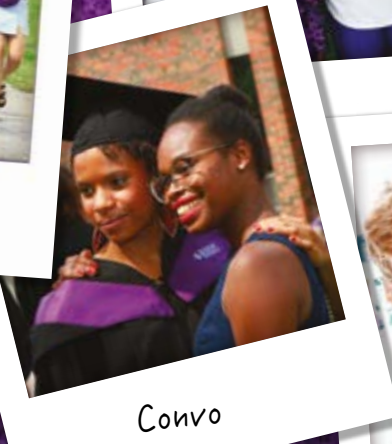
Orientation Week



Spirit



O-Week



Convo



MACLEAN'S UNIVERSITY RANKINGS 2020

NEXT STEPS AND DEADLINES

1ST *for* **academic**
ADVISING
STAFF

2ND *in* 
Student
SATISFACTION

2nd *For*
EXTRACURRICULAR
ACTIVITIES

2nd *for* **steps**
to prevent
SEXUAL ASSAULT

 **2ND** *For*
student life &
ADMINISTRATIVE STAFF

3rd *FOR* 
EXPERIENTIAL
LEARNING

#4 
for COURSE
INSTRUCTORS

4TH *FOR*
Residence
Living

5th *in* 
mental
HEALTH
services



- 1. Congratulate yourself for being admitted to Bishop's!**
This is a great accomplishment! Well Done! #UBishops #FutureGaiter
- 2.** Review your offer of admission from Bishop's and make sure you understand the conditions. If you don't understand them, give us a call: **1-819-822-9600 ext.2680**.
- 3.** Accept your offer of admission and pay the \$350 tuition deposit online through your myBU student portal found at www.ubishops.ca. The sooner you accept your offer, the sooner you'll be ready to join #GaiterNation in September.
- 4. Apply for Residence by June 1st.** The application is available on the Residence Services website: www.ubishops.ca/residence. BTW, move-in takes place on Saturday August 29th.
- 5.** Make sure you have made arrangements to have your final official transcript sent directly to Bishop's University from your high school, CEGEP, college or university. We need to receive these documents by August 29th.
- 6.** Check out our events, webinars and campus tour program at www.ubishops.ca. We're here to help you and would love to welcome you to campus, meet you in your region or chat with you via phone or email.
- 7.** Watch your online student portal and email for information about course registration, which will begin in late June. We always suggest getting in touch with your program advisor or Department Chair to make sure you are on the right track, especially if you have advanced credit or want to pursue a double major, minor, concentration or any sort of program combination.
- 8.** Pay your \$800 residence deposit by August 1st. Pay your Fall semester tuition by September 30th.
- 9.** You'll be receiving information about Orientation Week and the start of classes soon, but before you know it, the end of August will be here.
- 10. Start collecting everything PURPLE so you can - #BleedPurple!**



**GET READY TO
#BLEEDPURPLE AND
JOIN THE BISHOP'S
COMMUNITY!**

FOLLOW US



@UBISHOPS



WWW.UBISHOPS.CA
RECRUITMENT@UBISHOPS.CA

