

The Society of Off-Campus Students

Letter from VP Administration

Hello SOCS! Coming towards the end of September, I encourage you to attend our GA on Thursday September the 28th from 4:30 - 6:30 where we will be discussing proposed changes to our constitution that myself and Rhea have been working on this summer.

Come out, voice your opinion, and discuss with us why these changes are beneficial for our society!

Coming up in October we have a lot of fun SPOOKY events planned for you all!

Keep in touch on our Facebook page and by checking out our website: mac-socs.ca

Hope you all have a spooktacular October!

Letter from VP Education and Community

The Society of Off-Campus Students
Presents Pair of S.O.C.S!

The society's revamped "Pair of S.O.C.S" mentorship program has just begun. The program has attracted the attention of over 60 off-campus first years and we hope that this number will rise in years to come. Our diverse community of faculties and backgrounds allowed for excellent matching of the new members in our society. The exciting changes include monthly events, gym and activity programming, and a higher emphasis on social media interactions.

The program's first event was our Boston SOCS event, at Boston pizza, where first years could meet their mentors and get to know them. The event was a success, with many members, new and old, coming out to have a great time.

Look forward to our future events and to having an amazing year with your S.O.C.S community!

Hello October!

PLACES TO STUDY WHEN EVERYWHERE IS FULL - BY EMILY ERNST

You have just finished classes for the day and you decide to head to the library to get grinding for your midterm tomorrow. As you're walking there, you are pumping yourself up for what will be the greatest study sesh of your life. You open the doors to the library and you see the most disastrous thing ever. A sea of students fills all the tables, all the seats are taken and there is definitely no space for you. So where do you go when all the libraries are full? Here is a list of ___ alternative locations that fit all your studying needs.

TUTORIAL ROOMS

Whether you are looking for a quieter spot to study or a location to study with a large group and empty tutorial is the place for you. Prime spots for empty tutorial rooms would be on the first floor and basement of Burke Science Building (BSB) and in the basement of the arts quad, which includes Kenneth Taylor Hall (KTH), Togo Salmon Hall (TSH), and Chester New Hall (CNH). Tutorial rooms are especially a good place to study after 6:30 pm when day classes are over and there is a higher chance of finding empty rooms.

LECTURE HALLS

Another good location after day classes end is in the many lecture halls that are spread all over campus. This is a great spot for group studying as you can spend time teaching each other the course content without disturbing others around you.

COFFEE SHOPS

Coffee shops are a great location if you like having an unlimited source of coffee and food while studying. One coffee shop with in walking distance is Paisley Coffeehouse & Eatery (former My Dog Joe) which resides in Westdale. Another coffee shop just a short bus ride away from campus is Brown Dog Coffee Shoppe located on Locke street.

MDCL GREEN ROOM (AKA THE ROOM WITH THE WATERFALL)

This room is perfect for that last minute grind if you have a final or a midterm located in Michael DeGroot Centre for Learning and Discovery (MDCL). This room is typically on the quieter side and not too busy.

BONUS TIP IF YOU INSIST ON STUDYING IN THE LIBRARIES

If you insist on studying in the libraries I would recommend showing up on the 15th minute of the hour (ex. 1:15 pm). This is the time where students will be packing up and leaving for class, but right before students ending classes will arrive at the library. This gives you prime opportunity to find a spot to study.

Defeating Procrastination... Today

Written by Gaurav Arora

You walk into class one day, and out of nowhere your professor assigns you a project. Your heart starts racing; an assignment already?! It's only the first week of classes! You begin to panic until they mention the due date... Turns out that you have a whole 3 weeks to complete this project! You start to calm down because now you know that you'll have plenty of time to work on it. Right?

Fast forward 20 days and you're back to panicking again, because you've been hit by the infamous monster that is procrastination. Procrastination can use its power to influence you in many ways; perhaps by convincing you to watch Netflix, socialize, or even by introducing cyclic thoughts such as, "I'll work on this tomorrow". With the great dominance that procrastination seems to have on our lives, how are we to fight back and take control once again? Fortunately, experienced students have devised a foolproof methodology to get rid of this monster once and for all.

The first and most formidable way to antagonize procrastination is to create a schedule to follow. This can be done either electronically or the old fashioned way with a pen and paper. Looking at your schedule, fill in any gaps that you may have between classes to accomplish a task. For example, if you have a one hour gap between Psychology and Economics, use this time to catch up on class readings so that you won't have to worry about it later in the day. Allocating time to specific tasks within the day will ensure that you complete a large chunk of work early, giving you more time to relax and enjoy yourself later on.

Secondly, a way to complement the scheduling technique mentioned above is to create a list of chores that you wish to accomplish. It is extremely easy to forget what you need to do, especially if you have a lot of responsibilities occurring simultaneously. However, by writing things down, it becomes much easier to manage as you will be able to see what needs to be done. This will help you de-stress as well since your mind will be able to attend to more than just remembering when your three different essays are due. Plus, it's surprisingly satisfying to put a giant X over a task that you have just finished!

Finally, make sure to spend some time doing what you enjoy. Schedule in times for relaxation, as just focusing on work and responsibilities 24/7 will cause you to burn out of energy really fast. It is just as important, if not more, to take care of yourself as it is to keep up with life's demands. Overall, procrastination tries to make you feel as though everything is out of control. However if you diligently follow the steps listed above, you will start to feel more in command. No longer will you leave your assignments until the very last day, and slowly but surely the treacherous beast that is procrastination will run off scared with its tail between its legs.

STAY TUNED-IN WITH YOUR LOVE OF MUSIC AT MAC by Waynes Manalang

Are you a **musician** hoping to continue your musical career/ hobby/ interest in McMaster University? I got you covered! McMaster has many events where you can share your talent.

During **Clubs Fest** (which occurs in the first weeks of September), McMaster's over 300 clubs and organizations will have info tables. On this day, **HUNT** for the clubs on this list! It's a great opportunity to ask about **rehearsals and concerts**, get more detailed information about the **audition**, find suggested audition pieces, or simply **chat with members** about what it's like to be in the club! Here's a list to check out and find your groove:

The first list contains **orchestras, ensembles, groups and bands** at Mac. All of them are **open to non-music students** and require an audition to get in. A standard audition lasts for about 5-10 mins, and auditees are asked to play one fast piece, one slow piece and then given a piece to sight-read. Another great thing is that for clubs under McMaster School of the Arts (SOTA), you can **participate for credit (C)**. The music course would comprise of the rehearsals, a concert and a playing exam of specific bars from the concert pieces. Be sure to stop by their info tables!

LIST 1: Orchestras/ Bands/Ensembles (SOTA/ Audition/ Participate for credit)

- McMaster Chamber Orchestra (C)
- McMaster Pops Orchestra
- McMaster Marching Band
- McMaster Concert Band (C)
- McMaster University Choir (C)
- Flute Ensemble (C)
- Percussion Ensemble (C)
- Jazz Ensemble (C)
- McMaster Gospel Choir
- McMaster Women's Choir (C)

The second list contains clubs that produce **theatrical performances** every year. Here, you can audition as a **musician** in their team. They play a wide range of music from pop, classic, medleys and original compositions. Clubs labeled (F) are faculty-exclusive, and the rest are open to all McMaster students.

LIST 2: Theatre

- McMaster Engineering Musical (F)
- McMaster Science Society Musical (F)
- McMaster Musical Theatre
- Health Science Musical (F)
- McMaster's Absolute Pitch (for Mac's **top show choir**)
- McMaster IRIS Theatre Production (IRIS performs during the **Welcome Week**. This year they are performing on **August 26 (Sat) 1:30PM or 4:30PM**. Go check them out and chat with them about **their workshops, auditions, and rehearsals**; they won't be at Clubs Fest)

In this third list, we have clubs that play music for fun, to make new friends, to learn to play a new instrument, or just to relax from a stressful week. Something to take note is Bridges Café. Bridges Café is not a club, but a charity coffeehouse organized by various clubs. All you need to do is sign up as a performer with the organizers, show up on the day of the performance and play your heart out.

LIST 3: Clubs/ Chill Performance Opportunities

- Bridges Café
- MacBEAT (for weekly jams on Thursdays)
- McMaster Guitar Club (for guitar mentors, jams and a year-end performance)
- Music in Medicine (for musical performances at McMaster Children's Hospital)
- MacUke (for weekly lessons and jam sessions)
- McMaster A Capella Club (for an A cappella group and term-end performance)
 - a. Macappella (co-ed)
 - b. MacaBellas (all-female)
 - c. MacaFellas (all-male)

If you're interested in watching performances and concerts, then keep an eye out for:

LIST 4: School of the Arts live music performances featuring student ensembles, local artists and international musicians

- a. Tuesday Lunchtime Concerts (free admission)
- b. Friday Evening Concerts (\$5 admission for Mac students)
- c. Ensemble Concerts (usually on November and March, \$5 admission)

And Lastly but Certainly not Least... A message from your VP Social:

Hey guys! Hope your first few weeks of class are going well.

Firstly I wanted to mention that Sunday Sunday Sunday was lit this year! And because of this success, we are able to fund more events for you guys! So I just wanted to thank you guys for coming out and if you weren't able to make it, SOCS is having another club night the Sunday before Halloween so hopefully y'all can come out to that! Make sure y'all have a costume even if it's super last minute lol.

If you guys aren't into the clubbing scene as much we will be having a movie night on the 28th of September in Hamilton Hall where we will have free snacks and you can wear your pj's and stuff. So definitely check out the event page for that!

Anyways thanks again and hopefully I'll be seeing all your beautiful faces soon!



*We Hope To
See You
Around This
Fall!*

*Photo credits to Anna Verdillo, Christie
Emily, and Abhilasha Vermani.*