

McMaster Economics  
Society Presents...

# The Survival Guide to **First Year**


2025-2026



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## A Letter from The Society

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

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## Welcome to McMaster!

The MES team is excited to support you as you begin your journey in Economics. We created this survival guide to help you navigate the start of your university journey. This guide will give you key tips, resources, and advice to help you feel confident and prepared for your first year.



**Wishing you all the best as you  
continue your journey here!**



## What is the McMaster Economics Society (MES)?

The McMaster Economics Society is a student-run organization dedicated to enriching the university experience for all students interested in Economics.

We aim to build a supportive community by providing academic resources, hosting networking events with industry professionals, and creating social opportunities for students to connect, learn, and grow beyond the classroom.

# Academic Calendar



## 2025 Fall Term (62 Days)

Classes begin	Tuesday, September 2
Last day for adding/dropping courses	Wednesday, September 10
National Day for Truth & Reconciliation: NO CLASSES	Tuesday, September 30
Mid-term recess	Monday, October 13 - Sunday October 19
Last day to withdraw without failure by default	Friday, November 21
Test & Examination Restriction	Friday, November 28 - Thursday, December 4
Classes end	Thursday, December 4
Final examinations	Saturday, December 6 - Friday, December 19
Deferred examinations	Tuesday, February 17 - Friday, February 20

## 2026 Winter Term (62 Days)

Classes begin	Monday, January 5
Last day for adding/dropping courses	Tuesday, January 13
Mid-term recess	Monday, February 16 - Sunday, February 22
Last day to withdraw without failure by default	Friday, March 27
Test & Examination Restriction	Wednesday, April 1 - Tuesday, April 7
Good Friday Break: NO CLASSES or EXAMINATIONS	Friday, April 3
Classes end	Tuesday, April 7
Final examinations	Thursday, April 9 - Wednesday, April 22
Deferred examinations	Monday, June 22 - Thursday June 25





# Grading Scheme

Grade	Points	Equivalent Percentage	4.0 Scale
A+	12	90-100%	4
A	11	85-89%	3.9
A-	10	80-84%	3.7
B+	9	77-79%	3.3
B	8	73-76%	3
B-	7	70-72%	2.7
C+	6	67-69%	2.3
C	5	63-66%	2
C-	4	60-62%	1.7
D+	3	57-59%	1.3
D	2	53-56%	1
D-	1	50-52%	0.7
F	0	0-49%	0



# Tips for First Years:

## Campus Navigation 📍

1

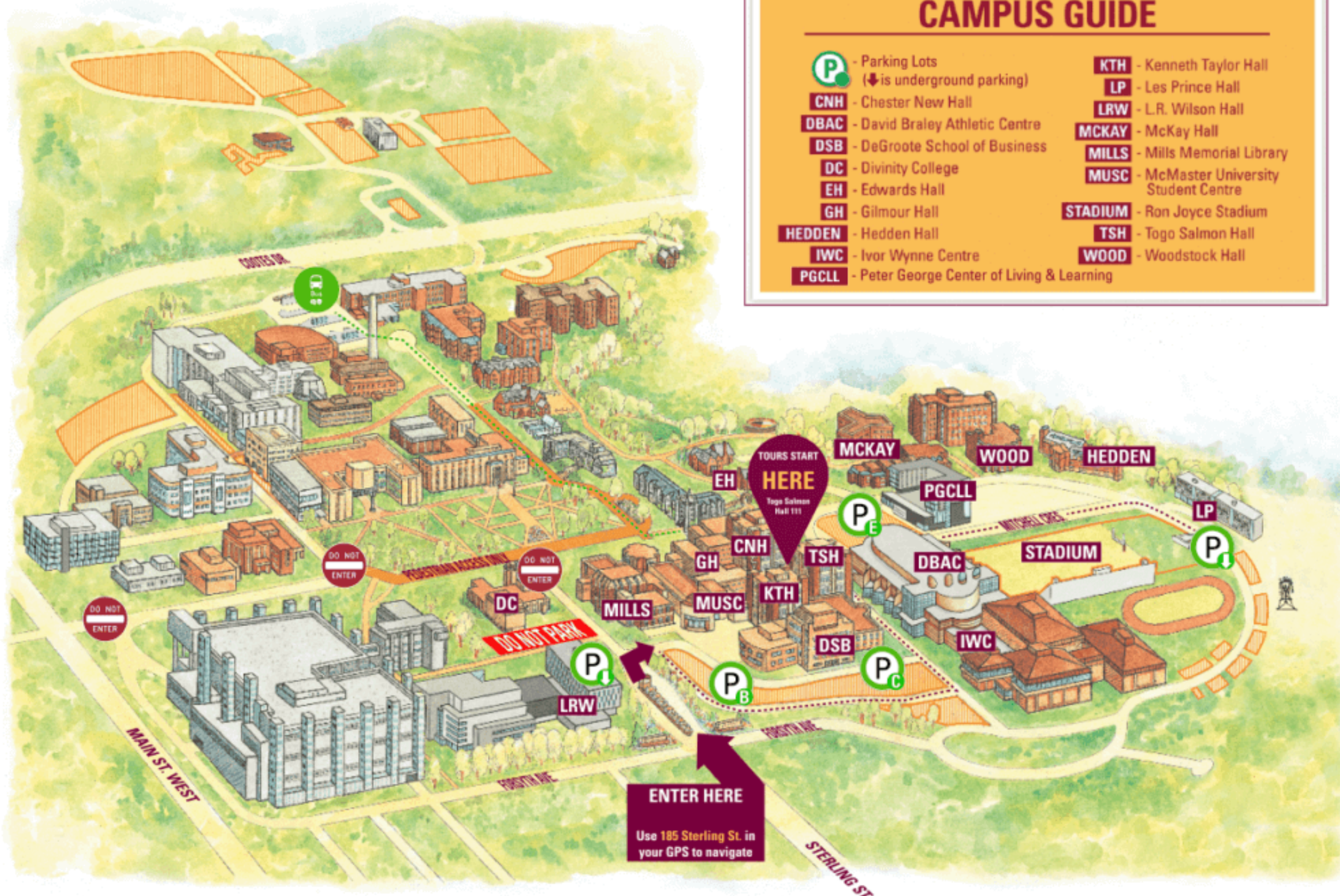
Download the  
MacMap app for  
building locations

2

Explore MUSC  
(Student Center) for  
food, study spaces,  
and club rooms

Look at *the* campus map!

### CAMPUS TOURS MAP





## Tips for First Years:

### Food & Coffee Recommendations

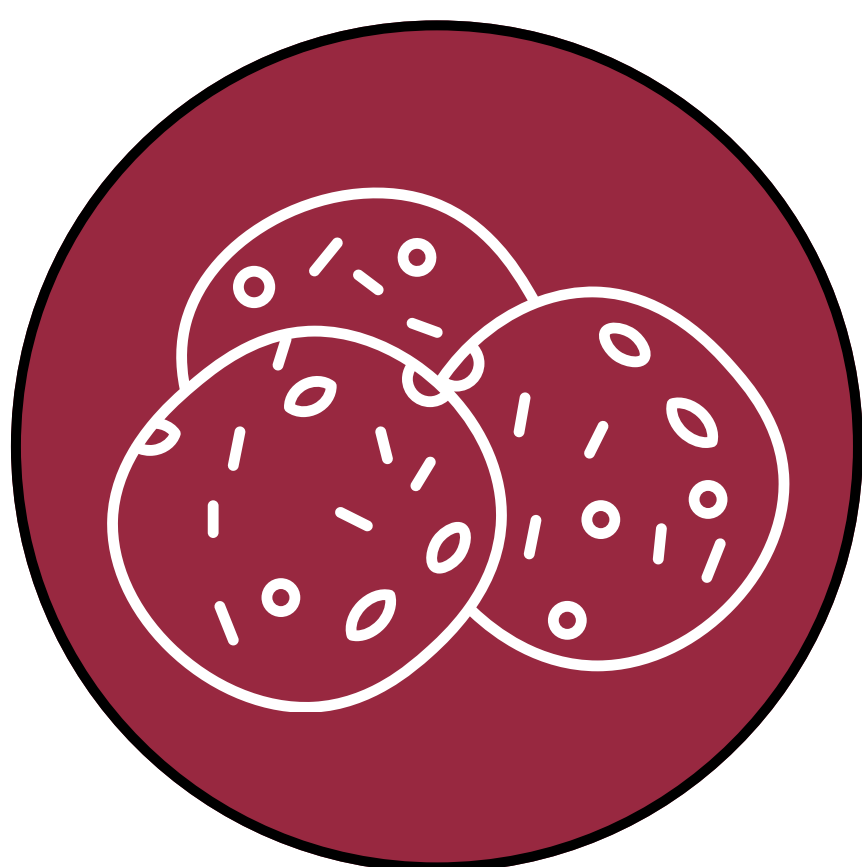
MUSC Tim's line is long – try PGCLL or Mary Keyes's Second Cup!

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Starting mid September, there will be free soup and bread for lunch every Wednesday hosted by the Chaplaincy Centre on the second floor of MUSC!

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They also have free cookies and coffee during exam periods.



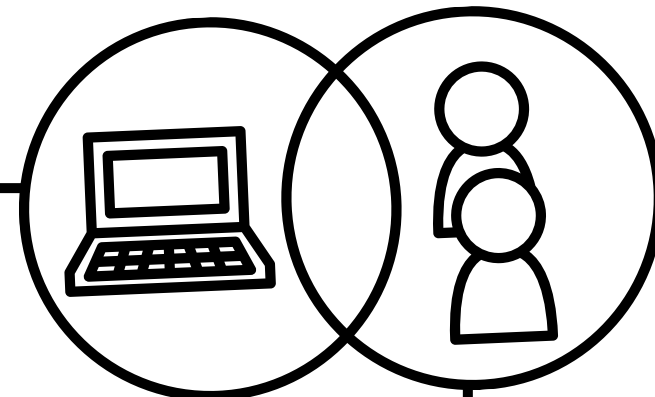


# Tips for First Years:

## Course & Academic Success

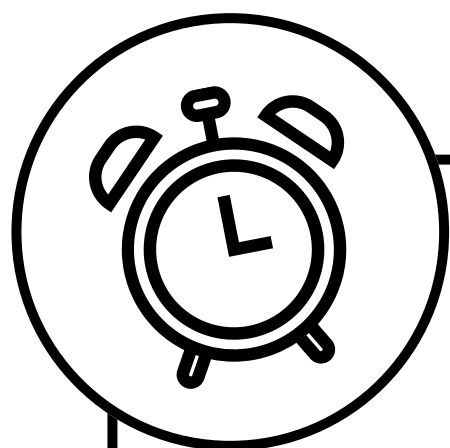
### AVENUE TO LEARN

Check Avenue to Learn for course content and grades



### MOSAIC

Check Mosaic for enrolment information, finances, and exam schedules



### OFFICE HOURS

Go meet your professors and TAs to ask questions and make connections!



### PLAN YOUR COURSES

Plan before the course enrolment appointment and look at the courses you want to take!

# Tips for First Years:

## Mental Health & Wellness

- Free counselling: Student Wellness Centre in MUSC B101.
  - Schedule breaks and prioritize sleep, especially during midterms.
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## Saving Money

- Check MSU Student Deals for Hamilton restaurant discounts.
- Get your Presto Card student discount activated for cheaper GO Transit.



# Tips for First Years:

## Getting Involved

Join McMaster Economics Society events and clubs to meet peers and upper years.

Apply for first year rep positions in clubs, they are a great way to build experience fast!

 Join to meet professors!


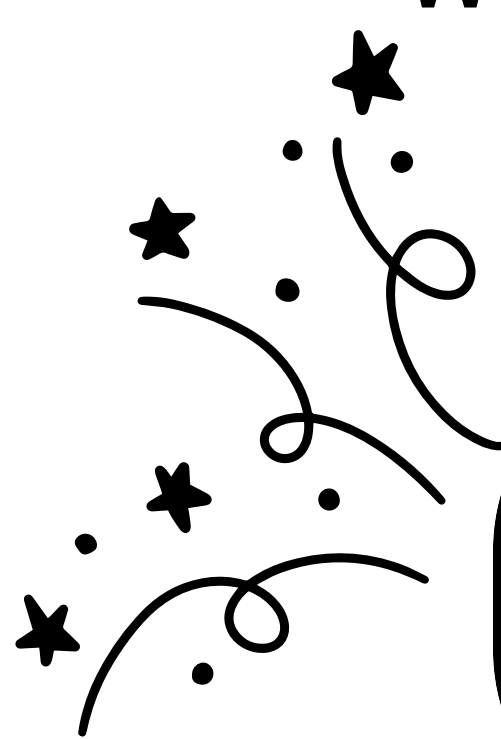




# Tips for First Years:

## Final Advice from Upper Years ✨

- Don't be afraid to ask questions in class and talk to professors or TAs.
- Most people's grades drop a bit during their first year, and it's nothing to be ashamed of. What matters is whether you reflect on how to improve in the future and applying it.
- Do not neglect exercise - it will reduce stress, make you more confident, and give you energy
- Stay open-minded. First year is about exploring what you love and meeting new people.



**We hope you will enjoy your  
first year and have fun!**